Missed Welcome Week? Don’t worry!

University of Sussex
Catch up session for International Students

Fulton 213
What we’ll cover today

- About you
- Who are the British?
- Some essentials
- Safety
- Support Services available
Ask me anything!

When poll is active, respond at PollEv.com/helenquin209

Top
About you…

- Greeting in your language or dialect
- Undergraduate or Postgraduate?
- In the UK for the first time?
- One thing you’re looking forward to and one thing you’re a little nervous about
Map of Britain

United Kingdom

Northern Ireland

Scotland

Great Britain

England

Wales

Ireland

British Isles (all of the islands)

English

Wales

Scotland

United Kingdom (the island)

Northern Ireland

Ireland
Help with adapting to life in the UK - opening a bank account, healthcare and childcare

Specialist and confidential immigration and visa advice

Advice on travel in UK and Europe

Trips and events including One World Sussex

- Bramber House, Level 2 (next to Housing Services)
- Open weekdays 10am-4pm
- International.support@sussex.ac.uk
- www.sussex.ac.uk/internationalsupport
Pick up a free ticket for our international students’ welcome party

Brighton Dome

Sunday 14 October

7-9.30pm
Setting up a bank account

- We recommend opening a UK bank account if here for 6 months or more.

- Some banks offer special accounts for international students. See more info at: http://www.sussex.ac.uk/internationalsupport/money

- You will need to provide proof of identity (current passport or EU identity card and visa/BRP).

- If needed, you can request a bank letter online from International Student Support webpages (not needed for Santander if you have your Sussex student ID card).

- WARNING! Currently long waiting times for appointments. Consider the Santander Essentials Account which can be opened online, with no need for an appointment.
Your health and wellbeing

Where to register

The University Health Centre: www.unisussexhc.nhs.uk/ if living on campus, or if living off campus, find your nearest GP surgery or health centre which is accepting new NHS patients: www.nhs.uk/Service-Search/GP/LocationSearch/4

Who is entitled to healthcare?

- Emergency NHS healthcare: everyone living in the UK is entitled to this

- Non-emergency NHS healthcare: Students from EEA countries who have obtained an EHIC card before arriving in the UK

  Students from outside of the EEA and studying for more than 6 months

Additional private healthcare insurance

- Some students choose to pay for additional private healthcare

- If for any reason you are not eligible for NHS treatment, you MUST get your own private healthcare insurance

- If you will be travelling outside of the UK, you must also get your own private healthcare insurance
Your health and wellbeing

Support for mental health

On-campus and off-campus support and mental health services:
www.sussex.ac.uk/wellbeing/mentalhealth/resources/

Support for sexual health

For information about looking after your sexual health, visit
www.sussex.ac.uk/wellbeing/sexualhealth

‘Let’s Talk about Sex and Relationships’ guide available from the Students’ Union, Student Life Centre, and we have some copies here
Consent

Trigger warning: this section of the talk contains information on sexual violence and harassment which may be triggering or upsetting to some people

Sexual consent is an individual's agreement, or not, to engage in any form of sexual activity with someone else.

In the UK it is an illegal offence for a person to touch another person sexually without reasonable belief that they have consented (agreed) to this.

- Consent cannot be given if a person is drunk or high on drugs
- Consenting to one form of sexual activity does not imply consent to any other
- Consent on one occasion does not imply consent at others

https://www.youtube.com/watch?v=fGoWLWS4-kU

www.sussex.ac.uk/wellbeing/studentlife/sexualconsent
Don’t be a victim of fraud!

- Beware of ‘phishing’ emails asking you to give valuable personal details or money or asking you to download something as this could infect your computer. Never make a payment or give information and check any URL links in emails.

- Fraudulent phone calls – even if the caller has information about you, do not provide any additional information, passwords, or money.

- Phone calls pretending to be from the Home Office (UKVI) – a common scam is that students are told there is a problem with their visa and they need to pay a fine or give personal information. Don’t do this!

- Check anything you are suspicious of with International Student Support before giving any information or money. If you already have, report online to Action Fraud.

- [www.sussex.ac.uk/its/help/security/](http://www.sussex.ac.uk/its/help/security/)
Look after your BRP!

- Your BRP is your visa. **Replacing a lost BRP is a very costly and time consuming process!**
- Do not carry in your bag or wallet – use alternative ID
- Take particular care when travelling abroad
- [http://www.sussex.ac.uk/internationalsupport/immigration/lost](http://www.sussex.ac.uk/internationalsupport/immigration/lost)
Even though the legal drinking age in the UK is 18, you may be asked for ID if you look under 25.

Avoid using your passport or BRP/visa as a form of identification (ID) as these are difficult and expensive to replace.

Apply for an alternative form of accepted ID such as a CitizenCard or PASS Card or a provisional driver’s license. More information: [http://www.sussex.ac.uk/internationalsupport/livingintheuk](http://www.sussex.ac.uk/internationalsupport/livingintheuk)
• No need to tip in bars, pubs or clubs

• Tap water is free of charge – just ask for it at the bar

• Avoid the bars on West Street. These are more touristy and the atmosphere can be less friendly.

• Tell a member of security staff or bar staff if you feel threatened by someone (‘Ask 4 Angela’), or call the police on 999 if no one is around to help. If on campus, call campus security on 3333 or 01273 873333

• For more information visit www.sussex.ac.uk/wellbeing/safety/night
• See our **Guide to Bus Travel** on the International Student Support webpages. This includes information about the main ticket options:

[www.sussex.ac.uk/internationalsupport/livingintheuk/travelling](http://www.sussex.ac.uk/internationalsupport/livingintheuk/travelling)

• We also recommend you downloading the free Brighton & Hove Bus App.

• UK bus behaviours you might observe:
  - letting those more vulnerable get on or off the bus first
Saying “please”, “thank you” and “sorry”

“Please” and “thank you”
Linguistically, the British can be very indirect, and use lots of polite words particularly when asking for something.

The British overuse of “sorry”
Buzzfeed have written a humorous article called “65 Things That Will Make a British Person Say “Sorry”:

Number 1: Walking into someone
Number 2: Nearly walking into someone
Number 3: Being walked into
Number 4: Nearly being walked into
Number 5: Walking into a door
See our **Guide to Train Travel** on the International Student Support webpages. This includes information about the main ticket options:

[www.sussex.ac.uk/internationalsupport/livingintheuk/travelling](http://www.sussex.ac.uk/internationalsupport/livingintheuk/travelling)

- 16-25 Railcard (also available for students of any age)
- Unizone ticket (weekly, monthly or quarterly)
British people tend to like a greater distance of physical space between them and other people, when compared with other cultures*

What is generally considered an ‘invasion’ of someone’s personal space in the UK?

• Closer than 80cm

• Physical contact with someone you don’t know

*According to research undertaken by The Times newspaper:

www.thetimes.co.uk/edition/news/don-t-stand-so-close-to-me-say-the-distant-Britons-rpmgh7s6h
• Quick and convenient way to travel around city
• Bike racks outside each building on campus (use good lock)
• The Bike Shack, run by the SU, weekdays 12-4pm for all bicycle servicing, accessories and rental needs:
  www.sussexstudent.com/organisation/cycling
• BTN bike share scheme – more than 50 bike docking stations on campus
Bringing your family to Sussex

- Dependant visa
- Childcare and schooling
- Welfare benefits

**OTHER SUPPORT FOR STUDENT PARENTS**

The Student Union runs events specifically for student parents/families. Join the mailing list at: [www.sussexstudent.com/student-parents](http://www.sussexstudent.com/student-parents)

There is a Family Room in the Library where parents can study whilst their children play.

The Chaplaincy holds a drop-in café at Room 76 for international families every Wednesday (during term-time) at 11am. All are welcome.

Guide to activities for children in Brighton: [www.childfriendlybrighton.co.uk](http://www.childfriendlybrighton.co.uk)

A useful app for finding children’s activities in Brighton: [www.hoop.co.uk](http://www.hoop.co.uk)

---

**There are five phases of schooling in England**

- **Ages 18+**
  - Undergraduate and Postgraduate degrees (not compulsory)

- **Ages 16–18**
  - Further Education

- **Ages 11–16**
  - Secondary school

- **Ages 5–11**
  - Primary school

- **Ages 3–4**
  - Nursery school (not compulsory)

---

**Ages 18+**

- University or College

**Ages 16–18**

- Sixth form or College

**Ages 7–11**

- Junior school

**Ages 4–7**

- Infant school
Working while you study

• Tier 4 visa restrictions: usually 20 hours per week

• National Insurance Number: 0845 600 0643

• Careers and Employability Centre
Are you a budding entrepreneur?

- PGT students - do you have a business idea that you’d like to put into practice in the UK after you graduate?
- If you need a visa, you may be eligible to apply for the Tier 1 Graduate Entrepreneur Scheme
- Run by the University and the Sussex Innovation Centre
- To find out more, including eligibility, how to apply, and support available, come to the launch event on Tuesday 9 October, 6-7pm, in the Careers & Employability Centre
- Book via Eventbrite
2010 Equality Act

Protected Characteristics:

• disability
• gender reassignment
• marriage and civil partnership
• pregnancy and maternity
• age
• race
• religion
• sex
• sexual orientation
Race and Identity

- In the UK, 87% of people identify as White British
- 13% belong to a Black, Asian, Mixed or Other ethnic group - “BAME”:
  - Indian (2.5%)
  - Pakistani (2%)
  - Black African (1.8%)
  - Black Caribbean (1.1%)
Religious Diversity

Source: British Social Attitudes Survey 28
Lesbian, Gay, Bisexual, Trans, Queer, Intersex, Asexual

93.4% of the UK population identify as heterosexual or straight

Brighton Pride – August

Sussex LGBTQ history month - February
Gender and Sussex
Disability

• Disability is defined as having a physical or mental impairment that has a ‘substantial’ and ‘long-term’ negative effect on your ability to do normal daily activities.

• The Student Support Unit (SSU) has a confidential service to students who either have a disability or diagnosed long-term health condition that will affect their studies.

• All students with a disability or long-term health condition who register at the SSU will be allocated to one of the Disability Advisors.

   Email: studentsupport@sussex.ac.uk
   Call: 01273 877466
   Visit: Reception at Bramber House
Feeling Welcome at Sussex

- I feel welcome as an EU/international student in this country (Sussex 339, UK ISBSB 7284): Agree strongly 33%, Agree 58%, Disagree 8%, Disagree strongly 2%
- There is a friendly attitude towards EU/international students at my University (staff and students) (Sussex 347): Agree strongly 33%, Agree 56%, Disagree 41%, Disagree strongly 2%
- There is a friendly attitude towards EU/international students at the city/location where my University is based (local population) (Sussex 342, UK ISBSB 9398): Agree strongly 33%, Agree 59%, Disagree 38%, Disagree strongly 6%
Any incident, which may or may not be a crime, that the victim or any other person perceives to be motivated by hostility or prejudice towards a person’s identity or perceived identity.

- disability
- race or ethnicity
- religion or belief
- sexual orientation
- transgender identity

Call 999 for emergencies
101 for non-emergencies
Report to Restore Respect: [http://www.sussex.ac.uk/studentlifecentre/issues/restore_respect](http://www.sussex.ac.uk/studentlifecentre/issues/restore_respect)
Student Support Services

- Student Life Centre
- Counselling Service
- Student Support Unit
- Chaplaincy
- Careers & Employability
- Campus & Residential Support
Other support available

Students’ Union

• Buddy Scheme
• Language Café
• Student societies
• International Students’ forum

Sussex Language Café
Further Resources

Books:
“Watching the English. The Hidden Rules of English Behaviour”, Kate Fox
“Why I’m no longer talking to white people about race”, Reni Eddo-Lodge
“The Good Immigrant”, Nikesh Shukla
“Black and British: A Forgotten History”, David Olusoga

Films:
“Pride” (2014); “East is East” (1999)

Online Resources:
I heart consent: https://www.sussexstudent.com/campaigns/i-heart-consent/

British Council “Creating Confidence”: https://study-uk.britishcouncil.org/planning/advice-support

History of “The Troubles” in Northern Ireland: http://www.bbc.co.uk/history/troubles

“Northerner in London” The MASH Report
https://www.youtube.com/watch?v=PT0ay9u1gg4