

New international student welcome

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University of Brighton

Aim of this presentation

To condense our 6-hour online orientation into 50 minutes!

We will be covering a lot of information and moving from topic to topic.

Our [Linktree](#) has useful information and resources.

The presentations from online orientation are on [our blog](#) along with a copy of this one.

If you have time to attend the next [online orientation](#) sessions are on 11 and 12 September.



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Everyday life in the UK

Healthcare in the UK

- How healthcare is organised
- Registering with a GP
- Eligibility for free hospital treatment
- Medical emergencies

Shops and shopping

- Grocery shopping
- Household items
- Totem and student discounts

Travel

- Buses
- Trains
- Railcards and discounts

Banking

- Kinds of bank account
- Documents needed

Working in the UK

- Visa conditions
- Careers service



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Getting involved in university life...

Brighton Student Union

- Give it a go welcome events.
- Student led societies
- Freshers fair

Sport Brighton

- Gym and sports facilities
- Panthers

Other opportunities

- International social events
- Active Student volunteering



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How you will be supported at the University of Brighton

Support within your academic school

- Personal academic tutor
- Student support and guidance tutors (SSGTs)

Central support services

- Brighton Skills Hub
- International student support and advice



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Healthcare



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National Health Service

- +NHS is the UK state healthcare system.
- +Some services are free for everyone.
- +Some services are free depending on your eligibility.
- +Some services are subsidised, which means the NHS pays some money towards them and you pay the rest.



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How the NHS is organised

General Practitioner (GP) : first point of contact for (non-emergency) medical treatment.

Anyone in England can register and consult with a GP without charge.

GP will refer you to relevant **hospital department** for specialist treatment.

This treatment is free or chargeable depending on your circumstances.



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Who is eligible for free hospital treatment in the UK?

Eligibility for free hospital treatment depends on your personal circumstances:

- **Student route visa issued for more than 6 months:** as you will have paid the immigration health surcharge when you made your application.
- From a country with a **reciprocal healthcare agreement** with the UK.
- Students with a Standard Visitor visa can only receive the **services that are free for everyone**, you will need to pay for any other services so you must arrange **medical insurance** from your own country.
- Short-term visitors from the EU can continue to access medically necessary treatment if you hold a **valid EU-issued EHIC**, or Norwegian passport.
- Citizens of Iceland, Lichtenstein and Switzerland may need to pay for any NHS healthcare you receive – must arrange **medical insurance** from own country.



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Medication

Two kinds: 'over the counter' and prescription.

A large range of medication is available from a pharmacy without a prescription from a doctor.

Some medication is only available if it has been prescribed by your GP or another doctor e.g. antibiotics, strong pain killers.

There is a standard charge for prescriptions: £9.65 per item.

If you have more than one regular prescription each month you can save money with a prescription pre-payment certificate: £31.25 for 3 months, £111.60 for 12 months.



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Accident and Emergency Department (A&E)

- A&E departments in many hospitals in the UK. Open 24/7. Walk in service.
- Report to reception when you arrive to say what your injury / issue is.
- Will then be triaged – seen by medical staff based on seriousness of your injury.
- A&E is extremely busy in the UK, unless your injury is very serious you should expect to wait at least several hours to be seen.
- Unless you are seeking treatment for a severe injury/ medical emergency you will need to arrange your own transport.

Emergency medical treatment (not including dental) is free for everyone and accessed via a hospital accident and emergency (A&E) department or UK emergency services.

Brighton: Royal Sussex County Hospital
Eastern Road, BN2 5BE



Eastbourne District General Hospital
Kings Drive, BN21 2UD



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What to do in a medical emergency

An acute illness or injury that poses an immediate risk to a person's life or long-term health.

Call 999 or 122.

The call is free.

Ask for an ambulance.

Be ready to tell the operator:

where you are

what has happened

Like all emergency treatment in the UK, there is no charge for receiving treatment/ help from an ambulance.



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Walk-In Centres and 111

111 – advice on non-emergency medical issues [Get medical help - NHS 111](#)

Walk-In Centres

Treatment, information and advice for a range of minor illnesses and injuries.

Open 8am-8pm, 7 days a week.

Practice Plus Brighton Station

[Walk-in services | Brighton Station Health Centre \(practiceplusbrightonstation.nhs.uk\)](#)

Eastbourne Station Health Centre

[Overview - Eastbourne Station Health Centre - NHS \(www.nhs.uk\)](#)



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Shopping



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Supermarkets

Price Guide

	£
	£
The co-operative food	£ £
	£
 MORRISONS	£ £
	£ £ £
Sainsbury's	£ £
	£ £
Waitrose	£ £ £

Grocery Shopping

A number of large supermarkets in Brighton and Eastbourne. Vary in price from cheaper to very expensive!

There is often a 'world food' aisle in most supermarkets, as well as a section for gluten free and dairy free food.

Various offers like 3 for 2 or buy one get one free. These are only a bargain if you need these items. Many offer a loyalty card, collect points with each purchase, which can be redeemed against shopping at a later date, and offer a discounted price for selected goods.

There are maps and details of the nearest supermarkets to University of Brighton managed halls of residence [here](#).

Information on ways to save money:

[Ways to save \(brighton.ac.uk\)](http://brighton.ac.uk)



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Shopping for Household Items

You can buy a range of cheap household items (duvets, pillows, saucepans, plates, knives and forks, towels) at the supermarket [ASDA](#).

Argos has a website where you can order items online to collect in person from [their stores](#), or have delivered to you.

Marks and Spencer is a very famous British shop – items are more expensive but very good quality. There is one on Western Road in Brighton, and in the Beacon centre in Eastbourne.

It is worth waiting until you have seen what other items your flatmates have brought to university before buying loads of cooking items as there will be things you can all share.



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Main shopping areas in Brighton

Churchill Square is the main shopping centre/mall in Brighton. Western Road next Churchill Square is one of the main shopping streets with large 'chain' stores and small shops selling clothes, electrical items, homeware and books.

The Lanes and North Laine are also filled with shops, many of which are independent and more unique.

In Hove George Street has a number of chain stores as well as smaller independent shops.



Main shopping areas in Eastbourne

The Beacon is the main shopping centre/mall in Eastbourne.

The town centre, from the station to the pier, also has a lot of shops.

There is an area, south west of the station, known as 'Little Chelsea' which has independent and exclusive shops and galleries.



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Other shops in the UK

Corner shops'

Sometimes referred to as 'newsagents' these small local shops which sell a small range of food and drink, confectionary, news papers (usually) and cigarettes. Some also have an 'off-licence' to sell alcohol. They are likely to be much more expensive than a larger shop so it is best to save them for small purchases!



For more detailed information on shopping in Brighton and Eastbourne see our [guide here](#).

Charity shops

Very popular in the UK. People donate items they no longer want or need and the store sells them on, giving the proceeds to charity. You can buy clothes, books and more, often at a **cheap price** as they are **second-hand**.

Poundland

You will see these on UK main shopping areas. Sell a range of household items, some food, toiletries, and over the counter medicines. Some things are much cheaper, but some are not!



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TOTUM cards and student discounts

- + Discount card from National Union of Students (NUS)
- + Free card, or £14.99 per year depending on the level of benefits you want to access.
- + Discounts across range of shops, restaurants, cafes, take aways, cinemas, etc.
- + Before you buy anything check if they offer a student discount!
- + More information [here](#).



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Cost of living



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Travel



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Walking and Cycling

Students are encouraged to walk or cycle to and from campus where possible:

- Low cost
- Healthy
- Reduces your carbon footprint.

Details of walking times between campuses, halls of residence and town centres [here](#).

There is information on cycling [here](#), including details of cycle routes, and share bike hubs.



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Bus travel in Eastbourne

Stagecoach buses run regular bus services in Eastbourne: 3, 3a and 4 service Eastbourne campuses. Student discount on tickets/ passes for longer periods:

Eastbourne StudentRider 2023-2024 - £518.00. Valid from 01/09/2023 to 31/07/2024. So aimed at students starting in September who are here only in the main term time.

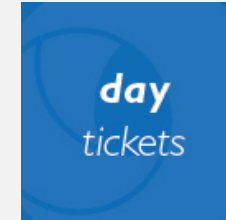
Dayrider – one day's travel within Eastbourne - £5.00 to buy on the bus or on Stagecoach Bus app

Eastbourne 7 day megarider – 7 day's travel - £18.50 on the Stagecoach bus app or issued as credit on smart card online.

Eastbourne megarider Xtra – 28 day's travel within Eastbourne - £63.20 – issued as credit on a smart card online.

Stagecoach buses website [here](#).

You will need to wait until you have your unicond to purchase tickets with a student discount.



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Bus etiquette

You will need to **hail the bus** before it gets to the bus stop or it may carry on driving!

You will need to **ring the bell** so the driver knows to stop and let you off.

Most buses are scheduled to stop on request at every bus stop in their route, but some express services do not – in Brighton this is mainly 25x and 28/29.

Certain seats labelled as **priority seats** for people less able to stand. Fold up seats for wheelchair users and people with pushchairs. You can sit there if no-one needs them, but will need to move if needed (unless you are in the priority group yourself).

It is considered polite to say '**hello**' to the driver as you get on, and '**thank you**' as you get off the bus.



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Trains

There are good train links between University of Brighton campuses.

Details of walking times between stations and campuses and university [accommodation online here](#).

[Southern Railway](#) has a range of tickets. Also check website for details of industrial action and disruption to services.

Student discounts:

- 16-25 railcard (33% off train travel after 10am)
- Uni Zone ticket (discounted train pass between Worthing, Brighton and Eastbourne)
- Student Oyster (for students living in London).

See [here](#) for more details.



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16 - 25 Railcard

Available for all full-time students.

1/3 off train travel across the UK (33%).

Between 04.30 and 10.00 Monday to Friday the discount is only applied to ticket purchases above the minimum fare of £12.

Not useful for attending lectures and seminars in the morning, but great for trips to other places in the UK.

You can buy the card online through the [main website](#) for £30 for 1 year or 3 years for £70 (you can only buy the 3 year card if you are under 23 years old). You can buy the card via the [Trainline website](#) for £24 for 1 year or 3 years for £56.

If you are over 26 years old you need to download a paper form to be stamped by the university and scanned/ uploaded to add to the application.

You need to have a 16-25 railcard to purchase a Unizone ticket.



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Brighton Unizone tickets

Gives you unlimited travel between Brighton and Eastbourne (to the east) and Brighton and Worthing (to the west). Map and more information [here](#).

Can only be bought through the ticket office at a station on the Unizone route.

+ Weekly: £20.80

+ Monthly: £79.90

+ Quarterly (3 months): £239.60

You need to have (and show the station staff) a valid 16-25 railcard, and a valid TOTEM card. This is a student discount card provided by the National Union of Students. You can apply for a free one year Student TOTEM card [here](#).



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Banking



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Opening a UK Bank Account

We recommend opening a UK bank account if you will be studying in the UK for more than 6 months.

To open an account you need to:

- Decide which bank you wish to open an account with, and check their requirements for identity documents.
- In most cases will need a letter from the University of Brighton address to the bank, confirming your address and enrolment. You can either download the letter via My Brighton, or request it by emailing studentservices@brighton.ac.uk



Our bank guide

There is information on [university webpages](#) on how to request a letter from the university.

We have a [guide](#) to the different bank account options for international students.

The account available to international students is a 'Basic' bank account.

Debit card

Direct debits/ standing orders

No credit/ overdraft

Most basic accounts are very similar, but you should check rates for payments from outside the UK, and any restrictions.



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Timeframes and back up plans

It can take several weeks to open a UK bank account. Banks are particularly busy at the start of the academic year opening student accounts.

Cash is accepted in most shops in the UK, but University of Brighton campus outlets are all cashless. You can use cash on buses in Brighton, but the driver will give you change in the form of a voucher.

Please make sure you have access to a credit or debit card for use in the UK while you are waiting to open a UK account.

For safety reasons, please do not bring large amounts of cash with you.



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Working in the UK



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Working in the UK

If you are studying a degree course at the University of Brighton – will be permitted to work 20 hours per week during ‘term time’.

Check your BRP or online status to make sure you have been given the correct permission to work. Contact us if you think there has been an error.

What is a week?

A week is defined in the Immigration Rules as a 7 day period starting on a Monday. You must be sure to stay within the weekly limit. You cannot work more than 20 hours one week, and less than 20 the next to ‘average out’ your working hours.

What is ‘term time’?

Outside of ‘term time’ you can work more than 20 hours a week. In other words during times when you are not required to undertake any academic work, whether in-person or self-study or when you have completed your course, you can work more than 20 hours per week/full time.

The dates you are considered to be on vacation/outside of term-time for these purposes depends on the type of course you are studying, as well as University policy on when you are expected to be actively engaging with your course.



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Working in the UK

Work placements

You can work full-time as part of a work placement (i.e. a placement that is an assessed part of your course). You can also work 20 hours per week in a part time in addition to these hours.

Master's Students

Term dates do not apply in the same way as for undergraduate students and will also vary depending on the course and cohort you are on. In most cases you cannot work more than 20 hours per week during the University vacations.



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Working in the UK

What type of work is not permitted on your student visa?

It is a breach of your visa conditions to undertake the following type of work on a student visa:

- Self-employment, e.g., working as a freelance or contractor, or selling goods and services. For further information on what is considered to be self-employment, please see [UK government information on self-employment](#)
- Business activity (See the [Student caseworker guidance](#) for examples of business activities)
- Professional sportsperson
- Entertainer
- Permanent full-time job
- Work as a dentist or doctor in training (unless you applied for your visa after 1 Dec 2020)

[UKCISA blog](#) has good examples of some of the more common queries about Student work permissions.



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Working in the UK

Evidence proving your right to work

Your employer is required to obtain evidence of your right to work including when you can work more than the 20 hour minimum.

If you need a letter confirming the dates you are on term time, you can request one by emailing StudentAdministration@brighton.ac.uk from your University email address and clearly stating you need a letter confirming your course dates, including term dates for work purposes.

You can also submit a request for this letter from your [My Brighton account](#).



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National Insurance Number

To work in the UK you will need to apply for a National Insurance Number.

Details of how to [apply online](#). It is free to apply for an NI number. Do not use any other sites to apply, especially not if they ask for payment!

You can start working before your NI number has come through – you need to explain to your employer that you have applied but are waiting for it to be issued.

Your income tax should be deducted from your wages by your employer. Information on rates of tax [here](#). Personal allowance of £12,570 per year before you pay tax.



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Careers Service

Careers Connect hub for graduate work, volunteering opportunities, and casual/ part time work.

Online resources such as guide to finding part time work, writing a CV, completing application forms and writing covering letters.

Career Development Advisers who can offer more detailed advice on looking for work.



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Getting involved in university life



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Brighton Students Union (BSU)

Run by students for students.

Give it a go! On [BSU website](#). Events for fresher and all year round.

Student led societies based on a common interest: [Find a Society \(brightonsu.com\)](#)

Eastbourne Freshers Fair : Tuesday 26 September 11.00-13.00. Greynore Hall. [Book here.](#)



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Sport Brighton

- Gym and sports facilities at Hilbrow, including swimming pool.
- Memberships from £17 a month. Includes classes and gym access.
- Panthers Compete: sports clubs who compete. Membership – includes training and coaching.
- Panthers Play: weekly training sessions, one off events and social sports leagues.
- See [website](#) for more information.



International Student Events

International welcome events. Afternoon tea, fish and chips and ceilidh dance party. Low cost or free. All details on [our webpages](#).

Active Student

- Volunteering service.
- Great way to use existing skills, learn new ones, and meet people from the local community.
- [Volunteering \(brighton.ac.uk\)](#)
- [Taster event](#) on Friday 6 October.



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Support in you school



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Personal academic tutor (PAT)

- + Will be assigned at the start of your course.
- + Academic from your school.
- + Support you with all academic aspects of course that are not related to specific module content i.e. guiding you through assessment feedback.
- + Will meet them during induction week, and then one or two other scheduled meetings each
- + Help you identify the skills you wish to develop to make the most of your degree, offer guidance on how to act on feedback from modules, and will help you identify how you can enhance your future career prospects.



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Student Support and Guidance Tutor (SSGT)

- + Support with any issue affecting your studies, your wellbeing or your student experience.
- + Work closely with Personal Academic Tutors and Course Leaders, but will only share information with your permission.
- + Contact details online: [Student Support and Guidance Tutors \(brighton.ac.uk\)](https://www.brighton.ac.uk/student-support-and-guidance-tutors)
- + Issues they frequently deal with include:
 - health, wellbeing and self-care
 - anxiety and stress-related issues
 - Additional Considerations applications and processes
 - motivation, procrastination and time-management
 - isolation, loneliness and homesickness
 - difficulties with your course



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Central support services



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Brighton Skills Hub

Resources and support to help you develop the necessary skills for university study.

- + Academic writing and development
 - + Writing advisory service.
 - + Academic skills support.
 - + One-to-one tutorials with study skills tutors for all foundation and Level 4 students.
 - + Advice on clarity, structure or style of academic writing.
- + <https://www.brighton.ac.uk/brighton-students/your-learning/study-development>





International Student Support Team

- + Designated team to support international students.
- + We have all lived and worked or studies overseas.
- + Provide information and advice on life in the UK, life at the university, and on visas and immigration.



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International Student Support Officers

- + Information, advice and support adjusting to life in the UK and at the university.
- + Common queries: healthcare, bank accounts, mobile phones, getting involved in university life.
- + Advice on financial difficulties.
- + Organise main orientation programmes (September/ January/ February).
- + Ongoing programme of events and talks



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International Student Advice

- ✚ Student visa applications to study at the university.
- ✚ Applications to extend visa for additional or further study.
- ✚ Information and advice on working during and after studies.



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Support and Guidance

You can make an appointment to meet us in person or online, email us at orientation@brighton.ac.uk, call us on 01273 642888, or keep up-to-date with news and events on [Facebook](#), [Twitter](#), [Instagram](#) or via our [blog](#).

Visas and Immigration

You can make an appointment to meet us in person or online. You can also call us on 01273 642888.

Or use this [web form for queries about visas and immigration](#)



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Our culture shock toolkit

- + Culture Shock: describes the experience of moving from a familiar culture to a new an unfamiliar one.
- + Shock of being separate from family, friends and support system.
- + Natural part of international student experience.
- + We have an [interactive toolkit](#) on My Studies to tell you more about culture shock and help you manage your transition to life in the UK.



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Other information



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My Brighton



Information online here: [My Brighton](#)



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Funding

Very limited additional funding for international students at the university. This is due to the financial requirements of a Student visa application which require that you have the funds to cover your fees and living costs (including course costs).

- [Disability and Dyslexia](#) team can advise on options for accessible software or other items, including one to one study skills support.
- We have a small [hardship fund](#) for international students who encounter unexpected short-term financial issues during their time here.
- Practical Based Learning Fund – to assist with placement costs. High travel or accommodation costs. Can apply once each academic year. Contact shsenquiries@brighton.ac.uk
- [Our team](#) can also advise on financial issues/ hardship.



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Questions?



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