

Study UK pre-departure briefing



About the UK



About the UK



- **Official name** – The United Kingdom of Great Britain and Northern Ireland.
- **Four united nations** – England, Northern Ireland, Scotland and Wales.
- **Capital cities** – London, Edinburgh, Belfast and Cardiff.
- **Main language spoken** in the UK is English – in addition to Scots, Gaelic and Welsh.
- **UK's currency** – the pound (£ or GBP)
- **UK's time zone** – UTC + 0 (6 hours behind Thailand)

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A place where everyone is welcome

- the UK is a very tolerant country
- all ways of life are respected
- it's against the law to discriminate against anyone because of their race, nationality or religion
- UK universities are deeply committed to supporting students' religious and cultural needs on campus
- twenty per cent of academic staff in the UK are from overseas
- you can connect with people from all over the world.



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Travelling to the UK





What to pack in your main luggage

Ensure you have suitable clothing for the season you will arrive.

- **Autumn** (September to November) can be mild and dry or wet and windy and later in the autumn the temperature dips.
- **Winter** (December to February) is the UK's coldest season, with freezing temperatures, icy conditions and sometimes snow.
- **Spring** (March to May): a time for sudden rain showers, blossoming trees and flowering plants and mild weather.
- **Summer** (June to August) is the UK's warmest season, with long sunny days, occasional thunderstorms and, in some years, heatwaves.

We recommend you check the weather and temperatures for wherever you're considering living in the UK, as this varies across different locations within England, Scotland, Northern Ireland and Wales.

You may also want to take a few sets of formal or traditional clothing.

If you take medication, make sure you have enough to take with you. You will be able to arrange a new prescription once you have registered with a doctor in the UK.

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What to pack in your carry on

- valid passport and visa
- travel ticket and departure details
- the offer letter from your university/institution (known as a Confirmation of Acceptance for Studies, or CAS)
- accommodation details (for at least your first night in the UK)
- confirmation of your medical insurance (and if necessary, a tuberculosis report)
- copies of your bank drafts/information about your bank accounts
- contact details for your university/institution
- information about your airport/train station pick up (if required).
- UK currency to cover your immediate needs (otherwise, withdraw this at the airport/ train station on arrival).
- Adapter

It is always a good idea to save digital copies of any important documents to your email or cloud storage.

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What not to pack

Make sure that you **do not pack** any of the following items in your main or hand luggage:

- banned and restricted items: drugs, weapons, indecent and obscene materials, pepper spray and counterfeit goods
- restricted foods: all meat and meat products, all milk and dairy products, potatoes, fruit and vegetables, egg products, fish and fishery products.

For more information, please visit:

 [gov.uk/bringing-goods-into-uk-personal-use/banned-and-restricted-goods](https://www.gov.uk/bringing-goods-into-uk-personal-use/banned-and-restricted-goods)

Arriving in the UK



Arriving in the UK

Follow 'Arrivals' signs to Immigration or Passport Control.

- after passing Immigration or Passport Control, move onwards to baggage reclaim to collect your luggage
- move on to Customs Control, and exit using the correct lane. They are:



Green - If you are travelling with no banned or restricted goods.



Red - If you have goods to declare, or you are not sure what you should declare.



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Living in the UK



Travel and accessible transport



- travel and transport options in the UK vary by location
- good road and rail networks, bus and taxi services, as well as many internal flights between UK airports
- it is recommended you wear a face covering on public transport in the UK.

For more information:

 study-uk.britishcouncil.org/why-study/about-uk/travel-transport

- The UK's transport system is designed to be accessible to all. For more information:

 study-uk.britishcouncil.org/moving-uk/support-while-study/disability

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Accommodation options



- talk to your university accommodation office about your options
- find guidance on the types of university in the UK here at:

 study-uk.britishcouncil.org/moving-uk/finding-somewhere-live

- university/institutions provide accommodation (extra level of support and security)
- private accommodation is also available
- start thinking about accommodation as soon as you accept your offer (but there will always be options available to you).

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Managing your finances



- open a UK bank account when you arrive in the UK

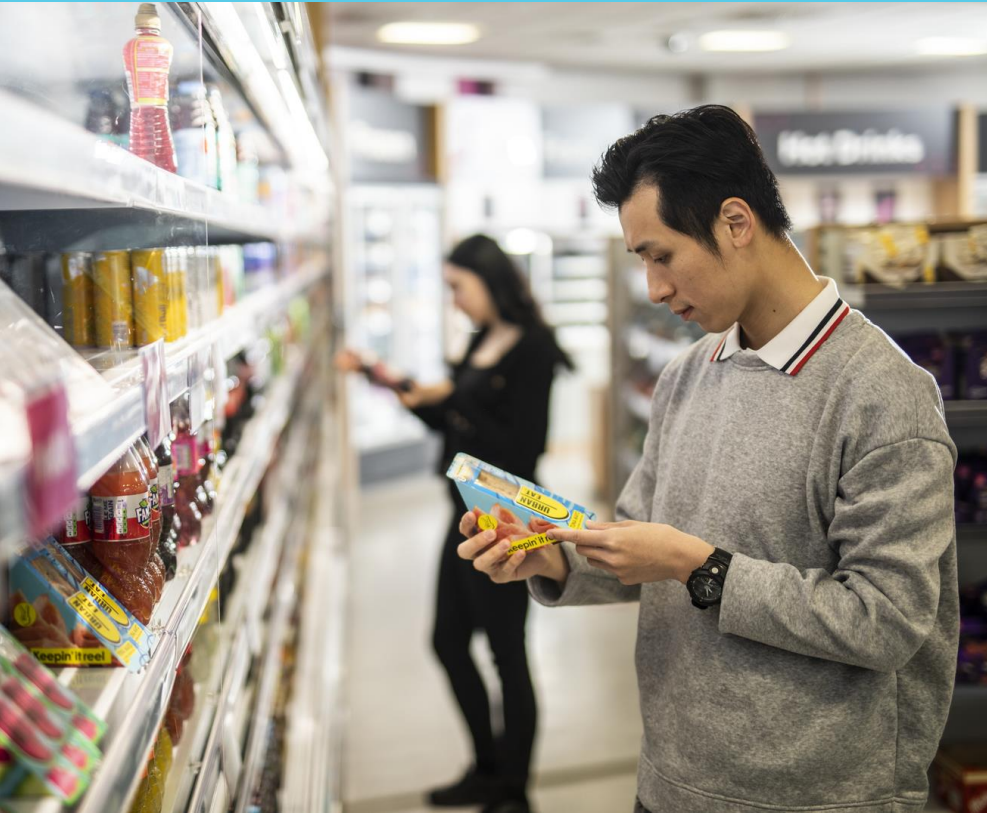
For further information, visit:

ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Opening-a-bank-account

- don't bring large amounts of cash with you
- card and contactless payments are very common in the UK
- your living costs will vary according to your type of accommodation, how much you travel and where in the UK you study
- it's important that you have a realistic idea of what your living costs will be, before you arrive in the UK.

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Managing your finances



- the cost of living varies, according to where in the UK you decide to study
- you should expect to budget from between £900 and £1,400 a month to cover your rent, bills, entertainment and other living costs
- your university will be able to advise you on more detailed local costs of living and where to shop locally
- You can find more information about rent, fees and other living costs at

 study-uk.britishcouncil.org/moving-uk/cost-studying

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Student discounts



- the National Union of Students (NUS) card and the International Student Identity Card offer great student discounts in many shops, restaurants and businesses.
- You can find out more about these cards at
 - 🔍 totum.com/campaigns/nus-extra-is-totum and
 - 🔍 isic.org/get-your-card
- Register for a National Rail Railcard to get discounted travel in the UK at:
 - 🔍 railcard.co.uk

Food and drink



You can find all kinds of international food and cuisines in the UK, with a large array of different restaurants, takeaways and food halls.

- supermarkets and specialist food shops stock a range of international foods (including kosher and halal)
- all pubs, bars and restaurants offer a wide range of non-alcoholic drinks. To drink alcohol in the UK, you must be aged 18 and over
- lots of local food supermarkets offer online delivery services, you can search online for **Asda, Iceland, Lidl, Morrisons, Ocado, Tesco, Waitrose or Sainsbury's**
- you can order food online from local restaurants to be delivered to your accommodation. Search for **Deliveroo, Just Eat, or Uber Eats**
- you can also try a meal kit supplier who will supply the ingredients you need and recipes to cook meals you chose from a menu, e.g. **HelloFresh**
- you can drink the tap water in the UK.

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Looking after yourself



Help and advice

There are many places to turn to for help in the UK. Don't be afraid to reach out for support.

At your university:

- student welfare service or student health centre
- tutor, lecturer or academic supervisor
- international office
- accommodation office
- students' union.



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Help and advice

Other places to turn to for advice:

- **Student Minds**, the student mental health charity: 🔍 [studentminds.org.uk/](https://www.studentminds.org.uk/)
- **UKCISA**: 🔍 [ukcisa.org.uk/Information--Advice](https://www.ukcisa.org.uk/Information--Advice)
- **Samaritans**: 🔍 [samaritans.org](https://www.samaritans.org)
- Your place of worship, if relevant.



The NHS

The UK's National Health Service (NHS) provides subsidised treatment and healthcare to international students.

As part of your visa application, you will pay an Immigration Health Surcharge.

This will allow you to access medical care offered at no upfront cost by the NHS, including:

- consulting a GP (general practitioner) on any physical or mental health issue
- accident and emergency services
- diagnosis of sexually transmitted diseases
- getting a Covid-19 vaccination.



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The NHS

Other parts of the NHS are chargeable. These include:

- some medicines prescribed by a doctor
- eye tests and eye care
- dental care
- vaccinations (although some are free including the vaccine for Covid-19).



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The NHS

You can register with a local doctor (known as a general practitioner, or GP) where you live, or on campus at your local student medical centre.

To do this you will need your passport, student identification, proof of address and a photograph.

Your GP can refer you to a National Health Service dentist on request (or you can find information to do this online using the links below).

For general queries about your health, you can visit:

www.nhs.uk (if you are staying in England)

www.scot.nhs.uk (if in Scotland)

www.wales.nhs.uk (if in Wales)

www.hscni.net (in Northern Ireland)



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Personal safety

In case of emergencies, you can call 999 from any telephone (including mobile phones). The police, fire and ambulance services can all be contacted by calling this number.

For **non-emergencies** you can call 101.

For **medical non-emergencies** you can call NHS 111.

Royal Thai Embassy London, you can call + 44 20 7589 2944



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Abiding by UK law

The UK is proud to be a diverse country, and you should respect all people and cultures.

You must follow local rules and national laws.

Failure to follow laws could lead to a fine, or a cancellation of your visa.



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Thank you

