

US

UNIVERSITY
OF SUSSEX

INTERNATIONAL PRE-ARRIVAL GUIDE

2025/26



WELCOME TO SUSSEX

Congratulations on your offer of study at the University of Sussex!

As you prepare for this exciting new chapter, we understand that transitioning to life in the UK can be both exciting and challenging. This guide is designed to support you every step of the way – from preparing to leave home, to settling into life in Sussex. We have also included a list of useful contacts that you may refer to during your time with us.



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TRAVELLING TO CAMPUS

We want to make it as smooth as possible for you to get to campus once you arrive into the UK.

WHEN YOU CAN ARRIVE

You can arrive in the UK up to one month before your course start date, if your course is six months or longer, or is a pre-session course that is less than six months.

Important: You must always arrive in the UK within the validity of your Student visa. This will either be within the validity of your 90-day vignette (if you have been issued one) or after the 'valid from' date of your Student visa.

As part of the Sussex registration process, you will need to show either your date-stamped 90-day vignette or a flight ticket/boarding pass showing the date you entered the UK. If you have entered the UK before the validity of your Student visa, you will not be able to register for your course.

FLYING INTO LONDON GATWICK

The nearest international airport to campus is London Gatwick and it takes approximately 30 minutes on the Gatwick Express service to get from the airport to Brighton Station.

To get to campus from Brighton Station, you will need to take a train to Falmer Station (there are usually four rail services an hour to Falmer and you can plan your journey using the [National Rail website](#)). Follow signs for the University of Sussex once you arrive. You can walk to the campus from the station through a subway under the A27.

FLYING INTO LONDON HEATHROW

If you're arriving into London Heathrow, we offer a free coach service direct to campus between Friday 19 September and Sunday 21 September.

Bookings for the coach service will open in August 2025. Visit our [travel to Sussex web pages](#) for more information.

HEALTH AND WELLBEING

ARRANGING HEALTHCARE

As a student in the UK you may qualify for free NHS (National Health Service) treatment. If you don't qualify you will need to have private medical insurance. If you already have medical insurance in your home country, check whether you can extend it to cover your stay in the UK.

REGISTER WITH A DOCTOR

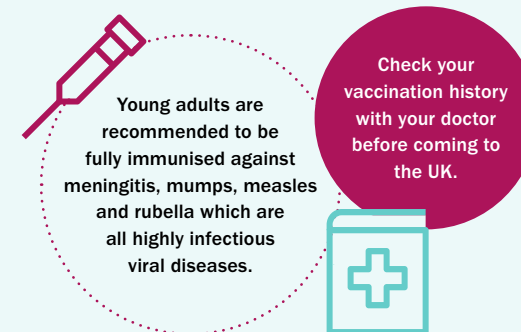
We have an on-campus NHS health centre. You must live on campus or within the Brighton & Hove catchment area to be eligible to register. If you're living outside this catchment area, you can [use the NHS website to find a doctor near you](#).

If you're currently taking prescription medication, we recommend bringing one month's supply in its original packaging with you when you leave home.

Important: Register as soon as you can; don't wait until you're ill. In the event you need healthcare, you must be registered to be seen.

GET ANY IMMUNISATIONS YOU MAY NEED

If you are applying for a visa, there may be requirements for you to have medical checks or vaccinations before you leave home. A tuberculosis (TB) test is compulsory for those from certain countries who are applying for a visa for longer than six months. Visit [Tuberculosis tests for visa applicants on the government's website](#) to check if it applies to your country.



Visit the [University's Health and Welfare web pages](#) for more information about accessing healthcare services in the UK.

WHERE TO GET HELP

The Student Centre is at the heart of the Sussex student experience and is a great place to meet friends, study and access our facilities. Whether it's a simple query or support with a more complex issue, there's a wide range of information, advice and guidance available, including bookable sessions with a Student Advisor. Visit the [Student Centre web pages](#) to find out more about the services provided.

MENTAL HEALTH SUPPORT

The University has a free and confidential short-term therapy service which offers one to one therapy and psycho-educative workshops for mental wellbeing issues such as depression and anxiety. Visit our [Therapeutic Services web page](#) to request an appointment.



OPENING A UK BANK ACCOUNT

If you're coming to Sussex from another country, using a UK bank account is likely to be cheaper than using your home bank account because you'll not be paying a conversion fee when you spend money. Some banks and app-based accounts allow you to complete the process before you arrive.

Some banks might want evidence that you're a Sussex student. **Request a bank letter from us to prove your student status.**

We recommend bringing enough physical cash in £GBP/travellers cheques/a travel debit card to meet any expenses you incur during your first weeks in the UK as there can be wait times to open a bank account at the beginning of the academic year.

CASH MACHINES ON CAMPUS

There are ATMs on the Sussex campus inside Bramber House (outside the Co-op).

PAYING IN

You can also deposit cash or cheques at the Post Office inside the Co-op supermarket in Bramber House.

Find out more about setting up a UK bank account.

BUDGETING FOR LIFE IN THE UK

Ensure you have sufficient funds for the duration of your study before you leave your home country. You will need to have enough money to cover your tuition fees, accommodation and living expenses. For an estimate of the expenses, you can expect based on a single self-supporting student we recommend you budget for at least £123.20 to £214.83 per week to cover University accommodation (most bills are included).

If you rent off-campus in the private sector, you can expect to pay approximately £124 to £285 per week for a room in a shared house in Brighton excluding bills.

You can expect to spend £246.01 to £415.84 to cover everyday outgoings on a weekly basis (such as food, going out, phone contract).



A GUIDE TO CAMPUS AND BRIGHTON COSTS

ITEM	COST
Printing a sheet of A4 (black and white / colour)	5p / 36p
One-day city saver bus ticket	£4.40
Return train fare to London (off peak with railcard)	£21.55 to £48.25
Cinema ticket	£6 to £10.50
Annual University gym membership (silver)	£145
Student rail card	£35

Top tip: See the 'Student living costs' sections of our webpages for more details about the typical expenses which you should budget for, and tips on budget planning.



Our Student Centre offers a 1:1 budget planning service. See their webpages for Sussex Top Money Tips and Budget Travel Advice.

BRIGHTON, A CITY FOR STUDENTS

Brighton & Hove is a vibrant seaside city, ranked in Time Out's 50 Best Cities in the world in 2025!

Dynamic and cosmopolitan, it's a place where you can express yourself and be who you want to be, and it's right on the doorstep of our campus.

Brighton's seafront is the ideal place to soak up the sun in the summer or take bracing walks to clear your head on winter days. Voted the world's third most walkable city (Time Out, 2025), take a stroll along the infamous Brighton pier. Along the seafront you'll find cafés, bars and nightclubs, as well as beach and water sports.

The Lanes is a maze of alleyways crammed with quirky boutiques, vintage shops and tempting cafés, bars and restaurants. North Laine has one of the largest selections of independent shops on England's South Coast and is a perfect spot to grab a coffee and watch the world go by.

Brighton's international community and culture means you are never far from home comforts or trying something new.



BRIGHTON CULTURE

Throughout May, the city hosts one of England's biggest arts festivals. Brighton Festival features theatre, music, art and visual media by leading names from around the world. There's also the Brighton Fringe Festival, offering a diverse range of events, comedy performances and workshops. And all year round there are plays, art exhibitions, gigs and events at many of the theatres, pubs, museums and galleries in the city.

Brighton is a hub for the performing arts. Venues range from small theatres above pubs to the historic Theatre Royal, featuring West End productions. Other major arts events include:

- Brighton Pride, the UK's biggest LGBTQ+ pride festival
- Artists Open Houses, explore artists' homes to browse and buy original artwork
- CINECITY, the region's major celebration of film.

PUBLIC TRANSPORT

The UK is relatively small compared with other countries – about the same size as the US state of Michigan and roughly the same population as France or Thailand. This means it's easy to travel across the country and discover beautiful countryside, historic cities and varied coastlines.

BUSES IN BRIGHTON

Brighton has a reliable bus network with services running from Sussex campus to the centre of Brighton throughout the day and night. The journey time takes approximately 20 minutes.

As a Sussex student, you can purchase a discounted student bus ticket using the **Brighton & Hove Buses app**. The first time you purchase a ticket, you will need to verify your student status to access the cheaper fare. The verification is normally complete within 24 hours, and your University of Sussex ID card is one of the acceptable forms of ID.

Visit the **Brighton & Hove Buses website** to find out more about bus timetables and fares.

TRAIN TRAVEL

The nearest train station to campus is Falmer and the journey time to Brighton station is approximately 10 minutes.

Travel time from Brighton station to central London is approximately one hour.

There are lots of different train companies in the UK depending on which region you are in, and sometimes more than one train company operates the same route. Locally, for example, companies include Southern Railway and Thameslink.

Your ticket will be valid for any company that operates the route you are travelling, unless otherwise stated on your ticket – for instance, 'Not Gatwick Express'.

You can often save money by booking tickets in advance of your travel or by buying off-peak tickets, which are only valid outside of the busy morning rush hour.



16-25 RAILCARD

As a Sussex student, you are eligible for either a 16-25 or 25-30 railcard. You can apply online with your student card. A railcard costs £35 per year and can save you up to 1/3 off rail fares.

If you're over 30, you will need additional documentation confirming your studies. You can include a letter of student status and a copy of your student ID with your online application.

Visit the **16-25 railcard website** for more information.



WHERE TO SHOP AND EAT

There's a variety of places to eat on campus, including coffee shops, along with a varied, exciting international menu in our Eat Central food court.

You can get food, drinks and snacks from the Co-op convenience store in Bramber House. The Post Office is also located here. You get 10% off at the Co-op with a TOTUM student card. **Sign up for a TOTUM student card on the TOTUM website.**

You can save money on food and drink by:

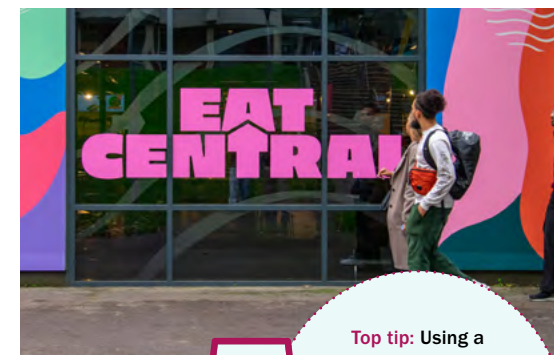
- cooking for yourself
- doing a weekly shop with friends. This way you can buy items in bulk and split the cost
- shopping in supermarkets such as Lidl or Aldi or from markets in Brighton & Hove.

NEAREST SUPERMARKETS

The nearest supermarket to campus is an Aldi store on Lewes Road in Brighton. It is a 15-minute bus ride from campus using the 23, 25 and 25X buses.

There is also a large Sainsbury's supermarket on Lewes Road, using the same buses.

You'll also find an Asda supermarket in the Brighton suburb of Hollingbury. You can get the 5B bus there, although bus times from campus are limited.



Top tip: Using a returnable cup will save you 20p every time you buy a hot drink on campus – plus, you will be doing your bit for the planet.

COSTS OF EVERYDAY FOOD AND DRINK ITEMS

ITEM	COST
Cup of tea / coffee on campus	£2.30 to £3.70
Main course in campus café (meat option / vegetarian option)	£7
Sussex Saver (vegetarian lunch option)	£2
Meal deal (sandwich, snack and drink from campus shop)	£4.10

WHAT SHOULD I BRING WITH ME?

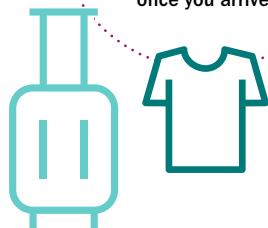
CLOTHING FOR ALL TYPES OF WEATHER

The weather in the UK can be very changeable and unpredictable so we recommend that you bring a range of clothes, including some warmer jumpers and a waterproof coat, umbrella and shoes, as well as lighter items. During the warmest months of June to September, temperatures average between 14–25 degrees Celsius but can drop down to -3 degrees Celsius during the winter months (from December to February).

Students usually dress casually at most times, including during classes and lectures. However, you might want to bring something smarter to wear for special occasions.

Bring a range of clothes, for all types of weather.

Top tip: Only pack what you can carry. Brighton has many great shops – with prices to suit every budget – you can pick up additional items once you arrive.



TAKE OUT INSURANCE FOR TRAVEL AND PERSONAL BELONGINGS

Before you leave home, it is important that you insure your luggage for the journey to the UK. After you have arrived in the UK, you can then take out a travel policy to cover you for additional travel as required.

Make sure you have travel insurance for yourself and your belongings.

Back up your data before you travel.



ELECTRICAL ITEMS

The UK electrical supply works on 240 volts and most sockets take a 13-amp square-pin plug so electrical items from your home country may not be compatible.

We suggest that you buy high wattage items, such as hairdryers or hair straighteners, when you arrive in the UK to avoid compatibility problems. If you do bring electrical items from home, you must check that it can be used on UK voltage or can be converted. You can purchase adaptors in the UK.

BEDDING PACK

You can order a bedding pack from the [University's Online Shop](#) and collect it from your University residence reception.

PRESCRIPTION MEDICATION

If you bring any medication with you that has been prescribed to you by a doctor, you are advised to bring it in its original packaging with documentary proof of the nature of the medication, otherwise they may be confiscated.

Drugs such as cannabis, LSD, cocaine and heroin are illegal, and customs officers and police have the right to search for illegal drugs. The laws concerning illegal drugs in the UK are, as in most countries, very strict and penalties are heavy.

ESSENTIAL DOCUMENTS TO BRING IN YOUR HAND LUGGAGE:

- your passport
- the email confirmation for your place on the University's coach service from Heathrow (if you have booked it)
- a copy of your tenancy agreement or something with your accommodation address on it.

If you are on a Student visa you will also need to bring:

- your visa
- a copy of your CAS (Confirmation of Acceptance for Study)
- recent bank statements (the Border Force Officer may want to see evidence that you can support yourself while in the UK).



Top tip: Make photocopies of essential documents in case you misplace the originals.

PREPARE FOR SUSSEX

Note! The dates and deadlines shown on this timeline, and throughout the brochure apply to students arriving and starting their courses in autumn 2025.

JUNE

Expect to receive your CAS (Confirmation of Acceptance for Study) if you have met all the conditions of your offer (and paid your deposit if PGT). Once you have received your CAS, you can apply for your visa

JULY

31 JULY

Accommodation deadline for applying for university-managed accommodation

Arrange travel and health insurance

Start organising finances and open a UK bank account – some banks allow you to start applying online before you arrive

AUGUST

31 AUGUST

Check whether you need to provide official results of your qualifications

Book your place on one of our Heathrow to Sussex coaches

SEPTEMBER

PRE-ARRIVAL TIPS

Take a look at the [Student Hub webpages](#) for more pre-arrival tips and to understand what you might need to do once you arrive.

Start packing your bags

see pages 12 and 13 for information on what you will need to bring with you

Register online through Sussex Direct – your registration details will be emailed to you

Download the [SussexMobile App](#)

You can use the app to access your class timetable (once available) and your Sussex email account. You'll find lots of useful information including event listings and campus maps

20-21 SEPTEMBER

Main arrivals weekend

We look forward to your arrival!



ARE YOU PLANNING TO ARRIVE AFTER 21 SEPTEMBER?

If you think you might arrive later than 20-21 September and have University-managed accommodation, you must inform the Housing Services team of the date you expect to arrive so that you don't lose your accommodation, email housing@sussex.ac.uk

If you think that you won't be able to complete in-person registration before the end of September you must also email your relevant admissions office:

Undergraduate students: ug.applicants@sussex.ac.uk

Postgraduate taught students: pg.applicants@sussex.ac.uk

GET INVOLVED AT SUSSEX

There are many ways to enrich your experience with us. Explore all the co-curricular activities you can get involved in.

ACADEMIC SKILLS

It's important to get the right skills to achieve academic success during your time at university. Our dedicated team are here to support you. We can help you develop essential skills for academic study.

Visit our **Skills Hub** where you can explore topics including:

- critical thinking
- note-making
- reading and research
- time management
- essay writing
- referencing and much more.

SPIRIT OF SUSSEX AWARD

The Spirit of Sussex Award celebrates your co-curricular and voluntary achievements. By taking part in different activities, such as part-time work or volunteering, you can gain points towards either a Bronze, Silver or Gold Spirit of Sussex Award. This is formally presented at your Graduation ceremony. Visit the [Spirit of Sussex Award web pages](#) to find out more.

CLUBS AND SOCIETIES

The Students' Union offer over 180 student-led societies and 40 sports clubs. There are also international societies, promoting different cultures and fostering a sense of community for students from around the world. Visit the [Sussex Students' Union website](#) to find out more about sport, societies and student media opportunities.

STUDENT REPS

Our Student Reps scheme is run in collaboration with the Students' Union. With over 400 reps across campus, they act as the link between the student body and course tutors to make sure that you are receiving an education that works for you. Student Reps cover all issues that affect your academic experience and work on making change for you. Learn more about the Student Reps scheme on the [Students' Union website](#).

SUSSEXSPORT

Sussexsport is the University's sports service. They offer two on-campus gyms, a wide range of group fitness classes and courses, sports halls, tennis courts and pitches - with a selection of great value memberships for University of Sussex students.

If you're new to sport or want to try something different, the University runs a social sport programme. Alternatively, there's a packed club sports programme (run with the Students' Union) for those who want to play sport competitively. Visit the [Sussexsport web pages](#) for more information.



PART-TIME WORK AND CAREERS SUPPORT

If you are a student visa-holder, there are some conditions on how much and what type of work you can do. You can work part-time while you study, as long as it doesn't exceed the hours stated on your student visa.

This is normally 20 hours a week during term time if you study at degree level (undergraduate, Masters, PhD) and 10 hours a week if you study a course below degree level.

You will need also need a National Insurance number if you want to work. You must apply to get a National Insurance number after you have a job offer, so that you can be paid and receive National Insurance contributions.

[Apply for a national insurance number on the UK government website.](#)

Visit our [Working while studying web page](#) for more information.

CAREERS AND ENTREPRENEURSHIP

The Careers and Entrepreneurship Team supports students to maximise their employment potential. The team can help you build confidence, find and prepare for placements, polish CVs and network with relevant industries. They'll help you develop skills to make you a real asset to employers – or even to be your own boss.

The award-winning Sussex Career Lab (AGCAS Supporting Student/Graduate Employability Award 2024) offers a menu of work experience options, including internships and insight visits that help connect students with employers.

[Find out more about our careers services on our website.](#)



USEFUL CONTACTS

EMERGENCY SERVICES

In an emergency, you should call 999 whether you are on or off campus. If you are on campus, you must also call security on 01273 873333 as they will direct emergency services to your location.

They are also trained in first aid and will be able to get to you more quickly than an ambulance. It's a good idea to keep security's number on your mobile. When you need medical help but it's not a life threatening emergency, call the NHS on 111.

SECURITY TEAM

Available to contact 24 hours a day
Tel: 01273 678234

ACCOMMODATION ENQUIRIES

Email: housing@sussex.ac.uk
Tel: 01273 678220
(10am-4pm, Monday-Friday)

ENGLISH LANGUAGE FOR ACADEMIC STUDY (ELAS)

We offer sessions, tutorials and workshops to help students where English is an additional language. Visit the [Language and academic skills support web pages](#) for more information.

INTERNATIONAL ADVICE TEAM

(For advice about your Student visa)

Complete the online form to contact our International Advice team.

STUDENT FUNDING

(For enquiries about scholarships)

Email: studentfunding@sussex.ac.uk
Tel: 01273 872994
(9am-5pm, Monday-Friday)

Complete the online form to contact the Student Funding team.

PAYING YOUR TUITION FEES

Email: studentaccounts@sussex.ac.uk
Tel: 01273 673276

POSTGRADUATE APPLICATION ENQUIRIES

Email: pg.applicants@sussex.ac.uk

UNDERGRADUATE APPLICATION ENQUIRIES

Email: ug.applicants@sussex.ac.uk

CHECKLISTS

Don't forget to bring your important documents in your hand luggage.

Make photocopies of your essential documents in case they are misplaced.



BEFORE YOU DEPART

- ☐ apply for the Student Visa
- ☐ apply for housing (deadline for university-managed accommodation is 31 July)
- ☐ ensure your passport is in date and valid for travel
- ☐ book your flight
- ☐ plan your journey from your arrival airport to campus (you may wish you book your place on our London Heathrow coach service)

FIRST WEEK

- ☐ complete in-person registration where we will issue you with your student ID card and Biometric Residence Permit (BRP), unless UKVI have granted you a digital visa
- ☐ collect the keys for your accommodation (if you are living in university-managed accommodation)
- ☐ attend your course induction
- ☐ download the SussexMobile App for easy access to your emails and course timetable
- ☐ register with a doctor
- ☐ take a tour of campus and familiarise yourself with campus services including the library and Student Centre
- ☐ open a UK bank account
- ☐ check out the events that the Students' Union have organised for Freshers' 2025
- ☐ explore Brighton and the local area



The information in this booklet was correct at the time of publication (June 2025). For the most up-to-date information, [visit our website](#).

INSTAGRAM

@sussexuni

FACEBOOK

facebook.com/uniofsussex

WEBSITE

sussex.ac.uk/international



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