

friends
INTERNATIONAL



LIFE UK

A GUIDE TO LIFE IN **THE UK**



歡迎
WELCOME
ДОБРО ПОЖАЛОВАТЬ
BIENVEN
VÍTEJT
HOŞ GELDİNİZ
WELKOM
CROESO
BEM-VINDO
WITAJCIE W
WILLKOMMEN
欢迎

THE CONTENTS

Introduction

The aims of the booklet. 5

Life at University

Key facts to know while studying in the UK. 6–10

General Information

Habits, language and traditions of the British people. 11–28

British Food

Traditional British food and mealtime names. 29–34

Medical

What to do if you are ill. 35–37

Transport & Accommodation

How to travel across the UK and where to stay. 38–43

Letters & Parcels

Rules regarding using the British postal system. 44

Shopping

When, where and how to shop. 45–47

Communications & Electrical

Mobile phones, contact numbers and television licences. 48–51

Money

Changing & saving money and finding a job. 52–55

Public Holidays & UK Map

Holiday dates and location of various UK cities/towns. 56–59

INTRODUCTION



If you are new to the UK, life here can seem very different to life in your home culture.

You may already be missing your family and friends. Some of the habits or actions of British people may appear very strange in comparison to what you are used to.

This booklet is designed to help you understand British people better and be able to settle into life here in the UK.

Various QR codes have been placed throughout this booklet to help you access the various web links. You will need a smartphone or a web-ready iPod, with an app that can read QR codes in order to scan them.

CULTURE SHOCK



Arriving in a culture that is very different to your own will initially be **very exciting**. There will be many things that will be new and you will have great expectations for the future.

This may then change to you wishing that you were back home. You may start to miss your family and friends as well as the food and weather that you have been used to. The customs and traditions may feel very **unsettling**.

You may then start to feel anger and **frustration** towards the new culture, criticising and distancing yourself from others.

The final stage is **acceptance** of the new culture. This is when you start to feel at peace with your surroundings and begin to feel confident and able to make positive contributions.

The above stages are completely normal, and are to be expected. By being aware of the stages, going through them will be easier.

REGISTERING WITH THE POLICE

Certain nationalities are required to register their details with the police within the first week of arriving in the UK.

If you are a foreign national and have one of the following sentences in your passport, you must register with the police as soon as possible:

- “The holder is required to register at once with the police”
- “Register with the police within 7 days”

Students from the following countries will need to register with the police when they arrive in the UK.

AFGHANISTAN	ALGERIA	ARGENTINA	ARMENIA	AZERBAIJAN
BAHRAIN	BELARUS	BRAZIL	CHINA	COLUMBIA
CUBA	EGYPT	GEORGIA	HONG KONG	IRAN
IRAQ	ISRAEL	JORDAN	KAZAKHSTAN	KUWAIT
KYRGYZSTAN	LEBANON	LIBYA	MOLDOVA	MOROCCO
NORTH KOREA	OMAN	PALESTINE	PERU	QATAR
RUSSIA	SAUDI ARABIA	SUDAN	SYRIA	TAJIKISTAN
TUNISIA	TURKEY	TURKMENISTAN	UAE	UKRAINE
UZBEKISTAN	YEMEN			

OPENING A BANK ACCOUNT

Even if you are only going to be in the UK for a few months, it is worth opening a bank account.

You may need proof of your home address from your home bank. Some banks do not let you open an account unless you are going to stay for at least 9 months.

Banks and building societies offer many types of account. You are most likely to need a 'current' or 'student' account. Most current accounts remain free of charge provided you do not go 'overdrawn', that is to take out more money than you have in the bank – quite large charges may then be incurred.



WHAT IF I HAVE PROBLEMS ON MY COURSE?

The UK system of education and style of teaching and learning may be very different from that in your own country.

You will be encouraged to think independently and also to find out information for yourself.

If you have problems with understanding a particular part of your course then you should approach the lecturer who teaches that part of the course. Lecturers and professors are approachable. For any other problems you should contact your personal tutor who has overall responsibility for you during your studies.

Do not feel overwhelmed by the number of books on the reading list, some will be more useful than others: seek guidance from your tutor if in doubt.

Cheating or copying work is normally dealt with quite severely. You will either lose marks for the piece of work, be asked to resubmit, or fail that item altogether. In the worst case you can be suspended from your course.

HOLIDAY DATES

JANUARY 1ST	NEW YEARS DAY
MARCH/APRIL (DATE VARIES)	GOOD FRIDAY & EASTER MONDAY
1ST MONDAY IN MAY	MAY DAY
LAST MONDAY IN MAY	SPRING BANK HOLIDAY
LAST MONDAY IN AUGUST	SUMMER BANK HOLIDAY
DECEMBER 25TH	CHRISTMAS DAY
DECEMBER 26TH	BOXING DAY

The UK has a variety of public holidays when workplaces and offices close for the day. These are often called 'bank' holidays. Many facilities close during the public holidays, especially at Christmas.

CHRISTMAS

Christmas is a time of year when there are lots of celebrations throughout the UK.



Many facilities in towns/cities and in universities close down for the week between Christmas and New Year. On Christmas Day and Boxing Day (December 25th and 26th) most shops are closed and most public transport does not operate.

During the weeks before Christmas, churches have special services called 'Carol Services', where traditional Christmas songs are sung. There are always special Christmas services on Christmas Day itself.

UK MAP



USEFUL INFORMATION

Education UK – The British Council

Information about studying in the UK.

Web: www.educationuk.org

Tel: **01619 57 77 55**

Citizens Advice Bureau (CAB)

Advice on issues like legal matters, debt and employment.

Web: www.citizensadvice.org.uk

Samaritans

Emotional support to anyone feeling distress or despair.

Web: www.samaritans.org

Email: jo@samaritans.org

Tel: **08457 90 90 90**

UKCISA (UK Council for International Student Affairs)

Resources and advice for international students.

Web: www.ukcisa.org.uk

Tel: **020 71 07 99 22** (advice line)



We are a Christian charity that supports international students in the UK.

Web: www.friendsinternational.org.uk

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