A guide to life as a Sussex student
For easy access to email, your course timetable, events and more:

DOWNLOAD THE SUSSEX MOBILE APP

www.sussex.ac.uk/its/sussexmobile
Welcome to Sussex

We want you to enjoy your time with us and we are here to offer support to help you make the most of your life as a Sussex student.

If you need help then please get in touch, no question is too small...

INTERNATIONAL STUDENT SUPPORT

01273 678422
international.support@sussex.ac.uk
www.sussex.ac.uk/internationalsupport

on Facebook:
InternationalStudentSupportUniversityofSussex

on Twitter:
@USIntStudentSup
You may find that the style of teaching and learning in the UK is different from that in your home country. At Sussex we place a lot of emphasis on the development of your critical, analytical and problem-solving skills. You will be expected to undertake your own independent studying in addition to the time spent attending lectures and seminars, and you will probably be expected to do some further reading to develop your own understanding of the topics covered in classes.

**FIND OUT WHAT IS REQUIRED**

It is important to know what you need to do to fulfil the requirements of your course. Understanding this is the key to successful and enjoyable studies. If unsure, ask your tutor or Academic Advisor.

**Top tip! Visit our Skills Hub website** to hear international students talking about their experience of studying at Sussex.

www.sussex.ac.uk/skillshub/?id=302

**USING STUDY DIRECT**

There is a Study Direct site for each module you study, which contains lecture slides, notes, recordings, quizzes and forums. Each site is designed by your tutors so you can make the most of your learning at Sussex.

You can log into Study Direct from 1 September, after you have been sent your login details: https://studydirect.sussex.ac.uk/login

At Sussex it is customary to address academic staff by their first name. If you feel this is too informal you can use their correct title and last name e.g. Dr Smith, Mrs Smith or Professor Smith.

**How should I address my tutor?**
LECTURE NOTES

Many lecturers provide an outline of the content of their lectures either in a handout or via Study Direct. Ensure you access and read these in advance. Most lectures are also recorded – so you can watch again to check any information that you may have missed. If there is something you don't understand, ask your lecturer.

SEMINARS

Seminars as a teaching method are new to many students and they offer the chance to discuss concepts and ideas in a group setting. Participating actively in seminars is an important part of the learning process, so try to contribute even if it seems difficult at first. If you are having difficulty in seminars, discuss this with your tutor and take advantage of seminar skills workshops or tutorials offered to all students.

READING

On most courses you will be given a reading list. Check with your tutor which books are essential for you to buy, but most books will be available in the Library. Online, free-to-access journal articles are also used extensively. It is important that you keep up with the reading set by your tutor.

SUPPORT FOR YOUR LEARNING

Your Academic Advisor will meet you regularly to talk about your progress, how to improve your study skills or any problems with your course. You can visit your course tutors, or book an appointment, during their office hours. You can also get one-to-one guidance from a trained student mentor, who will help you develop your study skills – ask in your School Office about mentors in your School.

You can find out about all the academic support available at Sussex, including skills workshops and other events, on the Skills Hub website.

If you are a Masters student, you can get support from your course convenor and your dissertation supervisor.

If you're a PhD student, we have specialised workshops and online training from the Doctoral School to help you with your research.

Student Life Advisors are available at the Student Life Centre to discuss more general or personal problems, The Student Support Unit is available to advise on specific learning difficulties (e.g. dyslexia, disabilities, mental health or autism spectrum conditions).

FIND OUT MORE

Skills Hub
www.sussex.ac.uk/skillshub

Doctoral School
www.sussex.ac.uk/internal/doctoralschool

Support and advice for Sussex students
See page 18 for a list of contacts.
ONLINE LEARNING RESOURCES

There are lots of resources available online, including videos, tutorials and exercises, via Skills Hub:

- presenting and participating in class
- writing and assessment
- reading and research
- revision and exams
- referencing and academic integrity
- personal development and employability.

SUPPORTING INTERNATIONAL STUDENTS

To help you adapt to UK academic culture The Sussex Centre for Language Studies (SCLS) run tutorials, drop-in sessions and workshops on areas of Academic Culture, Academic Practice (study skills) and Academic Language. These are for students studying in English as an additional language.

ACADEMIC INTEGRITY

The University of Sussex Academic Integrity Values are: Honesty, Trust, Fairness, Respect, and Responsibility.

When you register you will be asked to confirm that you accept and will follow these values. By following these values, which should apply to all aspects of your life not just Academic Study, the standards of the University and of the qualifications awarded are maintained for ALL students. It is, therefore, the responsibility of all students to ensure these values are maintained. Watch the videos provided at registration to ensure that you understand these values in the context of studying in the UK.

Students who do not adhere to these values, intentionally or unintentionally, may be accused of academic misconduct. The University of Sussex takes academic integrity and misconduct seriously.

FIND OUT MORE

Skills Hub
www.sussex.ac.uk/skillshub

The Sussex Centre for Language Studies
www.sussex.ac.uk/languages/english/acadev
Travelling in the local area

BY BUS

Brighton has a very good transport network which makes getting on and off campus easy. The number 25 bus route will take you from campus to the city centre in about 25 minutes. It leaves every six–seven minutes during the day and every seven–eight minutes in the evening and weekends. The number 23 bus route operates between campus and Brighton Marina every 30 minutes during the day, seven days a week.

Money-saving tip! Use your student card to buy a SAVER ticket – valid for either one week or three months. You can buy these tickets from one of the campus shops or the One Stop Travel Shop on North Street in Brighton or at Brighton Train Station. (For the three-month SAVER you will need to have your student card available when you call in and two passport size photographs).

Cheaper fares can also be found by downloading the Brighton & Hove Buses app.

BY TRAIN

Falmer train station is just next to campus and has trains leaving every 15 minutes for Brighton. The journey time is nine minutes. You can use your student card to buy a Unizone ticket which enables you to travel on trains in the Brighton area. Visit National Rail Enquiries for more information.

Live departure times for buses and trains from campus can be found on the ‘Transport’ tile of the Sussex Mobile app.

TAXIS

There are lots of taxi services in the city but these can be expensive!
TRAVEL

BY BICYCLE

Brighton is a bike-friendly city. There are lots of bicycle stands around the residences and on campus. You can hire a bike for the duration of your time at Sussex from the Re:Cycle Society, a volunteer-run bike hire scheme.

BY COACH

For coach travel, normally used for long distances, discounts of about 30% are available if you buy a Young Persons Coachcard (all full-time students are eligible), costing around £10 for a year. Further details are available from National Express coach company.

TRAVELLING INTERNATIONALLY

If you plan to travel outside of the UK after you’ve arrived, remember:

• Check that your passport is not going to expire whilst you’re away.
• Take evidence with you to prove that you are a full time registered student at Sussex (a letter from the University) and recent financial documentation (eg bank statements or sponsorship letters), showing you have funds available to you.
• Always take photocopies of your passport and visa and keep them separate to the actual documents.
• Be aware that if your visa or biometric residence permit are lost or stolen outside the UK, you will usually need to obtain a new one before you can re-enter the UK. This can take a number of weeks.
• For more information on what to do if you lose your visa, please see: www.sussex.ac.uk/internationalsupport/immigration/lost
• You may need a visa to travel to other countries. Check the embassy website of the country that you want to visit.

A Young Persons Coachcard also gives you 10% off travel to events and festivals

FIND OUT MORE

Local bus and train travel guide
www.sussex.ac.uk/internationalsupport/livingintheuk/travelling

Brighton & Hove buses (for all timetables etc)
www.buses.co.uk

National Rail
www.nationalrail.co.uk

National Express Young Persons Coachcard

Re:Cycle Society
www.sussexstudent.com/organisation/recyclebikehire

THE SCHENGEN VISA

This is a popular option for international students travelling within Europe. For more information, visit the website of the UK-based embassy of the country where you plan to spend the most time during your trip, and refer to the guidance on our website: www.sussex.ac.uk/internationalsupport/immigration/travelling
Managing your money

BANKING

If you have not done so already, we recommend that you open a UK bank account as soon as possible.

STUDENT DISCOUNTS

The National Union of Students (NUS) extra card entitles you to many discounts across the UK. The International Student Identity Card (ISIC) gives you discount across 130 countries. The Student Beans website collates student discounts and special offers.

SHOPPING

Brighton is a shoppers’ paradise. Whether you’re looking for designer labels, vintage bargains, homeware basics or international food, you’ll find it all and much more. See our Shopping Guide for more details.

Top tip! Talk to other students about ways to save money and the best places to eat and shop.

BUDGETING

Read our guide to living costs and budgeting.

FIND OUT MORE

Living costs and budgeting
www.sussex.ac.uk/internationalsupport/livingintheuk/feesandfinances

Open a UK bank account
www.sussex.ac.uk/internationalsupport/money

National Union of Students (NUS) extra card
www.nus.org.uk/en/nus-extra/discounts

International Student Identity Card (ISIC)
www.isic.org

Student Beans website
www.studentbeans.com

Brighton & Hove Shopping Guide
https://sway.com/bSkoPEfFlqQeQyeL?ref=Link&loc=play
Do you want to get a part-time job?

You may wish to work while you are studying, but you should be aware that competition for part-time employment is high on campus and in the local area, so you should not rely on income from employment to cover your fees and living expenses.

TIER 4 VISA HOLDERS

Tier 4 visa holders are allowed to work according to the restriction on your visa. If your stamp has a ‘restriction’ it means you can work but there are certain conditions.

BEFORE YOU APPLY FOR ANY JOBS

1. Check you are allowed to work
   www.sussex.ac.uk/internationalsupport/working/
   workingduringstudies

2. Get a National Insurance number
   This is an unique number which you will need to give your employer in order for them to be able to pay you and record your National Insurance contributions. This process can take around six weeks.
   https://ukcisa.org.uk/Information–Advice/
   Working/Employers-income-tax-National-
   Insurance#layer-3767

3. Visit the Careers and Employability Centre (CEC) in the Library
   The CEC can help you if you are looking for part-time and vacation work while studying at Sussex. You can find out about part-time jobs, work experience, and professional placements on their website:
   www.sussex.ac.uk/careers

FIND OUT MORE

University guidance on ‘Working while studying’
www.sussex.ac.uk/academicregistry/
academic-registrars-office/compliance/working
www.sussex.ac.uk/internationalsupport/working/
workingduringstudies

The Careers and Employability Centre
www.sussex.ac.uk/careers/aboutus/
internationalstudents
Looking after yourself

REGISTER WITH DOCTOR AND DENTIST

If you are going to study at Sussex for more than six months, you should register with a doctor (or GP) as soon as you can after you arrive. If you live on campus you can register with the University Health Centre online or in person. The Health Centre is located next to Lancaster House on campus.

If you live off campus, you may still be able to register with the University Health Centre if you are within their catchment area, or you can register with another surgery that is nearer to your home. To find a doctor in your area, visit the NHS website and enter your postcode. Once you have found a GP practice, phone to ask if they are accepting new patients.

If you are coming to study for less than six months, you can still see a doctor while you are here, but you would do so as a visiting patient.

We also have a dentist on campus – Dental Care Falmer offers both NHS and private treatment. You can find other local dental practices by using the NHS Choices service finder.

FIND OUT MORE

University Health Centre
www.unisussexhc.nhs.uk/how_to_register.htm

NHS
www.unisussexhc.nhs.uk/find_local_services.htm

Dental Care Falmer
www.dentalcarefalmer.co.uk

NHS Choices service finder
www.nhs.uk/Service-Search

More information about healthcare in the UK
www.sussex.ac.uk/internationalsupport/livingintheuk/health
The campus at Falmer is set within the beautiful Sussex Downs – a national park. Perfect for walking and hiking!

TIPS FOR STAYING WELL

Try to eat a healthy balanced diet
You can find top tips and healthy recipes in our ‘Food for Thought’ student zine:
www.sussex.ac.uk/wellbeing/eatingwell/foodforthought

Take regular exercise
There are two sports centres on campus with gyms, classes and courses as well as various sports clubs and societies in the Students’ Union. Our student social sport programme, Active US, offers low-cost, drop-in activities: including volleyball; football; badminton and more.
www.sussex.ac.uk/sport/students/activeus

Get enough sleep
Lack of sleep can be the underlying cause of many problems. During sleep, your body repairs itself and most people need between six and eight hours sleep each night.
www.sussex.ac.uk/wellbeing/mentalhealth/sleep

Learn how to manage any feelings of stress and anxiety
Starting university can be a stressful experience, especially when you are doing so in a new country. You can find some tips for managing stress here:
www.nhs.uk/Livewell/studenthealth/Pages/Copingwithstress.aspx

Don’t be afraid to ask for help or advice
Often, the best thing to do is talk it through. If you speak to a Student Life Advisor, your meeting will be confidential and supportive.

If you are struggling to cope or feeling overwhelmed – don’t be embarrassed to ask for help
Although it is part of the human experience to feel unhappy, alone or anxious at times, it is right to seek help when you’re not coping. Don’t hesitate – we have a lot of support available for you both on and off campus:
www.sussex.ac.uk/wellbeing/mentalhealth/resources/campus

Further sources of help:
www.nhs.uk/livewell/studenthealth/Pages/Studenthealthhome.aspx

Walk or cycle instead of taking the bus!

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www.sussex.ac.uk/wellbeing/mentalhealth/resources/campus

Further sources of help:
www.nhs.uk/livewell/studenthealth/Pages/Studenthealthhome.aspx
Advice and support for families

WHERE TO LIVE

You can find lots of information on accommodation for your family in the University Families’ Accommodation Handbook.

CHILDCARE FOR PRE-SCHOOL CHILDREN

There are a wide range of childcare facilities in Brighton and Hove including nurseries, registered childminders and playgroups. However, please be aware that you will need to pay for all of these services and this can be very expensive.

There is a nursery on campus, run by Co-operative Childcare, for children aged three months to five years.

The Family Information Service (FIS) is a free, impartial service giving detailed information and advice on childcare, as well as general information on a wide range of services for children, young people and their families, in the city.

Financial support for childcare. If you have a child aged three or four, you may be eligible for 15 hours of funded childcare per week. Find out more at: https://www.gov.uk/help-with-childcare-costs/free-childcare-and-education-for-2-to-4-year-olds

SCHOOLS IN THE LOCAL AREA

In the UK, children aged 5–18 years are required by law to attend school. State schooling is free for all, with the exception of those here in the UK on a visitor visa. There is a wide selection of state schools in the Brighton and Hove area.
WELFARE BENEFITS

If you have a Tier 4 visa, or any leave with the condition ‘No recourse to public funds’, you cannot claim most welfare benefits (or public funds) in the UK. However, if you have worked legally in the UK you may be eligible to claim a benefit based on National Insurance contributions. If you are pregnant or have recently had a baby you might be able to claim a maternity benefit such as maternity allowance or statutory maternity pay.

OTHER SUPPORT FOR STUDENT PARENTS

The Students’ Union also provides support for student parents, including a Family Room and a Student Parents’ Mailing list. For more information: www.sussexstudent.com/student-parents

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

A useful app for finding children’s activities in Brighton: www.hoop.co.uk

FIND OUT MORE

University Families’ Accommodation Handbook
www.sussex.ac.uk/study/accommodation/families

Nursery on campus
www.sussex.ac.uk/childcare

The Family Information Service
https://www.brighton-hove.gov.uk/content/children-and-education/childcare-and-family-support/family-information-service-fis

More information about childcare options
www.brighton-hove.gov.uk/content/children-and-education/childcare-and-family-support/choosing-childcare
Adapting to life in the UK

‘Culture shock’ describes the emotional feeling many people experience when they move to a country with a different culture. As you prepare to leave home you are probably excited about coming to the UK, meeting new people and starting your course. However, once the initial enthusiasm wears off, you may begin to feel overwhelmed. Things that you found exciting at first could seem strange and a little frightening. You may experience sudden mood changes and strong reactions, feeling lost, disorientated, and even irritated and resentful. Above all, you may wish you were back among the familiar people and places at home. All international students can experience culture shock in some form – even those coming from countries with similar lifestyles to those in the UK. It’s important to understand that these kinds of reactions are normal and that they will pass. You need to give yourself time to adapt.

PERSONAL LIFE AND RELATIONSHIPS

One of the biggest challenges of coming to university is living and working with others who may be from entirely different backgrounds and have entirely different perspectives on life. You can find some useful information, advice and sources of support to help you adjust here: www.sussex.ac.uk/wellbeing/studentlife

UK CULTURE AND TRADITIONS

The UK is a very culturally diverse country and although Christianity is the official religion, all religions are welcomed and celebrated. It is against the law to discriminate against anyone because of their race, nationality, or religion. You will be respected for your own beliefs and will be expected to respect other people’s beliefs in return. Find out more at: https://www.gov.uk/discrimination-your-rights

Five top tips for dealing with culture shock:
https://www.ukcisa.org.uk/Information-Advice/Preparation-and-Arrival/Facing-culture-shock#layer-5423
SOCIAL ATTITUDES

See what other students said was the thing that surprised them most about living in the UK:

www.sussex.ac.uk/internationalsupport/oneworldsussex/student voices_2017

FESTIVALS & HOLIDAYS

There are lots of festivals and holidays in the UK where you can experience many aspects of the unique and diverse culture.


MAKING FRIENDS

Don’t forget, everyone else starting at Sussex is new, too. They will be as keen as you are to meet new people. Joining a society or the Buddy Scheme are excellent ways to make friends.

www.buddyscheme.com
For help with advice about settling into Sussex and the UK, including advice about visas:

International Student Support
2nd Floor, Bramber House

01273 678422
international.support@sussex.ac.uk
www.sussex.ac.uk/internationalsupport

For help and advice on any aspect of student life at Sussex:

Student Life Centre,
Ground Floor, Bramber House,

01273 876767
studentlifecentre@sussex.ac.uk
www.sussex.ac.uk/studentlifecentre

For help and support for long term conditions such as learning difficulties, a disability or mental health condition, or Autism Spectrum:

Student Support Unit,
Ground Floor, Bramber House,

01273 877466
studentsupport@sussex.ac.uk
www.sussex.ac.uk/studentsupport

For help with welfare issues and emergencies in your university-managed accommodation:

Campus and Residential Support
York House

campus-support@sussex.ac.uk
www.sussex.ac.uk/campus-support

To be paired up with existing Sussex students to help you settle into life at university:

The Buddy Scheme
www.buddyscheme.com

The Student Union offers help and advice on a range of issues, including complaints:

www.sussexstudent.com/support

For more advice and information on staying safe and enjoying your time whilst studying in the UK, see the British Council’s ‘Creating Confidence’ guide.

https://study-uk.britishcouncil.org/sites/default/files/h009.01_studyuk_creating_confidence_a5_final_web.pdf

EMERGENCIES

On campus: if you need emergency help, call Security on 01273 87 3333 or dial 3333 from a bedroom phone. There are also emergency phones located around campus which put you straight through to Security. The Security Office is located in York House.

For out-of-hours medical advice via phone call the NHS on 111.

If you need to call the Police in an emergency you should dial 999.
The information contained in this guide is correct at the time of publishing (September 2017). For the most up to date information you should always consult our webpages.
“It is clear that the University and its staff feel invested in a student’s wellbeing, both personal and academic. Safety feels natural.”

A RESPONSE TO OUR INTERNATIONAL STUDENT SURVEY