

UNIVERSITY OF WESTMINSTER



- Preparing to come to Westminster • Arriving in the UK • Your first weeks at the University
- Living in the UK • Frequently asked questions • Welcome programme information • Useful websites

international westminster

LONDON



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We are pleased you have chosen to study at the University of Westminster and we want your time in the UK to be successful and happy. I am the International Student Adviser, one of a team of advisers who help you with the challenge of living and studying in a new environment. As well as providing you with support throughout your stay at the University, I work closely with the International Education Office to organise the International Student Welcome Programme. We would really encourage you to come to the welcome programme as it will help you to meet other international and European students and to settle into the University.

This brochure will give you the essential pre-arrival information you need to plan for your studies in London and information about how to apply for the welcome programme. More detailed pre-arrival information and information on social events can be found at www.westminster.ac.uk/international

If you would like somebody to talk to when you arrive or during your time at the University, then come and see me at the Counselling and Advice Service at Marylebone throughout the week, or at Harrow on Tuesdays. I hope you enjoy your time at the University.

Kirsty McPhee
International Student Adviser

www.westminster.ac.uk

Instant London

The University of Westminster is at the centre of the entertainment and shopping district of London. London is home to world famous landmarks such as Buckingham Palace, Big Ben and the Houses of Parliament, and just around the corner from the University's Regent Street site is Oxford Street, London's busiest shopping street.

Along with New York and Tokyo, London is one of the three most important hubs of the global economy and within the borough of Westminster itself are the Houses of Parliament, the seat of British Government. It is also a city of culture and the arts. You can enjoy the museums and galleries, see almost any movie or watch the street theatre in Covent Garden – all within walking distance of the University. Whatever you are looking for during your life as a student, you will find it here in London.



The University

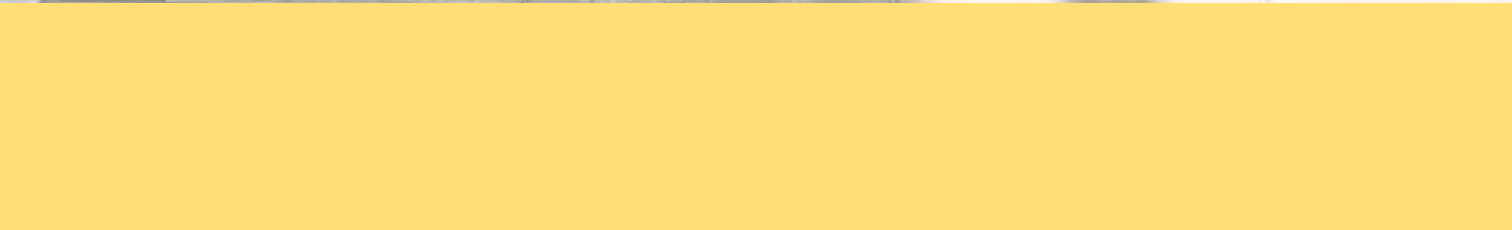
The University has three sites within the West End of London, as well as a fourth site in North West London – Harrow. The three West End sites are close to International Student House and other international organisations. We are one of Britain's largest universities, with more than 22,000 students and over 5,000 international students from 150 countries studying at undergraduate and postgraduate levels. There are more than 300,000 students in London and a third of all international students in the UK study in the capital, so you will be part of a large community of students. Studying in a big city can be a challenging experience so the University gives a high priority to your welfare, and we provide a full range of services to support you throughout your time with us. The Students' Union runs many societies (including the International Student Society) covering cultural and religious interests as well as sporting and social activities. At Westminster you can always find someone to help you settle into your new life in the UK.

Once you have made the decision to study at the University of Westminster you should ensure that you prepare carefully for the move. Three information sources are available to help you. This brochure is solely for international students and should be read in conjunction with *Westminster Start* and *Essential Westminster*. You should have received the other two brochures by the time you leave for the UK.

If you do not receive one you can collect either of them from your undergraduate or postgraduate office on arrival, or can find them on the pre-arrival site. Also visit www.westminster.ac.uk/international for information. Please make sure you read the checklist of what to bring before you leave home and do not forget to book a place on the welcome programme.



THE STREET



Securing your place on your course (your course deposit)

If the University makes you an unconditional offer of a place on a postgraduate course and you are liable to pay overseas fees, you will have to pay a £2,000 deposit. The unconditional offer letter gives full details of the deposit system, ways to pay and describes the refund policy. When the University receives the deposit, you will have reached the final stage of the admission process and will be sent a letter which you can use to apply for your visa. The letter confirms that you have accepted an unconditional offer and you have paid the deposit. If your visa is refused you can ask for the deposit to be refunded. You will need to send us original documentary evidence of your visa refusal. The £2,000 deposit is not an additional fee, but a portion of the overall tuition fee. Further information about all issues of fees and funding is available at www.westminster.ac.uk/funding

Immigration and visa information for people outside the UK

This general information is expected to change in spring 2009 when the UK Government introduces the points-based system for students (Tier 4). The new system will not affect students starting in September 2008 or January 2009. For up to date information about the points-based system visit www.westminster.ac.uk/international and you should download information from the UK Council for International Student Affairs website at www.ukcisa.org.uk/student/immigration.php which gives more detail about the conditions that you (and any family members coming with you) must meet to come as a student or the dependant of a student.

EEA national students

If you are a national of an EEA country (European Union plus Iceland, Liechtenstein and Norway) or if you are from Switzerland, you can enter the UK easily; you do not need entry clearance or a visa. You may be asked to show evidence that you have been accepted on to a course, and that you have enough money to support yourself whilst in the UK. You will need to bring your passport.

Non-EEA nationals coming on a course of more than six months

If you are not from the EEA (European Union, Iceland, Liechtenstein, and Norway) or from Switzerland, you will have to meet certain immigration requirements to come to the UK as a student. As you are studying on a course of more than six months, you must obtain an entry visa or certificate before coming to the UK. You can do this by applying to a British High Commission or Consulate in your home country on a VAF3 form. To see whether the British embassy in your country accepts online applications visit www.visa4uk.fco.gov.uk/ApplyNow.aspx

If you are studying a course of less than six months you may be able to apply for a student visitors visa. Visit www.ukcisa.org.uk/student/immigration.php or www.westminster.ac.uk/visasandwork for more information.

Visa fee

At the time of writing the cost of a student visa is £99.

Things to remember

- Do you need a student visa?
- Have you got your visa documents?
- Have you got enough money to study in the UK?
- Arriving early means you may not be able to use some University services or set up a bank account.

Immigration requirements to come to the UK on a student visa for the University of Westminster

You must be able to show that you have been accepted on to either:

- a full-time degree course; or
- a full-time course run during the week that involves a minimum of 15 hours of organised daytime study a week.

You must also:

- be able to pay for your course and support and accommodate yourself and any dependants without working or receiving help from public funds; and
- plan to leave the UK when you complete your studies.

To come to the UK as a student, you will have to produce the following documents:

- a passport;
- a letter from the University confirming that you have accepted an unconditional offer for a full-time degree course. The letter should include your start date, end date and expected graduation date. If you are a postgraduate student the University letter will also confirm that you have paid a deposit;
- evidence that you can pay for your course, accommodation and living costs without working in the UK or using public funds, and that you can support any family accompanying you.

It is a good idea to keep all documents in your hand luggage during travel, as you may be asked to produce these on arrival in the UK. The UK visas website at www.ukvisas.gov.uk has a full section about student visas. Make sure you come to the UK with the right visa.

The VAF 3 Form (question 6.1.15) asks you how many hours you will be studying. If you are doing a full-time degree you should write in 'full-time degree'. The Home Office intends you to return home at the end of your degree unless you will be applying for a work permit or Post Study Work.

Partners and children

Your family member is a European Economic Area or Swiss national

If you are bringing your husband/wife/civil partner/child and they are an EEA or Swiss national, they will be allowed into the UK without a visa. You will need to show that you have enough money for your living costs and accommodation without claiming any public funds. They will need passports.

Your family member is not a European Economic Area or Swiss national

If you are an EEA or Swiss national but your wife/husband/civil partner/child is not, and you are coming to the UK for a course of longer than six months, you will need to apply for an EEA Family Permit before you leave on a VAF5 application form. You apply at your nearest British Embassy or Consular office. There is no charge for this application. If you are not a national of an EEA country or Switzerland, and neither is your husband/wife/civil partner/child, they can apply to enter the UK as your dependant. If your husband/wife/civil partner is applying to come as your dependant certain conditions have to be met. These are: that you are still married/in a civil partnership; that there will be a place for them to live without them using UK public funds; and that they will not work unless allowed to. If you have been given leave to enter the UK as a student for 12 months or more then your husband, wife or civil partner will normally be allowed to work. If they apply to come to the UK after you, they should keep a photocopy of your passport and stamp to show that you were given 12 months or more.

If you are bringing a child to the UK they need to be under 18, not married, not leading an independent life and you must show that you can pay for them and have somewhere for them to live without using UK public funds. If you do intend to bring a child, the University advises that you make sure that you have a place for them to live before they arrive. Please also bring evidence that they are related to you such as passports and birth certificates.

Biometrics

All EU countries have agreed to introduce finger scan biometrics as part of their visa issuing process and the UK is already doing so. You will be asked to go to your local UK visas or commercial partner office to enrol. The biometric data will be stored on a central government database in the UK and checked against UK government records. The British Embassy/Consulate in your country will be able to advise about biometrics and for more information visit [www.ukvisas.gov.uk/servlet/](http://www.ukvisas.gov.uk/servlet/Front?pagename=OpenMarket/Xcelerate/ShowPage&c=Page&cid=1165344659165)
Front?pagename=OpenMarket/Xcelerate/ShowPage
&c=Page&cid=1165344659165

Tuberculosis testing

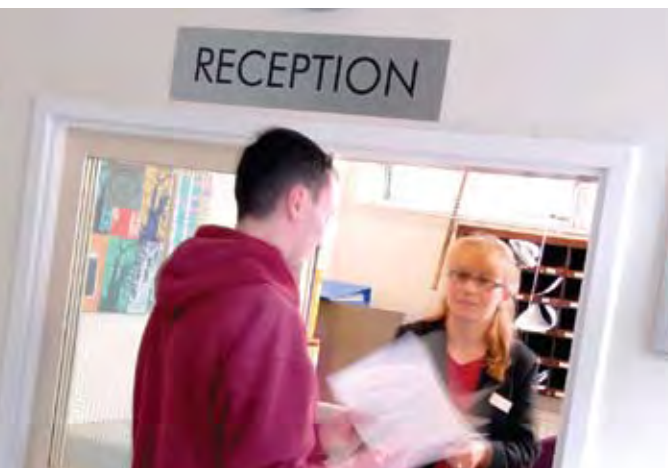
If you are coming to the UK for longer than six months and are applying for a visa in Thailand, Bangladesh, Tanzania, Pakistan, Ghana or Sudan you will need to provide a certificate confirming that you are free from tuberculosis (TB). Certification and testing is managed on behalf of the British Embassy by the International Organisation for Migration (IOM). Anyone found to have infectious TB will not be issued with a certificate, but will be advised by IOM on how to get treatment that meets World Health Organisation standards. To find out more visit www.ukvisas.gov.uk/en/howtoapply/tbscreening

www.westminster.ac.uk

Accommodation

If you are studying on a full-time course of one academic year or more you are given a high priority for accommodation in the University's Halls of Residence for your first year. Places are limited, however and applications are processed in order of receipt. Although you should apply for a hall place as early as possible, you cannot do so until you have firmly accepted either a conditional or unconditional offer of a course place. You can apply online at www.westminster.ac.uk/hallsapply but if you are not able to apply online then please contact Unilet Housing to request either an email or paper application form. The guides *Westminster Choice* and *Westminster Start*, sent out by Admissions offices tell you about the University Halls of Residence, where they are, costs and facilities.

If you intend to live in non-University accommodation visit www.westminster.ac.uk/unilet or see *Westminster Start* where you will find more information on Student Housing Services and advice about how to find private rented housing in different areas of London, as well as on your rights and responsibilities as a tenant or licensee. Unilet Housing also organise events to help you meet other international students wanting to share accommodation. To find a place to live you will need to arrive in good time before your course starts. It is best to book some accommodation on a temporary basis, either in one of the many London private hostels or in the University Halls of Residence, open until mid-September. A single room is under £30 per night and you can make a booking via Unilet Vacations at www.westminster.ac.uk/unilet



Organising your money

Before coming to the UK you should organise your money to ensure you have enough for the length of your course. It is impossible to fund your studies by working part-time and there are no other sources of funding in the UK. You will also need to investigate the best ways to bring money into the UK. We highly recommend that you budget to have at least £850 per month of study. This should be enough to cover your rent, entertainment, travel, and housing and bills.

Start-up costs

£400 one off

You will have to buy bedding, clothes and basic essentials at the beginning of your stay. London is, in general, milder than other parts of the UK. The summer tends to be warm; winter is usually cold and damp. £400 should be enough for additional clothing needs. If you're coming from a hot climate you may need to buy more expensive items like a coat.

Payment of course fees

Course fees can be paid either in full when you enrol or if the total fee is above £1,500 you can pay in three instalments. If you are starting your course in September the first instalment of 50 per cent is due at enrolment, the second instalment of 25 per cent is due on 1 December and the remaining 25 per cent is due on 31 January. There is a prompt payment discount explained in Westminster Start.

The University accepts the following forms of fee payment:

Cheque, cash (in £ sterling or Euros), direct debit, Switch, MasterCard, Visa, and Bankers Draft. International students can also pay their fees to the University directly from their overseas bank account, usually at a charge of between £10 and £15 levied by their own bank.

University of Westminster bank details

| | |
|----------------|--|
| Bank | NatWest Bank PLC PO Box 3038, 57 Victoria Street London SW1H 0HN |
| Account number | 48303542 |
| Sort code | 56-00-33 |
| IBAN number | GB95NWBK 56003348303542. |

Please note that if fees are paid directly into the University account, you must produce evidence from your own bank of this transaction. This should include your full name and course of studies. Hall deposits and rent cannot be paid by bank transfer and must be paid separately from course fees. Course fees are subject to an annual increase, usually in line with the level of UK inflation. Students starting courses in January should be aware that their fee increase during the year. Some European nationals who meet certain conditions may be entitled to take out a loan to cover their fees from the Department for Education and Skills. For more information visit www.direct.gov.uk/studentssupport



Accommodation costs

Halls of Residence: £75-£150 per week

If you are offered and you accept a place in a hall of residence you will have to pay a deposit of £250 in advance to secure your place until your arrival. You can choose to pay your first installment of rent prior to your arrival, although if this is not the case you should also ensure that you have sufficient funds readily available to pay your first rent installment on arrival. The amount will be between approximately £1,200 and £2,200. Please refer to your tenancy agreement for the exact amount you will need to pay.

The fees for halls are inclusive of all bills (heating, hot water etc). All accommodation in halls is self-catered and rents vary between halls. Please note that the minimum tenancy is for one full semester.

Private rented (Zone two/three):

£75-£100 per week

Rents will vary greatly depending on the area of London, the accommodation facilities and the number of people sharing. Please note that, as accommodation in central London is scarce and usually very expensive, students studying at central London sites should expect to have a journey time of 30-40 minutes by public transport from their accommodation to the University. The majority of students studying in central London cannot afford to live within walking distance of their place of study but there is plenty of choice and generally

accommodation gets cheaper the further away from the centre you look. Weekly rents for a single room in travel zones 2/3 vary from approximately £85-£100, and in the Harrow area vary from approximately £75-£90, although it is possible to find cheaper alternatives. Most rents do not include bills like gas, electricity and telephone. Full-time students do not have to pay Council Tax and therefore you should try to live with other full-time students so that you will not feel obliged to share any Council Tax bill levied. Students renting alternative accommodation in the private sector should also have a deposit (normally one month's rent) plus one month's rent available for advance payment. This amount can vary between £800 and £1,200 or more. It is recommended that you bring enough money to pay for short-term accommodation while you are looking for a permanent place to live. You should therefore allow approximately £1,500 for initial accommodation expenses.

For more advice on accommodation and living costs please visit www.studenthousing.lon.ac.uk

Things to remember

- Have you signed up for the welcome programme?
- Do you have enough money for the first few weeks?
- Do you need health insurance?



preparing to come to westminster



Things to remember

- Have you read the checklist of what to bring?
- Have you planned your journey on arrival?
- Have you got your enrolment and induction information?

Public transport

£35-£95 per month

If you have a student Oyster card then the cost of travelcards for buses and tubes is 30 per cent cheaper. Zones one and two costs £65; Zones one-three costs £76; Zones one-four costs £93. Bus passes are even cheaper. A monthly pass for all zones costs £35.

See the Frequently Asked Questions section 'How can I get a student Oyster Photo Card for cheaper travel in London?'

For the most up-to-date price information you should visit the Transport for London website at www.tfl.gov.uk/tfl

Food/household shopping

£40-£60 per week

The amount you spend on food depends on your eating habits, but sharing food shopping and meals with others will help cut costs.

Telephones

Most students buy a mobile telephone with a contract or they 'pay as they go' and if you are in private rented accommodation you may also need to pay for a landline. BT used to be the public phone provider but now there are many phone providers with various deals for landlines and mobiles. A useful website to help you find the best deal is www.moneysavingexpert.com and look for the section on Phones and Utilities. There is also a section on calling overseas.

Books and equipment

£50 per month

Although you will be able to use the University libraries, you may be required to purchase certain books and texts for your modules. You can save money by looking in second-hand bookshops, or buying stationery from shops with student discounts.

Entertainment

£250 per month

London hosts a wide range of entertainment venues catering for all groups of society and religions. There are also special discounts available to students throughout the city, so make sure you ask.

Student discounts

London can be a very expensive place – but it is also very student friendly. There are lots of cheap places to eat, socialise and indulge in cultural pursuits. It is just a question of looking. Special reductions are offered for students at many shops, theatres, cinemas, museums and galleries and special student fares are available on buses and trains. Many of these discounts are negotiated by the National Union of Students (NUS), an organisation that represents the interests of all students in the UK. As a student at Westminster you automatically become an NUS member. Alternatively ask the University of Westminster's Students' Union for details of the latest student discounts.

Money and exchange controls

From June 2007, if you are travelling to the UK from a country outside the European Union and are carrying 10,000 euros or more, or the equivalent amount in another currency, you must complete a cash declaration form.

Please visit the HM Revenue & Customs website for further information at www.hmrc.gov.uk

Your home country may also have regulations restricting the amount of money which can be taken out. Please check if such regulations apply to you. If they do, contact your bank or other agency to bring the sums of money that you need out of the country. Setting up a bank account can take a long time and you should not rely on a bank account for quick money transfers or for cashing a cheque on arrival. Instead, you will need to have easy access to money.

Money transfer

Methods of transferring money internationally vary from country to country. Your bank at home should be able to inform you of ways of transferring or bringing money to London. The three most common ways of sending money from abroad are:

- international money order
- international money transfer
- bank draft.

Improving your English before your course begins

If English is not your first language, you may consider taking an English course before your studies begin, to improve your overall performance at degree level. Summer courses are available in general English, academic English, and specialised English such as English for Law, Business, Film Studies, Photography, Journalism, and Tourism. These courses are run during the summer vacation in July and August. Please note that there is a separate fee for these courses. For more information please visit www.westminster.ac.uk/efl or contact the EFL Programme Administrator, Ground Floor, 32-38 Wells Street, London W1T 3UW Tel +44 (0)20 7915 5401.

Eligibility for medical care and insurance

The UK healthcare service is called The National Health Service (NHS). Many aspects of care are free, but not everyone is eligible for it. You should check before you leave home, particularly if you have a pre-existing medical condition. You should bring written details about any medical or mental health problems, in case you need treatment whilst in the UK. If you are already on treatment prescribed by a doctor you must bring sufficient supplies with you. You have to pay for dental treatment and opticians (see details on Student Health Service).

If you are studying in the UK on a course of six months or more

You will be eligible to use the NHS, which includes hospital treatment, emergency care and local doctor services, whilst in the UK. On arrival you should register with a local doctor (General Practice or GP) for free medical advice and support.

If you are studying in the UK on a course of less than six months

Your rights to free medical treatment are very limited. You will only receive free treatment in emergencies (eg a car accident) but not on an ongoing basis. You are strongly advised to arrange medical insurance before you come. Some countries have reciprocal health agreements with Britain. These countries include European Economic Area countries (EU countries, plus Iceland, Norway and Liechtenstein); if you are from one of these countries you are entitled to get free NHS treatment even if you are studying a course of less than six months. Nationals from the EEA should complete the European Health Insurance Card (EHIC) form, which you can get in your own country. This replaces the old E111; you can also obtain the form after arrival from a Post Office or the Student Health Service.

Please visit the Department of Health website for further information at www.dh.gov.uk/en/Policyandguidance/International/OverseasVisitors/index.htm

If your family is coming with you to the UK

Your immediate family's rights to receive free medical treatment will be the same as yours if they have come as a student dependant (for immigration purposes) but not if they have come on a visitor's visa. If your family member is from the EEA (European Union, Norway, Iceland and Liechtenstein) they should complete the European Health Insurance Card, which they can get in their own country.

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Health insurance

You are strongly advised to have health insurance, particularly if you are from the USA or a country without reciprocal agreements. Even if you are eligible for the National Health Service and you need specialist medical treatment the waiting time can be very long; if you have a recognised health insurance policy, you could be seen within a few days. Check before leaving whether you will need to continue health insurance in your home country. You will be asked for a Letter of Guarantee from your insurance company prior to any investigations or treatment at a private clinic here. Please ensure you bring adequate contact details, otherwise you will have to pay first and claim later.

Electrical equipment

Electrical voltage is 240 volts and we use three pin plugs. If you bring your own electrical equipment you may damage it unless you have an adequate international adaptor. Some adaptors will not be safe in the UK. You will be allowed to use your own electrical equipment at the University so long as it is safe. If on visual inspection it is found to appear unsafe, you may be prevented from using the equipment on University premises. If you have a specific enquiry about your electrical equipment you can email the Safety, Health and Environment Team for advice a.moss01@westminster.ac.uk

Checklist of what to bring

- our letter of acceptance
- Travellers' cheques or pounds sterling for the first few weeks you are in the UK
- Enough money for tuition fees, accommodation, deposit and living expenses
- A valid passport and visa (if necessary)
- Travel insurance and health insurance (if necessary)
- All the information the University has provided (enrolment and accommodation information, *Westminster Start* and *Essential Westminster*)
- Documentary evidence of your finances and references from your bank
- Evidence of your qualifications, usually original certificates with certified translations where appropriate
- Information from your doctor about any medical condition you have
- Driver's licence (if you have one)





Arriving in the UK can be both exciting and frightening. The practicalities of finding your way to the University, locating your accommodation and settling in all pose certain difficulties. Nevertheless, most students settle in quickly and enjoy their time at Westminster. Just be prepared for a few initial frustrations. If you are coming to the International Student Welcome Programme see the information about the meet and greet service from Heathrow on page 26.

Immigration and customs

When you arrive at a British port or airport, you will pass through immigration and customs. The stamp placed in your passport dates your arrival into the UK. Customs controls the type and amount of all goods brought into Britain. Customs usually allows you to bring older, small personal effects into Britain free of charge. However, if you are staying for a year or more in Britain, customs will probably allow import without duty of one type of newer article (eg watch or camera). If you require any further information about customs regulations, please contact the British Embassy or High Commission before you leave for the UK.

It is illegal for people to bring some food products into the UK from non-EU countries. This is because they could carry pests and diseases, such as Foot and Mouth or Colorado Beetle, which might harm British livestock and crops.

Before you bring in any food products from home, make sure you know the rules. For further information visit www.defra.gov.uk/animalh/illegal/default.htm If you are not able to check, or you are still not sure, there is only one way to be safe: do not pack it.

Public transport

Once you have completed your journey through immigration and customs you will want to make your way to the place where you will be staying. Travelling in London is very easy, as there is a very good bus, train and underground train (tube) system. We recommend that you study the underground map carefully, working out where you are going and planning your route, using the information provided. Do not worry about asking people for information or for directions – look for signs at the airport.

Oyster travelcards

Most people in London buy an Oyster card instead of individual tickets or travel cards because they are quicker, easier and cheaper. The cost of your journey is automatically deducted from your pre-paid Oyster or travelcard as you go through the barriers and touch your Oyster card on the Oyster card pad. The cost of travel with an Oyster card is less than when you buy individual single tickets so you should get an Oyster card as soon as you can. There is a small charge but you will cover this cost by making savings on travel.

When you are enrolled at the University you can apply for a Student Oyster Photo Card which will allow you to get discounted travel in London. See the Frequently Asked Questions section 'How can I get a student Oyster Photo Card for cheaper travel in London?'

Halls of Residence and their nearest tube station

| | |
|----------------------------|----------------|
| Harrow | Northwick Park |
| Alexander Fleming | Old Street |
| Furnival House | Archway |
| International House | Lambeth North |
| Wigram House | Victoria |
| Marylebone Hall | Baker Street |

Travelling from the airport to your accommodation

There are 12 different tube lines with names not numbers. The lines are represented by different colours. Where the lines split into two, you will need to look at the final destination of the tube, the direction and also which tube station the tube goes via. Do not worry about asking people for information or directions as the tube network can be confusing. You can open a PDF version of the tube map at <http://cache.tfl.gov.uk/tfl/pdfdocs/colourmap.pdf>

Important travel advice

- Gatwick Airport is a long way out of London so it will be very expensive to take a taxi
- At the height of the rush hour (8am-9.30am and 5pm-7pm) all tube trains are full of people so try to avoid travelling with bags and suitcases at these times

Getting a taxi (black cab or minicab)

Some people may decide to take a black cab or minicab some or all of the way from the airport. We do not advise that you travel all the way from Gatwick airport in a taxi as it is very expensive. If you do decide to take a cab from the airport we recommend that you take a registered minicab rather than a black cab. These are cheaper but you will need to ring and organise for them to collect you at the airport once you have arrived. Make sure you contact a registered firm.

If you want to take a minicab from Heathrow ring Speed Bird Heathrow Services on 020 8897 9722 (prices are very variable. A cab to the centre of London or to the Harrow site usually costs around £35 but more at night). If you want to take a minicab from Gatwick ring Gatwick Airport Taxi Service on 0800 1 444 551 (a cab into the centre of London usually costs £75-£85 and to the Harrow site is £70. Cabs cost more at night). Alternatively you can find other registered minicabs that may be cheaper at www.tfl.gov.uk/tfl/gettingaround/findaride/

You will need to complete the 'find an operator in my area' details, by filling in the area of London you are going to and the 'type of operator' which is a 'minicab'. You will then be given a list of registered minicabs that you can ring once you have reached the airport or another destination. Always ask how much the trip will cost.

Travelling from Gatwick Airport to Harrow (Northwick Park tube station)

Take a First Capital Connect train from Gatwick to Farringdon train station costing approximately £9 for a one-way ('single') ticket. At Farringdon you can change on to the Metropolitan tube line to Northwick Park. You will need to buy a new ticket for the tube journey. This costs approximately £4 for a single. Make sure you get an 'all stations' tube train and not a 'fast' tube train. The tube will either be going to Uxbridge, Amersham, Chesham or Watford. The total journey time is one hour and 25 minutes and trains run every 15-20 minutes from Gatwick. The Halls of Residence are about three minutes from the tube station.

Travelling from Heathrow Airport to Harrow (Northwick Park tube station)

There is a local red bus, number 140, which runs from Heathrow to Harrow central bus station and takes 50 minutes. You can then take the tube one stop going southwards on the Metropolitan line to Northwick Park tube station or you could take a black cab. Alternatively, you could go all the way on the tube by taking a tube on the Piccadilly line to Acton Town. At Acton Town, you will need to change on to another branch of the Piccadilly line and go to Rayners Lane. At Rayners Lane you will need to change trains on to the Metropolitan line going south to Northwick Park tube station.

Travelling from Gatwick Airport to Alexander Fleming (Old Street tube station)

Take a First Capital Connect train from Gatwick to London Bridge (£9) and then take the Northern line northwards towards Edgware or High Barnet. You will need to get off the tube at Old Street. The Hall of Residence is a short walk from Old Street tube station, so you may need to take a taxi.

Things to remember

- Have you read the checklist of what to bring?
- Have you planned your journey on arrival?
- Have you got your enrolment and induction information?

Travelling from Heathrow Airport to Alexander Fleming (Old Street tube station)

You can take the tube from Heathrow to Kings Cross on the Piccadilly line. At Kings Cross you will need to change on to the Northern line going south; get off at Old Street tube station. You may need to take a taxi a short distance.

Travelling from Gatwick Airport to Wigram House (Victoria Train and tube station)

You can choose to take the Gatwick Express or a Southern train to London Victoria. The Gatwick Express costs £18 and takes 30 minutes. A Southern train costs £8.90 and takes 35 minutes. Wigram House is a ten minute walk from Victoria station.

Travelling from Heathrow Airport to Wigram House (Victoria Coach Station)

The easiest way to get to Victoria is on a National Express coach. The coaches leave every 10-15 minutes from the central bus station. The journey takes 50 minutes and costs £4. Wigram House is a ten minute walk from Victoria coach station.

Travelling from Gatwick Airport to Furnival Hall (Highgate or Archway tube station)

Either take a First Capital Connect Train from Gatwick to London Bridge (£9) or a Thameslink train to Kings Cross. You will need to change on to a tube going north on the Northern line to High Barnet. Get off the tube at either Highgate or Archway tube station and get a taxi for a short distance.

Travelling from Heathrow Airport to Furnival Hall (Highgate or Archway tube station)

Take the Piccadilly line to Kings Cross and then change on to the Northern line going north to High Barnet. Get off the tube at either Archway or Highgate. You will need to take a taxi from the tube station to the Hall of Residence.

Travelling from Gatwick Airport to International House (Lambeth North tube station)

The following directions are for International House and not International Student House. Take a First Capital Connect Train to London Bridge (£9) and then change on to the Northern line going southbound towards Morden. You will need to get off at Elephant and Castle and change on to the Bakerloo line going north. You should get off at Lambeth North tube station.

Travelling from Heathrow Airport to International House (Lambeth North tube station)

The easiest way is to go first to Victoria coach station on a National Express coach. The coaches leave every 10-15 minutes from the central bus station and the journey takes 50 minutes and costs £4. From Victoria go to the tube station and take the Circle or District line going east to Embankment. At Embankment you will need to change on to the Bakerloo line going south and should get off at Lambeth North.

Registering with the police

Only certain 'relevant foreign nationals' normally need to register with the police. Those who need to register will be told to do so at the airport and this will be stamped in your passport. You will need to visit the Overseas Visitors Office, Brandon House, 180 Borough High Street, London SE1, within seven days of arriving in the UK. They are open 9am-4.30pm, Monday to Friday. Take your passport and the registration charge of £35 (approximately). Registering with the Police is an important condition of your visa and you will be in breach of your visa conditions if you do not comply.





Making phone calls

If you want to ring home, you can use the public telephones, which are easily identified on the streets and on University sites. Public phones are either coin or card operated. You can buy telephone cards in most newsagents. If calling overseas you should dial 00 and then your country code. The cheapest time to ring is between 8pm and 6am. To ring a UK number you must know the area code which prefixes the telephone number. In London there are two main area codes – the area code for London is 020. If you are dialling a London number this will start with 7 for inner London or 8 for outer London followed by another seven digits. If you are making international calls, you should visit www.moneysavingexpert.com/callchecker to find the cheapest way to call home.

Buying essentials

Prices in London vary enormously and it is advisable to check prices before buying your essential items. Although we cannot recommend particular shops, a few key department stores selling household items are listed below:

- Argos is a cheap catalogue shop. Choose your item from a catalogue, pay for it and collect it from the collection desk. An Argos is located on New Oxford Street in the West End
- John Lewis is a large department store selling most items. There is a John Lewis on Oxford Street in the West End
- BHS (British Home Stores) offers average to cheap prices on a mixture of goods. Located in the St Ann's Shopping Centre, Harrow on the Hill, and in Oxford Street.

Setting up a bank account

There are a number of banks and building societies in London but banking services for full-time international students are variable and you should investigate the best options by visiting a few banks. Most students set up a current or student account. If you are studying for a year or less you may have difficulty setting up a bank account and setting one up can take a long time as

the bank needs confirmation of a permanent address and a letter from the University confirming that you are a full-time student on a long course. You can ask for a University letter when you have enrolled, though you may have to wait a few days before you can collect it. Some banks ask for previous bank references or household bills, this is a difficult requirement for international students. You can find out more information about opening a bank account in the UK at www.ukcisa.org.uk/student/bank_account.php

Barclays Wealth have informed the University that they can open accounts for students before they arrive in the UK as long as they have been accepted on to a course and can provide the University letter with their overseas home address on it. For further details visit www.barclays.com/international/ibs_rms.html and look for the iBank Student account. The account has a monthly £5 charge as well as a minimum deposit of £1,000. Barclays Wealth also offer a student and family account and details are at www.barclays.com/studentandfamily

If you choose to open your account before arriving in the UK you can send your applications to Kate Lancaster, PO Box 391, 38 Hans Crescent, Knightsbridge, London SW1X 0LZ. Kate Lancaster's email is kate.lancaster@barclays.com should you have any queries about the accounts or an application. Once in the UK you can apply at your local Barclays Bank.

Please note that the University does not recommend specific banks.

Things to remember

- Register with a GP (local doctor)
- Register with CaSE for part time work
- Check your enrolment timetable to see if there are any international sessions
- Visit the International Student Adviser if you feel lonely, depressed or homesick
- Register with the police if asked to on your visa



The first few weeks at Westminster can be confusing as there is lots going on. You may not know where to get answers to your questions. If you attend the international student welcome programme you will have the opportunity to ask questions and gather information. If you are not able to attend, start by looking at *Essential Westminster*. If you have not received it, you can collect one from your undergraduate or postgraduate office. You can also contact the International Student Adviser.

There are usually social events organised as well as Freshers' Fairs giving you the chance to join clubs and societies.

Induction week and enrolling on your course

You should receive your specific course enrolment and induction information before leaving home. The induction week is the week before teaching starts and is when you will enrol on your course (you must attend even if you enrol online). There are also a number of events scheduled during this week to provide essential information to help with your studies, so it is important that you come along. At your enrolment you will need to provide original certificates of your qualifications and pay your tuition fees, if you have not already done this online.

Admissions information, Undergraduate and Postgraduate Offices

If you have not received your enrolment information before induction week and do not know where to go, please contact your Admissions and Marketing Office. Please look at your offer letter for details of which Admissions and Marketing Office to contact. After you have enrolled, your details will be passed from the Admissions Office to either an Undergraduate or Postgraduate Office (depending on your course). All your administrative needs, for example letter requests, change of address notifications, module information, will be handled by this office for the rest of your course.

Social activities, sports and societies

The Students' Union bases are at Marylebone and Harrow and look after the social life for students at the University. There are bars at Harrow, Marylebone and Cavendish as well as lots of events and Freshers' Fairs in September. Look out for details of the Freshers' Fairs so that you can sign up for sports clubs and societies. There are a number of national and religious societies as well as an International Students' Society.

Improving your English as part of your course

If English is not your first language you may want to take the English for Academic Purposes (EAP) module as part of your degree. English for Academic Purposes includes listening, speaking, reading and writing skills and can be very useful for your overall degree. You need to register at the beginning of the academic year and the module runs throughout the year.

You will be given more information about English for Academic Purposes at enrolment and you should look for EAP registration information at your school. You can also email eap-support@westminster.ac.uk or call +44 (0)20 7911 5000 ext 2318.

Advice and support

The University offers support to all students. If you would like academic advice, talk to your course leader or personal tutor. Westminster Business School students can visit the Tutorial Advice Office or Postgraduate Support Office. If you would like practical or emotional help, visit the Counselling and Advice Service (where advisers and counsellors, the Chaplain and the International Student Adviser are available). More detailed information about support is given in *Essential Westminster* or at www.westminster.ac.uk/canda

Things to remember

- Do you know when and where your enrolment is?
- Do you know when and where your induction is?
- Do you know when the Students' Union Freshers' Fairs are?
- If you have enrolled online, have you got a copy of your form?
- Do you have original qualification documents?

The International Student Adviser

The International Student Adviser (ISA) provides support for students from abroad. The ISA organises the welcome and introduction programme, the valediction ceremony and some social and cultural activities. The ISA also acts as a point of contact, together with the International Education Office, for international students. This is the right person to talk to if you need help with practical problems, or you feel lonely or homesick. The ISA is very keen to meet all international students at the beginning of the year and to provide as much support as necessary.

To contact the ISA:
Tel +44 (0)20 7911 5000 ext 3232
Email canda@westminster.ac.uk

Visa clinics

If you need help with extending your visa or have a general immigration enquiry then you can visit the Visa Clinics. These run every Wednesday in term time from 11am to 3pm in the Counselling and Advice Service at Marylebone, and from 12-2pm in Harrow. If you need to extend your visa you should fill in an official application form and provide a number of original supporting documents. These will be similar to the form and documents you needed for your visa application at home. Please start to organise your documents well in advance of your visa expiring and visit the Visa Clinic at least one month before. Once you have completed the form and collected all the documents you need for your application, an adviser can check it and send it to the UK Borders Agency on your behalf. The fee for extending your visa is currently £295 for postal applications. For further information visit www.westminster.ac.uk/visasandwork

Personal tutors

If you are an undergraduate student you will be assigned a personal tutor or referred to the Tutorial Advice Office (if studying at Westminster Business School). Their first concern is with your academic progress and any study difficulties that you might have. They may also be able to help with personal problems or direct you to a person who can help. It is important that your tutor knows about any problems you are having, especially if they are affecting your work or if they are likely to affect your performance in exams. The tutors are there to help you.

Student Health Service

We want to help you stay healthy and make your time at University as enjoyable and successful as possible. The Student Health Service is run by experienced nurse practitioners and is open daily during term time at Harrow and the West End sites. It is free and confidential. A doctor is available by appointment. Staff will be able to advise on any health related issue, and refer you to other health professionals if necessary. Information and advice is available on, for example, how to look after yourself through exercise, nutrition programmes, dealing with settling in, exam anxiety, eligibility for the NHS, how to find and register with a general practitioner/physician (GP), how to get help with health costs such as dentists and opticians, travel advice and vaccinations, and sexual health.

If you have an existing medical condition you should contact the nurses on arrival with an explanatory letter in English from your doctor at home. This should include information about investigations such as blood tests, and any medication you are prescribed. Some medicines in this country will not be the same as in your home country, or may not be available, so please make sure you have checked before coming to the UK. If you are not eligible for NHS services we will support you here. If you are eligible, you must register with a local physician (GP) soon after your arrival.

For further information visit www.nhs.uk and www.westminster.ac.uk/studenthealth

living in the UK



Studying in the UK

Studying in the UK can be very different from the experience that you may have had in your home country. At UK universities you are expected to take a high level of responsibility for your own work: often there are few lectures or seminars. Instead, you are given assignments and directed to work on your own or in groups. Lists of reading material are given out and you will have to do much of the research on your own. You will often be asked to give opinions, and as you will not always be dealing with facts, there will not be a right or wrong answer. This can come as a surprise for some students who, in the past, have had tutors organise and direct their studies.

There are a variety of teaching methods used in UK institutions. There will be a mixture of lectures and seminars. Lectures are attended by large groups of students and are not really the place for discussion. Seminars are small group discussions. In a lecture, the lecturer presents information; in a seminar a tutor organises discussion. In seminars you are expected to join in the discussions, ask questions and put opinions forward, even if they are different from the tutor's. You will also be asked to present papers to the group on pre-arranged topics. You will need to reference your work. This can be very difficult for international students who are used to a different system. Make sure you learn the system used at Westminster so that you are not accused of plagiarism (cheating/copying) by the University. In general, you must always reference the source of your information in footnotes within the body of text as well as including the source in the bibliography at the end. Speak to your course leader or personal tutor for more detailed information about referencing. If you experience difficulties talking in class or you have problems with studying then contact the Counselling and Advice Service which run groups and workshops to assist with these issues. All other relevant information is included in *Essential Westminster* and course handbooks.

Religion and belief

The University values its diverse international community of students and recognises the right of individuals to wear items of clothing that reflect their beliefs. The University recognises that ethnicity and culture are not indicative of religion or belief and that all religions have a variety and range of doctrinal beliefs, which may have different values and customs. Fair treatment for students and staff involves taking difference into account, not treating everyone the same.

Adapting to life in the UK

Moving away from home can be a difficult process and adapting to your new environment may take time.

It is normal for some students to experience a degree of homesickness and culture shock. 'Culture shock' is a term used to describe the effect of moving from a familiar culture to one that is not familiar. Some of the symptoms of culture shock are headaches, poor health, lack of concentration, mood swings, a sense of disorientation and depression. It is a temporary condition and is caused by the large number of changes and uncertainties experienced when moving from one culture to another. Smells, food, climate, language, dress, study methods, customs, behaviour, social roles are just a few of the many differences that international students experience. It is normal for students to miss home. To limit the effects of culture shock, it is important to recognise that you may be experiencing its symptoms. Keep in touch with home, surround yourself with familiar objects, eat familiar foods, and build groups of international friends who can talk to you about your worries. You can also visit a counsellor, the International Student Adviser, or the Student Health Service who are there to help you.



CaSE

Careers and Student Employment (CaSE) has experience in supporting international students into employment and further study. Information is available on:

- Part-time jobs, vacation work and placements
- Effective job applications
- Links to the latest regulations on work permits
- Entering the UK employment market.

Obtaining a part-time job or work placement while you are studying will provide extra money and valuable work experience, as well as the opportunity to develop skills for the workplace, and of course practise your English. CaSE advertises a wide range of part-time jobs and placements offered by employers seeking translation, interpreting, office administration, IT and customer service support. Volunteering is a flexible way of pursuing your interests, developing new skills in a practical environment, enhancing your career prospects and improving your English. The international student section of www.westminster.ac.uk/careers gives you an overview of the graduate and more general recruitment processes in the UK.

Your right to work

- If you are a national of an EEA country you have the right to work in the UK (though nationals of some accession countries will have to register under the Worker Registration Scheme and students from Romania and Bulgaria will have fewer rights to work). For details visit www.bia.homeoffice.gov.uk/workingintheuk/
- If you have a student visa with a 'restriction' stamp in your passport, you can work part-time (up to 20 hours) during term time and unlimited hours during holidays. However, postgraduate students who have not finished their dissertation are limited to working 20 hours a week. You will also be allowed to do a full-time work placement if you are studying a sandwich course. For full information including immigration conditions visit www.westminster.ac.uk/page-4609

- You must never work more than 20 hours per week during term time, or if you are a postgraduate student. This would be a breach of your visa conditions and a very serious offence. You may not be allowed to stay in the UK if your breach your visa conditions
- If you are in the UK on a student visitor visa you will not be allowed to work in the UK
- If you work in the UK you will need a National Insurance number. The information sheet 'Applying for a National Insurance Number' at www.westminster.ac.uk/page-921 explains how and when to apply for one.

Other information

There is a lot of information for international students and we do not include it all of it in this brochure. However, you should try to look at the pre-arrival information on our website before leaving home, at www.westminster.ac.uk/international Areas that are important to international students and that you should read about are: fee classification, Council Tax, driving licences, TV licences, British culture and customs, personal safety, visiting British families for a weekend (HOST), International Student House, day trips and events for international students. You will need to look at the sections 'Preparing to come to the UK', 'Immigration and Work' and 'Student Services and Support'. You could also visit the website www.ukcisa.org.uk which has 20 very useful Guidance Notes for International Students as well as a frequently asked questions section. Other interesting sites are www.studyuk.hobsons.com/study.jsp and www.ukstudentlife.com



How do I register for the International Student Welcome Programme?

You can apply by completing the online application at www.westminster.ac.uk/welcomeapplication

Does it matter that I will not arrive in time for my enrolment?

It is very important that you arrive for enrolment and induction and that you are at the University for the start of your course. If you miss enrolment you will miss being given important information, you will spend a lot of time trying to find out about your course and you will find the whole process of joining the University far more difficult and confusing. If you miss too much you will not be allowed to enrol or start the course. Please check with your Admissions Office if you know you will be arriving late for the start of the course.

Do I need to register with the police?

Certain nationals are required to register with the police, this will be stated on your immigration vignette (visa sticker). In London there is only one place to register:

The Overseas Visitors' Records Office
 Ground Floor
 Brandon House
 180 Borough High Street
 London SE1 1LH
 Tel 020 7230 1208 for recorded information or
 020 7230 1286.

The nearest tube station is Borough on the Northern line. For a map see www.multimap.com and put in the postcode SE1 1LH.

You will need to take your passport and a registration fee of £34 (correct at the time of printing). Registering with the police may be a very important condition of your visa, so please make sure you comply.

How do I register with a GP (local doctor)?

You should register in the area that you live. If you are in Halls of Residence, speak to the Warden about local doctors. If you live in rented accommodation visit www.nhs.uk/England/Doctors and, using your postcode, get a list of local doctors. You will then need to go into the doctor's surgery and register. Do not wait until you are ill.

How do I get a National Insurance Number?

Once you start looking for a job you can apply for a National Insurance number. To apply you will need to ring the National Insurance allocation line on 0845 6000 643.

Can I stay in the University Halls of Residence before University starts?

If you have been offered a permanent place in halls you will be sent early arrival information on acceptance of your accommodation. However, anyone can book to stay in a University Halls of Residence up until 24 September. Further details are available on request, please contact uniletvacations@westminster.ac.uk

How do I find private rented accommodation?

There are always a number of housing meetings held before the start of term in September at the Marylebone and Harrow Sites. At the meetings you can find out about where to look for private rented accommodation and will meet other students looking for accommodation. If you want to start looking from home, read the London Student Housing Guide, available online at www.studenthousing.lon.ac.uk – this guide is written with many London universities and is recommended for all students intending to live and study in London.

How can I get a student Oyster Photo Card for cheaper travel in London?

Once you are enrolled at the University you can apply for a Student Oyster Photo which entitles you to student rate Travelcards. You can either apply for the Student Oyster Photo card online if you have a bank account and an up to date photograph, or you can collect a paper application form from either Central Admissions and Student Funding Office at Marylebone or your local undergraduate or postgraduate Office.

When you apply online you will need to visit www.tfl.gov.uk and click on 'tickets' then look for the 'fares and ticket' section. Click 'photocards', then '18+ students'. Scroll down to '18+ Info' and select 'See if your University or College offers online applications for Student Oyster photocards' then click 'apply now'.

If applying online be careful that you do not make a mistake or provide a poor digital photograph as Transport for London may keep the £5 fee even though the online application is rejected. Digital photos can be downloaded from the student records system.

What social activities are organised for me?

There are always a number of social activities organised by the Students' Union in the first few weeks of term. Visit their website at www.uwsu.com and look for information about Freshers' Fairs.

Can I get extra funding in the UK?

When you apply for a visa in the UK, you have to show that you have enough money to study without working or using public funds. The basic assumption is that anybody who comes to study in the UK will have enough money to pay for their fees and living expenses. Please do not risk coming to study if you are unsure that you have enough money. It is very sad when people spend a lot of money on fees but do not have enough money to live in the UK and end up leaving before they have their qualification. There is very little financial support for international students who do not budget carefully enough or bring enough money with them to the UK. It is always worth speaking to a Student Adviser in the Counselling and Advice Service if something unexpected affects your finances.

Is there a meet and greet service?

The University intends to run a meet and greet service for international students coming to the International Student Welcome Programme and staying in Welcome Programme accommodation. It is expected that the meet and greet programme will be running on Saturday 20, Sunday 21 and in the morning on Monday 22 September from Heathrow Airport. For more information about meet and greet visit www.westminster.ac.uk/page-2110 and to book a place on the Welcome programme visit www.westminster.ac.uk/welcomeapplication





Welcome and Introduction Programme for EU and International Students

Moving to a university in another country can be both exciting and frightening. To help you get over some of your fears and meet new friends, the University of Westminster organises a welcome and introduction programme. This is an essential part of your studies, as it will help you to adjust to a new and different system.

Who is the programme for?

International and European students on degree courses, who have been accepted on to a course starting in September 2008.

Why come to the welcome programme?

- You will meet, socialise and make friends with fellow students
- It will make moving to the UK easier and more enjoyable
- You will learn about living in London
- You will find out about studying in the UK and at the University of Westminster

Where will the programme be held?

It will be held in the centre of London. The programme is free. Accommodation is available at £18.50 per night in an allocated Hall of Residence while the programme is running.

When will the programme be held?

The three-day programme is held on 22, 23 and 24 September, the week before the official enrolment takes place. If you are applying for accommodation, we need to receive your application form by 8 September. Otherwise we need to receive it by 15 September.

What is the schedule?

The programme starts on Monday 22 September 2008 at 5pm and is followed by an evening event. The programme then runs all day on Tuesday 23 and Wednesday 24 September, with social events in the evening on both days. On Thursday 25 September coaches will move students to their Halls of Residence if they are staying in University accommodation. On Sunday 28 September there will be a day trip to Brighton.

The sessions we cover during the welcome programme

Group discussions with existing international students

When you first arrive at the University you will have lots of questions about living and studying at Westminster. This session will give you the chance to ask staff and existing students for their advice. In the past students have asked about the best places to shop, where to go out in London, how to organise discount travelcards, how to open a bank account and so much more.

Enrolment information

This session will look at the enrolment procedure and is aimed at trying to help you answer the many questions you have before you enrol.

Safety in London

This session looks at how to keep safe in London. Many students come from environments that are very different from London and will not be aware of how to protect themselves against crime.

Health in the UK

Most students have the right to some form of health care whilst they study in London. You need to know what your rights are, how to register with a local doctor and when you might need to get private health insurance.

Services for students

Many of you will need some sort of non-academic help during your time at the University. This session will look at the available support and where to find the help you need.

The Students' Union

The Students' Union organises most of the social activities at the University, including the bars, club, societies and sports activities.

English for Academic Purposes

If you would like to improve your English, or learn another language, you should come along to this session.

Culture shock and cultural differences

This session will look at the problems students may face when moving from their home to an unfamiliar country. There are many differences that take time to adapt to. Most students experience some form of culture shock (even though most do not believe they will be affected by it).

Undergraduate and postgraduate offices and University regulations

When you join the University you will sign a contract and will have to follow University regulations. You will be responsible for making sure you keep to the regulations and so you will need to understand how the system works. This session looks at module registration, exam timetables, mitigating circumstances and when to contact the undergraduate or postgraduate office.

Libraries and computers

A member of the library and computing staff will tell you about the main facilities at the University, the 'dos' and 'don'ts', email usage and when you will get your own account.

Part-time work and immigration issues

We will tell you about your rights to work and how to get a National Insurance number and about tax in the UK. The second half of the session will look at immigration issues, such as how to extend your visa.

Evening events

Monday night

After a social at Marylebone with drinks (alcoholic and non-alcoholic), we will continue for the rest of the evening at Inter:mission.

Tuesday night

A quiz night and chance to relax with others on the programme.

Wednesday night

(Tickets only – these can be bought for £5). A boat trip along the Thames, passing the Houses of Parliament, the London Eye, the Tower of London and many other London landmarks. There will be a bar inside the boat and a disco.

Thursday morning

(For those who stay in University accommodation for the welcome programme). You will have to move out of your welcome programme room.

- If you are moving to another hall of residence, you will go by coach
- If you are moving to other accommodation, you will have to organise your own transport.

www.westminster.ac.uk



Once you have registered at the University you will get free access to the Internet. However, you should look at some of these sites before leaving home. The International Student website gives more detailed information.

| | |
|--|--|
| University homepage | www.westminster.ac.uk |
| Information for international students | www.westminster.ac.uk/international |
| Counselling and Advice Service | www.westminster.ac.uk/canda |
| Student Housing Service | www.westminster.ac.uk/accommodation |
| Student Health Service | www.westminster.ac.uk/studenthealth |

Other sites

| | |
|---|--|
| General information for international students | www.ukcosa.org.uk |
| The British Council | www.britishcouncil.org/learning.htm |
| International Student House | www.ish.org.uk |
| Hostels directory and accommodation information, London Conference of Overseas Visitors | www.lcos.org.uk |
| Guide to study, work and travel | www.ukstudentlife.com |
| Time Out guide (What's happening in London) | www.timeout.com |
| The Lonely Planet | www.lonelyplanet.com |
| Transport for London tubes, buses, rail and more | www.tfl.gov.uk |
| Transport for London journey planner | www.tfl.gov.uk/journeyplanner |
| Your London Underground journey planner | www.tube.tfl.gov.uk |
| National Rail Enquiries | www.nationalrail.co.uk |
| First Capital Connect | www.firstcapitalconnect.co.uk |
| Southern trains | www.southernrailway.com |
| Cabwise is a website about minicabs but can only be used if you have a mobile phone | www.london.gov.uk/cabwise |
| British Tourist Authority | www.bta.org.uk |
| Weather forecasts | www.bbc.co.uk/weather |
| Street maps | www.multimap.com |







www.westminster.ac.uk



educating for professional life

This leaflet is issued on the understanding that all matters in it are subject to change.

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