

International Student Support Service

# International Students' Welcome Guide

2017/18





# Welcome to Nottingham Trent University

This Welcome Guide will provide you with information and guidance on:

- **preparing for your stay in the UK;**
- **travelling to Nottingham;**
- **student life at Nottingham Trent University (NTU); and**
- **living in Nottingham and the UK.**

It also includes important contact details and websites for both University services and external organisations.

We recommend that you read through the guide as you start to plan for your journey to Nottingham, and also remember to bring it with you so you can refer to it during your stay.

We hope the guide answers many of your questions and gives you a good start for your studies with us.

## Welcome Week 2017

**Friday 22 September – Sunday 1 October**

A varied and vibrant programme of activities and events designed to welcome new students to Nottingham Trent University.

There are a number of events for international students which provide the opportunity to meet new people, find out more about NTU, the city of Nottingham and explore more of the UK.

[www.ntu.ac.uk/welcomeweek](http://www.ntu.ac.uk/welcomeweek)



## A message from Professor Cillian Ryan

I am delighted to welcome you to our global student community and to our vibrant multicultural city.

Nottingham is a wonderful place. You have probably heard of Robin Hood and the Sheriff of Nottingham, but there are many other reasons why we are proud of our city. We are perfectly located in the heart of England, with London, the coast and lots of the UK's major attractions all within easy reach. We are consistently ranked as one of the most affordable cities for students in the UK and we have a wide selection of music festivals, sport, and outdoor theatre, as well as a rich history. Nottingham is also one of only 20 locations worldwide to be named a UNESCO City of Literature, in recognition of the quality and quantity of its literary history and its diverse contemporary writing community.

Nottingham Trent University is a truly global university, with students and staff drawn from over 160 countries and a network of international partners that spans the world. We are committed to the internationalisation of our curriculum, students and staff with the twin aims of:

- providing an international learning experience for our students, to allow them to graduate as highly-employable global citizens; and
- increasing the global connectedness of our research.

I hope you will enjoy everything both the University and the city has to offer during your studies with us and I look forward to welcoming you to Nottingham Trent University.

# Welcome from the International Student Support Service

We are delighted that you have chosen to study at Nottingham Trent University (NTU) and would like to offer you a warm welcome. The International Student Support Service provides advice and support to all international students as you prepare for your studies at NTU, and also throughout your stay with us.

## What we offer

- **Welcome Guide:** We hope that you find the guide both interesting and informative and that it answers many of the questions you have as you start your preparations to come to Nottingham. If you do have any further questions prior to your arrival in the UK, please contact us.
- **Advice and information:** We offer advice to all prospective and current international students on a range of issues including visas and immigration matters. You can contact us by phone, email or in person at the Student Services Centre. We provide individual and group advice, and also offer a range of information leaflets which are available to collect from the Student Services Centre and to download from our website.
- **International Student Support webpages:** [www.ntu.ac.uk/internationalsupport](http://www.ntu.ac.uk/internationalsupport)  
The International Student Support webpages provide up-to-date information on a range of issues affecting international students including immigration matters and living and working in the UK. We offer downloadable guidance notes covering frequently asked questions, as well as regular updates on changes to the immigration regulations and other issues affecting international students.
- **Welcome Events:** During Welcome Week, we run dedicated events for international students, including an early arrivals event, welcome talks and social events. Check the Welcome Week guide ([www.ntu.ac.uk/welcomeweek](http://www.ntu.ac.uk/welcomeweek)) and our website for more information and make sure you join in!

- **NOW (NTU Online Workspace):** All international students at NTU have access to the International Student Support module on NOW. This provides a range of online resources to support you during your time at NTU.
- **HOST:** We offer a scheme where you can apply online to spend a day or a weekend with a UK family and learn more about British culture. Visit [www.hostuk.org](http://www.hostuk.org) to find out more.

## International Student Support Service

Tel: **+44 (0)115 848 2631**

Email: [int.support@ntu.ac.uk](mailto:int.support@ntu.ac.uk)

Web: [www.ntu.ac.uk/internationalsupport](http://www.ntu.ac.uk/internationalsupport)

We are based in the Student Services Centre in the Newton / Arkwright building on the City Campus.

## Connect with us



NTUInternational



TrentUni



NottinghamTrentUni



## Welcome from the NTU Global Lounge Team

The Global Lounges on our City and Clifton Campuses are spaces where all NTU students can feel part of our global community.

The Global Lounges are spaces where you can participate in a wide range of inter-cultural activities and find out about the international opportunities available to you as an NTU student. In the Lounges, you will have the chance to meet other students from around the world during our regular (and free!) weekly events such as our International Community / Connect Lunches and Language Cafes, and learn about other cultures during our monthly cultural events. The Lounges also provide a friendly and relaxed environment for you to just drop in and chat with others over a coffee or tea.

We look forward to meeting you.

**City Campus:** Goldsmith Street (next to Chaucer Building).

**Clifton Campus:** Mary Ann Evans, Room 126



NTUGlobalLounge



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# Your checklists

Here are some things you may need to think about **before leaving for the UK**.

## Before you leave

### Your visa

Check the visa requirements and allow yourself plenty of time to prepare your documents and submit your application so that you can arrive at NTU for the start of your course. Visit [www.ntu.ac.uk/internationalsupport](http://www.ntu.ac.uk/internationalsupport) for further information about visas.

### Finance

Make sure you have enough funds to cover your tuition fees, accommodation costs and living expenses for the duration of your course (see page 16).

### Money for the first few weeks

It can take several weeks to open a UK bank account, so you will need to bring enough money to cover your initial expenses (see page 20).

### Enrolment

Visit [www.ntu.ac.uk/enrolment](http://www.ntu.ac.uk/enrolment) to start the online enrolment process at NTU.

### Tuition fee payments

Make arrangements to ensure that you will be able to pay your tuition fees and advance payment (if necessary) by the appropriate date (see page 17).

### Your accommodation

If you plan to stay in University accommodation, make sure you apply and pay the booking fee by the appropriate date (see page 26). If you will be looking for private accommodation on arrival, organise somewhere to stay while you search (see page 28).

### Specific support

Make sure you inform either your School Office or the Disability Support Service if you are likely to require specific support or arrangements because of a disability (see page 49).

### Insurance

Make arrangements to take out insurance for your personal belongings (see page 61). This can be done on arrival, but you may want to take out travel insurance to cover you for your journey and the first few days in Nottingham. Check if you require health insurance to cover the cost of any medical treatment you might need during your stay in the UK (see page 34).





### Your official documents

Take photocopies of your important documents (passport, visa, etc) in case you lose them in transit or while in the UK, and keep these copies in a safe place.

### Travelling to Nottingham

Plan how you will travel from your port of arrival in the UK (for example, Heathrow Airport) to your accommodation in Nottingham (see page 12).

### Clothing

The weather in the UK is very variable and September to March can be particularly cold, so make sure you pack clothes which are suitable for all seasons, especially the winter (see page 69).

## Connect with us



Join the NTU International Student Network on Facebook  
[www.facebook.com/NTUInternational](https://www.facebook.com/NTUInternational)

# ✓ Your checklists

These are all the things you need to do **when you arrive in the UK and during your first few weeks at NTU.**

## On arrival

- Contact your family and friends at home so they know you have arrived safely.
- Find out where your local supermarket is and buy food.
- Make sure you've got the essentials for your new home (kitchen equipment, bedding).
- Collect your Biometric Residence Permit (BRP). Visit [www.ntu.ac.uk/brpcollection](http://www.ntu.ac.uk/brpcollection) for more information.

## During your first week

### Enrolment

- Ensure you have completed the online enrolment process at [www.ntu.ac.uk/enrolment](http://www.ntu.ac.uk/enrolment).
- If you are a non EU / EEA student, provide the University with a copy of your passport and visa.
- Make arrangements to pay your tuition fees (see page 24).
- Collect your student ID card (Smartcard).

### Course induction

- Find out where you have to be and when on the first day of your course.
- Attend all of your course induction events, which will communicate the important information you need to succeed in your course at NTU.

### Welcome Week

- Visit the Welcome Points for international students to collect a welcome pack and find out about Welcome Week events, and ask our Student Ambassadors any questions you may have about life at NTU!
- Take part in the University's Welcome Week activities, which run during the week prior to term starting in September.
- Find out how the International Student Support Service can support you, especially with immigration matters.
- Check out what's on offer at NTU for international students.
- Check out the Students' Union Freshers' Fairs, which are a great opportunity to learn more about what the Students' Union has to offer (and get some free stuff!).



## □ Travel

- Find out how to travel to / from your accommodation to the University campus where your classes will be based (see page 75).
- Use the maps at the end of this guide to have a look around the campuses and the city of Nottingham and get to know your local area.

## □ Finally, don't forget to

- Register with the police (this is a requirement for certain nationalities after you arrive in the UK, and will be detailed on your letter from UKVI once your embassy grants your visa). Further information is available on our website: [www.ntu.ac.uk/policeregistration](http://www.ntu.ac.uk/policeregistration).
- Take out adequate insurance to cover your possessions (see page 61).
- Open a UK bank account (see page 23).
- Register with a doctor (see page 34).
- Keep in touch with people from home and new friends you meet in Nottingham.
- Find out where the International Student Support Service is based, and when it is available (see page 2).

# Immigration

All students from outside the EU / EEA need the correct immigration permission to study. For the majority of students this will be a Tier 4 (general) student visa. If you are currently overseas, you will need to obtain a Tier 4 visa before travelling to the UK. The International Student Support Service provides information and advice on immigration matters.

All students from outside the EU / EEA are advised to check what visa they will need to study at NTU. Visit [www.ntu.ac.uk/visas](http://www.ntu.ac.uk/visas) to find out more.



## Tier 4 student visa application support Students applying outside the UK

All students are advised to check our website [www.ntu.ac.uk/tier4](http://www.ntu.ac.uk/tier4) for full guidance on making a visa application. You can make your Tier 4 visa application no more than three months before your course start date. The earliest your visa can start is one month before your course start date.

You must meet the conditions of your offer and get a CAS number before being able to apply. You must also make sure that you have prepared the relevant documents and meet the maintenance requirement.

In all cases you should ensure that you allow yourself enough time for your visa to be processed and to travel to the UK in advance of your course start date. Visa processing times vary significantly depending on where you apply. We recommend that you check current visa processing times in your country.

## On arrival in the UK

Students who have been granted a Tier 4 visa overseas will be given a temporary entry clearance sticker in their passport and will be required to collect a permanent Biometric Residence Permit on arrival in the UK.

Please visit [www.ntu.ac.uk/brpcollection](http://www.ntu.ac.uk/brpcollection) for further information about the process you will need to follow.

# Immigration

## Students applying in the UK

The International Student Support Service provides comprehensive support to students applying from within the UK, including a Tier 4 student visa application checking service.

Once you have prepared your application and your documents, you can submit them to the International Student Support Service for checking by an adviser. Once your application is complete, the University can send it to UK Visas and Immigration (UKVI) on your behalf. This service is subject to terms and conditions, including strict deadlines. You must therefore ensure that you allow yourself sufficient time to check the Tier 4 visa requirements, ensure that you meet them and prepare all of the necessary documentation.

Visit [www.ntu.ac.uk/internationalsupport](http://www.ntu.ac.uk/internationalsupport) for further details.



## Your Tier 4 responsibilities

As a student at NTU on a Tier 4 visa, there are certain requirements that you must meet and obligations that NTU has as your immigration sponsor. These include ensuring that you have a suitable visa valid for study at NTU, keeping the University updated with your contact details, abiding by the conditions of your visa and maintaining attendance on your course of study. Visit [www.ntu.ac.uk/yourtier4](http://www.ntu.ac.uk/yourtier4) for further information about these.

If you have any queries or concerns about these responsibilities, please contact the International Student Support Service.

## Information for EEA students

The rights of EEA citizens remain unchanged while the UK is still a member of the European Union. EEA students have the right to enter the UK freely, and have the right to reside in the UK as a student provided they have comprehensive sickness insurance (CSI). Therefore, you must ensure you either have a EHIC card issued by your home country, or arrange comprehensive private medical insurance.

Visit [www.ukcisa.org.uk/Information--Advice/EEA--Swiss-Students/Staying-in-the-UK-as-a-student](http://www.ukcisa.org.uk/Information--Advice/EEA--Swiss-Students/Staying-in-the-UK-as-a-student) for more information.

### Further information

International Student Support Service:  
[www.ntu.ac.uk/internationalsupport](http://www.ntu.ac.uk/internationalsupport)

UK Council for International Student Affairs  
UKCISA:  
[www.ukcisa.org.uk](http://www.ukcisa.org.uk)

UK Visas and Immigration (UKVI):  
[www.gov.uk/uk-visas-immigration](http://www.gov.uk/uk-visas-immigration)

# Your journey to Nottingham

Nottingham is easily accessible by road and rail from all of the UK's main airports including London Heathrow, Gatwick, Luton or Stansted (all close to London) and Birmingham or Manchester. The closest airport to Nottingham is East Midlands which mainly handles flights to and from Europe. If your flight arrives in the UK very late at night, it is advisable to book yourself into a hotel for the night, and begin your onward journey to Nottingham the following day. You will find hotel booking services at most UK airports or you can book a room in advance. Visit [www.airporthotels4less.co.uk](http://www.airporthotels4less.co.uk) for information on hotel bookings at reasonable rates.

## Travelling to Nottingham from the major airports

If you are not using the University's free airport pickup service in September or January, (see information on page 14), you can travel by coach (bus) or train from all of the main UK airports. Generally, coaches offer more direct services to Nottingham and are relatively cheaper than trains which are quicker but may involve more changes. Travel fares can vary depending on what day and time you travel and how far in advance you book your ticket. We therefore recommend that you book in advance and check timetables before you arrive in the UK. The table on page 14 lists coach and train journeys to Nottingham from the UK's main airports; however, we strongly recommend that you read [www.ntu.ac.uk/international](http://www.ntu.ac.uk/international) for more detailed advice on your journey to Nottingham.

## Coach travel

National Express coaches travel to Nottingham directly from all of the main airports. Visit [www.nationalexpress.com](http://www.nationalexpress.com) for information on services or booking your tickets in advance.

## Train travel

Regular train services operate from all of the UK's main cities to Nottingham. Visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for further information and to book tickets online.

## London Underground

If you are arriving in London and travelling to Nottingham by train, you can take the London Underground direct from Heathrow and Gatwick Airports to London St Pancras International train station. Visit <https://tfl.gov.uk/> for further information on underground routes.

## Travelling from East Midlands Airport

A regular Skylink bus service runs 24 hours a day between East Midlands Airport and Nottingham city centre, departing every 20 minutes. Tickets can be purchased from the bus driver on the date of travel. Visit [www.trentbarton.co.uk](http://www.trentbarton.co.uk) for further information and timetables. Alternatively, you can book an Arrow Cars taxi online at [www.eastmidlandsairport.com](http://www.eastmidlandsairport.com) or from the taxi office outside the Arrivals area on the day.

## Travelling from Nottingham train and bus stations to the University

Nottingham's train and coach stations are located close to the city centre and we advise that you take a taxi (green Hackney carriage) from either of the stations' taxi ranks direct to your accommodation when you first arrive.

Students studying at Brackenhurst Campus, located in Southwell outside Nottingham, can alternatively choose to travel by train to Newark North Gate station, (train services to Newark operate directly from London King's Cross and from Manchester Piccadilly via Doncaster) and then take a taxi to Brackenhurst from Newark station.

Visit [www.ntu.ac.uk/maps](http://www.ntu.ac.uk/maps) for further information on travel to the University.

# Your journey to Nottingham

UK airport locations



# Your journey to Nottingham

## Free airport pickup service

The University offers a free airport pickup service from Heathrow on the weekend before Welcome Week in September and in January. Visit [www.ntu.ac.uk/meetandgreet](http://www.ntu.ac.uk/meetandgreet) to find out more and book your place.

## Taxi booking

We are able to book taxis to collect you from UK airports. Booking through the University gives you better rates than booking direct. Visit [www.ntu.ac.uk/taxibooking](http://www.ntu.ac.uk/taxibooking) to find out more and make a booking.

Arrival airport	Means of transport to Nottingham	Approximate journey time
London Heathrow (LHR)	<b>Coach</b> (direct from Heathrow Airport central bus station or Terminals 1 – 5)	3 – 5 hours
	<b>Train</b> (direct from London St Pancras station, use London Underground from Heathrow)	3.25 hours
London Gatwick (LGW)	<b>Coach</b> (direct from North or South terminal)	4.5 – 5 hours
	<b>Train</b> (via London St Pancras)	3.25 hours
East Midlands (EMA)	Skylink airport shuttle bus service	55 minutes
Birmingham International (BHX)	<b>Coach</b> (via Digbeth coach station)	2.5 hours
	<b>Train</b> (via Birmingham New Street station)	2 hours
Manchester (MAN)	<b>Coach</b> (direct from 'The Station' at Manchester airport)	5 hours
	<b>Train</b> (via Manchester Piccadilly, Wilmslow or Stockport stations)	2.5 hours
Stansted (STN)	<b>Coach</b> (direct from Stansted airport terminal)	3.5 – 4.5 hours
	<b>Train</b> (via Peterborough, Leicester or Grantham stations)	3 hours



# Your journey to Nottingham



“Bring a watch! Being on time is very important here.”

**Ahmed Omar Aghalli, Libya**  
MA English Language Teaching

# Money

## Planning your finances

Coming to study in the UK is a considerable financial commitment and it is extremely important that you think carefully about all of the costs involved for the full duration of your course before you start your studies. The University does not have any funding to help students who experience difficulties paying their tuition fees or living expenses. Students who arrive without sufficient funds to cover both their tuition fees and living expenses often cannot complete their courses and have to return home. It is therefore essential that you secure funding to cover all your expenses prior to starting your course.

## Living costs

We have put together a list of potential living costs to help you to budget for your time in Nottingham. How much you actually spend will depend on your personal lifestyle. Also, remember that your expenses will increase each year.

Visit [www.ntu.ac.uk/internationalsupport](http://www.ntu.ac.uk/internationalsupport) for more information about the amount of money that you will need to show you meet the maintenance requirement for your Tier 4 visa application.



# Money

## Tuition fees 2017/18

Level of study	Payment dates						
<p>Undergraduate and postgraduate students paying international student fees</p> <p>All international (non-EEA) students are required to make an advanced payment of £3,000. This must be made at the time you accept your offer of study, in order to secure your place.</p>	<p>Payment should be made in full on enrolment, or by instalments which need to be set up by Monday 2 October 2017:</p> <table> <tr> <td>23 October 2017</td> <td>50% of the balance of fees after deducting £3,000 advanced payment.</td> </tr> <tr> <td>5 February 2018</td> <td>Remaining balance.</td> </tr> </table>	23 October 2017	50% of the balance of fees after deducting £3,000 advanced payment.	5 February 2018	Remaining balance.		
23 October 2017	50% of the balance of fees after deducting £3,000 advanced payment.						
5 February 2018	Remaining balance.						
<p>Undergraduate students paying home fees</p>	<p><b>By tuition fee loan</b></p> <p>Most students can apply for a tuition fee loan to cover the cost of their tuition fees (see page 25).</p> <p>If you are not applying for a tuition fee loan, payment can be made in full on enrolment or by three equal instalments which need to be set up by Monday 2 October 2017:</p> <p><b>By instalments</b></p> <table> <tr> <td>6 November 2017</td> <td>first instalment</td> </tr> <tr> <td>10 January 2018</td> <td>second instalment</td> </tr> <tr> <td>18 April 2018</td> <td>third instalment</td> </tr> </table>	6 November 2017	first instalment	10 January 2018	second instalment	18 April 2018	third instalment
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18 April 2018	third instalment						
<p>Postgraduate students paying home fees</p>	<p>Payment in full on enrolment, or by three equal instalments set up by Monday 2 October 2017:</p> <table> <tr> <td>6 November 2017</td> <td>first instalment</td> </tr> <tr> <td>10 January 2018</td> <td>second instalment</td> </tr> <tr> <td>18 April 2018</td> <td>third instalment</td> </tr> </table>	6 November 2017	first instalment	10 January 2018	second instalment	18 April 2018	third instalment
6 November 2017	first instalment						
10 January 2018	second instalment						
18 April 2018	third instalment						
<p>Nottingham Trent International College students</p>	<p>Payment in full on enrolment, or by three equal instalments set up by Monday 2 October 2017:</p> <table> <tr> <td>2 October 2017</td> <td>first instalment</td> </tr> <tr> <td>10 January 2018</td> <td>second instalment</td> </tr> <tr> <td>18 April 2018</td> <td>third instalment</td> </tr> </table>	2 October 2017	first instalment	10 January 2018	second instalment	18 April 2018	third instalment
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10 January 2018	second instalment						
18 April 2018	third instalment						

Further information about paying your tuition fees can be found on page 24.

# Money

## One-off costs

Expense	Approximate cost
Bedding (duvet, pillows, sheets, pillowcases)	£40
Kitchen equipment (plates, cutlery, pans)	£40
Insurance for personal belongings (in private accommodation)	£150 per year
Television licence	£147 per year
Laptop	from £300
Tablet	from £100
Membership of a student society	£1 to £10
Gym membership (at University gym)	£80 to £110 per year (off-peak / peak)

## Weekly costs

Expense	Approximate cost (per week)
University residences (standard room)	From £83 to £163 with some bills included (Average cost is £100)
Private shared house or flat for four people	From £70 to £100 (bills not included)
Private house or flat for two people or fewer	From £65 to £120 (bills not included)
Private hall of residence	From £90 to £170 (bills usually included)
Food / meals	£35
Electricity, gas and water bills	£15 to £20
Mobile phone	From £5
Broadband connection in private accommodation	From £15 per month
Course costs (e.g. books, materials and stationery)	£15
Travel (within Nottingham)	£15
Social activities	From £15

# Money

Here are a few examples of prices for everyday items (based on UK supermarket brand prices).

## Food stuffs and groceries

Dried pasta (shells, 500 g)	£0.59
Basmati rice (500 g)	£0.89
Potatoes (white, 2.5 kg)	£2
Bread (800 g loaf)	£0.50
Milk (1 pint / 0.5 litre)	£0.45
Instant coffee (200 g)	£1.95
Orange juice (1 litre)	£0.65
Cola (2 litre bottle)	£0.55
Whole chicken (per kg)	£2.73
Chicken breast fillets (1 kg)	£3.82
Butter (250 g)	£0.98
Cheddar cheese (500 g)	£2.50
Eggs (6)	£0.89
Pasta sauce	£0.79
Oranges (each)	£0.30
Tomatoes (500 g)	£0.75
Washing powder (2.6 kg box)	£5
Toothpaste (100 ml)	£1
Shampoo (400 ml)	£3
Shower gel (250 ml)	£1

## Clothes

Winter coat	From £45
Winter shoes	From £20
Jumper	From £15
Trousers	From £20
Scarf	From £5
Hat	From £5

Visit [www.ntu.ac.uk/moneymatters](http://www.ntu.ac.uk/moneymatters) for more information, including guidance on managing your money and a handy budget planner.



# Money

## Bringing money into the UK

You may bring as much money as you like, in any form, into the UK. However, if you bring more than €10,000 (or the equivalent in another currency) in cash (including bank notes, banker's drafts, cheques, travellers' cheques), you will need to declare this sum and hand in a cash declaration form on arrival at the airport. Visit [www.gov.uk/bringing-cash-into-uk](http://www.gov.uk/bringing-cash-into-uk) for further information.

You will need to check with your bank at home to see if there are any restrictions governing the transfer of funds to the UK. There are several different methods of transferring money to the UK; some are quicker and more costly than others. Contact your local bank for further information about which method would be most suitable for you.

## How much money should I bring with me to the UK?

You will need to bring some money with you to cover your initial expenses when you arrive. We do not recommend that you bring large amounts of cash. It can take from two to four weeks to open and use a UK bank account, so make sure you have ways to access money while you wait for your UK account to open.

The amount of money you will need to cover your initial expenses will depend on your accommodation situation. If you have already organised and made all of the appropriate payments for your accommodation, £400 should probably cover your initial expenses until you open a bank account. If you are looking for accommodation in the private sector, you will usually be required to pay a deposit and one month's rent in advance, so you will need to budget for around £900.

If you are planning to use a credit or debit card from your bank at home when you arrive in the UK, to either pay for purchases or to withdraw cash from an ATM (cashpoint), you should check with your bank before you leave to see if you can use it in the UK, and if there are any limits on the amount you can withdraw per day. It is also advisable to check how much money you will be charged each time you use your card. The most common credit cards in the UK are Visa and MasterCard.



# Money

## Top tips for handling your money

### Plan ahead

- Draw up a weekly budget and stick to it! Work out what your weekly costs are, so you can see what you have left over to spend on the non-essentials.
- Download a budgeting app for free. They are very useful and can help you keep track of your daily expenditure and bank balance.

### Take advantage of student discounts

- Use your NTU Smartcard in restaurants, shops, cinemas, bars, hairdressers and travel agents in and around the city to receive discounts for students. Always ask if they give student reductions otherwise you may lose out!
- Download the 'My UniDAYS' app to unlock even more discounts both in-store and online.

### Bills (gas, electricity, water, telephone)

- Take gas and electricity meter readings when you move in and out of your new home to ensure you only pay for energy you have used.
- Switch off lights when you are not in the room and be careful with heating.

### Reduce your day-to-day spending

- If possible, walk or cycle to University rather than taking the bus.
- If you do use the bus or tram frequently, it is worth investing in a monthly / termly / annual travel pass, as this can work out much cheaper.
- Prepare a packed lunch rather than buying it in a café.
- Before buying any books, check what is essential and find out what is available in the library. Make use of second-hand book sales for buying books and selling the ones you have finished with.

### Entertainment

- Bars and clubs near campus will almost always be student-friendly, in attitude and price.
- If you will be going home late, share a taxi with friends.
- Entertain at home: inviting friends around is a great way to spend an evening. You can also share the cost by asking your friends to bring some food with them.

### Further advice

Money advice and help with planning your budget is available from the University's Student Financial Support Service.

Tel: **+44 (0)115 848 2494**

Email: **financial.support@ntu.ac.uk**

# Money





# Money

## Banking services

All of the major high-street banks in the UK have branches in Nottingham, and you can find a list of these on our “Opening a UK Bank Account” guidance note available to download from [www.ntu.ac.uk/internationalsupport](http://www.ntu.ac.uk/internationalsupport). If you are applying to open a bank account in the UK, you may find it takes at least two to four weeks. You will also find that UK banks do have very specific requirements about the documents you will need to provide in order to open a bank account.

## Opening a bank account

In the first instance, we suggest you check with a few different banks to see which one can offer the most suitable account for your purposes. As an international student, you may find that you are not able to access the full range of banking facilities which are normally available to UK residents such as overdrafts. However some banks are starting to offer accounts more tailored to the needs of international students.

Our “Opening a UK Bank Account” guidance note provides helpful advice and guidance on opening a UK account. It includes a list of documents you will be required to provide to open your account, a full list of banking terms and a helpful comparison of different banks in Nottingham and the accounts that they offer to international students. Visit [www.ntu.ac.uk/internationalsupport](http://www.ntu.ac.uk/internationalsupport) to download this leaflet.

Further information on opening a UK bank account is available from the British Bankers’ Association.

Visit [www.bba.org.uk/publication/leaflets/international-students](http://www.bba.org.uk/publication/leaflets/international-students) to find out more.

## British money

British money is made up of pounds (£) and pence (p). 100 pence equals £1.

**Coins:** 1p, 2p, 5p, 10p, 20p, 50p, £1, £2

**Notes:** £5, £10, £20, £50



1 penny



2 pence



5 pence



10 pence



20 pence



50 pence



1 pound  
(100 pence)



2 pound  
(200 pence)

# Money

## Paying by GlobalPay from overseas

As an international student, you can now pay your tuition and / or NTU accommodation fees by using the GlobalPay for Students platform (<https://student.globalpay.wu.com/>) powered by our partner Western Union Business Solutions. This service allows you to pay in your local currency and from your home bank account with favourable exchange rates, reduced bank fees and no transaction charges avoiding the possibility of fee shortfalls.

In order to use the service, you must provide student and payer details, including your NTU ID number as a reference to help us identify your payment. You will then be provided with a quote in your local currency which will be held for 3 days during which time you instruct your bank to transfer funds to Western Union Business Solutions who then forward the payment to NTU. Further details including a user guide can be found on the above webpage.

## Paying your tuition fees

The following provides a brief overview of paying your tuition fees. We will send you more detailed information about when and how to pay. If you are paying your own fees, you will not be able to fully enrol at the University until you have paid your fees in full, or set up appropriate instalment arrangements.

## Payment methods

You can pay your tuition fees online by debit or credit card, or by direct debit from a UK bank account. Visit [www.ntu.ac.uk/onlinepayment](http://www.ntu.ac.uk/onlinepayment) to make a payment or set up a direct debit. The online payment facility provides the opportunity to make an immediate payment in full or set up an instalment arrangement. You will need your NTU ID number to use the online payment system. You will already have received this ID number in your offer letter from NTU. If any assistance is required in using the online system, email [FinFinanceIncome&DebtManagement@ntu.ac.uk](mailto:FinFinanceIncome&DebtManagement@ntu.ac.uk) or telephone **+44 (0)115 848 6500** for advice and guidance.

The University will also accept full payment of fees by cash, banker's draft, bank transfer or UK cheque by Monday 2 October 2017. If you wish to pay by instalments, you may pay your first instalment by a banker's draft or bank transfer by Monday 2 October 2017. To set up your payment plan, contact Finance and Income Debt Management on **+44 (0)115 848 6500** or visit the finance desks in the Student Services Centre (City Campus), Student Centre (Clifton Campus) or the Finance Office (Brackenhurst Campus). You will either need your UK bank details or a credit / debit card.

Please make sure that you are fully aware of your financial obligations with regard to the payment of your fees, including the rules regarding refunds should you withdraw from your course.

This information is held in the Fee Payment Conditions which can be viewed at: [www.ntu.ac.uk/onlinepayment](http://www.ntu.ac.uk/onlinepayment)

You should contact your course administrator if you need further information on this matter.

# Money

## Tuition fee loan for undergraduate students paying home fees

In 2017/18, the full-time home undergraduate tuition fee will be £9,250. Tuition fees are payable each year. Subject to meeting certain eligibility criteria, EU students will be able to apply for a tuition fee loan from the Student Loans Company to cover the full cost of their fees in 2017/18. This loan is not means-tested and will be paid directly to the University on your behalf. You will pay back this loan after you have left university and are earning more than a certain amount (this varies depending on your country of residence).

Visit [www.gov.uk/student-finance/eu-students](http://www.gov.uk/student-finance/eu-students) for further information regarding eligibility criteria and application details.

The Student Finance Services Non UK Team within Student Finance England is responsible for processing the fee loan and can be contacted on **+44 (0)141 243 3570**.

The UK Council for International Student Affairs website ([www.ukcisa.org.uk](http://www.ukcisa.org.uk)) provides information about eligibility for home fees and student support for EU students and EEA and Swiss migrant workers.

## US Federal Stafford Student Loans

Nottingham Trent University participates in the Federal Direct Loan Program for eligible US students attending certain programmes of study. Visit [www.ntu.ac.uk/usloans](http://www.ntu.ac.uk/usloans) for further information.

For further fee payment information, contact Finance Income and Debt Management:

Tel: **+44 (0)115 848 6500**

Email: **FinFinanceIncome&DebtManagement@ntu.ac.uk**

[www.ntu.ac.uk/onlinepayment](http://www.ntu.ac.uk/onlinepayment)



# Accommodation

In order to make the most of your time in Nottingham, it is important to feel secure and comfortable in your accommodation. International students are often concerned about where they will live. Don't panic. There is a variety of accommodation available. Firstly, you need to decide what type of accommodation you wish to live in.

## University accommodation

### University Partnership Programme (UPP) residences

These residences are managed by a company called UPP (University Partnership Programme) Nottingham Limited, the University's official residential accommodation partner and preferred provider. They provide approximately 4,500 places for students, and offer a range of accommodation, including studio-style, en suite, or with shared bathroom facilities.



### University-owned residences

The University also owns and manages approximately 350 rooms on our Brackenhurst Campus and 50 rooms for students who are 21+ years of age, across our City and Clifton Campuses. All of these rooms are covered by an out of hours security service.

All bedrooms in UPP / University-owned residences are fully furnished and offer free Wi-Fi broadband Internet. All University accommodation is self-catered with kitchen and dining areas shared with other students in the flat. Students are responsible for cleaning their own rooms. In some residences, a cleaning service is provided in communal areas. Some residences are within walking distance of the city centre, while others may be a short bus or tram ride away.

Visit [www.ntu.ac.uk/accommodation](http://www.ntu.ac.uk/accommodation) for further details about all University residences, including prices.

# Accommodation

## Applying for University accommodation

You are guaranteed an offer of University-allocated accommodation provided that you:

- are accepted on a full-time course of study;
- confirm that you accept Nottingham Trent University as your first choice;
- pre-book your accommodation and pay a £200 non-refundable booking fee which becomes your damage deposit when you move in;
- set up a payment plan before your arrival using a credit card, or pre-pay your first term's accommodation fees by bank transfer. One of these payment methods must be completed no later than 21 days before the start of your accommodation contract; and
- agree to stay in the accommodation for the length of the contract.

We recommend that you book your accommodation online. Visit [www.ntu.ac.uk/accommodation](http://www.ntu.ac.uk/accommodation) to make your booking.

The offer is subject to the University's standard terms and conditions and you should note that this guarantee would be for single-person accommodation.

**Depending on room availability, accommodation may be arranged for students coming to NTU for less than a full academic year.**

Visit [www.ntu.ac.uk/flexibleaccommodation](http://www.ntu.ac.uk/flexibleaccommodation) to find out more. Alternatively, refer to page 28 for information on Homestay Accommodation.



# Accommodation

## Important information about University accommodation

Please note that both UPP and University residences have agreements that are for a fixed period (currently 44 or 51 weeks). It is really important that you are aware that you will be responsible for paying the residence fees for the entire period stated even if you leave your accommodation early. It is therefore advisable to ensure that the residence and room meet your requirements before you book your accommodation.

Visit [www.ntu.ac.uk/accommodation](http://www.ntu.ac.uk/accommodation) to view details about different residences.

Make sure you read the terms and conditions of the residence contract carefully. If there is anything in the agreement you do not understand, please contact Student Accommodation Services (see page 86).

## Homestay accommodation

We offer a Homestay service for international and postgraduate students, including short-stay exchange for Erasmus students. This gives students the opportunity to live in the UK and experience life in the UK in a more authentic and natural environment. This accommodation is paid for on a weekly basis and the length of stay will be agreed before you move in. Most homestay properties are located approximately 20 - 30 minutes by bus from the city centre. The costs of Homestay accommodation are as follows:

- catered service – £120 per week; and
- self-catered service – £85 per week.

Visit [www.ntu.ac.uk/homestay](http://www.ntu.ac.uk/homestay) to find out more about Homestay.

## Private rented accommodation

### Flats, houses and private residences

Student rooms are usually furnished and most students share houses / flats with other students to keep the rent costs low. Kitchen and bathroom facilities are shared and you will have to do your own cleaning. The cost of flats and houses will vary according to the size, location and condition of the property. The rent usually excludes bills. Privately owned large residences are becoming increasingly popular. They are usually similar in style to University residences with groups of students living together in cluster flats sharing the kitchen or living area and having their own bedroom and either an en suite bathroom or shared bathroom.

The average rent for a room in a private shared house in Nottingham is:

- £65 – £90 a week, excluding gas, electricity and other amenities, plus a deposit (probably equivalent to one month's rent) payable before moving into the accommodation. Gas, electricity and water cost approximately £20 per person, per week.

### Family accommodation

If you want to bring your family with you, it is recommended you come to Nottingham on your own first to look for accommodation. The University does not provide any family accommodation and, as in most cities, accommodation for families with children is more difficult to obtain. However, if you allow yourself time to look for accommodation, you should be successful. Rents for family accommodation can vary greatly, depending on quality, area and furnishings.

The following prices are a guide and do not include utility bills:

- £120 – £180 per week for a one-bedroom flat for two people; and
- £160 – £250 per week for a three-bedroom family house.

# Accommodation

## Your contract or tenancy agreement

You will have to enter into a written contract with the landlord or landlady (owner of the property). Before signing the contract, you should read it carefully. If you have any questions about it, or if you want to understand your legal rights as a tenant, you can check with the Information and Advice Service in the Students' Union (see page 54).

### Trent Lets

Trent Lets is NTU's own lettings agency. It offers students a full lettings service as part of our Student Accommodation Service. All our properties will be inspected by our team to ensure they meet our high standards and we work closely with landlords to give you the best possible experience.

Visit [www.ntu.ac.uk/trentlets](http://www.ntu.ac.uk/trentlets) for further information.



### Where to find Student Accommodation Services

Student Services Centre  
Central Court  
Newton / Arkwright building

Tel: **+44 (0)115 848 2894**  
Email: [accommodation@ntu.ac.uk](mailto:accommodation@ntu.ac.uk)  
[www.ntu.ac.uk/accommodation](http://www.ntu.ac.uk/accommodation)

### Top tips on private rented accommodation

Always ensure arrangements are agreed in writing. Read the contract (especially the small print) and take it to the Information and Advice Service in the Students' Union before signing it. Ensure you get a copy of the contract. Verbal agreements are legally binding.

- Check the length of the contract and ensure you are happy to commit for the full contract period.
- If you sign the contract for a fixed period you must adhere to the terms and conditions and pay rent for the entire duration of the contract. It is advisable to check what you will be liable for if you move out early.
- Bring sufficient money to cover rent and expenses for the first few weeks. You are likely to be asked to pay a deposit and one month's rent before you move in. You will not be able to open a UK bank account until your UK address is confirmed.
- Always get a receipt for any monies paid to landlords or agents. It should describe what the money is for, how much it is, the date it was paid and, in the case of deposits, whether or not it is refundable.



# Accommodation

## Paying rent and bills

If you enter into a rental agreement with a private landlord, you will usually have to pay your rent monthly, either by standing order (instructing your bank to pay a sum to the landlord at a specific time each month), by cheque or by cash.

In addition to rent, you will have to pay a deposit for your accommodation. This deposit is normally equal to one month's rent, and is payable before you move in. It will be returned to you when you leave, only if all of the bills have been paid and there is no damage to the property or furniture.

You may also be required to pay for household bills in addition to your rent, including gas, electricity, water and telephone. If you are sharing with other people, it will therefore be helpful to agree a system for paying the bills fairly and on time.

## Council Tax

This is a local government tax for the provision of local services, calculated according to the value of the property in which you are living. Students studying on a full-time course are exempt from paying Council Tax. The Academic Office at NTU informs local councils of all our full-time, fully enrolled students' term-time addresses at regular intervals throughout the year, so for most students Council Tax exemption will happen automatically and you will not need to do anything yourself. However, if you are specifically requested to produce a Council Tax Exemption Certificate you can request one from the Academic Office.

Visit the Resources section of [www.ntu.ac.uk/currentstudents](http://www.ntu.ac.uk/currentstudents) to complete an online request form for a Council Tax Exemption Certificate.

If you are living in the UK with your spouse, they may be liable to pay some Council Tax, depending on their personal situation. You can find further information on the UK Council for International Student Affairs (UKCISA) website at <http://www.ukcisa.org.uk/Information--Advice/Fees-and-Money/Council-Tax> or for further advice, contact the Information and Advice Centre in the Students' Union (page 54) or the International Student Support Service (page 48).

## Television licence

You will need a TV licence if you watch or record programmes as they are being shown live on TV or live on an online TV service. This is the case if you are using a TV, computer, tablet, games console or any other device to access the service. A licence costs £147 per year (as of April 2017). If you do not have a licence, you could face prosecution and a fine of up to £1,000. You will need a licence if you are living in University halls of residence and using a TV in your own room. If you are sharing a house (private accommodation) with other students and have a joint tenancy agreement for the whole house, you will need one TV licence between you. If you have a separate tenancy agreement for your room, you will need your own TV licence.

Visit [www.tvlicensing.co.uk](http://www.tvlicensing.co.uk) for further information about the regulation and information on buying a TV licence.



# Accommodation



# Health



## Healthcare in the UK

If you are an international student studying in the UK for six months or more, you are entitled to access the National Health Service (NHS) in the same way as permanent residents, if you have paid the NHS Immigration Health Surcharge as part of your UK Visa application.

If you have a spouse and / or children who are with you in the UK as dependants, they will also be entitled to access the NHS. (This also applies to babies aged 3 months or less born in the UK to a parent who is able to fully use the NHS, and who have not been taken out of the country since birth). This includes consultations with a doctor otherwise known as a general practitioner (GP), and both emergency and follow-up treatment in an NHS hospital. NHS charges are made for medicines prescribed by your GP and for some services, e.g. travel vaccinations and dental and optical treatment.

# Health



## European Health Insurance Card holders

If you are a European Economic Area (EEA) / Swiss national and you have obtained a European Health Insurance Card (EHIC) from your home country before your arrival, you and your family members who are card-holders are eligible to access the NHS in the same way as UK residents. For further information about the EHIC, please contact your government's Department of Health or visit [www.nhs.uk/VisitingEngland](http://www.nhs.uk/VisitingEngland). If your stay in the UK is likely to be permanent or you are unable to obtain an EHIC card from your country of residence, you will need to obtain separate insurance from a private insurer.

If you are a non-EEA / non-Swiss national and your course lasts less than six months, we strongly encourage you to obtain private medical insurance before your arrival in the UK (see page 34) as free NHS healthcare is not normally provided except in the following cases:

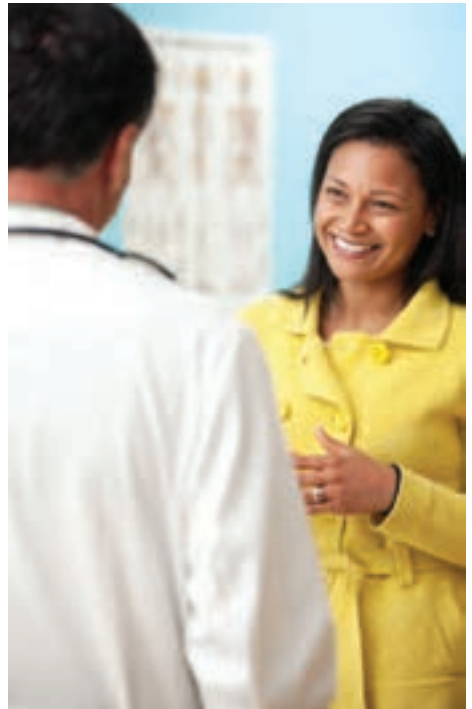
## Emergency treatment

This covers initial (but not follow-up) treatment only given in an NHS Emergency Department of a hospital; treatment of certain infectious diseases such as meningitis; compulsory psychiatric treatment; and use of contraception and sexual health services. These are all free for anyone.

## Reciprocal healthcare agreements

If you are a national of one of the countries which has a reciprocal healthcare agreement with the UK, you will be entitled to some hospital treatment if this is covered by the agreement. However, please note that this is generally limited to immediate medical treatment to allow you to return home for follow-on care. Before you travel, we recommend that you seek advice from the health authorities in your home country about what will be covered.

Comprehensive guidance on medical treatment under the UK state health system including a list of countries with reciprocal healthcare agreements is available from the Health and Healthcare pages on [www.ukcisa.org.uk](http://www.ukcisa.org.uk).



# Health

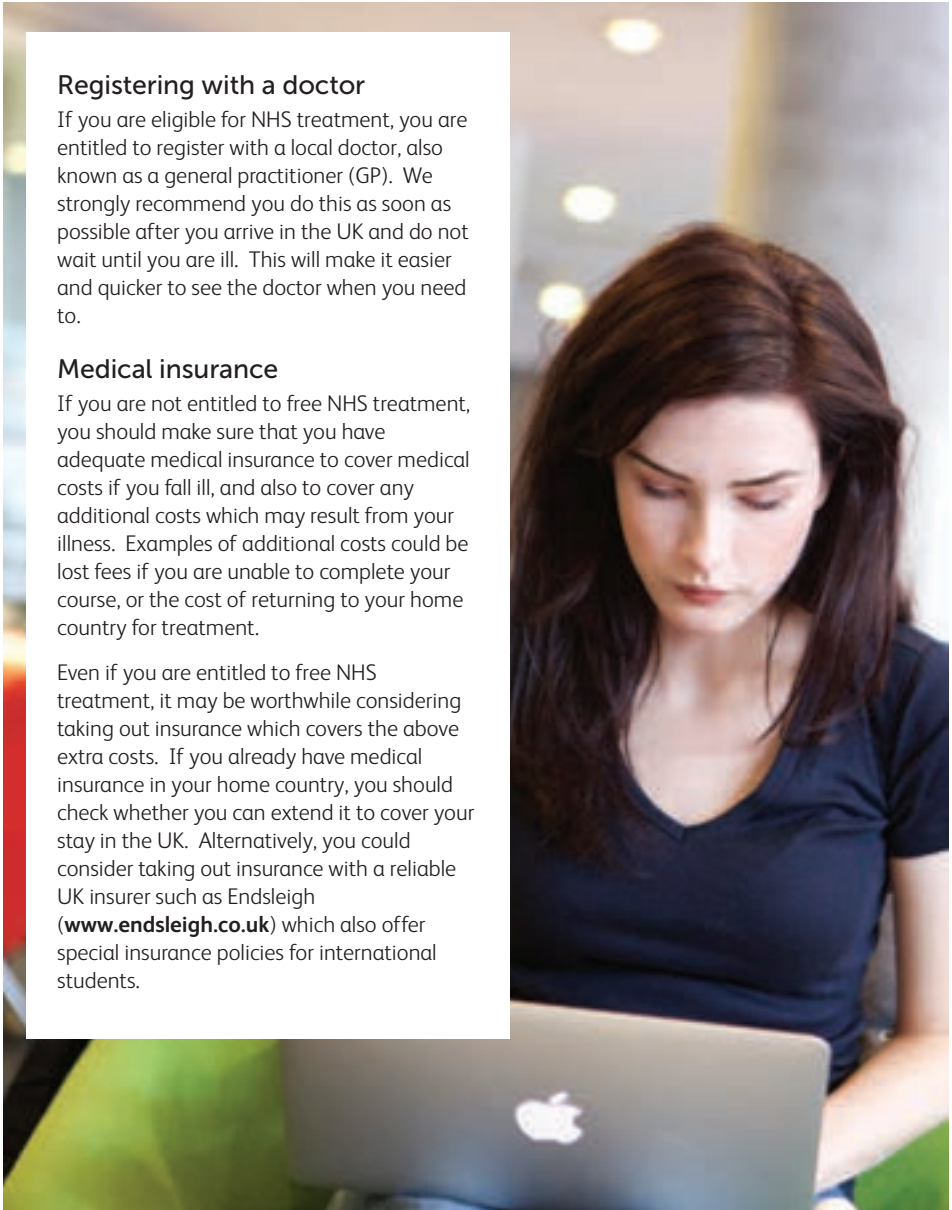
## Registering with a doctor

If you are eligible for NHS treatment, you are entitled to register with a local doctor, also known as a general practitioner (GP). We strongly recommend you do this as soon as possible after you arrive in the UK and do not wait until you are ill. This will make it easier and quicker to see the doctor when you need to.

## Medical insurance

If you are not entitled to free NHS treatment, you should make sure that you have adequate medical insurance to cover medical costs if you fall ill, and also to cover any additional costs which may result from your illness. Examples of additional costs could be lost fees if you are unable to complete your course, or the cost of returning to your home country for treatment.

Even if you are entitled to free NHS treatment, it may be worthwhile considering taking out insurance which covers the above extra costs. If you already have medical insurance in your home country, you should check whether you can extend it to cover your stay in the UK. Alternatively, you could consider taking out insurance with a reliable UK insurer such as Endsleigh ([www.endsleigh.co.uk](http://www.endsleigh.co.uk)) which also offer special insurance policies for international students.



# Health

## University health centres

The University has two health centres with which you can register. One is situated on the City Campus (Radford Medical Practice) and the other on the Clifton Campus (Sunrise Medical Practice). Students living on the Brackenhurst Campus usually register with the nearby Southwell Medical Centre at Burgage Green, Southwell (+44 (0)1636 813561). The University health centres have their own doctors (male and female) and nurses who can offer a wide range of services and treatments including contraception and sexual health services, asthma checks, travel advice, immunisation and dietary advice.

### City Campus health centre

Radford Medical Practice

Tel: +44 (0)115 848 6481

### Clifton Campus health centre

Sunrise Medical Practice

Tel: +44 (0)115 848 3100

Visit [www.ntu.ac.uk/healthcentres](http://www.ntu.ac.uk/healthcentres) for further information about the University's health centres, including opening hours and details of all the services they provide.

Visit the NHS webpages at [www.nhs.uk/Service-Search/GP/LocationSearch/4](http://www.nhs.uk/Service-Search/GP/LocationSearch/4) to find a (non-university) GP practice close to you.

For advice on registering with a local GP practice, visit [www.healthwatchnottingham.co.uk](http://www.healthwatchnottingham.co.uk) or contact Healthwatch Nottingham on +44 (0)115 859 9511 for advice on registering with a local GP practice.

## What to do if you are ill or require medical treatment

If you are feeling unwell or require medical treatment and wish to see a doctor, you should call into or telephone the health centre with which you are registered to book an appointment. For students who are registered with the University practices, further information about booking appointments can be found on the University health centre webpages ([www.ntu.ac.uk/healthcentres](http://www.ntu.ac.uk/healthcentres)). If your doctor recommends medication, (s)he may write a prescription for you. You will need to take the prescription to a local chemist or pharmacy where you will be issued with the medication.

Visit [www.nottinghamcity.nhs.uk/your-services](http://www.nottinghamcity.nhs.uk/your-services) for further information on pharmacies in your local area.

The current cost for each item on the prescription is £8.60. (For information on financial support towards prescription charges, see page 37.) If you have an urgent medical problem outside surgery opening hours, you can visit the NHS Urgent Care Centre at Seaton House, City Link, NG2 4LA.

Visit [www.nottinghamcitycare.nhs.uk/find-a-service/walk-in-centre](http://www.nottinghamcitycare.nhs.uk/find-a-service/walk-in-centre) for more information on the Urgent Care Centre, including opening times.



# Health

## Dealing with medical emergencies

If you require emergency medical assistance (e.g. because of an accident), you should go directly to an Emergency Department at the local hospital. The main Emergency Department in Nottingham is at the Queen's Medical Centre hospital on Derby Road (**0115 924 9924**; [www.nuh.nhs.uk](http://www.nuh.nhs.uk)). If you are not well enough to travel, you will need to telephone **999** and ask for an ambulance (your call will be free and can be made from any phone including a mobile phone). This is also the same number for the police and fire service. An ambulance should only be used in an emergency, otherwise take a taxi.

## NHS 111 service

You can call **111** when you need medical help fast but it is not a **999** emergency. You should use the NHS **111** service if you urgently need medical help or advice but your situation is not life-threatening. NHS **111** is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

## NHS dental and optical treatment

### Dentists

Dental treatment in Britain, including regular check-ups, has to be paid for by most people. Visit [www.nhs.uk/livewell/dentalhealth/Pages/Dentalhome.aspx](http://www.nhs.uk/livewell/dentalhealth/Pages/Dentalhome.aspx) for information on dental care and to find an NHS Dentist.

### Opticians

Eye care is provided by opticians who usually operate from high street shops including most Boots stores. Other opticians include Vision Express and Specsavers. You will normally have to pay a minimum charge for an eye test on the NHS (currently around £20) and additional costs for glasses and contact lenses, which can be expensive.

### Mental health support

For more information on mental health support at NTU, see page 50.



# Health

## Financial support towards prescription, dental and opticians' charges

If you are under 19, studying full-time and you are eligible for NHS treatment, you do not have to pay for your prescriptions, dental treatment or eye tests. For further information, visit [www.nhs.uk/NHSEngland/Healthcosts/Pages/nhs-low-income-scheme.aspx](http://www.nhs.uk/NHSEngland/Healthcosts/Pages/nhs-low-income-scheme.aspx) and [www.nhsbsa.nhs.uk](http://www.nhsbsa.nhs.uk) or telephone **0845 610 1112**.

## Looking after your health

In preparation for starting university, it is important to have a full record of the vaccinations (including travel vaccines) you have had from birth. This is important for your GP surgery to know so they can ensure you can be fully protected while you are at university. We advise you to get this information from your current doctor before you come to university. In consultation with your doctor you may wish to have any vaccinations you may have missed so that you are protected before you begin your course. The University health centres will particularly need to know about vaccinations against the following illnesses:

- measles;
- mumps;
- rubella;
- meningitis ACWY;
- human papillomavirus (HPV); and
- tuberculosis.

## Top tips for staying healthy

For top tips and information on staying healthy, read the Looking After Yourself guide at [www.ntu.ac.uk/stayinghealthy](http://www.ntu.ac.uk/stayinghealthy).

## Meningitis

We recommend that you ask your doctor at home before you leave for the UK about having a meningitis ACWY vaccination. If you do not arrange to be immunised before you arrive in the UK, it is advisable to consult a nurse or doctor at the health centre with which you are registered in Nottingham.

Visit [www.meningitisnow.org](http://www.meningitisnow.org) and [www.fightfornow.org](http://www.fightfornow.org) for more information on meningitis.

## Mumps

We recommend you consult your doctor at home about having the mumps vaccination before you travel. If you do not arrange to be immunised before you travel, you should ask about immunisation at the health centre with which you register on your arrival.

Visit [www.nhs.uk/conditions/mumps](http://www.nhs.uk/conditions/mumps) for more information on mumps.

## Sickle cell and thalassaemia

Sickle cell anaemia and thalassaemia are serious lifelong inherited blood disorders. The condition(s) can have a big impact on students and their study. Nottingham has a specific service to help. For more information visit [www.ntu.ac.uk/stayinghealthy](http://www.ntu.ac.uk/stayinghealthy) and click on the Health Protection tab.

# Health



## Colds and flu

Colds are caused by viruses that irritate the nose and throat, causing sneezing and coughing, and is a common illness in the winter months. There is no effective cure for colds, which usually pass after a few days.

Flu is not the same as a cold and is caused by a different group of viruses. Symptoms tend to be more severe and last longer. You can catch flu – short for influenza – all year round, but it is especially common, like colds, in winter. Flu causes symptoms like sudden high temperature, headache and general aches and pains, tiredness and a sore throat. You can also lose your appetite, feel nauseous and have a cough. You can take paracetamol and ibuprofen to relieve your symptoms and with rest and drinking plenty of fluids, you should begin to feel better within five to eight days.

Eating a healthy well balanced diet and taking regular exercise will help to strengthen your immune system which will help against catching colds and flu.

## Sexual health

You may find that attitudes towards sex in the UK differ from those in your own country. The age of consent for sexual intercourse in England, Wales and Scotland is 16. If you qualify for NHS treatment, you are entitled to free contraception. Some forms of contraception, such as condoms, will protect you against sexually transmitted infections and most can help avoid pregnancy. Condoms can easily be bought from chemists, supermarkets, petrol stations and some public toilets. Free condoms are also available from University health centres (for students under the age of 25), via the C-card Scheme ([www.ccardnottingham.com](http://www.ccardnottingham.com)) and local sexual health services. Visit

[www.nottinghamshiresexualhealth.co.uk](http://www.nottinghamshiresexualhealth.co.uk) for advice and support around sexual health.



# Health



## Useful addresses and websites

### Nottingham Urgent Care Centre

Seaton House  
City Link  
Nottingham NG2 4LA

Tel: **+44 (0)115 883 8500**

### NHS Choices

[www.nhs.uk](http://www.nhs.uk)

### The Health Shop

12 Broad Street  
Hockley  
Nottingham NG1 3AL

Tel: **+44 (0)115 947 5414**

A range of free and confidential sexual health, sexuality and drug-use services are on offer here including information and advice about contraception and sexually transmitted infections.

### Victoria Health Centre

Contraception and Sexual Health Service  
(On the first floor)  
Glasshouse Street  
Nottingham NG1 3LW

Tel: **+44 (0)115 950 9151**

This centre provides information and confidential advice on sexual health and contraception. You do not need to be registered with the centre to access their contraception and sexual health service, and their advice service is available to everyone regardless of whether they qualify for NHS treatment.

### Nottingham Recovery Network

Tel: **+44 (0)800 066 5362** (free)  
[www.nottinghamrecoverynetwork.com](http://www.nottinghamrecoverynetwork.com)

Providing a single point of free support, advice and treatment to people who use alcohol and drugs.

# Families



You may be considering bringing your spouse (wife or husband), civil (same sex) partner and / or dependant children with you to Nottingham. Depending on your family's situation, you may feel that they would benefit from the experience of living in a different country.

If you decide to bring your family with you, it is very important that you assess what their needs will be in the UK, and spend time planning and preparing for your move here. It is also very important that you make sure you have enough money to support your family while they are living in the UK. Students from outside the EEA should check if the UK immigration regulations permit them to bring dependants to the UK and ask the International Student Support Service if you are unsure. For information on accommodation for your family, please refer to page 28.

## Healthcare for your dependants

Dependants of international students studying in the UK for six months or more are entitled to free healthcare on the National Health Service (NHS). To find out about healthcare entitlements for your dependants, please refer to our Health section on page 34.

## Schools and nurseries

If you will be searching for schools or childcare provision for your children in the UK, we recommend that you secure your accommodation in Nottingham first. State school places (which are free) in the UK are allocated on the basis of the area where you are living and it is more convenient to choose childcare provision which is located close to you.

## Children under 5 years old

If your child is 3 or 4 years old, they are entitled to a free part-time nursery education place before they start primary school. These places are available from the school term following their third birthday either in September, January or April, in most day nurseries and pre-school playgroups in Nottingham.

# Families

If your child is under 3, or needs to be looked after on a full-time basis while you are studying, there are also a number of private nurseries (which charge fees) close to both the City and Clifton Campuses. Alternatively, you can choose to have your child looked after by a childminder in a private home. (All childminders who look after children under the age of 8 for more than two hours a day, must be registered with the Office for Standards in Education: [www.gov.uk/ofsted](http://www.gov.uk/ofsted)).

For comprehensive advice and information on childcare provision in Nottingham including an online directory of nurseries and childcare providers close to you, visit:

- The Children and Families, Childcare pages of [www.asklion.co.uk](http://www.asklion.co.uk) or telephone the Families Information Service on **0800 458 4114** or email [fis@nottinghamcity.gov.uk](mailto:fis@nottinghamcity.gov.uk) (if you are living in Nottingham City).
- The Early Years and Childcare pages of the Nottinghamshire County Council website on [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) (if you are living in Nottinghamshire County).

## Children aged between 5 and 16

If your children accompany you to the UK, they will be able to attend a state school if they are aged between 5 and 16. However, all children who reach the age of 4 between 1 September 2016 and 31 August 2017 will start school in September 2017. State education is free in the UK. Advice and information about applying for a school place for your children is available online by clicking on the Apply for a School page options from both the Nottingham City Council ([www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk)) and Nottinghamshire County Council webpages ([www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)).



# Studying at NTU

Studying at NTU isn't just about the next few years; it's about the rest of your life. That's why we make sure that your course and your experiences all lay the foundations for a successful future.

## What to expect

We have over 200 courses covering a wide range of popular subject areas. These are taught across our eight academic Schools. Studying at university may be different from your previous education; in schools or college you would have been familiar with lessons, at university you're more likely to attend tutorials, lectures and seminars.

## New ways to learn

A typical course will have a mixture of lectures and seminars timetabled during your week. Lectures are usually in large lecture theatres and can be used to introduce new topics. A lecturer will talk through a new subject area, explaining important aspects, while you take notes.

Seminars take place in smaller groups and are used to discuss the topic introduced in the lecture and undertake group work, exercises or problem-solving activities to support your learning. Some courses, such as those based in Science or Art and Design, will also have laboratory, workshop or studio time scheduled when you'll be able to use specialist equipment under the supervision of tutors.

## Course structure

You will study a range of modules as part of your course with a set number each year. To see the full list of modules for your course, please visit our website. Modules are assessed via coursework, exams or a combination of both.

## Inspiring learning environments

We've recently invested £421million, up to the end of 2014/15, in estates, equipment and staff across our campuses, creating the 21st-century

facilities you would expect from a forward-thinking university. In 2014 we unveiled our fantastic new Students' Union building on our City Campus – making its facilities among the best in the country.

## Our students recommend us

NTU is a teaching-intensive university; we put our students ahead of any other priority. Our student satisfaction scores have been rising consistently over recent years; in the 2016 National Student Survey, overall satisfaction reached 89%, above the sector average. 93% of our students would recommend studying here.

## Meet our students

Visit [www.ntu.ac.uk/ourstudents](http://www.ntu.ac.uk/ourstudents) to watch our students and graduates talking about their NTU experience and how we've helped them to build a successful future.

## Excellent employability rate

94% of our undergraduates were in employment, or further study, just six months after graduating from NTU (DLHE 2015/16).

## Campus life

One of the most frequently asked questions we get is "Will I fit in?" With over 25,000 students at NTU, the simple answer is "yes!". NTU has a real community feel about it. It will soon feel like a home from home. Our courses are spread out over four campuses across Nottingham, each with everything you'll need, including accommodation, Students' Union shops, bars, cafés, access to sports facilities, libraries, lecture theatres and computer rooms.

# Studying at NTU



## Equality, diversity and inclusion

The University community includes students from many different nationalities, cultures and backgrounds. Everyone who studies or works at the University is respected and valued. While you are a member of the NTU community, you can expect people to treat you in a respectful way and to be fair and reasonable in their contact with you. Equally, the University expects you to behave in a way that other people will see as respectful and fair to them. This includes other students and all University staff regardless of their status, job or role.

Visit [www.ntu.ac.uk/equality](http://www.ntu.ac.uk/equality) to watch our '**Respect at NTU. Give it. Get it. Expect it.**' video.

All students have the same right to take a full and active part in University life. The UK has strong equality legislation and the University has a number of policies and procedures in place to promote equality for all students and staff. Visit [www.ntu.ac.uk/respect-at-ntu](http://www.ntu.ac.uk/respect-at-ntu) for further information about equality, diversity and inclusion at NTU.

# Studying at NTU

## The learning experience

Studying in the UK might be different to your previous learning experience in your home country. At NTU we encourage and expect students to take responsibility for their own learning. Your learning will be supported by your lecturers, your classmates and online resources found in NTU's virtual learning environment (known as NOW). You will be expected to attend all of your lectures, seminars and tutorials, and independently read and review your notes and think about your subject.

Independent learning can mean working on your own, but also working in small groups discussing your lectures and seminars or preparing projects such as presentations. You may prefer to work in the library, or in your accommodation. We would encourage you to find the place and time that works best for you.

Naturally, the structure of your course will vary according to the subject(s) you take. For example, some courses will be more practical with laboratories, studio time or field trips; while others may be more theoretical. Science-based and technical courses tend to have more timetabled hours. Arts-based, Humanities or Social Sciences courses are likely to involve fewer timetabled hours and more out-of-class work, such as independent study and further reading.

Whatever subject you are studying, at undergraduate and particularly at postgraduate level, you will be encouraged to read widely and to question and analyse what you have read. You will gain the most benefit from your studies by discussing your thoughts and ideas in seminars and tutorials. Not only will this help you to master your degree subject, but it may also be a valuable way of improving your spoken English.



# Studying at NTU

Research students joining the University will be supported and guided in their work by a director of studies or lead supervisor, along with at least one other supervisor. With advice and guidance, this team will help you to design a unique research programme. As a research student, you will be a member of the University's Doctoral School, and additionally belong to the appropriate academic school. While the nature of postgraduate research requires a student to be self-motivated, the University provides a range of resources and support mechanisms to enable you to be part of a thriving community of doctoral students.

The University has been welcoming international students for many years and here at NTU, we have a range of experienced staff to help you settle in.

“Tutors here always give positive feedback to students who convey their ideas. They use ideas as a base for further discussion – it is the learning style. Therefore, in order to learn more effectively, we should let tutors know what we think and not be afraid in case we give the wrong answers. Besides, sometimes there is no right answer!”

**Lan Lan, China**

BA (Hons) International Business

University study encourages you to think for yourself, so look for opportunities to read and to discuss your studies with other students outside of your timetabled lessons. Many courses offer modules during the first year to help students learn how to actively participate in study at university-level and there are also resources available in the Student Learning Room in NOW.

Further academic support is offered within your course and by specialist experts. Visit [www.ntu.ac.uk/academicssupport](http://www.ntu.ac.uk/academicssupport) for more information.

## **Typical activities in the first year of undergraduate courses include:**

- carrying out preparatory reading for lectures, seminars and laboratories or workshops (typically this might be a chapter from a core textbook, journal or report);
- organising, compiling and delivering a group seminar presentation or other project;
- pre-class and post-class activities set by your tutor; and
- formative work to prepare for assessments.

## **In the second year, you are also likely to:**

- engage in a series of short individual research activities; and
- do pre-class and post-class work on your own initiative.

## **In the final year, you will be expected to do the above and normally be expected to:**

- complete a final-year project; this will involve a considerable amount of research and the production of an extended essay or report.

# Studying at NTU

## English language support

### In-sessional English language support classes

In-sessional English language support classes are offered to international students at no extra cost. The classes aim to provide focused support in the skills you need in order to develop your English in your subject area.

### Further information

Nottingham Language Centre  
DICE building  
NTU City Campus

Tel: **+44 (0)115 848 6156**

Email: [nlc@ntu.ac.uk](mailto:nlc@ntu.ac.uk)

[www.ntu.ac.uk/nlc](http://www.ntu.ac.uk/nlc)

### NTU Library

NTU Library will play an essential role in supporting your studies. The University has invested in ensuring its library and IT facilities are of the very highest standard. You may at first find some services or procedures different from those you are used to, but friendly, knowledgeable library staff will always be available to provide help and advice and will ensure you make the best possible use of the extensive resources on offer. Although we want to help you become an effective independent learner, you can always ask for help whenever needed.

### Liaison librarians

You will have a named liaison librarian for your course, who will give assistance with complex queries and provide training on using the library systems.



"I love the openness of the course and the accessibility to tutors, fellow students and facilities... especially the libraries. I find there are so many good books in there!"

### Huiying Chen (China)

MA Photography

Visit [www.ntu.ac.uk/huiyingchen](http://www.ntu.ac.uk/huiyingchen) to watch Huiying talk about her course and life at NTU.



# Studying at NTU

## The libraries

There is a library on each campus. During term-time, the libraries are open seven days a week, including 24 hours a day at key times of the year. Each library provides a wide range of individual and group study spaces and resources for students, including student PCs, laptops for loan, wireless networking and printing and photocopying facilities. The library service has lots of resources, both printed and electronic, which are accessible via a dedicated portal called Library OneSearch. Most of the libraries' electronic information resources are also available from off-campus locations, both in the UK and abroad via Library OneSearch.

## The virtual learning environment

All students have access to a virtual learning environment, called NOW – the NTU Online Workspace. NOW delivers learning materials and information for your course and modules. It is designed to assist you in your learning by giving you a single point of access to a range of learning and support materials for your course of study. There is a mobile version available, designed for use with mobiles and other hand-held devices.

The library also runs NOW workshops for students throughout the year, providing training on accessing learning materials from NOW including emails and timetables.

Visit [www.ntu.ac.uk/studentlibraryevents](http://www.ntu.ac.uk/studentlibraryevents) to find out more about these workshops.

Visit [www.ntu.ac.uk/library](http://www.ntu.ac.uk/library) to find out more about the library and IT services on offer, and details of the support we offer.

“The library is fantastic. I can easily find my own space, its open 24–7 and you have access to so many journals.”

**Sree Yenkaeswarlu Yaranasi (India),**  
MSc Structural Engineering with Materials



# Services and facilities



## Student Support Services

Student Support Services provides information, advice and support to all students on a wide range of issues, and can be a good first point of contact if you need assistance. Staff in our centres can either tell you what you need to know or point you in the right direction. Details of some of the services we can offer you are given below. Student Support Services can be found at:

### Student Services Centre

Central Court  
Newton / Arkwright building  
City Campus

### Student Services Centre

Clifton Campus

### Student Services Centre

Bramley Building  
Brackenhurst Campus

These centres each have browsing areas with a variety of information and literature you can take away. Further detailed information about all of our services can be found on the website at [www.ntu.ac.uk/sss](http://www.ntu.ac.uk/sss) or you can drop in and see us to book an appointment, or telephone the Student Support Services Information Line on **+44 (0)115 848 6060**, or email [student.support@ntu.ac.uk](mailto:student.support@ntu.ac.uk)

## International Student Support Service

The International Student Support Service is available to all international students, both EU and non-EU.

Our aim is to provide a point of contact for international students and help you with any specific support you may need during your time at NTU – whether it be specialist immigration advice or more generic guidance on living and studying in the UK.

For more information about what we offer, please check our webpages at [www.ntu.ac.uk/internationalsupport](http://www.ntu.ac.uk/internationalsupport)

Tel: **+44 (0)115 848 2631**

Email: [int.support@ntu.ac.uk](mailto:int.support@ntu.ac.uk)

## Support for mature students

The Student Support Officers provide transition advice and support for mature students aged 21 or over at NTU. This targeted support is offered during the transition period (immediately before enrolment at the beginning of the academic year and in the early weeks of the course of study).

Email: [mature.support@ntu.ac.uk](mailto:mature.support@ntu.ac.uk)

# Services and facilities

## Disability support

The Disability Support Service can provide you with a range of advice and support to ensure your experience at NTU is a positive one.

Our services include:

- advice from Disability Officers on physical and sensory support adjustments;
- advice and self-help strategies to support specific learning differences like dyslexia;
- advice and support with mental health difficulties;
- mentoring support and advice for students with autism spectrum conditions;
- advice about specialist grants and paying for additional support;
- in-house facilities to assess your learning support needs;
- library support; and
- support during exams.

Disability support:

Tel: **+44 (0)115 848 2085**

Email: **disability.support@ntu.ac.uk**

Dyslexia support:

Tel: **+ 44 (0)115 848 4120**

Email: **dyslexia.support@ntu.ac.uk**

## Wellbeing services

Wellbeing services can help with personal, emotional or mental health issues affecting your life and studies. Visit **www.ntu.ac.uk/wellbeing** to find information, self-help and a short application form to access our services.

When we receive your wellbeing application form, we will contact you to talk about the best way forward for you. This might include support from the University or external organisations depending on your needs.

If personal, emotional or mental health issues are affecting your studies please also talk to your personal tutor. You should always see your doctor if your health and wellbeing are negatively affected.

## Student financial support

The Student Financial Support Service can provide advice about entitlement to UK government funding, including fee status and tuition fee loans for EU students. It also offers a comprehensive student financial advice service, including guidance on managing your money at university for prospective and current students. The service can also provide information on NTU's participation in the US Direct Loan Program.

Tel: **+44 (0)115 848 2494**

Email: **financial.support@ntu.ac.uk**

Please see page 21 for more information about handling your finances.

# Services and facilities

## Mental health support

Our Mental Health Support Team provides support to students with mental health difficulties. Its focus is on the practical impact of your difficulties on you as a student. It can help to identify individual support needs and address these directly or through referral to other specialists. Mental health support staff can also provide indirect support such as liaising with statutory agencies, doctors and course tutors.

In the UK, the Equality Act requires universities to make reasonable adjustments to take account of barriers which students with mental health difficulties may face.

Visit [www.ntu.ac.uk/sss](http://www.ntu.ac.uk/sss) if you would like to discuss your support needs or make an appointment with our Mental Health Support Team.



## Student Handbook

The online Student Handbook has been developed to help you steer your way successfully through your first few weeks and beyond. It aims to help you settle in to university life as quickly as possible. It contains information about services and support and the regulations and policies with which you need to be familiar, including academic rules and regulations, such as extenuating circumstances and appeals, contractual obligations, and the charter and complaints procedure.

Visit [www.ntu.ac.uk/studenthandbook](http://www.ntu.ac.uk/studenthandbook) to access the handbook online.

## Faith support

Faith plays a part in many students' lives. Our students come from a wide range of faiths and cultures, and we recognise the importance of spiritual support and nurture, as much as social and academic support. A team of chaplains and advisers from a variety of faiths is therefore available to all students and staff. They play a number of roles: supporting and advising students; providing opportunities to foster a sense of community and wellbeing; helping those who want to explore the big questions through social and spiritual events; and highlighting the importance of spiritual wellbeing. There are prayer rooms for Muslim students and staff on both the City Campus and Clifton Campus, as well as a quiet space at Clifton Campus that anyone can use for prayer and reflection. The chaplains can also provide information on places of worship off campus. At Clifton Campus, the wellbeing room offers a place for you to relax and meet friends.

Visit [www.ntu.ac.uk/faith](http://www.ntu.ac.uk/faith) to find out more.

## Services and facilities

“It is my pleasure to know all of you in the wellbeing room. For an international student who has never been abroad before, and whose mother tongue is not English, things could be really tough. Thank you for your help and for all the things you have done. I will never forget you no matter where I will be.”



# Services and facilities

## Employability Team

Employability is your passport to the world of work and is about more than just studying for a degree. Your experience as a student at NTU will be packed with opportunities, all designed to help you graduate with a CV that will impress your future employers.

## Support

Our Employability Team provide personalised and specialist careers advice on our City, Clifton and Brackenhurst campuses. There is also a dedicated careers consultant for each academic School. The team will support you throughout your time at NTU and ensure that you get advice that's tailored to you and your studies.

## Opportunities

In addition to individual support, they offer a wide range of employability development opportunities. These include: the Acceler8 Employability Award; mock-assessment centres; recruitment fairs; and many more.

The team have a large network of regional, national and international businesses and organisations looking to recruit NTU students. There are plenty of opportunities for you to meet employers with invaluable industry insight, knowledge and experience. These include employer-led workshops, challenges and events, plus mentoring opportunities.



# Services and facilities



## Online resources

When you're here, you will have access to lots of employability resources online, via our student portal: Employability Online, including

- **FutureHub** – for graduate jobs, opportunities and employer events
- **InPlace** – NTU's placement portal – provides support finding, applying for and during an assessed work placement
- **GoinGlobal** – A specialist website for international opportunities
- **Resources** – including CV support, application, interview and job hunting advice, career ideas and employer videos.

## Work experience

Increasingly, employers want to recruit graduates who have real work experience. That's why we support and encourage you to make the most of the work experience opportunities available. Visit the Employability Team to find out what you can do.

## Employability Team locations

### City Campus

Employability Centre  
Newton and Arkwright building

### Clifton Campus

Student Services Centre  
The Pavilion

### Brackenhurst Campus

Student Services Centre  
Bramley building

Email: [employability@ntu.ac.uk](mailto:employability@ntu.ac.uk)  
[www.ntu.ac.uk/employability](http://www.ntu.ac.uk/employability)



# Services and facilities

## Students' Union

Our Students' Union is in the top 10 for student satisfaction according to the latest National Student Survey. Its core function is to represent students while they study here at NTU. The following gives an overview of what is on offer all year round.

- More than **90 societies**, including various cultural and religious societies, provide opportunities to take part in a wide range of activities including music, politics or anything fun-related. These provide you with an ideal opportunity to meet other students on a regular basis, and to take part in various cultural and social activities.
- The **Information and Advice Service** provides an impartial, free and confidential information and advice service. Advisers can assist students with a whole range of issues including housing matters such as contracts and deposits; money and funding (e.g. tuition fees); and academic concerns such as appeals, or circumstances affecting your academic performance.



- A **radio station** called Fly FM, the online **student magazine** *Platform* and a **student TV station** called Trent TV are all run by students and offer opportunities for anyone to get involved.
- Students can also get involved in **RAG – NTSU's Raising and Giving scheme** which fundraises for various charities – and **NTSU Volunteering**, a scheme that enables students to give something back to the local community.
- The Students' Union has student bars and organises **entertainment and events** such as club nights, comedy nights, live bands, quizzes and open mic nights for those students who would like to perform their songs for others.
- The Union offers a programme of **day trips and weekend breaks** at some of the best destinations around the country for all students and their family members.
- Perhaps most importantly of all, the Students' Union is run by students, so you can get involved in the **Union Meeting** to have your say and ensure that the Union is representing you.

## Executive Committee

The Students' Union's Executive Committee is a dedicated team of nine elected officers, who are recent graduates or current students themselves, and who are available all year round to represent you and help you in any way they can.

As part of the Student Council that governs the Union, there is an International Students' Officer who is committed to looking after and representing international students.

Visit [www.trentstudents.org](http://www.trentstudents.org) for further information about any of the services detailed above.



# Services and facilities

## Sport at NTU

A healthy lifestyle will help you to focus on your studies, reduce stress and give you a positive outlook. Getting involved in sport is also a great way to make new friends. The University has a huge range of fitness facilities and sporting opportunities to encourage you to get involved.

### Fitness and sporting facilities

NTU is proud to offer sporting opportunities for students and staff at all of its campuses.

### Clifton Campus

Clifton Campus is the main venue for sport at NTU. It boasts fantastic facilities, including indoor tennis courts and the Lee Westwood Sports Centre: a top-class facility for basketball, netball, volleyball, squash, badminton and more. The centre caters for all students from beginner to elite, with a recently refurbished fitness suite, sector-leading performance gym, dance studio, physiotherapy suite and nutrition centre.

Outside there are two floodlit artificial pitches and several grass pitches, and spectators can now enjoy the range of sports on offer from our brand new Clubhouse overlooking both the 3G and artificial hockey pitch.

### City Campus

A range of state-of-the-art sports facilities are now on offer at the City Campus in the Students' Union building. These include a 100-station fitness suite, a 30-foot climbing wall, a sports hall and a dance studio.

### Brackenhurst Campus

Brackenhurst Campus offers extensive equestrian facilities and discounted rates at Southwell Leisure Centre.



### Sports clubs

There are over 50 different sports clubs at NTU, offering you the chance to try everything from football to ultimate frisbee. A number of NTU sports clubs play in local leagues while others compete in the British Universities and Colleges Sport (BUCS) fixtures on Wednesday afternoons. NTU Sport is regularly ranked in the top 20 out of 150 universities. For those who want to play just for fun, the University's Beginner and Social Sport programme offers opportunities for students to get involved in recreational sport. To keep fit while at University we offer a wide range of exercise classes and short blast sessions which are all run by qualified instructors, providing a fun way to keep fit, unwind and meet new people in a friendly environment.

Visit [www.ntu.ac.uk/sport](http://www.ntu.ac.uk/sport) for further information about sport at NTU and how to purchase an NTU Sport Membership.

### Sport Scholarships

NTU provides an environment in which talented student-athletes can achieve academic and sporting success while studying at the University. Visit [www.ntu.ac.uk/sportscholarships](http://www.ntu.ac.uk/sportscholarships) to find out more.

# Services and facilities

## Campus facilities

NTU has a real community feel about it. Our courses are spread out over four great campuses across Nottingham, each with their own personality.

### City Campus

- Home to over 16,000 students and based right in the heart of Nottingham.
- A cosmopolitan, city centre campus with loads of great places to meet, eat and shop.
- An excellent range of accommodation.
- The impressive and newly refurbished Boots Library.
- An Employability Centre.
- Outstanding Students' Union including a 2,400 capacity evening venue, bars, cafés, sports hall and gym.
- A Global Lounge.
- The Hive – Centre for Entrepreneurship and Enterprise.

### Brackenhurst Campus

- Home to around 1,000 students and approximately 14 miles from the city centre.
- A beautiful countryside estate with woodland, a lake and landscaped gardens.
- Excellent accommodation on campus.
- A fantastic new library.
- Home to over 600 animals on our very own farm.
- An Employability Centre.
- Buses every 15 to 20 minutes throughout the day heading from the campus straight into the heart of the city, giving you the best of both worlds.

### Clifton Campus

- Home to over 8,000 students and just four miles outside the city centre.
- A modern, self-contained campus with fantastic new facilities.
- Campus has undergone significant regeneration with a new central Pavilion building and teaching suite.
- Excellent accommodation on campus.
- On-campus facilities include the Students' Union bar, shop, cafés and library.
- Top-class sports facilities at the Lee Westwood Sports Centre.
- An Employability Centre.
- A Global Lounge.
- Award-winning Go2 Uni bus service taking you right to the City Campus every eight minutes.

### Confetti Campus

- Located in the city centre, it's only a short walk from the City Campus.
- As a specialist creative industry education and training centre, Confetti hosts our creative technology courses.
- Cutting-edge, industry standard technologies – from mixing desks and lighting equipment, to developmental software, film studios, and TV facilities.

## Services and facilities



Visit [www.ntu.ac.uk/virtualtours](http://www.ntu.ac.uk/virtualtours) to view our campus tour videos.

# Living in the UK

## Working

Working part-time is a good opportunity for you to develop valuable skills and experience before graduation.

Seasonal and casual work may not be directly relevant to your degree or chosen career, but it can enhance your employability after graduation. There are some good CV-enhancement skills found in any job – self-motivation, team working, self-reliance and organisational skills can be gained from doing just about anything!

However, work can be difficult to find and is not always well paid, so you should certainly not depend on income from part-time employment to support you.

Most international students who come to the UK for six months or more are allowed to do some part-time work whilst studying. **However, before you consider entering into any kind of part-time employment, it is extremely important that you ensure that you are fully aware of the restrictions on the number of hours you are allowed to work and the type of employment you are allowed to do as an international student.** We strongly encourage you to visit [www.ntu.ac.uk/internationalsupport](http://www.ntu.ac.uk/internationalsupport) to familiarise yourself with the immigration rules on working during your studies. It is also important that you assess how this extra commitment of both time and energy will affect your studies.

## National Insurance

International students working in the UK are liable, like UK citizens, to pay National Insurance contributions. You do not start paying National Insurance contributions until you earn above a certain amount (£155 per week for the 2017-2018 tax year). You do not require a National Insurance number in order to start working in the UK, but you will need to get one if you get a job.

Visit [www.gov.uk/apply-national-insurance-number](http://www.gov.uk/apply-national-insurance-number) for further information about applying for a National Insurance number.

## Income Tax

International students are subject to UK tax laws. The personal tax allowance for 2017/18 is £11,000 for a single person. You will have to pay income tax on any amount you earn above this figure. A tax year starts on 6 April in one year and finishes on 5 April in the next. If you only work during vacation periods and your earnings are below the personal tax allowance for that year, you will be able to claim a refund by completing form P50, which is available from: [www.gov.uk/claim-tax-refund/youve-stopped-work](http://www.gov.uk/claim-tax-refund/youve-stopped-work). Your employer or HM Revenue and Customs should be able to answer any questions you have about income tax.

From outside the UK: **+44 (0)135 5359 022**

From the UK: **0300 200 3300**

## Minimum wage

The minimum wage is the minimum amount that workers aged 16 years or over are entitled to be paid. There are different (as of April 2017) levels of minimum wage, depending on an employee's age.

- Workers aged under 18 years: £4.05 per hour
- Workers aged 18 to 20 years: £5.60 per hour
- Workers aged 21 to 24 years: £7.05 per hour
- Workers aged 25 and over: £7.50 per hour

There are a few specific circumstances where the minimum wage does not apply: for example, if you are working as a live-in au pair; or are on work experience as part of your course of study.

# Living in the UK



“I feel at home in Nottingham... you make friends really easily.”

## **Rebecca Chiu (Hong Kong)**

BA (Hons) Business Management and Operations

Visit [www.ntu.ac.uk/rebeccachiu](http://www.ntu.ac.uk/rebeccachiu) to watch Rebecca talk about her course and life at NTU.

## Looking for a job

If you are looking for part-time employment opportunities, visit the Employability Team website at [www.ntu.ac.uk/jobsandvolunteering](http://www.ntu.ac.uk/jobsandvolunteering)

Try local shops, bars and pubs, and keep an eye out when shopping – many places advertise for staff on the premises with posters and notices.

Jobcentre Plus is a government-run agency that advertises many full and part-time jobs. Visit [www.gov.uk/jobsearch](http://www.gov.uk/jobsearch) to search for vacancies online.

There are many local recruitment agencies in Nottingham and you can find details of these online.

## Students in Classrooms and Volunteering

NTU offer numerous flexible opportunities for students like you to gain valuable experience, boost their CV, develop their personal skills and to make a difference to the local community.

The NTU Students in Classrooms Team offer a number of schemes working with young people in local schools and colleges. Roles include mentoring, classrooms support and ambassadors. Training and support is provided. Visit [www.ntu.ac.uk/studentsinclassrooms](http://www.ntu.ac.uk/studentsinclassrooms) for more details.

Nottingham Trent Volunteering offers a range of opportunities in a wide variety of community sector organisations. There is also the opportunity to get involved in one of our schools projects, such as supporting local children in the classroom as a language buddy, or volunteer abroad with a range of organisations we work with internationally.

Visit [www.ntu.ac.uk/volunteering](http://www.ntu.ac.uk/volunteering) for more details.



# Living in the UK



## Driving in Britain

In Great Britain (England, Scotland and Wales), you need to be 17 years of age and in possession of a valid licence and insurance to drive a car.

If you wish to drive in the UK, you need to make sure your current driving licence is valid in this country, or take the appropriate steps to obtain a British one.

If you have a driving licence issued by an EEA country, you will be able to drive in the UK with this licence for as long as it remains valid. If you have a valid driving licence from a non-EEA country, or an international driving permit, you will be able to drive in Britain for up to 12 months from the date you came to the UK. After a year, if you want to continue driving in Britain, you should exchange your licence for a British one (please note that this should be done before the end of the 12-month period if you want to be able to continue to drive).

Visit [www.gov.uk/driving-nongb-licence](http://www.gov.uk/driving-nongb-licence) for further information on the current rules affecting international driving licence holders visiting Britain and information on applying for a British driving licence.

### Driving rules and regulations

In the UK, in addition to having current valid road tax, insurance and a driving licence:

- you must drive on the left-hand side of the road and overtake on the right;
- it is important to observe speed limits;
- it is compulsory for the driver and the front seat passenger to wear a seatbelt (this also applies to rear-seat passengers where seatbelts are fitted);
- if you are riding a motorcycle or a moped, you must wear a crash helmet; and
- you must not drive while under the influence of alcohol or drugs.

A publication called *The Highway Code* provides full details of driving regulations in the UK and is essential reading for anyone considering driving here. The Highway Code is available in most bookshops and libraries.

If you are bringing your car with you or wish to purchase a car in the UK, the UKCISA website provides useful guidance. Visit [www.ukcisa.org.uk](http://www.ukcisa.org.uk) to find out more.

# Living in the UK

## Telephone and Internet access

### Mobile telephones

There are a range of main mobile networks operating in the UK including EE, Three, O2 and Vodafone. Visit [www.uswitch.com/mobiles](http://www.uswitch.com/mobiles) or [www.moneysupermarket.com/mobile-phones](http://www.moneysupermarket.com/mobile-phones) for a detailed guide on choosing and comparing the best network providers, mobile phone deals and helpful hints. Both websites also provide comprehensive advice on making low cost international calls at competitive rates. Alternatively, if you have Internet access, you can make low-cost or even free calls using Skype or mobile messaging apps such as WhatsApp.

### Internet access

There are a number of different Internet service providers for you to choose from including Virgin Media, BT, Talk Talk and Sky which offer different payment options and facilities such as broadband and wireless access. You will find many websites (such as the ones above) that provide helpful comparisons about the different services on offer in the UK. NTU also offers its students free Internet access from University computers and there are many Wi-Fi zones both around the University and in public places across the city such as libraries and local transport.

### Insurance

It is very important to consider what insurance cover you need during your stay in the UK. In addition to any medical insurance you may require (see page 34), you are strongly advised to take out insurance to cover your personal belongings against loss or theft. You may also wish to take out insurance to cover personal liability, personal injury and the costs related to returning home in the case of illness or an accident.

You should also ensure you are insured for the period between leaving home and before you settle into your permanent accommodation. There is a wide variety of insurance policies on the market, and we recommend you shop around for the policy which suits your needs. Endsleigh Insurance ([www.endsleigh.co.uk](http://www.endsleigh.co.uk)) is the top student insurance provider in the UK and the only insurance company recommended by the National Union of Students.

### Electricity

British electricity works on 240 volts or 50 cycles, and most sockets take 13 amp square-pin fused plugs. If you are bringing your own electrical equipment with you, make sure that it can be used safely on this voltage and find out whether you will need an adaptor.



# Living in the UK



## Safety issues

In general, Nottingham is a safe place to live in and travel around. However, as in most other cities around the world, it is necessary to take sensible precautions to protect yourself and your possessions. The following are some basic points that provide common sense advice for personal safety which everybody can incorporate into their day-to-day lives.

- Whether you are in a student residence or private accommodation, be alert at all times and never leave your room or accommodation without closing all windows and locking the door.
- Never leave your bag, wallet or purse unattended in any public building, refectory or shop, on your bicycle, or in your vehicle.
- If you are using a cash machine (ATM), take extra care to be aware of your surroundings, particularly during the evenings or if you are on your own.
- At night, you should take the normal precautions such as avoiding badly lit streets and deserted areas. If you are returning home late at night, walk in a group or take a taxi. If you go out together, always ensure you come home together.
- If you need to report a crime, dial **999** and ask for the police (your call is free of charge from any UK phone). If the incident that you are reporting is not an emergency, dial **101** to speak to Nottinghamshire Police.

We strongly recommend that you read the Safety pages on the British Council website:

[www.educationuk.org](http://www.educationuk.org) which offer essential safety advice for international students in the UK. This includes the Creating Confidence and Safety First guides along with practical advice on dealing with emergencies.

[www.getsafeonline.org](http://www.getsafeonline.org) is also an excellent resource for useful tips on protecting yourself against online criminal activity including identity theft and fraud.



# Living in the UK



# Living in the UK



# Living in the UK

## Settling into UK life

Coming to study in a different country is a very exciting experience and one which most students find extremely rewarding. It can, however, also be quite challenging during the first few weeks. The range of emotions you can experience when you move from a familiar to an unfamiliar environment is commonly called culture shock. Culture shock is a very normal experience and even if you come from a country with a way of life very similar to that of the UK, you may still find that there are small differences which will have an impact on your day-to-day life. In addition to living and studying in a whole new environment, the fact that you are away from your family and friends who would normally support you through new and difficult situations can be an added strain.

Differences between your country and the UK can impact on your life in many diverse ways. On a practical level, you may not be able to buy some of the goods you could buy in your home country, and may find it difficult to adapt to the weather in the UK. If you are from a country which has very different customs and beliefs from those held in the UK, you will probably find that you are more affected by culture shock. It is important to remember that it is usual to experience a mix of emotions when you move to a new environment, and that these feelings will pass; it is a normal part of adjusting to new foods, customs, languages, people and activities.

## How to cope with culture shock

As you start to prepare for your studies in Nottingham, we would encourage you to keep an open mind about what you expect the British people and the UK to be like. If you find that there are situations which confuse you in the UK, remember that individuals may be following social rules which you do not know about. Here are some tips to help you settle in.

- Where you do come across differences between the UK and your own culture, try not to see one as better or worse than the other, but try to think of them as different.
- Ask for help if you need it. Asking for help is seen as a usual action for someone to take and is viewed positively.
- Ask questions about social customs – this is often a good way to find out more about British culture.
- Exercise and maintaining a healthy diet helps to reduce stress. It is important you eat properly as a student and achieve a healthy balance between your studies and your social life.
- Language can be a barrier to people understanding each other clearly, so continually improving your language always helps. Although it can be difficult, allow yourself to see the humour in misunderstandings.
- Make friends with a broad mix of people, both British and international.
- Keep in touch with home and bring familiar things with you, such as photos or keepsakes.

# Living in the UK

## Some insights into British culture

Although the UK has a very diverse population, the following few insights into British culture may be helpful as you start to settle into UK life. If you would like to find out more about specific aspects of British life and culture, check the UK Student Life website at: [www.ukstudentlife.com](http://www.ukstudentlife.com)

### Punctuality and queuing

The British place a great deal of importance on punctuality, both professionally and socially, so if you are going to be late, or you need to cancel an appointment, you should telephone in advance to explain, if at all possible, and apologise when you arrive.

Queuing (waiting in line) is also considered very important and happens in most places, for example in shops, banks, stations and bus stops. You will probably be amused to see how carefully the order of the queue is respected. If you try to push into the line (queue-jump), you will find that you are suddenly very unpopular!

### Please and thank you

British people use “please” and “thank you” very frequently and sometimes in situations where in other countries these words would seem inappropriate. For example, you may find it odd to hear someone thanking a bus driver or, most curiously, saying “sorry” when someone else steps on their foot!

### Smoking

Smoking is banned in all places of work including restaurants and bars, shopping centres, trains and buses. When eating or drinking in a group, especially in someone’s home, it is polite to ask your companions first whether they mind if you smoke.

### Alcohol

Pubs and bars are very popular meeting places, however they will always serve non-alcoholic drinks as well. It is also quite usual for people to choose not to drink alcohol in a pub or in someone’s home.

### British reserve

Visitors sometimes say they find British people very reserved. For example, you may be surprised by how rarely people start a conversation with strangers in waiting areas and on public transport. You may also find that the distance people like to keep between themselves when they talk to each other is further than seems natural to you. Once you get used to this, you will find these features are usually not due to unfriendliness, but are a way of showing respect for each other’s privacy and personal space.



“NTU has enabled me to grow personally as well as academically, enabling me to achieve things that I did not think possible.”

#### **Abdulmalik Badamasuiy**

PhD (Law) – MPhil; MRes; PhD

Visit [www.ntu.ac.uk/abdulmalikbadamasuiy](http://www.ntu.ac.uk/abdulmalikbadamasuiy) to watch Abdulmalik’s video about what life is like at NTU.

## Living in the UK



# Living in the UK

## Diversity and equality

The UK has a very diverse and multi-ethnic population. Men and women have equal rights. In the UK it is unlawful to discriminate against anyone for reasons relating to race, gender, age, sexual orientation, gender reassignment, disability, pregnancy, religion or belief, and marriage or civil partnerships.

## Religion

Traditionally, England has been a Christian country and has a state church – the Church of England – which is part of the worldwide Anglican Church. However, most English people are not active members of any religion and England is a largely secular society. All the world's major religions are represented and people are legally allowed to worship as they choose. The Chaplain and religious and cultural advisers at the University (see page 50) can give you details of contacts and places to practise your faith, both within the University and around Nottingham. Nottingham Trent Students' Union supports religious societies; currently this includes the Islamic Society, Jewish Society, Sikh Society, Hindu Society and Christian Unions.

## Language

You will find that British people use a lot of informal or colloquial language. Some slang is recognised nationally while other words and phrases are only used in certain regions. Here are some examples to get you started!

You may be surprised that people often address one another as “duck”, “duckie”, “love”, “dear” and “mate”, so you should not be surprised to be called “duck” by a member of staff in your local supermarket! “Duck” is used mainly in the Midlands and the north of England. A greeting you will often hear in Nottingham is “ay-up me duck!” which basically means “hello”.

Slang term	What it means
Quid	£1
Grand	£1,000
Alright	How are you?  (This term is usually used as a greeting rather than a question!)
Cheers! / Ta	Thanks!
Your round	Your turn to buy drinks  (usually in a pub)
See you	Goodbye

## Weather

British weather is very unpredictable. This is probably why we talk about it so much! It is rarely either extremely cold or extremely hot, but anything in between can be experienced in any season of the year. You may be surprised to find how rapid the changes in weather can be: a warm sunny morning can be followed by a cold, wet and windy afternoon so it is a good idea to bring warm clothing and a waterproof jacket, whatever the season you are travelling in!

It can be particularly cool from September to March and if you come from a warm climate, you must be prepared to dress warmly when you arrive. Rain can be frequent throughout the year, and during the winter months you can usually expect a couple of days of snowfall and some days with temperatures below freezing.

Visit [www.bbc.co.uk/weather](http://www.bbc.co.uk/weather) for up-to-date national and regional weather forecasts from the BBC.

# Living in the UK

Average temperatures in degrees Celsius for the Nottingham area are:

Jan	Feb	Mar	Apr	May	Jun
3	3	6	8	11	14

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Jul	Aug	Sep	Oct	Nov	Dec
17	16	13	10	6	5

## Clothing

Many people dress casually in the UK, and this is certainly true for students. During the autumn and winter months, you will need a warm coat and a solid pair of shoes or boots that will protect you from the wet and cold weather. There are many large clothes stores in Nottingham which sell warm clothes at reasonable prices. You may be surprised to find that even in the winter months, people will dress very lightly when they go out in the evening, especially to a nightclub!

## Mealtimes

Breakfast is usually eaten at home before travelling to work or university. This usually consists of cereal with milk, or toast (most people don't eat a full English breakfast every day!).

Lunch is usually taken between 12 pm (noon) and 2 pm and is often a quick sandwich or another small snack.

The main meal of the day, dinner, is eaten in the evening between 6 pm and 8 pm.

## Food

One of the things many international students worry about before they arrive is British food, but we think you will be pleasantly surprised! The United Kingdom is a multicultural society, and food from all over the world is readily available in both supermarkets and restaurants.

In Nottingham, there are also a number of vegetarian / vegan shops, delicatessens and international food retailers. Listed below are some traditional or popular English dishes. Pubs often serve this sort of food at reasonable prices.

- **Traditional English breakfast** comprises sausages, bacon, eggs, tomatoes, baked beans and fried bread (also known as a "fry-up" as it is often all fried in the same pan).
- **Fish and chips** is fish fried in batter and served with chips along with sides of mushy peas, gravy or curry sauce. A traditional meal usually bought from a take-away shop or "chippy", which is particularly associated with seaside towns.
- **Roast dinner** is a traditional Sunday lunch. A whole joint of meat, typically beef, lamb, pork or chicken, is roasted and served with roast potatoes and boiled vegetables. At Christmas, a turkey is usually roasted.
- **Sausage and mash** is a dish of sausages, usually made from pork, served with mashed potato and gravy.
- **Baked beans on toast** isn't really traditional, though it is very popular. It is often associated with students as it is a very cheap meal. Baked beans are haricot beans cooked in tomato sauce and bought in a can ready to eat.
- **Apple pie and custard** is a traditional pie made with thick pastry and served with custard, a hot sauce made from milk, eggs and sugar.

# Living in Nottingham





# Living in Nottingham



Nottingham is situated in the East Midlands region of the UK and is easily accessible by road, rail and air. By train, Nottingham is less than two hours from some of the UK's major cities, including London, Manchester and Birmingham. There are also excellent rail links to the rest of the UK, and as it is close to both East Midlands and Birmingham airports, Nottingham is ideally located for travelling both around the country as well as to overseas destinations.

## Nottingham city

More than 300,000 people live in Nottingham, while more than two million people regularly shop in the city\*. The city is a youthful one: 29% of the population are aged 18-29\* – well above the national average and approximately 1 in 8 are full time students. As Nottingham is home to two major universities, many of the shopping, sports and entertainment facilities are targeted at students. Nottingham is also steeped in history and is renowned as a thriving cultural centre in the Midlands offering many tourist attractions such as the Nottingham Castle and Caves, the annual Goose Fair and Sherwood Forest.

\*[www.nottinghaminsight.org.uk](http://www.nottinghaminsight.org.uk)

## Entertainment

Nottingham has some excellent entertainment venues for drama, dance and music performances. Art lovers will also find a variety of exhibits at various locations around the city centre. There are four cinemas in Nottingham offering a wide choice of films, as well as a range of different music venues ranging from the Motorpoint Arena where world-famous bands perform, to local pubs such as the Bell Inn, where you will find a variety of local bands and singers.

# Living in Nottingham



## Going out

Nottingham's cosmopolitan character is reflected in its numerous cafés and restaurants, where you will find delicious snacks and meals from all around the world. There is also a wide range of traditional British pubs in the city which serve a choice of both alcoholic and non-alcoholic drinks as well as food at very economical prices. Many bars and nightclubs around the city also cater for different tastes and host special student nights during the week.

## Further information

- Visit [www.ntu.ac.uk/nottingham](http://www.ntu.ac.uk/nottingham) for a full range of different things to do in Nottingham as well as a calendar of activities taking place in the city throughout the year.
- [www.leftlion.co.uk](http://www.leftlion.co.uk) provides details of all entertainment events taking place in the city including theatre, cinema, music and comedy nights.
- The Students' Union Guide (which you will receive after you arrive), provides useful information on Nottingham's most popular places to eat out.

# Living in Nottingham

## Clubs and societies

A popular way of meeting people and socialising in the UK is through membership of a club, organisation or society. There is a range of over 80 religious, political, arts-based, sports and cultural societies within the Students' Union. Visit [www.trentstudents.org](http://www.trentstudents.org) for further information.

## Sport and fitness

Nottingham has previously been awarded the Home of Sport title by Visit England. The City has nine leisure centres which offer a range of sports facilities, including swimming pools, and is also home to two football clubs, the world-famous test match cricket ground Trent Bridge, and the National Ice and Water Sports Centres. For a comprehensive list of sports activities on offer in Nottingham please read our Sports Guide on [www.ntu.ac.uk/nottingham](http://www.ntu.ac.uk/nottingham).



# Living in Nottingham



# Living in Nottingham

## Travel in Nottingham

Nottingham has a very good public transport network for travel both within the city and to surrounding areas, with buses and trams operating seven days a week.

### Buses

There are several companies operating bus services in and around Nottingham.

The main bus operator is Nottingham City Transport (NCT). It is cheaper to use travel passes than buying a ticket on the bus, and you will usually be expected to give the driver the correct change if you pay for your fare on the bus. You can find information about NCT bus maps, fares and timetables online: [www.nctx.co.uk/fares-tickets](http://www.nctx.co.uk/fares-tickets) or at the Travel Centre (South Parade, Market Square). Students based at the Clifton Campus can travel easily from the City Campus using the number 4 Unilink bus service (term-time only) or the number 1 bus.

Make sure that you put your hand out to indicate to the driver that you wish them to stop, otherwise, they may drive straight past your bus stop!

### Trams

Trams are operated by Nottingham Express Transit (NET). There are three tram lines serving the city centre. This includes transport to Nottingham Trent University (City Campus) and Nottingham train station; Beeston and University Park; and the Queen's Medical Centre. Please note that the tram line which runs to Clifton does not serve the NTU Clifton Campus. You must buy your ticket from the ticket machines or swipe your pass before boarding the tram. Visit [www.thetram.net](http://www.thetram.net) for route maps and further details on tram lines and fares.

### Travel passes

If you are using the bus, tram or both on a frequent basis, it may be worth investing in a travel pass. Most public transport operators will offer their own travel pass, which entitles you to unlimited travel for a given period of time, e.g. one week, one month, etc.

You can buy an Easyrider CityCard, giving unlimited travel on Nottingham City Transport buses from NTU Card Services at the University for a discounted price. The credit is put directly onto your University Smartcard.

### Cycling

Cycling is a cheap, healthy and effective way of getting around Nottingham. You don't even need to buy your own bicycle. You can hire a bicycle complete with a lock, lights and year round maintenance for £35 per year plus deposit. Visit [www.ntu.ac.uk/ucycle](http://www.ntu.ac.uk/ucycle) for more details.

Alternatively, you can find second-hand bicycles in some cycle shops and advertised in local newspapers. Bicycle theft is common so if you have a bicycle, you should keep it secured with a good quality lock whenever it is not being used. You must fit front and rear bicycle lights when cycling at night and we recommend you wear a helmet.

### Taxis

Nottingham city taxis (dark green in colour) can be caught from taxi ranks in various locations around the city centre, including the train and bus stations. Details of other taxi companies (including private hire taxis) can be found online. Please note that you should always book private hire taxis by phone, and never flag down or jump into a private hire taxi on the street.

# Living in Nottingham



## Shopping

Nottingham offers some of the best shopping facilities in the East Midlands region with over 1,000 shops to choose from. In the city centre, there are two main indoor shopping areas, the intu Broadmarsh and Victoria centres. These contain lots of the national chain stores and well-known brand names. There are also many interesting smaller shops selling a wide variety of fashion, footwear and designer wear. As well as a huge choice of new items on offer in Nottingham shops, you will also find many opportunities to buy second-hand goods locally.

Shops in the centre generally open at 9 am and close at 5.30 pm, the main exceptions being Wednesdays and Saturdays (when some shops stay open later) and Sundays (11 am to 5 pm).

## Bargain hunting

Bargains can be found in the large stores during the sales periods in early January and at the end of the summer season; however, many stores now also offer items at reduced price at regular intervals throughout the year.

Some shops give discounts to students if you show them your University ID card. Charity shops are good places for finding cheap, but good quality, second-hand clothes, books and household items. These shops sell goods to raise money for charity projects. Look out for names such as the British Heart Foundation, Scope, Oxfam, Barnardo's, Help the Aged and Cancer Research UK.

Second-hand items can be bought and sold on websites such as Gumtree. Many household items are also advertised free of charge through Freecycle.

[www.gumtree.com/nottingham](http://www.gumtree.com/nottingham)

[www.freecycle.org](http://www.freecycle.org)

# Living in Nottingham



# Living in Nottingham

## Buying food and household goods

### Supermarkets

In the UK, most people do their food shopping in big supermarkets, which are usually cheaper than smaller shops and stock a wide range of items. Supermarkets usually open at 8 am and close at 10 pm, except on a Sunday when opening hours are reduced. Some supermarkets are open longer (up to 24 hours) and offer online shopping and home delivery. Some of the popular supermarkets in the UK include Asda, Tesco, Lidl, Aldi and Sainsbury's. Many of these are located in and around the city centre and very close to student residential areas.

### Specialist food shops

Nottingham offers a range of specialist shops which sell food from around the globe, including Chinese, Afro-Caribbean, Mediterranean, Middle Eastern and South Asian food. Halal food and halal meat are also widely available in many stores. A leaflet about local supermarkets, specialist food stores and shops for purchasing your household goods will be available from our International Students' Welcome Points during Welcome Week.

### Postal services

Nottingham city centre post office is on Queen Street, which is close to the City Campus. All postboxes are painted bright red and display the days and times of collection on them. Stamps can be bought at post offices, newsagents and supermarkets. Mail within the UK can be sent by either first or second class. First class aims to deliver the next working day within the UK, whereas second class takes approximately two to three working days.

We recommend you send valuables or gifts using the Recorded Delivery and Special Delivery Services, which are available at an extra charge.

Visit [www.royalmail.com](http://www.royalmail.com) for details on postal costs, customs documents and sending parcels overseas.

Post offices also offer numerous other services including sending money abroad and currency exchange.

### Launderettes

On-site launderette facilities are available for students living in University accommodation. Students living in private accommodation will usually find that a machine for washing clothes is provided. If it is not, local launderettes are available for washing and drying clothes. These are normally coin-operated and the facilities are self-service, but it is usually also possible to arrange for your washing to be processed by the member of staff on duty, for an additional charge. This is called a service wash. Check [www.yell.com](http://www.yell.com) for your nearest launderette.





# Living in Nottingham

## Travelling around the UK

The UK offers a rich variety of landscapes, towns and cities for international students to visit. Favourite cities include London, Edinburgh, York, Bath, Stratford, Cambridge, Oxford and Brighton. These have a range of architectural styles, museums, galleries, shops, restaurants and nightlife. Popular coastal areas are Cornwall, Devon, Dorset and Pembrokeshire and for hiking tours, some parts of the Peak and Lake Districts as well as Wales and Scotland are ideal mountainous locations.

Nottingham Trent Students' Union organise a diverse programme of day trips and weekend breaks at some of the best destinations around the country.

Visit [www.trentstudents.org/trips](http://www.trentstudents.org/trips) for further details on what is on offer.

## Coach and train travel around the UK

Means of travel	Company	Special deals	Contact details and further information
Coach	National Express	If you are aged 16-26 (or you are a full time student over 26), a Young Persons Coachcard helps you to save up to 30% off all journeys (£10 for one year).	Further information available online. National Express Enquiry Office, Nottingham Coach Station Tel: <b>+44 (0)8717 818178</b> <b>www.nationalexpress.com</b>
Coach	Megabus.com	Offers cheap bus travel in some parts of the UK.	Tel: <b>+44 (0)900 1600 900</b> <b>www.megabus.com</b>
Train	National Rail	Save 1/3 of your rail fare with a 16-25 Railcard (if you are aged 16-25 or you are a full time student aged over 25. £30 for one year).	It is often cheaper to book your rail tickets in advance. Further information available online. Nottingham Station, Carrington Street Tel: <b>+44 (0)8457 484950</b> <b>www.nationalrail.co.uk</b> <b>www.thetrainline.com</b> <b>www.16-25railcard.co.uk</b>
Train	Megatrain.com	Low cost travel to London (available on selected journeys)	<b>www.megatrain.com</b>

# Useful websites

## Information about Nottingham

[www.ntu.ac.uk/nottingham](http://www.ntu.ac.uk/nottingham)

[www.leftlion.co.uk](http://www.leftlion.co.uk)

[www.bbc.co.uk/nottingham](http://www.bbc.co.uk/nottingham)

[www.nottinghampost.com](http://www.nottinghampost.com)

[www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk)

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## Information about travel

British Tourist Authority

[www.visitbritain.com](http://www.visitbritain.com)

International Students House London

[www.ish.org.uk](http://www.ish.org.uk)

National Express / National Express Airport coaches

[www.nationalexpress.com](http://www.nationalexpress.com)

Megabus (cheap bus fares)

[www.megabus.com](http://www.megabus.com)

National Rail Enquiries (for train tickets)

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

The Trainline (for train tickets)

[www.thetrainline.com](http://www.thetrainline.com)

Megatrain (cheap train fares)

[www.megatrain.com](http://www.megatrain.com)

Nottingham City Transport

[www.nctx.co.uk](http://www.nctx.co.uk)

Nottingham Express Transit (Nottingham's tram network)

[www.thetram.net](http://www.thetram.net)

## Information about studying at NTU

[www.ntu.ac.uk/international](http://www.ntu.ac.uk/international)

[www.ntu.ac.uk/studentsservices](http://www.ntu.ac.uk/studentsservices)

[www.ntu.ac.uk/starting\\_at\\_ntu](http://www.ntu.ac.uk/starting_at_ntu)

[www.facebook.com/NTUInternational](https://www.facebook.com/NTUInternational)

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## Information about immigration issues

International Student Support Service

[www.ntu.ac.uk/internationalsupport](http://www.ntu.ac.uk/internationalsupport)

UK Visa and Immigration

[www.gov.uk/visas-immigration](http://www.gov.uk/visas-immigration)

UK Council for International Student Affairs

[www.ukcisa.org.uk](http://www.ukcisa.org.uk)

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## Living and studying in the UK

UKCISA: UK Council for International Student Affairs

[www.ukcisa.org.uk](http://www.ukcisa.org.uk)

The British Council

[www.educationuk.org](http://www.educationuk.org)

National Academic Recognition Information Centre UK (NARIC)

[www.naric.org.uk](http://www.naric.org.uk)

NHS Choices

[www.nhs.uk](http://www.nhs.uk)

Endsleigh Insurance

[www.endsleigh.co.uk](http://www.endsleigh.co.uk)

Equality and Human Rights Commission

[www.equalityhumanrights.com](http://www.equalityhumanrights.com)

National Union of Students (NUS)

[www.nus.org.uk](http://www.nus.org.uk)

Nottingham Trent Students' Union

[www.trentstudents.org](http://www.trentstudents.org)

# City Campus



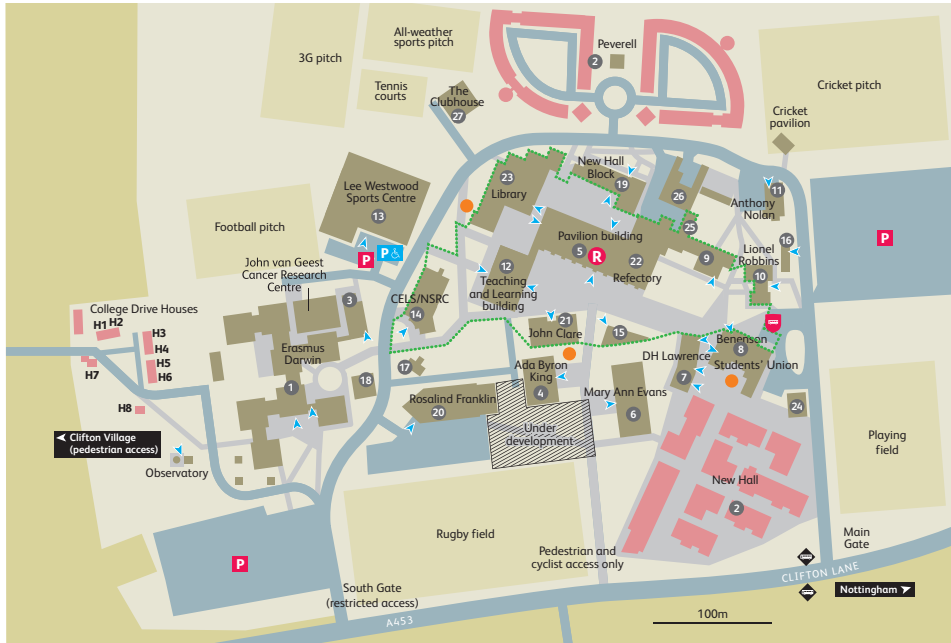
50 Shakespeare Street.....	26	Dryden Centre.....	9	Safety Office.....	9
Academic Registry.....	9	Employability Centre.....	14	Shops.....	8 16
Arkwright building.....	10	Finance Office.....	9	Sir Harry and Lady Djanogly Lecture Theatre.....	22
Barnes Wallis building.....	17	Global Lounge.....	1	Student Accommodation.....	7
Belgrave Centre.....	13	Health Centre.....	19	Student Accommodation Services.....	14
Bonington building.....	8	Human Resources.....	9	Student Services Centre.....	14
Bonington Gallery.....	8	International Development Office.....	9	Student Support Services.....	14
Bookshop.....	1	IoD Business Centre.....	18	Students' Union.....	16
Boots Library.....	3	Maudslay building.....	12	Taylor building.....	24
Business Innovation Team (BIT).....	1	Music Centre.....	25	Terrace Royal.....	20
Central Admissions.....	9	Newton building.....	11	Trent Lets.....	1
Central Court.....	14	Nottingham Conference Centre.....	18	The Hive.....	12
Centre for Broadcasting & Journalism.....	23	Nottingham Language Centre.....	6	Waverley building.....	5
Chaucer building.....	1	Nottingham Trent International College (NTIC).....	13		
Chaucer Pin.....	23	Notts TV.....	23		
City Sports Centre.....	2	Occupational Health and Wellbeing.....	4		
Coffee Bars.....	1 8 14	Prayer Facilities.....	6		
Djanogly International Centre (DICE).....	6	Print Shop.....	1		
				Security.....	3
				Tel: 0115 848 2468	

## Schools

Nottingham Business School.....	11
Nottingham Law School.....	1
School of Social Sciences.....	1
School of Art & Design.....	5 8 17
School of Architecture, Design and the Built Environment.....	10 12 17
School of Arts and Humanities.....	23

One-way street	Main reception
Pedestrian street	Student residences
Buses, taxis, cyclists and blue badge only	University buildings
Public car parks	Tram route and stops
Entrance	No entry
Entrance with wheelchair access	Go2 Uni bus stop

# Clifton Campus



Ada Byron King building.....	4
Anthony Nolan Trust Research Centre .....	11
Benenson building .....	8
Bookshop .....	15
Catalysis and Nanoscience Laboratory .....	16
CELS building .....	14
Coffee Bars .....	5 8
Crime Scene Training Facility.....	17
DH Lawrence.....	7
Employability Team .....	5
Erasmus Darwin building .....	1
Finance Office .....	9
Gatehouse .....	24

Global Lounge .....	6
Health Centre .....	9
Imaging and Display Research Facility .....	18
Interdisciplinary Biomedical Research Centre .....	3
John Clare lecture theatres .....	21
Lecture theatres .....	12 14 19 21
Lee Westwood Sports Centre.....	13
Library .....	23
Lionel Robbins building .....	10
Maintenance .....	26
Mary Ann Evans building .....	6
Natural Sciences Research Centre (NSRC).....	14
New Hall Block.....	19

Pavilion building.....	5
Print Shop .....	7
Rosalind Franklin building (Superlab).....	20
Student Accommodation .....	2
Student Services Centre .....	9
Students' Union.....	8
Supermarket.....	7
Teaching and Learning building .....	12
The Clubhouse .....	27
The Point bar and diner .....	8
The Refectory.....	22
Wellbeing Centre .....	25

Security.....19  
Tel: 0115 848 6600

Schools:

Nottingham Institute of Education .....	4 10
School of Arts and Humanities .....	6
School of Science and Technology .....	1 3 6 11 16 17 18

One-way	Student residences
Pedestrian walkway	University buildings
Visitor parking	Bus stops
Disabled parking	No entry
Entrance with wheelchair access	Go2 Uni bus stop
Main reception	Designated smoking area









..... Green Zone – This is a smoke-free and traffic-free area

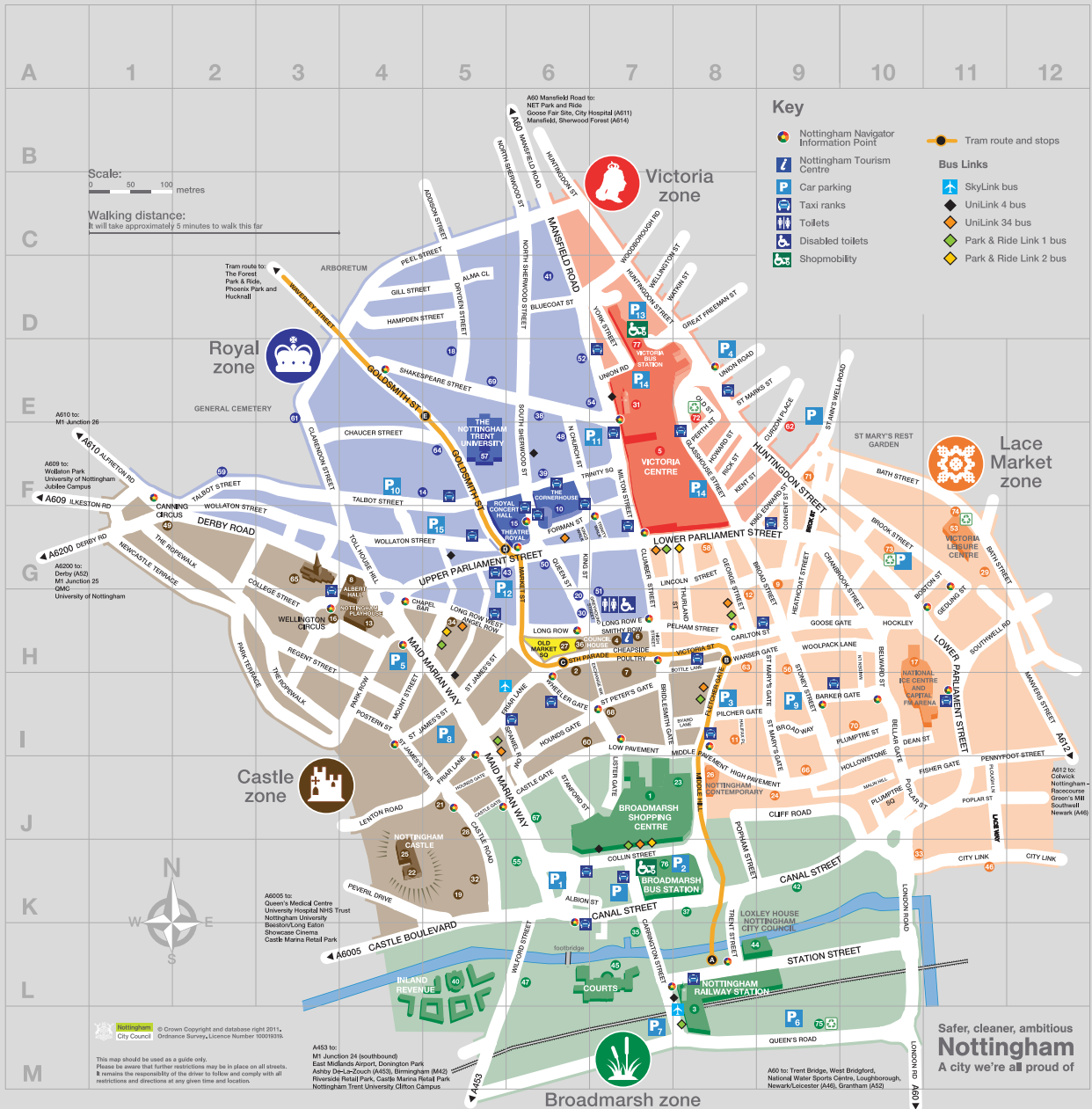
# Brackenhurst Campus



- Animal Unit and Veterinary Nursing Centre ..... 1
- Brackenhurst Farm House ..... 9
- Brackenhurst Schools Unit ..... 6
- Café ..... 5
- Employability Centre ..... 2
- Equine Office and Classroom ..... 7
- Library ..... 4
- Mary King Indoor Arena ..... 8
- Pippin Cottage ..... 3
- Reception and Bramley Teaching Block ..... 2
- Students' Union ..... 5
- Workshops ..... 6

Security ..... 3  
 Tel: 0115 848 5262

-  Pedestrian walkway
-  Parking
-  Entrance
-  Entrance with wheelchair access
-  Main reception
-  Student residences
-  University buildings
-  Bus stops



# Useful contacts

## Nottingham area telephone code within the UK: 0115

Please note: if calling from outside the UK, dial **44 115**; not **44 0115**

### International Student Support Service

Student Support Services

**Tel:** +44 (0)115 848 2631

**Email:** [int.support@ntu.ac.uk](mailto:int.support@ntu.ac.uk)

**[www.ntu.ac.uk/internationalsupport](http://www.ntu.ac.uk/internationalsupport)**

### Disability Support Service

Student Support Services

**Tel:** +44 (0)115 848 2085

**Email:** [disability.support@ntu.ac.uk](mailto:disability.support@ntu.ac.uk)

**[www.ntu.ac.uk/sss](http://www.ntu.ac.uk/sss)**

### Student Accommodation Services

**Tel:** +44 (0)115 848 2894

**Fax:** +44 (0)115 848 6413

**Email:** [accommodation@ntu.ac.uk](mailto:accommodation@ntu.ac.uk)

**[www.ntu.ac.uk/accommodation](http://www.ntu.ac.uk/accommodation)**

### International Development Office

**Tel:** +44 (0)115 848 8175

**[www.ntu.ac.uk/international](http://www.ntu.ac.uk/international)**

### International Admissions

**Tel:** +44 (0)115 848 4200

**Email:** [international@ntu.ac.uk](mailto:international@ntu.ac.uk)

### Finance Income and Debt Management

**Tel:** +44 (0)115 848 6500

**Fax:** +44 (0)115 848 6477

**Email:** [FinFinanceIncome&DebtManagement@ntu.ac.uk](mailto:FinFinanceIncome&DebtManagement@ntu.ac.uk)

### Security at NTU

#### City Campus

**Tel:** +44 (0)115 848 2468

#### Clifton Campus

**Tel:** +44 (0)115 848 6600

#### Brackenhurst Campus

**Tel:** +44 (0)115 848 5262

Please note that security is open  
24 hours a day.

## Nottingham Trent University

50 Shakespeare Street

Nottingham

NG1 4FQ

UK

**Tel:** +44 (0)115 941 8418

**[www.ntu.ac.uk](http://www.ntu.ac.uk)**

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4111/04/17

