

# WELCOME TO THE UK!

**THE BEST  
POSSIBLE YOU  
MADE POSSIBLE  
IN THE UK.**



# STUDY UK





# ABOUT THE UK

Here in the UK, the warmest of welcomes is waiting for you.

- Our open and inclusive way of life will inspire you.
- Our rich cultural history will fire your imagination.
- Our universities are among the most trusted and respected in the world ...

.... and you'll develop your best and brightest ideas by studying here.





# 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)

# ABOUT THE UK



- **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.



# 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, complying with any travel restrictions that are in place due to Covid-19
- 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 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 [www.gov.uk/hand-luggage-restrictions](https://www.gov.uk/hand-luggage-restrictions).

# ENTERING THE UK



**Remember that travel and quarantine rules are subject to change, so please continue to check the latest rules while making your plans, and stay in touch with your university for the latest information and support.**

The advice on what you need to do on arrival varies between the UK's four nations, so please see the relevant advice for where you are travelling to:

- England <https://www.gov.uk/uk-border-control>
- Northern Ireland <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-travel-advice>
- Scotland <https://www.gov.scot/publications/coronavirus-covid-19-international-travel-quarantine/pages/red-amber-and-green-list-countries/>
- Wales <https://gov.wales/travel-wales-covid-19-testing-and-isolation>

**Universities will support students on arrival to the UK and throughout their time here.**

# 'AMBER LIST' GUIDANCE

The UK is currently operating a 'traffic light system' for international arrivals.

**Thailand** is currently on the 'amber list'.

Before departing, travellers from amber list countries must:

1. Complete a pre-departure test
2. Complete a passenger locator form
3. Book and pay for a travel testing package.

On arrival, amber country arrivals must:

1. Self-isolate in your accommodation for ten days
2. Take your pre-booked test on days two and eight.

Amber country arrivals can take part in the **Test to Release for International Travel scheme** (England only).



# REGISTERING YOUR STAY

- Collect your [Biometric Residence Permit \(BRP\)](#) within ten days of your arrival if you can – but you won't be penalised for being unable to collect it if you're self-isolating.
- Register with the police within seven days of getting your BRP. For more information: [www.gov.uk/register-with-the-police](https://www.gov.uk/register-with-the-police).
- Register with your place of study – your university will advise you.



# MANAGING YOUR FINANCES

- Open a UK bank account when you arrive in the UK.
- The UK has a number of different banks, and many universities have on-campus or university-based branches.
- For further information, visit [www.ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Opening-a-bank-account](http://www.ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Opening-a-bank-account).





# 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 institution 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/planning/money-costs](https://study-uk.britishcouncil.org/planning/money-costs).

# MANAGING YOUR FINANCES

- Use the UKCISA international student budget calculator to help you plan your budget: [international.studentcalculator.org](https://international.studentcalculator.org).
- 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 [cards.nusextra.co.uk](https://cards.nusextra.co.uk) and [www.isic.org/get-your-card](https://www.isic.org/get-your-card).





# 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 and Sainsbury's.**

- You can order food online from local take-away restaurants to be delivered to your accommodation, search for:  
**Deliveroo, Just Eat, and 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.**

# STUDYING IN THE UK 2021-22

## In this section we'll cover:

- creating a safe environment
- teaching in 2021-22
- student wellbeing
- the Graduate Route



# TEACHING IN 2021-22



- Universities are preparing to welcome students for the start of the new academic year.
- Universities are preparing to deliver high-quality teaching, in line with government guidance that ensures the health and safety of everyone remains top priority.
- The current rules in the UK mean that universities can teach all classes in-person.
- Many UK universities will adopt a 'hybrid approach' to teaching, with many classes taught in person but with some elements remaining online.
- Universities are providing high quality, flexible options to international students, such as studying online or facilitating later start dates if students are unable to travel to the UK just yet.
- Students should contact their university for advice and support about their course and their personal circumstances.

# CREATING A SAFE ENVIRONMENT



All UK universities have procedures in place to keep staff, students and local communities safe.

Universities have measures in place to make sure campuses are clean and compliant with government guidelines.

Information and guidance related to Covid-19 will vary across England, Northern Ireland, Scotland and Wales. Please visit:

**England** - [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)

**Scotland** - [www.gov.scot/coronavirus-covid-19](https://www.gov.scot/coronavirus-covid-19)

**Wales** - [gov.wales/coronavirus](https://gov.wales/coronavirus)

**Northern Ireland** - [www.nidirect.gov.uk/campaigns/coronavirus-covid-19](https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19)

# THE GRADUATE ROUTE



The UK's Graduate Route allows you to apply to stay in the UK for up to two years after you finish your undergraduate or master's degree, with the opportunity to undertake skilled work. Students who complete their PhD will be able to stay for three years.

- Open to all international students who successfully complete their degree from 1 July onwards.
- Successful applicants will be able to stay and work, or look for work, in the UK for a maximum period of two years.\* Students who complete their PhD will be able to stay for three years.
- Ability to switch to a skilled work visa once you have found a suitable job.
- You must complete a degree at undergraduate level (or above) at a UK higher education provider with a track record of compliance.

\*The route is non-extendable/does not count towards settlement.



# 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 use the NHS for:

- consulting a GP on any physical or mental health issue
- accident and emergency services (excluding follow-up treatments and in-patient admissions)
- diagnosis of sexually transmitted disease
- getting a Covid-19 vaccination.

# THE NHS

**Other parts of the NHS are chargeable. These include:**

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



# THE NHS



**You can register with a local doctor/general practitioner (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 aged 18 or over 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



# THE COVID-19 VACCINE

For more information, read the education blog and visit the relevant website for the UK nation where you will be studying:

- **Education Hub blog**  
<https://educationhub.blog.gov.uk/2021/06/21>
- **NHS England**  
<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine>
- **NHS Scotland**  
<https://www.nhsinform.scot/covid-19-vaccine>
- **NHS Wales**  
<https://phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/>
- **Northern Ireland vaccine information**  
<https://www.nidirect.gov.uk/articles/get-covid-19-vaccination-northern-ireland>





# 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**, 29-30 Queen's Gate, London, SW7 5JB  
<https://london.thaiembassy.org/>





# PREPARE TO STUDY AND LIVE IN THE UK ONLINE COURSE

- 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](https://www.futurelearn.com/courses/prepare-to-study-uk)



# 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!

A copy of all of this information is also available online at [study-uk.britishcouncil.org](https://study-uk.britishcouncil.org)

