

GUIDANCE FOR INTERNATIONAL STUDENTS
2019/20

A guide to life as a Sussex student



US
UNIVERSITY
OF SUSSEX



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

www.sussex.ac.uk/internationalsupport

 InternationalStudentSupportUniversityofSussex

 @USIntStudentSup  @intlsupport.sussex

Studying at Sussex

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.

USING CANVAS

There is a Canvas 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 Canvas after you have been sent your login details:

<https://canvas.sussex.ac.uk/>

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.

How should
I address my
tutor?

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.

LECTURE NOTES

Many lecturers provide an outline of the content of their lectures either in a handout or via **Canvas**. 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.

ACADEMIC LIFE AT SUSSEX

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

As well as your course tutors, every Sussex student is automatically assigned an Academic Advisor who is a member of academic staff from within your school of study. You will be invited to meet your Academic Advisor during your first term at Sussex and throughout your studies. The purpose of these meetings is to review

your progress and focus on issues relating to your academic performance.

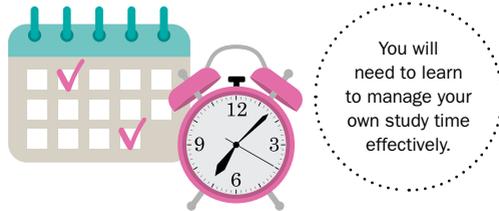
If you have any problems or concerns about your studies, you can visit your Academic Advisor or your tutors during their office hours or by booking an appointment with them directly. You can also get one-to-one guidance from a trained student mentor who will help you develop your study skills – ask in 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 also 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

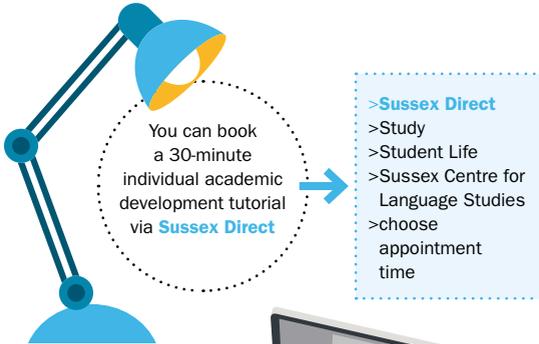
See page 18 for a list of contacts.

ACADEMIC LIFE AT SUSSEX

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.



You can book a 30-minute individual academic development tutorial via **Sussex Direct**

>**Sussex Direct**
>Study
>Student Life
>Sussex Centre for Language Studies
>choose appointment time

Use lecture recordings to revisit complicated concepts and improve your understanding.

ENGLISH LANGUAGE SUPPORT

English Language for Academic Study, within the Sussex Centre for Language Studies, offers workshops, 'time to write' sessions and 1:1 tutorials. This is to help students who have English as an additional language to develop their English language and to adapt to UK academic study.

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

English Language for Academic Study

www.sussex.ac.uk/languages/elas

Skills Hub

www.sussex.ac.uk/skillshub



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.



TRAVEL

BY BICYCLE

Brighton is a bike-friendly city. There are lots of bicycle stands around the residences and on campus. The student-run Bike Shack on campus has a large number of bikes for rental to students on a weekly basis (up to 12-weeks at a time). Visit the Sussex Cycling website for more details.

TRAVELLING LONGER DISTANCES BY COACH

All full-time students are eligible to buy a Young Persons Coachcard which costs about £10 for a year. You'll get discounts of about 30%, plus 10% off travel to events and festivals.

Further details are available from National Express coach company.



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

www.nationalexpress.com/waystosave/young-persons-coachcard.aspx

Sussex Cycling (The Bike Shack)

www.sussexstudent.com/organisation/cycling

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 (i.e. a letter from the University).
- 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 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.

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.



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

Shopping guide

www.sussex.ac.uk/internationalsupport/livingintheuk/shopping

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 visa has a 'restriction' it means you can work but there are certain conditions.

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

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://www.gov.uk/national-insurance>

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

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**.



You should register with a doctor as soon as you can – don't wait until you feel unwell!

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 (in the Health Centre building)

Telephone: 01273 605555

NHS Choices service finder

www.nhs.uk/Service-Search

More information about healthcare in the UK

www.sussex.ac.uk/internationalsupport/livingintheuk/health

www.ukcisa.org.uk/Information-Advice/Studying-living-in-the-UK/Health-and-healthcare

TIPS FOR STAYING WELL



Try to eat a healthy balanced diet

You can find top tips and healthy recipes on our 'Eating Well' pages:

www.sussex.ac.uk/wellbeing/eatingwell

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



The campus at Falmer is set within the beautiful Sussex Downs – a national park. Perfect for walking and hiking!



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

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.

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>



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.

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.

FAMILIES

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

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 Student Union runs events specifically for student parents/families. Join the mailing list at: 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 in the Student Union (Room 76) for international student 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

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.

‘Culture shock’ is the term that describes the emotional feeling many people experience when they move to a country with a different culture. 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.

See page 18 for tips on dealing with culture shock.

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 very 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

CULTURAL DIVERSITY IN THE UK

The UK is a very culturally diverse country. It is against the law to discriminate against anyone because of age, gender reassignment, being married or in a civil partnership, being pregnant or on maternity leave, disability, race including colour, nationality, ethnic or national origin, religion or belief, sex or sexual orientation. Find out more at:

<https://www.gov.uk/discrimination-your-rights>



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.

www.studylinks.com/festivals-holidays-and-events-in-the-uk-a-guide-for-international-students

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



CULTURE SHOCK

SUPPORT FOR BLACK AND MINORITY ETHNIC (BME) STUDENTS

We recognise that there may be times when BME students face specific barriers and it may feel easier to reflect on experiences with a BME Student Life Advisor.

We provide Race and Culture support sessions on Friday mornings. These are confidential, 30-minute, one-to-one meetings, where you can talk openly about your feelings and voice any concerns, whether that is regarding your experiences as a BME student or any other matter.

Contact the Student Life Centre to make an appointment: email studentlifecentre@sussex.ac.uk or telephone **01273 876767**.

Do not feel embarrassed about asking for help.

We want you to enjoy your time with us at Sussex, and this includes ensuring that you feel comfortable, safe and secure.

See page 19 for a list of our support services.



SUPPORT AND ADVICE

For help and 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/studentssupport

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/j035_02_study_uk_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.

PLEASE NOTE: The information contained in this guide is correct at the time of publishing (September 2019). For the most up to date information you should always consult our webpages.

INTERNATIONAL STUDENT SUPPORT

+44 (0)1273 678422

international.support@sussex.ac.uk

www.sussex.ac.uk/internationalsupport

If this is your first time in the UK...

Join us for a fun and helpful insight
into many aspects of British culture:
'New to the UK: a quick guide'.

This one-hour talk will be running
during Welcome Week and repeated
the following week.

CHECK THE SUSSEX MOBILE APP
FOR DATES AND TIMES

The logo consists of the letters 'US' in a large, white, serif font, where the 'U' and 'S' are connected.

UNIVERSITY
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