

INTERNATIONAL PRE-ARRIVAL PACK

2012



Southampton
SOLENT
University

Term Dates 2012–2013

International Arrival and Welcome Week

17–21 September 2012

Autumn Term

Start:

- First year students:
Monday 24 September 2012 (12 weeks)
- Second-, third-, fourth- and fifth-year students:
Monday 1 October 2012 (11 weeks)

Finish: Friday 14 December 2012

Spring Term

Start: Monday 7 January 2013 (11 weeks)

Finish: Friday 15 March 2013

Summer Term

Start: Monday 8 April 2013 (13 weeks)

Finish: Friday 12 July 2013

Total For Session

- First-year students: 36 weeks
- Second-, third-, fourth- and fifth-year students:
35 weeks



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Welcome

We're delighted that you have chosen to study at Southampton Solent University. Coming to the UK to begin your studies can be an exciting and challenging time. Our International Advice Team, based centrally within the University's Students 1st Information Centre, is here to support you throughout your student experience and help you to get the most out of your student life from arrival to graduation. The University welcomes students from all over the world and we currently have students from more than 70 different countries studying with us. As well as offering high quality academic programmes geared to producing skilled and globally employable graduates, the University also offers a range of cultural, artistic, sporting and social opportunities to enhance your student experience.

This booklet provides useful information and advice for international students prior to arrival. We would also recommend you visit our Hello Uni website: hellouni.solent.ac.uk which is specifically aimed at new students and has a wealth of information on the University, student life and the City of Southampton. We hope you find this Pre Arrival Booklet useful and look forward to welcoming you to Southampton Solent University.

International Advice Team

Visit: Students 1st Information Centre, RM050

Telephone: +44 (0)23 8031 9427

Email: internationalsupport@solent.ac.uk

Checklist

What to arrange:

- ☐ Register your details with the University online registration system. You will receive an email from the University which will give instructions on how to do this.
- ☐ Ensure that you have sufficient finances to cover your tuition fees, accommodation and living costs during your study period in the UK. Your flight and travel insurance.
- ☐ Plan your journey from the airport to Southampton.
- ☐ Arrange your accommodation in the UK in advance of travelling as it can be difficult to do so once you have arrived.
- ☐ Make arrangements for the payment of your fees with Student Accounts.
- ☐ Anyone arriving in the UK from a country outside the EU will be required to declare if they have over 10,000 Euro (or its equivalent in other currencies equal to approx GBP £8,500) in cash. This includes notes and coins in any currency, bankers' drafts and cheques of any kind including travellers' cheques.
- ☐ Check your governments' restrictions on taking money out of the country.
- ☐ Check with your bank about regulations concerning transferring money to the UK.
- ☐ If you are a national from the European Economic Area (EEA) and you are coming to study for less than six months you will need to complete the E128 forms in your own country. This only covers you for emergency health treatment via the National Health Service (NHS). You are therefore advised to make sure that before you travel you take out

additional health insurance. It is not sufficient to take out standard holiday insurance as this may be invalidated on the basis that you are travelling abroad to study, not on holiday.

- ☐ If you are a non-EEA national and you are coming to study for less than six months, make sure you have adequate medical insurance to cover your period of stay in the UK.
- ☐ All EU students – apply for your European Health Insurance Card (EHIC) and bring this with you.

Documents to put in your hand luggage:

- ☐ Original documents of qualifications and certificates which have been used by the University to issue your CAS. You will be asked to produce these at enrolment. Keep copies of any travel tickets you are issued.
- ☐ Ensure that you have a valid passport and if you require a student visa that you have followed the immigration procedures (outlined in this booklet).
- ☐ Photocopy the personal details page of your passport and visa and keep them in a safe place.
- ☐ Your Acceptance letter – you will be asked to produce these at enrolment.
- ☐ Legal documents proving any change of name.
- ☐ Bankers draft, cheque or debit/credit card (excluding American Express) to pay at least 50% of your tuition fees.
- ☐ If your fees are paid by an official sponsor (company, organisation or government, rather than relative), bring the original letter on their headed paper and their telephone number.

- ☐ Small amount of money (about £300) in cash or traveller's cheques for everyday expenses and use before your bank account can be set up and activated.
- ☐ If you are an exchange student, remember to bring your offer letter and Learning Agreement.
- ☐ If you have learning difficulties such as dyslexia, please bring your assessment report from an educational psychologist.
- ☐ Medical records if you have any pre-existing conditions (with English translation).
- ☐ Any medication that you are currently taking (including a letter from your doctor in English confirming which medication you are carrying).
- ☐ Bring any relevant paperwork from the University relating to your course of study, accommodation agreement, payment of fees, and so on.

What to do when you get here:

- ☐ Locate your accommodation.
Come to the Students 1st Information Centre (RM050) to pick up an International Welcome Week timetable.
- ☐ Enrol on your course – this will be on the induction week timetable.
- ☐ Attend all the welcome activities including police registration (if applicable), IT induction and registering with a doctor.
- ☐ Open a bank account (you will need to collect a bank letter from your Faculty Office to confirm your student status after you have enrolled).
- ☐ Go on one of our campus and city tours to familiarise yourself with the city centre and University grounds.

International Advice service

The International Advice Team exists to help all international students studying at Southampton Solent University. We're here to support you and to help you get the most out of student life. We can provide information, advice and guidance on a wide range of issues including visas and immigration matters, life in the UK, employment and can offer support with any worries or questions you may have prior to and during your studies.

We are also responsible for co-ordinating the welcome week for international students and delivering workshops and presentations on a range of practical issues.

Contact

Telephone: +44 (0)23 8031 9821

Facsimile: +44 (0)23 8031 9904

Email: internationalsupport@solent.ac.uk

www.solent.ac.uk/welfare/internationalsupport

International Arrivals and Welcome Week

Monday 17 – Friday 21
September 2012



Meet and greet service

Once you have reached Southampton, the University will provide a free mini-bus service. This will pick up new international students from Southampton Central train station and National Express arrivals on the following days between the hours of 10am – 8pm:

- Monday 17 September 2012
- Tuesday 18 September 2012

We employ a team of student guides who will be wearing red t-shirts and will be happy to direct you to the mini-bus service which will take you on a journey to your Halls of Residence or to accommodation in the Polygon area.

Our Guides are current university students and you will have an opportunity to ask questions about Southampton and the University, as well as meet a few friendly faces!

“ There's a strong sense of community, with friendly and experienced staff who are always on hand to offer help and support. ”

Chloe MacMahon



International Welcome Week activities

Welcome Week activities for international students begin on:

- Monday, 17 September 2012

Please visit the Students 1st Information Centre on arrival to collect your timetable for the week's activities.

The centre is situated in the Reginald Mitchell building at the far end of the main concourse, directly opposite the University's main entrance.

The Students 1st Centre is open during the following times:

Monday 9.00–17.00

Tuesday 9.00–17.00

Wednesday 9.00–16.00

Thursday 9.00–18.00

Friday 9.30–16.00

The International Welcome Week offers an ideal opportunity to meet fellow international students, find your way around the campus and settle into the city.

The International Welcome Week is accessible for all international and EU students accepted on a course of study at Southampton Solent University.

Welcome Week activities include:

- Welcome talk and introduction to the University
- An opportunity to meet the staff from the International Advice Team

- Advice on living and studying in the UK
- Registering with a doctor
- Workshops
- IT Sessions
- Social activities.
- Campus and city tours

Course enrolment

The enrolment of your course will take place in the week commencing 24 September 2012. Your Faculty will advise you of when your enrolment will take place; this information will also be displayed on notice boards near the Students 1st Centre. You can contact your Faculty directly:

Maritime & Technology Faculty (MARTEC)

Telephone: +44 (0)23 8031 9355

Faculty of the Creative Industries and Society (FCIS)

Telephone: +44 (0)23 8031 9656

Faculty of Business, Sport and Enterprise (FBSE)

Telephone: +44 (0)23 8031 9888

Warsash Maritime Academy (WMA)

Telephone: +44 (0)14 8955 6220

Period 2: 7 January 2013

Please contact your Faculty for more details.

“ I came to study at Solent University because of the worldwide reputation of my course. Southampton is a good place to study and the teachers are very good. ”

Théo Moussion

Southampton and its surroundings

Our East Park Terrace campus is situated in the heart of a vibrant city. With over 16,000 students on work-related courses, in a modern environment, it's no wonder that our campus is so alive.

Everything is on hand, with shops, restaurants and bank cash points all on campus or nearby. Halls of residence, the city centre, the railway station and the waterfront are all within 4 to 15 minutes' walking distance.

Small world

Southampton is on the south coast of England, an hour by train from London and within easy distance of Bournemouth, Portsmouth and Winchester.

Its location makes it easy to travel to Europe either by ferry or from the city's international airport at Eastleigh, and the M3 motorway provides a rapid route to London's Heathrow Airport.

City living

Southampton's rich and varied heritage is reflected in the medieval walls and ancient monuments that surround the city.

The area is a premier centre for sailing and water sports and hosts an annual International Boat Show in September, which receives extensive international coverage.

Students enjoy all the facilities of a major city: theatres, libraries, cinemas, museums, art galleries and shopping complexes. For those interested in sport, Southampton enjoys league football and county cricket, and other sporting facilities are within easy reach of the city centre.

Out and about

Southampton is a focal point for other attractions in the area: the New Forest, Bournemouth and the beaches of Dorset, the Isle of Wight, and the ancient cathedral towns of Winchester and Salisbury.

You can find out more information on the city by visiting the following websites:

www.portal.solent.ac.uk/hellouni/home.aspx
www.visit-southampton.co.uk



Before You Arrive in the UK

Before you leave home and come to the UK you may need to apply for entry clearance. We've provided some helpful information for you. This information is up to date at the time of writing; however, it's always advisable to check the UK Border Agency (UKBA) website for the very latest information, requirements and procedures in case of any changes.



Immigration procedures

Non-EU/EEA nationals

If you are from a Non-EU/EEA country and will be studying a course which last more than 6 months you must apply for a Tier 4 (General) student visa, before you travel to the UK. Always check the UKBA website for the most up to date information. If you have any specific questions after reading this and the website information, please contact the International Advice Team. Our contact details are on the Contact page (see page 37).

www.ukba.homeoffice.gov.uk

Non EEA students who plan to study in the UK on a course shorter than 6 months and are not going to study on a further course may be able to apply for a Student Visitor Visa. However if you enter the UK on a visitor visa you will not be able to work in a paid or unpaid capacity, you will not be able to extend your visa in the UK if you wished to take another course and you can only stay for up to six months. For more detail visit the UKBA website.

www.ukvisas.gov.uk

EU/EEA nationals

Nationals of the European Union and European Economic Area (EEA) may enter the UK by producing a valid passport or national identity card, and are able to study without restriction.

Academic Technology Approval Scheme (ATAS) clearance

If you will be studying a postgraduate subject in the area of science, computing or technology you may have to apply to the

Foreign and Commonwealth Office (FCO) for ATAS clearance before you apply for a visa to come to the UK, or apply to extend your UK visa.

Applications for an ATAS clearance certificate must be made online on the Foreign and Commonwealth Office website at www.fco.gov.uk/atas. This site also contains information about the scheme and the list of designated subjects.

If the ATAS clearance certificate is not provided, the application will be refused.

Bringing your family to the UK

We advise that you check the latest information regarding dependants on the UK Council for International Student Affairs (UKCISA) website which has helpful information, or the UKBA website. If you are intending to bring family members to the UK, we advise that you prepare and plan well in advance in terms of accommodation, finances and so on.

www.ukcisa.org.uk/student/info_sheets/your_family.php

www.ukba.homeoffice.gov.uk

Immigration procedures

Immigration requirements

If you require a VISA to enter the UK as a student you will need to meet the Points Based System (PBS) requirements set by the UKBA. You need to have a total of 40 points to be issued a Visa. This equates to:

30 points for Confirmation of Acceptance for Studies (CAS)

A CAS is an electronic number issued to you by the institution you are studying with. Southampton Solent University holds a licence which allows us to sponsor students. We will issue you with a CAS once you have met the conditions outlined in your offer letter. You will need your CAS reference in order to apply for your visa.

10 points for meeting financial requirements

Financial requirements are set by the UKBA as follows:

Length of course: 9 months or less

Funds required: Course fees
+ £800 for each
month of course

Length of course: More than 9 months

Funds required: First year of
course fees
+£7,200 to cover
9 months' maintenance

UKBA will need to see documents to prove that you meet the financial requirements above. The documents must be dated no more than one month before you apply. To find out further information on what kind of documents are acceptable, visit the UKBA website: www.ukba.homeoffice.gov.uk

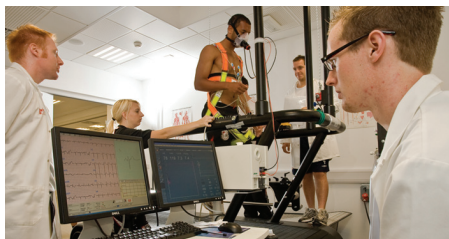
If your finances are not shown in sterling you can use www.oanda.com/currency/converter to convert foreign currency to sterling to check amounts.

Pre-sessional study followed by a longer course

If you have been offered an unconditional place on a pre-sessional course and a conditional offer for a following course, you will still need to apply for a Tier 4 visa as outlined above. However, the length of the visa you are issued will only be for the length of the pre-sessional course. If there is a gap of more than a month between the end of your visa and the start of the next course, you will need to return home to apply for a new Tier 4 visa..

Studying on a Tier 4 (general) visa

Students must be enrolled on a course which meets the UKBA requirements. If for any reason a student does not enrol on their course, does not attend classes/lectures/seminars or leaves their course prior to it finishing Southampton Solent University is obliged to report them to the UKBA under the rules of the PBS system.



Immigration procedures

We recommend that you:

- make sure your attendance is excellent and if you are having any problems, seek support from the International Advice Team, your Student Support Network Officer or your tutor straight away – we're all here to offer support should you face any difficulties
- bring all your passports/visas with you to the UK and keep separate copies – keep originals and copies in separate safe places
- bring all original documents of qualifications which have been used by the University to issue your CAS
- keep copies of any travel tickets
- keep original printed bank statements for any account you open in the UK
- keep all correspondence you receive from the University or UKBA
- keep all the items mentioned above in a safe and secure place
- keep a note of your visa expiry date. If you need to extend your visa we advise that you see the International Advice Team. Make sure you contact the service and begin to prepare well in advance (at least eight to twelve weeks). The service can provide advice on how to extend and ensure that your application is well prepared to meet the requirements.

Arrival in the UK

Health screening

Applicants for UK visas valid for longer than six months from certain countries now require a certificate to show that they are free from infectious pulmonary tuberculosis (TB):

- Ghana plus Burkina Faso, Cote d'Ivoire, Togo and Niger (which Ghana also issues visas for)
- Kenya plus Eritrea, Somalia, Democratic Republic of the Congo, Rwanda and Tanzania (which Kenya also issues visas for)
- Pakistan
- Bangladesh
- Sudan
- Thailand plus Cambodia and Laos (which Thailand also issues visas for)

If you are a national of a TB-endemic country, we suggest contacting your local British Embassy or British High Commission to check the likelihood of being screened upon arrival in the UK. They may advise being screened before travelling to the UK, but you would need to confirm this before travelling.

If you do not have x-rays with you then you may be subject to a health check at the airport; this can delay your journey by a few hours, particularly if there are long queues. To avoid delay, arrange to have a health check and any necessary x-rays in your home country before departing for the UK. It is also useful to bring information on any vaccinations that you have received, as well as any medication that you take regularly. You should carry this documentation in your hand luggage for ease of reference in the event of any queries.

Immigration control

On arrival in the UK your documents will be checked. There will be separate control points for EEA (European Economic Area) nationals and other passport holders.

You will be asked to tell the Immigration Officer the purpose of your stay in the UK, and will need to show:

- your passport or travel documents
- a letter from Southampton Solent University confirming your acceptance of a place on your course
- evidence of financial support.

Once your documents have been checked, your passport will be stamped with the current date.

Refusal of entry

If you have no entry clearance and the Immigration Officer refuses to allow you to enter the UK, you may be removed immediately or you may be given temporary admission for a short period. If this happens, you should contact the following organisations for help:

Immigration Advisory Service

Telephone: 0844 887 0111

Email: info@iasservices.org.uk

www.iasuk.org

Joint Council for the Welfare of Immigrants

Telephone: +44 (0)207 251 8708

Email: info@jcwi.org.uk

www.jcwi.org.uk

Arrival in the UK

Customs control

After Immigration Control you will pass through Customs Control, which is divided into three channels: Blue, Green and Red:

- The Blue channel is for travellers from the EU.
- The Green channel is for travellers from outside the EU with no goods to declare.
- The Red channel is for travellers from outside the EU who have goods to declare.

You are permitted to bring a personal allowance of goods into the UK without paying duty or tax. There are very strict rules about what you may and may not bring into the UK with you.

For details of customs allowances, taxes and duties, as well as a list of banned or restricted goods, the Border Agency have produced a handy booklet, please visit:

www.ukba.homeoffice.gov.uk/sitecontent/documents/travel-customs/your-stay-in-uk/

Even if you have nothing to declare and proceed through the Green channel, a Customs Officer may still inspect your luggage.

Lost luggage

If your luggage doesn't turn up, contact the Lost Baggage desk at the airport. You will need to give a description of your luggage and they will provide you with a reference number.

Extending your stay

It is important that you check the period of leave you have been granted. If you need to extend your permission to stay, you must submit your application **before the date your visa expires**.

If you remain in the UK after the date that your visa expires and do not extend your permission, you will be here illegally and at risk of deportation. If you apply for an extension of stay after your visa has expired and you are refused permission to stay, you will have no right of appeal against the decision and will be expected to leave the UK.

The International Advice Team can assist you with completion of your application for an extension and submission to the Home Office. You should plan to extend your visa at least two months before the your expires.

Arrival in the UK

Registering with the Police

Students of certain countries who intend to stay in the UK for longer than six months are required to register with the Police upon arrival. If you are required to do so, your visa will have an endorsement such as 'Required to register with the Police within seven days of arrival' or 'Required to register at once with the Police'.

You must register your arrival and any changes within 7 days (unless you register at Southampton Solent University – see Police Registration at Southampton Solent University).

In order to register with the Police you will need:

- a letter of acceptance/enrolment from the University
- proof of your local (UK) address, for example, tenancy agreement
- your passport or other travel documents
- two passport-sized photographs
- the fee of £34 (payable by cash or cheque only).

Contact

Nationality Office

Hampshire Constabulary Police Headquarters
Romsey Road, West Hill, Winchester
SO22 5DB

Telephone: +44 (0)1962 871034 | 871098 | 874208 | 871352

Email: nationalities@hampshire.pnn.police.uk

Police Registration at Southampton Solent University

There will be a chance to register with the Police at the University shortly after the International Welcome Week. If you would like the opportunity to register your details with the Police at the University instead of going to Winchester Police Headquarters then please inform staff at the Students 1st Information Centre and they will book a place for you.

If you have a place booked for Police Registration at the University, you do not need to register within 7 days.

Informing the Police of any changes

Once you have registered you are required to keep the Nationality Office informed of any changes in your circumstances; this includes:

- extension of visa (when documents are returned by the Home Office or the Public Enquiry Office at Croydon)
- change of address
- change of college
- new passport
- change of course
- change of marital status.

Once you have your Police Registration certificate, changes can be done at the local police station in Southampton.



Planning your journey

If you intend to make your own way to Southampton upon arrival in the UK, the following information may be of use.

Travel to Southampton

Please note that travelling during the evening and at weekends may take longer due to less frequent transport services.

Public transport services

Coach: www.nationalexpress.com

Train: www.thetrainline.com

(Tickets are more expensive for travel at peak times, 07.00–09.00 and 16.00–19.00)

Taxi: Not recommended as this is very expensive

If you arrive after 18.00 and you do not have accommodation in Southampton, you are advised to find a local hotel and to travel to Southampton the following day.

Luggage allowance

The luggage weight allowance on planes varies by airline and may be restricted to no more than 1 or 2 bags and one piece of hand luggage per person. You will be responsible for loading/unloading your own luggage so if you cannot physically carry it – don't bring it!

Airlines can be strict on weight allowances, and excess baggage charges can be very expensive. Public transport is unable to transport luggage in excess of this amount and therefore suggest that you arrange for heavy and/or additional personal items to be shipped to your UK address after your arrival.

Getting to Southampton from...

...Heathrow Airport

By coach: There is a regular National Express coach service from the central bus station at Heathrow airport, which is located close to Terminals 1, 2 and 3, direct to Southampton. On direct services the average journey time is about 2 hours and costs approximately £20. You can then take a short ride to your accommodation from Southampton Coach Station. Many students find this service convenient as there is no need to change buses while carrying heavy luggage. For more information on the National Express coach service, please visit: www.nationalexpress.com

By train: The Rail air service runs every 30 minutes and picks up from all four terminals. Take the Rail air coach link from Heathrow Airport to Woking train station. Services to Southampton Central operate from Woking. The total journey time from Heathrow to Southampton is approximately 2 hours. The cost of a standard ticket for a single (one-way) journey is approximately £30-£35. For more information on the service, visit: <http://www.southwesttrains.co.uk/transportlinks.aspx>.

...Gatwick Airport

By coach: You can catch a National Express coach from Gatwick airport via Heathrow Airport to Southampton. The journey takes four hours, and costs approximately £25 for a single ticket. For further details: www.nationalexpress.com

By train: Train services operate between Gatwick Airport and Southampton Central. The average journey time is 2 hours and a standard single ticket is approximately £30. Depending

on the time you travel, there may be a couple of changes so try to catch a direct train to Southampton if possible.

Further details can be found on the National Rail Enquiries website: www.nationalrail.co.uk

...London Stansted Airport

By coach: A national Express coach service operates from the coach station at Stansted Airport to central London (and usually involves one coach change to Southampton). The average journey time is 5 hours. A standard single ticket costs approximately £28. For further details: www.nationalexpress.com

By train: Stansted airport has its own train station underneath the terminal building. The Stansted Express service is a regular and convenient train service between the airport and London Liverpool Street station. Trains depart every 15-30 minutes. This should take no longer than 1 hour and costs approximately £23.

From Liverpool Street train station, go to the Liverpool Street tube (within the station) and make your way to Waterloo station taking the Central tube line (west) and exiting at Tottenham Court Road. Then take the Northern line (south) to Waterloo station (see the section on London Waterloo). This should cost approximately £5.

...Southampton International Airport

Southampton has its own international airport with connecting routes to several European destinations including Paris. From the airport, the University's Hall accommodation is only a short taxi ride away or if you are feeling

adventurous, you can catch the University's Uni-link service to the halls of residence. Further details about the service are available on the Uni-link website: www.unilinkbus.co.uk

By Train: The airport is approximately four miles from Southampton Solent University and train services to the city centre run frequently with journey times of 10 minutes.

By Taxi: Taxis are available from outside the terminal. Ask for an estimate of the fare before travelling to ensure that you have the money to pay for your journey.

...Eurostar

By Train: The Eurostar train will take you directly to London St Pancras station. As trains from London St Pancras do not go directly to Southampton, you will need to take the tube from St Pancras to Waterloo (see below) for a direct train to Southampton Central.

...London Waterloo

By Train: Direct services to Southampton operate from London Waterloo. The average journey time is 1 hour and 30 minutes, and Standard single ticket costs approximately £36.

Travel in Southampton

Shuttle service

A free minibus service provided by the University will be available at Southampton National Express Arrivals and at Southampton Central train station to take you to your accommodation within Southampton ONLY.

This service will be available from 10.00–20.00hrs on Monday, 17 and Tuesday, 18 September 2012.

Travelling by Taxi

When arriving at Southampton Central train station or coach station, it may be advisable to hire a taxi to take you to your accommodation, especially if you have large or heavy luggage. Taxis are available from outside the main entrances to the station. Ask for an estimate of the fare and ensure that you have enough money to pay before you get in the taxi. Most taxis will only accept cash. There are cash machines (ATM) at the railway station.

We advise you NOT to take a taxi to Southampton from Heathrow Airport or central London, as this is very expensive.

Money for the journey

It is important that you have sufficient money to cover your immediate needs when you arrive in the UK. It is advisable to buy travellers' cheques (in pounds sterling) from a reputable company before you leave home, as this is a safe and convenient way of taking money abroad.

You should not have any problems cashing the cheques at airports, bureau de change and banks. Keep a note of the cheque numbers separately from your wallet or bag, just in case of theft.

You will need British currency when you arrive in the UK for the purchase of essentials, such as food, drink and travel tickets. Around £250 in British currency or traveller's cheques should be enough to cover your expenses in the first few days.

You can also use major credit cards: Visa and MasterCard are widely accepted. We advise you not to carry too much cash because of the risk of loss or theft.

Accommodation

The Southampton International Boat Show takes place from 14-23 September 2012. Southampton is very busy at this time and hotel accommodation can be impossible to find unless you have made prior arrangements.

We recommend that you have accommodation for the first week of your stay in the UK. We are unable to assist you with finding accommodation where none has been arranged.

Student residences

If you have booked accommodation in the halls of residence you should aim to arrive between 08.30 and 17.00, Monday to Friday.

If you are not using our free minibus service once you reach Southampton (see page 5), we advise you to take a taxi direct to your Residence from Southampton Central train station or the coach station at Harbour Parade.

If you will be arriving outside of office hours, please contact the Accommodation Office prior to your arrival on: **+44 (0)23 8031 9886**.

“ The best bit about being at university in Southampton is that everything is within walking distance. I adjusted to living in this city really well because the people here are very friendly and co-operative. ”

Anam Fatima

Accommodation in Southampton

You can contact the Southampton Tourist Information Centre if you require details of hotels and so on in the local area, or go to the Visit Southampton website which also has useful information on accommodation and the city in general.



A photograph of three people walking on a paved sidewalk in front of a multi-story brick building. On the left, a man with a beard and afro hair is wearing a red and white 'TEAM SOLENT 77' soccer jersey and blue shorts, giving a thumbs up. In the middle, a woman with short red hair is wearing a striped top and black leggings, carrying a blue folder. On the right, a man with short dark hair is wearing a grey cardigan, dark jeans, and a green messenger bag, smiling. In the background, a person is riding a bicycle down the street.

Contact

Southampton Tourist Information Centre

Monday–Saturday 09.30–17.00

Telephone: +44 (0)23 8083 3333

Facsimile: +44 (0)23 8083 3381

www.visit-southampton.co.uk

Living in the UK



Living in the UK

Climate

The UK's weather is unpredictable – that's why we like to talk about it so much! Temperatures can vary considerably within one day and the winter months can be very cold. In September, Southampton has a temperature variation of between 9°C and 22°C. It is advisable to bring warm, waterproof clothing with you as many students find the climate very cold, although warm clothing can be purchased from a wide selection of stores.

The coldest months of the year are usually January and February with an average temperature of 4°C; July and August are usually the warmest months with an average temperature of 18°C.

Council tax

The council tax is set by local authorities (councils) in England, Scotland and Wales to help pay for services that they provide, such as libraries, the Police and the Fire Brigade. If you live in an exempt dwelling, such as a student residence or a property occupied solely by full-time students, you will not have to pay council tax. A council tax exemption certificate can be obtained from your Faculty Office once you have enrolled at the University.

Driving in the UK

You must hold a valid driving licence to drive in Great Britain (GB). For further information on the validity of driving licences issued outside Great Britain, please refer to the Driver and Vehicle Licensing Agency website: www.dvla.gov.uk or the UKCISA guidance note

Driving in England, Scotland and Wales: A Guide for international Students www.ukcisa.org.uk/student/info_sheets/driving.php

Drugs

The UK has very strict regulations regarding the possession of drugs. The possession of drugs, other than those available from a pharmacist or legally prescribed, is a serious offence and can result in imprisonment or deportation. Be aware that drug regulations may vary from those in your home country.

Electricity

British electricity works on 240 volts/50 cycles and most sockets take 13 amp square pin fused plugs. If you are bringing your own electrical equipment with you, make sure they can be safely used on this voltage; otherwise you will require an adaptor.

Firearms and weapons

It is illegal to carry firearms in the UK and strict regulations apply to the importation and ownership of any weapon. It is also illegal to carry offensive weapons such as knives in the street.

Living in the UK

Shop opening hours

Most shops are open between 09.00 and 17.30 Monday–Saturday, until 21.00 on Thursdays for 'late-night' shopping, and some are open on Sundays between 10.00 and 16.00. Supermarkets are usually open until 20.00 but some stores are open for 24 hours a day from Monday to Saturday. Information on local supermarkets will be available during the induction programme (see page 6).

Campus News newsagent is located on the main campus and sells a range of soft drinks, confectionery, newspapers and magazines. The Students' Union also has a shop offering a range of confectionery, greetings cards, stationery, art materials and food and drink.

Telephone information

Payphones

The largest telephone company in the UK is British Telecom (BT). Public BT payphones accept coins to the value of £2, £1, 50p and 20p. Some payphones accept pre-paid phone cards as well as coins; these vary in value and can be bought at post offices and shops displaying a phone card sign. International calls can be made from all payphones; you will need at least £1 to make an international direct dialled call. A number of companies offer international calls at cheaper rates than those operated by BT so it is advisable to shop around for the best deal. It is cheaper to make telephone calls between the hours of 18.00 and 08.00, Monday to Friday, or all day Saturday and Sunday. A number of payphones can be found in each of the student residences and across the campus.

Mobile phones

Alternatively, you may wish to buy a mobile phone. There are five main mobile/cellular networks in the UK: Orange, Virgin, O2, Vodafone, 3 and T-Mobile. Phones are available on a contract or 'pay-as-you-go' basis and there are hundreds of different tariffs. It is advisable to shop around in order to get the best deal and find the appropriate phone and tariff for your needs.

Television (TV) licences

If you are living in a student residence or alone and you own a TV or other devices including laptops to receive and record TV programmes, you are required by law to hold a valid TV licence.

Shared houses

If you live in a shared house, a **separate tenancy agreement** (contract) would normally mean your room is classified as a separately occupied place.

If you have a TV in your room you will need your own TV licence.

If your house is classed as one place shared by all tenants, normally indicated by a **joint tenancy agreement** (contract), you will only need one TV licence for the property.

Living in the UK

- The charge for a colour TV licence is £145.50.
- You will need to renew your licence every year.

It is a criminal offence to watch TV without a licence and could lead to prosecution and a fine of up to £1,000. For more information on TV licences, visit: www.tvlicensing.co.uk

Travel

You can obtain rail and coach cards from local ticket offices.

- Young Person's Railcards* cost £28 per year
- National Express Student Coach Cards* cost approximately £10 for one year or £25 for three years. These cards enable you to save between 20% and 30% on many normal adult fares, but check conditions before purchasing.

“ I chose Solent as it's in a really beautiful city, and a nice place to study. The people here are so friendly and there are lots of places to do your work around the campus. ”

Landry Samba

International Student Identity Cards* (ISIC)

This can be purchased locally for £9. This card enables you to obtain reduced fares plus a variety of student discounts when you travel abroad. You can obtain one of these cards at STA Travel which is a short walk from the University.

***You will need passport-sized photographs when purchasing any of these.**



Living costs

It is very difficult to estimate an individual's living costs as we all have different lifestyle requirements and spending habits. However, as a general guideline:

- A single student coming to Britain in 2012/2013 from overseas should estimate spending at least £10,000-£15,000 on living costs to cover accommodation, heating, food, travel costs and other daily expenses for a 12-month period (excluding tuition fees).
- If accompanied by a spouse or older child, you should allow at least an extra £4,500 per year per person and a minimum of £2,000 for each accompanying young child.

Remember!

- The amount that you will require will depend on your personal lifestyle.
- Take into account the current exchange rate and how this might fluctuate.
- Effective money management is essential. It is advisable to work out a budget prior to your arrival in the UK, to ensure that you have adequate finances to support yourself and any dependants.

You may find the following website helpful in ensuring that you are well prepared in terms of managing your finances. It's free to use and interactive.

www.studentcalculator.org.uk/international

There are no institutional hardship funds for international students and there is very limited support through external trust funds and charities for students experiencing financial difficulties.

If you experience hardship during your time in the UK, you may have to consider suspending your studies and returning home.

General expenses (for a single student)

Accommodation

Along with tuition fees, accommodation is likely to be your biggest expense whilst studying.

Student residence charges for 2012/123 are detailed in the accommodation brochure, along with information on contract terms. For up-to-date information, visit www.solent.ac.uk/accommodation

Rents in the private sector range from £80 to £120+ per week; most do not include utility bills. You may be required to pay a deposit (which is returned to you provided that the property/room is maintained in good order).

Remember!

Add the cost of your tuition fees to your living expenses to get an accurate picture of your expenditure for one year.

Living costs

We have provided details of some of the things that you will have to pay for during your time in the UK (all costs per week unless otherwise stated).

Rent

Shared private rented accommodation **£80 – 120 per week**

Student residence **£100 per week**

Bills (heating, light, water)

Shared private rented accommodation **£25 per week**

Student residence **N/A**

Food (depending on diet)

£50 per week

Books

£300 per year

Leisure/social

£35–40 per week

Item

Cost

Loaf of bread **£1.25**

1 kg of rice **£1.80**

2.5 kg of potatoes **£1.35**

Pint of milk **50p**

Laundry (wash and dry a large load) **£5.00**

Shirts, tops and lightweight sweaters **£25 and under**

Jeans, casual trousers, skirts and heavier sweaters **£35 and under**

Shoes **£20–70**

Newspaper **30p–£1.20**

CDs **£5–16**

Portable music system **£30 and up**

Cinema ticket **£4.50–8.50**

Bicycle **£100 and up**

Laptop computer **£400–600**

Restaurant meal (without drinks) **£15 average**

Hairdresser **£15–40 (women)
£10 (men)**

Tuition fees

Your tuition fees are subject to increase and you should make provision for any rise in costs.

Tuition fees can be paid in full or in equal instalments by bank transfer, cheque or debit/credit card. For details on how to pay please contact the Income Team:

Telephone: +44 (0)23 8031 9970

Email: income.team@solent.ac.uk

Early payment incentive

September 2012 enrolment:

If your tuition fees are paid in full by Friday 28th September 2012 you may qualify for a 5% discount under the Early Payment Incentive Scheme.

January 2013 enrolment:

If your tuition fees are paid in full by Friday 19th January 2013 you may qualify for a 5% discount under the Early Payment Incentive Scheme.

You can only qualify for the incentive scheme if you are paying your own fees; employer sponsored students are not eligible.

For more information on the scheme and fee costs, contact the Income Team team:

Email: income.team@solent.ac.uk

Financial help

EU students

EU students may be eligible for a tuition fee loan from Student Finance England. There is no guarantee that Student Finance England will accept an EU student as eligible for tuition fee support, therefore you should ensure that you are able to meet the costs of your tuition in case your application is unsuccessful. For more information on the help available visit:

www.direct.gov.uk

You may also be eligible for the University Bursary. You will need to be income-assessed for these. For further information, please

Email: bursary@solent.ac.uk

Tuition fees

Non-EU students

Non-UK overseas/international students are not eligible for a UK student loan, supplementary grants or Access Funds. You must have funding in place before attending a course in the UK.

Postgraduate students

Refer to your offer letter for details of the tuition fees to be paid. Southampton Solent University offers a scholarship scheme for some of its taught postgraduate full-time courses only; contact the International Recruitment Office to find out more.

“ One of the reasons for choosing Solent University was the facilities offered for research students. Individual research desk with computer, library resources and e-resources are available to every research student.

Supervisors are always ready to help and never reluctant to share their newly developed knowledge with us.

The research centre is very international as all research students are from different countries across the world.

We are like a big family and people are very friendly to each other, helping each other all the time. ”

Joe Zhou

Contact

Income Team

Telephone: +44 (0)23 8031 9970

Email: income.team@solent.ac.uk

International Recruitment Office

Telephone: +44 (0)23 8031 9129

Email: international@solent.ac.uk



Doctors and Health care

All Southampton Solent University students whose courses last for six months or longer are entitled to full health care under the National Health Service (NHS). NHS treatment covers consultations with general practitioners (family doctors), hospital treatment as an in-patient and the treatment of pre-existing conditions.

All international (non-EEA) students coming for courses of less than six months with no reciprocal health agreement will need to obtain health insurance prior to coming to the UK.

Vaccinations

All first-year students coming to the University are advised to receive a vaccination against Meningitis strain C and MMR (Measles, Mumps and Rubella) before coming to the UK. International students must check with their local embassy whether there are any vaccinations that are legally required before they enter the UK. For further information on meningitis, see the website www.meningitis-trust.org

Statement of health

It is advisable that you have a health check in your home country before leaving for the UK and that you obtain any necessary documentation. When registering with a doctor in the UK, it is helpful to provide details of past illnesses, vaccinations and so on for inclusion in your medical records.

Emergencies

In the event of an accident or emergency, you can dial 999 from the nearest telephone. No

charge will be made for the telephone call or for the attention you receive. Do not insert any money, as the call is free. You will be asked for your name and address and which service you require: Police, Fire Brigade or Ambulance. In the case of a serious accident or illness needing hospital treatment, the Accident and Emergency Department (A&E) is open 24 hours a day at Southampton General Hospital.

Registering with a doctor

When you arrive in Southampton and have enrolled with the University, you will need to register with a doctor. Most students living in residences register with St Mary's surgery which is close to the University. Staff from this surgery will come to the University during the International Welcome Week as part of a health talk you will receive and you will be able to register then. If you will be living in private accommodation in other areas of Southampton, a list of other doctors close to your accommodation will be provided or is available from the Students 1st Information Centre throughout the year.

Medical documents

If you have medical issues which require treatment or medication, it is a good idea to bring any medical notes/certificates you have with you, translated into English.

Medicines

Medication, other than aspirin and other common treatments, cannot be obtained without a prescription from a doctor. If you are given a prescription, take it to a chemist/pharmacy to get the medicine. You will need to pay for your prescription (unless you are exempt) and at the time of writing the charge is £7.40 per item.

Dental treatment

Charges are made for all dental treatment, whether you are registered as a private patient or an NHS patient. Many dentists do not accept NHS patients, and those that do may not be able to accept additional patients. If you are on a course for longer than six months, you will be eligible to be treated as an NHS patient and will be advised on finding a dentist when you attend the induction programme. Students who are studying for less than six months are advised to ensure that they have adequate insurance cover for dental treatment. In all cases, it is advisable to have your teeth checked before coming to the UK.

Opticians

Ophthalmic opticians located in various premises throughout the city carry out eye tests. An eye test will cost approximately £25. Spectacles and contact lenses vary in price, so it is advisable to shop around.

“ The staff as well as past and present students are so helpful and supportive, which makes you feel right at home. ”

Khadija Abdirahman

Contraception and family planning

Confidential contraception and family planning services are available without charge from your doctor and local family planning clinics.

Financial help with medical, dental and optical charges

You may be entitled to help with your health costs on the basis of low income. To apply for help, complete an HC1 form, available from the Students 1st Information Centre. You may receive help with all or part of your costs.



Exchange and study abroad students

Learning agreement

Whether you are an exchange or study abroad student, on arrival you will have a personal interview with a member of the academic staff to choose your academic programme.

The University is concerned that you benefit from your time with us and will make every effort to ensure that your programme of study is right for you and is approved by your home university.

You will need to study for either 60 Cats/ 30 ECTS or 120 Cats/60 ECTS, depending on whether you stay for a period or a full year. At the end of the year your marks will be sent back to your home university for purposes of academic recognition.

Contact information

Academic Partnerships Office

Marketing and Communications Service

Telephone: +44 (0)23 8031 9893

Facsimile: +44 (0)23 8023 3475

Email: International.exchanges@solent.ac.uk

“ My course has been really enjoyable as all the lecturers have worked in the industry which makes for a great learning experience. The whole University is also very friendly which enabled me to settle in well. ”

Patrick N'deze





Support for international disabled students

You are encouraged to notify the Disability Co-ordinator if you have a specific learning difficulty (for example, dyslexia), chronic or long-term medical condition, physical or sensory impairment, mental health condition or autistic spectrum declaration (for example, Aspergers). You will need to provide documentary evidence, for example, a report from an educational psychologist or a letter from your general practitioner (GP) or specialist. Documentation needs to be provided in English.

If you have dyslexia and your first language is not English, you are advised to obtain a dyslexia assessment prior to starting your course in the UK.

Unfortunately, there is no UK government funding available to international disabled students to pay for academic-related and

daily living support costs, for example, personal carers. If you require this support, we recommend that you seek advice from your home country if you do not already have funding for this purpose.

Information on the services and support available to disabled students can be found on our website.

Please contact our Access Solent Helpdesk to discuss your support needs:

Telephone: +44 (0)23 8031 9201

Facsimile: +44 (0)23 8031 9904

Email: access@solent.ac.uk

www.solent.ac.uk/welfare/disability

Banking

Opening a bank account

International students are eligible to open a 'basic' bank account at a number of different banks, and in some cases may be eligible for a 'current' or 'student' account. We advise you to shop around and pick a bank whose services meet your individual requirements. In order to open an account you will need to provide:

- proof of your identity (passport/identity card)
- confirmation of your student status
- confirmation of your home and UK addresses

You may have to wait for 2 weeks or longer before your account is opened. The process can be frustrating and time consuming but try to remain calm and ensure that you are clear about the required documentation. It may be easier for you to think about opening a bank account in the UK before you leave home. Check whether your bank has connections with a UK bank and could help you set up an account; otherwise you can open a bank account after you have enrolled on your course (Course enrolment 24 – 28 September).

Basic bank account services

A basic bank account allows you to pay in and withdraw money, and pay bills by Direct Debit. You will be given a bank card to access your money through cash machines, but you may not be eligible to access credit/debit or overdraft facilities.

Keeping track of your money

You will receive regular statements from your bank, detailing any payments made to your

account and any withdrawals. The statement will also show the balance of your account, that is, the amount of money available to you. You may also print mini-statements and check your balance at cash machines.

International students are advised to choose paper statements rather than online only and to keep them safe, as they will be needed as proof of your financial position in the event that you need to extend your visa at some point during your studies. Please note that the UKBA does not accept mini-statements.

Service charges

Most bank services available to you are offered free of charge. However, you may be charged a small fee for using cash machines that are not owned by your bank. Any charges payable should be displayed on the cash machine screen before you proceed with your transaction. You may also incur charges on Direct Debit payments if there are insufficient funds in your account.

The major UK banks represented in Southampton are:

- Barclays Bank – www.barclays.co.uk
- Halifax – www.halifax.co.uk
- HSBC – www.banking.hsbc.co.uk
- Lloyds TSB – www.lloydstsb.com
- NatWest Bank PLC – www.natwest.co.uk

Banks are usually open 09.30–17.00 daily, and closed at weekends and on public holidays, though some banks are open on a Saturday morning.

Banking

It is important that you discuss your banking needs in full with an adviser at the bank so that you are offered an appropriate account.

Transferring money to the UK

The easiest way to send money is by electronic transfer of funds from a bank in your home country to your UK account. To do this, the bank in your home country will need:

- your UK bank's name and full address
- your name as given on your UK bank account
- your UK bank account number
- your UK bank's sort code.

Money can also be transferred using a banker's draft. This is a document drawn up by the bank in your home country and sent to you, which you then present to your bank in the UK. Before you transfer money you should find out what charges the banks will make for the service, and how long it will take. Bank drafts drawn in pounds sterling are quicker to process. It is advisable to photocopy any cheques/drafts that you bring with you to retain for your records.

“ It was my dream to come and study in the UK, because of its worldwide education recognition and reputation. What I like the most about my course is the emphasis on working in groups, sharing ideas and helping each other. ”

Dalia Al-Fararani

Check whether your home country restricts the amount of money you may transfer to the UK; if you need permission to transfer funds, ensure that you seek it and obtain any necessary documentation before leaving for the UK.

We advise that you carry no more than £300 in cash to cover your immediate needs upon arrival in the UK. You should also bring in travellers' cheques and a credit card or cash card (for use in ATMs in the UK) so that you have access to money while you wait for your UK bank account to become active.



Insurance

Medical/health insurance

Staying for six months or more

Students coming to the UK for a course of six months or more are entitled to receive full health care provided by the National Health Service (NHS) on the same basis as other UK residents from the day of their arrival in the UK. You should be aware that charges are made under the NHS for medicines, eye care and dental treatment.

Staying for less than six months

If you are coming for a course of less than six months, you will be entitled to NHS treatment only if you are from an EEA member state or from a country with a reciprocal health agreement. All students and any accompanying family members should complete form E128, which is available from your own national authorities. If you do not complete the E128 form, you will only be eligible for treatment for illnesses that become evident while you are in the UK.

Even if you are eligible to receive NHS treatment, you may wish to take out health insurance that covers the cost of repatriation in case you need to be flown home because of serious illness or death. Endsleigh Insurance offers health policies for international students studying in the UK.

“ Being at university is great, it gives you the opportunity to get a better career in the future, and also gives you a sense of what to expect in the workforce. ”

Marcel Kajingu

Personal possessions insurance

You are strongly advised to insure your personal belongings against theft, loss and damage before coming to the UK.

Many companies specialise in low-cost insurance for students. Endsleigh Insurance Company, recommended by the National Union of Students (NUS), has a policy designed for international students studying in the UK. For information on policies and insurance costs, visit the website: www.endsleigh.co.uk; we strongly advise you to shop around for the most competitive quote.





Central Station
National and local trains with connections to the airport.
City-link (free), City Clipper and buses to University of Southampton leave from the South side, all other buses leave from the North side.

Key contacts

Southampton Solent University

General switchboard

Telephone: +44 (0)23 8031 9000

International Office

Telephone: +44 (0)23 8031 9129

Email: international@solent.ac.uk

International Support

Telephone: +44 (0)23 8031 9821

Facsimile: +44 (0)23 8031 9904

Email: internationalsupport@solent.ac.uk

Faculty of Business, Sport and Enterprise

Telephone: +44 (0)23 8031 9888

Maritime and Technology Faculty

Telephone: +44 (0)23 8031 9355

Faculty of the Creative Industries and Society

Telephone: +44 (0)23 8031 9656

Warsash Maritime Academy

Telephone: +44 (0)1489 556206

Accommodation Office

Telephone: +44 (0)23 8031 9886

Income Team

Telephone: +44 (0)23 8031 9530

General

Southampton Tourist Information

Telephone: +44 (0)23 8083 3333

Hampshire Police General Enquiries

Telephone: +44 (0)845 045 45 45

General enquiries: 101

Emergency only: 999

Directory Enquiries

Telephone: 118 500

National Rail

Telephone: +44 (0)8457 48 49 50

www.thetrainline.com

National Express Coaches

www.nationalexpress.com

Home Office

www.homeoffice.gov.uk

Foreign and Commonwealth Office

www.fco.gov.uk

Immigration Advisory Service

Telephone: +44 (0)207 989 0005

Email: info@iasservices.org.uk

www.iasservices.org.uk

UKCISA Council for International Education

www.ukcisa.org.uk



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