

# Study UK Pre-departure briefing

Thailand

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# What we'll cover today

- About the UK
- Before you leave home
- Travelling to the UK
- Arriving in the UK
- Living in the UK
- Studying in the UK
- Looking after yourself

# 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)



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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.
- Deep commitment to supporting students' religious and cultural needs on campus.
- 20 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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Before you leave  
home

# A checklist of things to arrange



**Before you leave your home country, there are a few key things that you should arrange. They include:**

- your visa and passport
- details relating to your Biometric Residence Permit (BRP) which you will collect once you arrive into the UK
- your flight to the UK
- accommodation
- travel insurance
- medical insurance (if you are to be in the UK for less than six months) and if necessary, a tuberculosis report
- making sure you have your offer letter (known as a Confirmation for Studies or CAS)
- making sure you have a contact telephone number and email for your university or institution.

Some universities and institutions offer a pick-up service from UK airports which you may be able to arrange before you travel. If not, investigate your travel options (such as by train or taxi) for once you arrive.

# What to pack in your main luggage



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

- **Autumn** (September to November).
- **Winter** (December to February) average temperature 2–7°C but at the coldest can be just below 0°C.
- **Spring** (March to May).
- **Summer** (June to August) average temperature 9–18°C but at the hottest can be up to 30°C.

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

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.

# What to pack in your carry-on luggage



- A valid passport and visa.
- Your travel ticket and departure details.
- The offer letter from your university/institution (known as a Confirmation of Acceptance for Studies, or CAS).
- Confirmation of your accommodation (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 money to cover your immediate needs (otherwise, you will be able to withdraw this at the airport/train station once you arrive in the UK).

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



# What not to pack in your luggage



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 <https://www.gov.uk/bringing-goods-into-uk-personal-use/banned-and-restricted-goods>

# When you arrive in the UK

## **In this section, we'll cover:**

- entering the UK
- getting to your place of study
- registering your stay
- settling in and adjusting to UK life
- travel and accessible transport.

# Entering the UK



- Always check the latest travel advice before you travel.
- Universities will support you as you travel to the UK and throughout your time here.

# 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.

# Getting to your place of study or work



- Keep your university informed of your travel plans.
- Keep contact details for your institution or university in your hand luggage.
- Check if your institution offers a pick-up service from the airport/train station in advance.
- Tickets for travel (and most taxi services) will accept payment by credit or debit card. You can also use UK money that you have brought, or withdraw cash from any ATM.

# Registering your stay

- Collect your [Biometric Residence Permit \(BRP\)](#) within ten days of your arrival.
- Register with your place of study – your university will advise you on how to do this.



# Living in the UK

**In this section, we'll cover:**

- accommodation
- money and managing your finances
- UK culture
- food and drink.

# 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: <https://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: <https://study-uk.britishcouncil.org/moving-uk/support-while-study/disability>



# Accommodation options

- Talk to your university about your options.
- Find guidance on the types of university in the UK here at <https://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).



# Managing your finances



- Open a UK bank account when you arrive in the UK.
- For further information, visit <https://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.

# 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 £800 and £1,300 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 <https://study-uk.britishcouncil.org/moving-uk/cost-studying>

# 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 <https://www.totum.com/campaigns/nus-extra-is-totum> and [www.isic.org/get-your-card](http://www.isic.org/get-your-card)
- Register for a Railcard to get discounted travel in the UK at [www.railcard.co.uk](http://www.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 over the age of 18.
- Lots of local food supermarkets offer online delivery services, you can search online for **Asda, Iceland, Morrisons, Ocado, Tesco, Waitrose or Sainsbury's**.
- You can order food online from local take-away 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 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

## **In this section, we'll cover:**

- help and advice
- the NHS
- your personal safety
- abiding by UK law.

# 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

Other places to turn to for advice:

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

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# 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.



# 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).



# 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](http://www.nhs.uk) (if you are staying in England)
- [www.scot.nhs.uk](http://www.scot.nhs.uk) (if in Scotland)
- [www.wales.nhs.uk](http://www.wales.nhs.uk) (if in Wales)
- [www.hscni.net](http://www.hscni.net) (in Northern Ireland)

# The Covid-19 vaccine

## **International students can access the Covid-19 vaccine in the UK.**

Anybody in the UK is eligible for the Covid-19 vaccination for free, regardless of their nationality or immigration status.

You will need to:

- register with a GP (general practitioner)
- get an NHS number.



# Your personal safety



- The UK is a very safe country with low levels of crime and violence.
- Staff at your university will help you with any concerns.
- Community police officers or campus-based security staff can also give you practical and reassuring advice about personal safety.
- Make sure you attend the orientation course at your university for your briefing about keeping safe.

**Refer to our ‘Staying safe in the UK’ guide for detailed information about keeping safe in the UK and following local laws.**

# 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

<https://london.thaiembassy.org/th/index>



# Abiding by UK law



- Follow local rules and national laws.
- The UK is proud to be a diverse country, and you should respect all people and cultures.
- Failure to follow laws could lead to a fine, or a cancellation of your visa.

# Prepare to live and study in the UK

- Online course is entirely free.
- Complete across four weeks or in your own time.
- Learn about UK higher education - teaching methods, course structures and assessment.
- Tips for studying in the English language.
- Practical information about living in the UK.
- Interact with other, like-minded individuals who are preparing for their UK education.
- Register at [www.futurelearn.com/courses/prepare-to-study-uk](http://www.futurelearn.com/courses/prepare-to-study-uk)



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# Any questions?

We have given you a lot of information today but remember that you can always ask if you forget something or want some more advice.

This information is also available on our website at <https://study-uk.britishcouncil.org/>

