



**BPP**  
UNIVERSITY

# International student guide.

A guide for BPP University  
students arriving in the UK

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# Welcome to your international student guide.

BPP University is committed to creating a learning environment, which is not only stimulating and supportive, but also offers you memorable and rewarding student experiences.

I am delighted to welcome you to BPP University. We intend to make sure that the time you spend with us is a valuable investment that will provide you with the knowledge, skills and professional values to enable you to succeed in your chosen career.

We recognise that your time at BPP University will be a unique period in your life and we want to work with you to make it all the more special.

We hope that your studies with us will be both successful and enjoyable. We want you to benefit from the academic and pastoral guidance we offer. You can take advantage of our comprehensive library and IT resources, as well as make the most of our specialised Careers Service, Pro Bono centre and award-winning Students' Association.

The purpose of this handbook is to help you get the most out of your induction period, and introduce you to our services and opportunities at BPP University.

**Professor Tim Stewart**  
Vice-Chancellor, BPP University



# Applying for a visa.

To apply for a Student visa, you will need to:

- Receive a Confirmation of Acceptance for Studies (CAS) from the University
- Fill in and submit the correct version of the online application form. This must be submitted within five working days of receiving your CAS letter
- Pay the visa application fee and Immigration Health Surcharge
- Book and attend your biometrics appointment providing all the required documents

Full information can be found at [gov.uk/student-visa/apply](https://gov.uk/student-visa/apply)

You can apply for your visa up to six months before you start your course. If you are applying from the UK, it is very important that you submit the application before your current visa expires.

When completing the application form, please make sure that all information matches the information on your CAS (e.g. the amount of course fees paid, your study location, your sponsor licence number, etc.).

In support of your application, you will need to provide:

- A valid passport or travel document and Biometric Residence Permit (BRP), if applicable
- All the documents listed on your CAS as evidence used to obtain your offer (academic qualifications)
- Evidence that you have met the maintenance requirement (e.g. a compliant bank statement)
- Evidence that you have met the English language requirement, if applicable

The above list is non-exhaustive and you may be required to provide additional documents depending on your situation.

If you are a national of a country which qualifies for different documentary requirements, you will not need to provide selected documents with your initial application. Please keep in mind that UK Visas and Immigration (UKVI) can request these documents at a later stage, so make sure you have them ready regardless of the exemption.

You can start your online application, save it, and return to it later. You do not need to complete and submit it in one sitting. Please note that once you pay the application fee, you will not be able to edit any answers.

If you are unsure about any of the questions or visa requirements, please contact us at [internationaladvice@bpp.com](mailto:internationaladvice@bpp.com) before submitting your application.

# Getting ready for your journey.

Before you depart for England, it is essential that you have done the following:

- Completed the **BPP International Arrivals** survey which has been sent to you via email. For us to be able to support you throughout your trip to the UK, please complete this survey each time you have new information about your journey
- Confirmed accommodation near the centre you will be studying at
- Pre-booked or have already planned travel from the airport to your accommodation. If not, most airports have a taxi service
- Got health and travel insurance
- Packed clothes suitable for UK weather
- Withdrawn cash to buy essentials at the airport such as food and mobile phone SIM card
- Obtained a Covid-appropriate face mask (some airlines and UK airports, as well as medical settings, still require one to be worn)
- Double-check you have all appropriate documentations



# Arriving in the UK.

Once you arrive in the UK and before you can collect your luggage, you will need to go through border control where your passport will be checked.

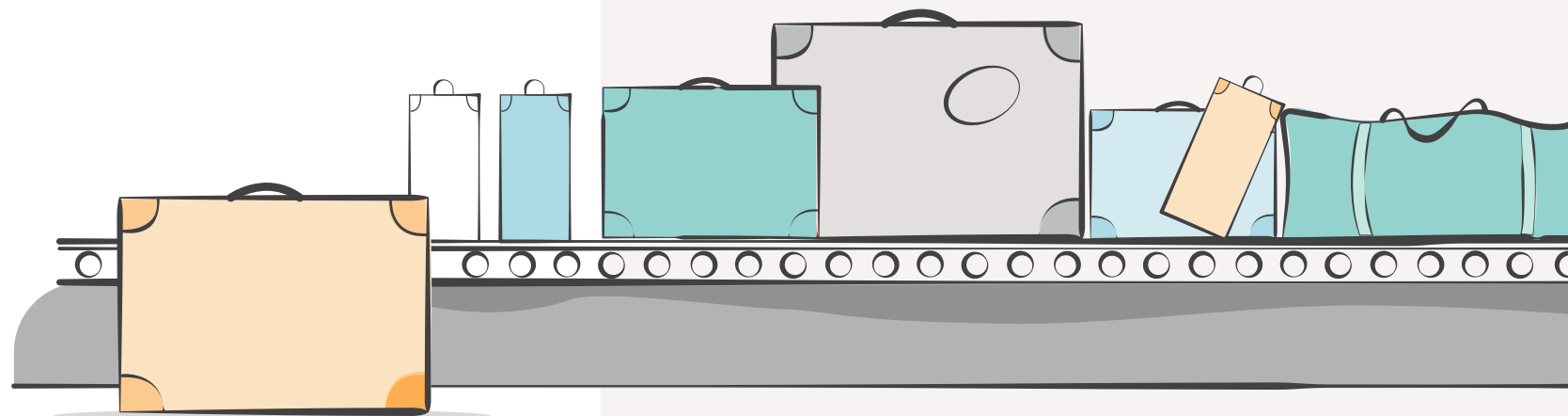
You should have the following documents with you (make sure to pack them in your hand luggage):

- Your passport/valid travel document with the entry clearance visa in it
- Your CAS letter
- Originals (or certified copies) of your qualification certificates
- Details of your accommodation in the UK
- A compliant bank statement showing your funds
- Contact details for your chosen study centre

You will usually be asked why you are coming to the UK. You may be asked some questions about the course you chose to study and the university you will be studying at. You must be able to answer these questions in English.

The border control officer will then stamp your entry clearance visa and you will be able to go and collect your luggage. Please make sure that your visa has been stamped before leaving the desk, and in case it has not, please ask the border control officer to stamp it.

**If you are normally allowed to use eGates on arrival to the UK, please make sure that the first time you arrive, you do not use eGates. The border control officer needs to stamp your entry clearance visa in order to validate it. Otherwise, you will enter the UK as a visitor, not a Tier 4 student, and you will need to leave and enter again.**





# Before starting your programme.

To ensure that you receive all notifications and contact from BPP University, it is important that you provide us with your current personal email address. We will use this to progress your application onto the programme, as well as provide you with important information such as:

- Your login details for The Hub/VLE
- Details about registering for the programme
- Your Library Athens login details for the online library

To ensure you are successful during your studies you will also need to ensure that you have technology that will enable you to study, such as:

- Your own laptop/computer
- Access to an internet connection/Wi-Fi

For more information on device requirements and expectations, please refer to BPP's Bring Your Own Device policy.

**[bpp.com/terms-and-conditions/bring-your-own-device-policy](http://bpp.com/terms-and-conditions/bring-your-own-device-policy)**

## Registration

Before starting your course, you will be expected to register with the University onto your programme. You will receive details about registration to the email address you provided. This will explain how to register, the documents needed and when.

## What happens if I don't have all of my registration documents?

Even if you do not have all your documents it is still important to send copies of the documents that you do have, as we may be able to temporarily register you. This will help you begin your course without delay. Please send a copy of your passport as a minimum, as this is a mandatory requirement. You will need to provide any outstanding documents to us as soon as possible to complete the process and ensure you become fully registered.

## What is my Student Reference Number (SRN)?

Your SRN appears on your Student ID card; it must be cited on all correspondence within BPP University and any assessments you complete.

We advise that you try and memorise your SRN as soon as you can.

## Keeping your details up to date

If any of your details change during your time at BPP University (such as a change of name, address, phone number, email address, or emergency contact) then please inform us by submitting your changes to the Student Query Form via The Hub/VLE.

## Online access

The Hub, and our Virtual Learning Environment (VLE), are available at any time, from anywhere in the world.

## The Hub/VLE

Depending on your programme, you will be given access to The Hub and/or VLE. This should be your first port of call for any information whilst you are at BPP.

## Your login details

You will receive your login details for The Hub and/or VLE via email – please ensure you log in as soon as you have these details.

Once you have access to The Hub/VLE and your Outlook account, please make sure you check your BPP email regularly as this will be the main form of communication between BPP and students.

## I have not received my login details?

1. Please ensure you have checked all folders in your email account, including your spam folder
2. Please check with your agent that you have provided the correct email address to the University
3. If your details are correct and you still don't have your login details, please contact **[internationaladmissions@bpp.com](mailto:internationaladmissions@bpp.com)**



# Your Biometric Residence Permit (BRP).

Once you arrive in the UK, you will need to collect your BRP from the post office branch which you chose during the application process. You will normally need to do this within 10 days of arrival. You will need your passport with the entry clearance visa to collect your BRP.

Sometimes, especially during peak times when a lot of international students arrive in the UK, there may be delays in your BRP being delivered to your post office. If you were told your BRP was not delivered, we recommend you allow an additional 10 working days for it to arrive, and if it does not, please get in touch with us and we will enquire with the UKVI.

If you applied for your visa from inside the UK, it will be sent to you by courier. It should normally arrive within 10 working days of your decision letter. If it does not, please report it online: [gov.uk/biometric-residence-permits/not-arrived/post-office-collect](https://gov.uk/biometric-residence-permits/not-arrived/post-office-collect) (this link is only for those who have applied from the UK).

When you receive your BRP, make sure that all the details are correct (your name, date of birth, expiry date, working allowance, etc.). If you spot any errors, you will need to report this to the UKVI and also let us know. You have 10 days to report an error at [gov.uk/biometric-residence-permits/report-problem](https://gov.uk/biometric-residence-permits/report-problem)

If you need any help with this, please contact us at [internationaladvice@bpp.com](mailto:internationaladvice@bpp.com)



# Self-isolation.

Passengers are no longer required to self-isolate or quarantine upon arrival to the UK, whether they are vaccinated or not.

If you test positive for Covid-19 whilst in the UK, please ensure that you follow the most recent government guidelines on isolation requirements. These guidelines can be found here: [nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/](https://nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/)



# Keeping in touch.

It is important to stay connected with friends and family.

At the airport you may be able to buy a UK mobile phone SIM card before you leave. If you can't, don't worry as you can order a SIM card online from the following providers:

- **Giffgaff** – [giffgaff.com](https://giffgaff.com)
- **Three** – [three.com](https://three.com)
- **EE** – [shop.ee.co.uk](https://shop.ee.co.uk)
- **O2** – [o2.co.uk](https://o2.co.uk)
- **Vodafone** – [vodafone.co.uk](https://vodafone.co.uk)

There are several mobile phone plans to choose from. We recommend that you shop around when deciding on the best option for you:

- **Pay Monthly:** you'll need to sign a contract for a fixed length of time, usually for 12 to 24 months
- **Pay as You Go:** you'll just need to top up/buy credit as and when you need it
- **SIM-only:** similar to Pay Monthly but you'll only be committed to a rolling 30-day contract

Calling international numbers from the UK can be expensive, especially if you use your mobile. Some alternative ways to stay in touch with people overseas include using Skype, WeChat, Facebook Messenger or WhatsApp to make calls and send messages. You can also consider including an international calling plan when you get a mobile contract.





# Accommodation.

It is advisable that you book somewhere to stay before you arrive in the UK, if even if it is temporary accommodation such as a hostel or a bed and breakfast.

Although BPP University does not have any of its own residences or any partnerships with providers, our main objective is to provide you with some initial guidance on finding a place to live. Our Independent Advice Team is there for you when things go wrong e.g. deposit disputes, poor maintenance and your rights as a tenant. You can find information on the BPP Students' Association website: **[bppstudents.com/advice\\_help/accommodation](https://bppstudents.com/advice_help/accommodation)**

We strongly advise that you pick an accommodation that is close to your assigned study location, so you can commute to your study centre easily.

You can also find more information relating to accommodation in the UK on the UK Council for International Student Affairs website: **[ukcisa.org.uk/Information--Advice/Preparation-and-Arrival/Planning-your-housing#layer-3094](https://ukcisa.org.uk/Information--Advice/Preparation-and-Arrival/Planning-your-housing#layer-3094)**



# Transport.

There will be multiple transport options around the UK to take you from the airport to your accommodation, or just general day-to-day travel.

It is always a good idea to plan your journey before you leave your home to know the different transport options.

If you intend to use public transport to get around whilst you are in the UK, you might be eligible for a student discount on your chosen method of travel.

## The London Underground (Tube)

For all information about travel around London, please go to the Transport for London (TfL) webpage: [tfl.gov.uk](https://tfl.gov.uk)

This provides information about applying for an Oyster card to receive discount on your tube travel. For further information, please go to the BPP Students' Association webpage: [bppstudents.com/directory/business/22](https://bppstudents.com/directory/business/22)

## Trains

For all train times and fares please visit [nationalrail.co.uk](https://nationalrail.co.uk) or call +44 (0)34 5748 4950 (From overseas: +44(0)20 7278 5240 – International rates apply).

Tips on booking cheaper train fares:

Look for fares three months in advance to save money. If you can travel in non-peak hours you can make a significant saving. Purchase your return travel at the same time as this will usually be discounted.

You can save a third on all travel by applying for a 16-25 Railcard from National Rail. The card costs £30 per year and is open to full-time mature students (over 25 years) as well as students aged 16-25: [16-25railcard.co.uk](https://16-25railcard.co.uk)

## Buses

As a student you may be eligible for discounted travel. In the UK the bus services are run by a number of different companies, therefore there is not a single discount system. Please ask the service operator if a discount could be applicable. If they require proof that you are a student, please request a Student Status letter using the Student Query Form on The Hub or VLE.

## Taxis

Taxis are generally a more expensive form of travel and you cannot negotiate on the price to your chosen destination.

You must always use a licensed taxi, as they are regulated to a strict standard. A taxi should always have a meter; if it does not, do not get in.

## Driving in the UK

If you hold a valid driving licence in your respective country, you may want to get yourself a car whilst you are in the UK or even hire one. Please be aware that before you do so, you need to check that your driving licence is valid in the UK:

[gov.uk/driving-nongb-licence](https://gov.uk/driving-nongb-licence)

You must also check that you have met other legal requirements as follows:

- The car is registered
- You have insurance
- The car has passed its last MOT (Ministry of Transport test)
- The car has been road taxed

You can take out a copy of The Highway Code from the library or view it online: [gov.uk/guidance/the-highway-code](https://gov.uk/guidance/the-highway-code)



# Healthcare.

## The National Health Service (NHS)

The NHS is the UK's health service provider which is free to UK residents and international students who are studying on full-time courses and have paid the International Health Surcharge (IHS).

## Registering with a doctor (GP)

It is advisable to register with a GP as soon as you complete your registration at BPP University. Simply enter your postcode into this website's search engine in order to find all the surgeries close to you: [nhs.uk/service-search/find-a-gp](https://nhs.uk/service-search/find-a-gp)

You will be required to take the following documentation along with you to your chosen doctor's surgery:

- Your passport and visa
- Your letter of registration status, which you will receive at registration from BPP University
- Proof of address (student status letter, utility bills or bank statements)

## Prescriptions and health costs

Standard prescriptions in England cost £9.35 per item; however, students on full-time courses may qualify for free prescriptions. To see if you qualify for medical exemption certificates, please visit the following NHS website: [nhs.uk/nhs-low-income-scheme](https://nhs.uk/nhs-low-income-scheme)

## NHS 111 Service

The NHS **111** Service is a free 24-hour telephone advice line which is manned by professional NHS staff. If you wish to discuss a medical condition that you may have you can call them on **111** or go to the following webpage: [nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111/](https://nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111/)

## A&E (Accident and Emergency)

If you need to see a medical practitioner in an emergency you can go to A&E, which is located in your local hospital. A&E will assess and treat patients with serious injuries or illnesses. Major A&E departments offer access 24 hours a day, 365 days a year. A doctor or nurse will assess your condition and decide on further action.

Generally, you should visit A&E or call **999** for life-threatening emergencies, such as:

- Loss of consciousness
- Acute confused state and fits that are not stopping
- Persistent, severe chest pain
- Breathing difficulties
- Severe bleeding that cannot be stopped

If you have a condition or injury that is not life threatening and your GP is not available, you can contact the NHS **111** Service who will direct you to the most appropriate local service, for example a Minor Injuries Unit or Walk-In Centre.

## Medical supplies

For over-the-counter medicine and other essentials, you could order online and have these delivered to your address from the following stores:

- **Pharmacy2U** – [pharmacy2u.co.uk](https://pharmacy2u.co.uk)
- **Boots** – [boots.com](https://boots.com)
- **Superdrug** – [superdrug.com](https://superdrug.com)

Please remember to use over-the-counter medications according to the instructions and do not exceed the recommended dose.

## Dental care

It is advisable to have a dental check-up at least once a year. Lists of local dentists can be accessed at [nhs.uk/service-search/find-a-dentist](https://nhs.uk/service-search/find-a-dentist)

## Eye care

Eye care is provided by opticians, not hospitals. Opticians are generally located on your local high street.

## Sexual health

Family planning/sexual health clinics in the UK offer free confidential advice and information on matters with regard to sexual health and birth control. Most clinics offer services to both men and women but offer separate facilities. Some clinics work on an appointment basis whereas others welcome drop-ins. They provide, free of charge:

- Condoms
- Contraceptives such as the contraceptive pill and emergency contraception (the morning after pill)
- Pregnancy tests
- Smear tests
- Sexually transmitted infection/ HIV screening

To find out more please visit the following NHS website: [nhs.uk/live-well/sexual-health](https://nhs.uk/live-well/sexual-health)



# Mental wellbeing.

Taking care of your mental wellbeing is important. Apart from focusing on your physical health, make sure you take time to speak to friends or family, either online or through the phone. Do things that make you happy such as watching movies, listening to music, online learning or reading.

## Safeguarding

Safeguarding is defined as the protection of students and the promotion of their welfare. We have a dedicated BPP Safeguarding Team, who work directly with you, as well as other BPP teams and external agencies to ensure your safety.

If you have any concerns about your welfare or safety of another student, please contact us on: **safeguarding@bpp.com**

## The Learning Support Team

If you have an existing health condition or a disability you are advised to contact the Learning Support Team at BPP to find out what support is available to you.

The Learning Support Team can provide advice or further assistance on a wide range of areas, including:

- Counselling and support with mental health
- Coping with stress and anxiety
- Wellbeing and health

You can contact learning support at: **learningsupport@bpp.com**

## More resources

Student Minds website: **studentminds.org.uk**



# Staying safe.

We hope that your time studying with us in the UK will be enjoyable. Please take some time to read through our general safety advice to make yourself aware of the small things you can do to ensure your safety and security.

You can also read more about staying safe and what to watch out for on the following website: **ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Frauds-and-scams**

## If there is an emergency

Call **999** in the first instance to contact the police, fire brigade or ambulance service. The police non-emergency number is **101** and should be used to report crime and other concerns that do not require an emergency response.

## Safety tips for international students in the UK

- Accommodation safety: Make sure you lock windows and doors before leaving the house as well as ensuring valuables are not left on display in your room
- Beware of pick-pocketing: Pickpockets can be found in crowded areas so make sure you keep your belongings safe in public places. Pickpockets often work in teams, so if you notice any unusual behaviour, be cautious
- Have emergency money in separate places: If you lose your wallet or purse you will have some emergency money until you can replace bank cards

- Be careful when using ATMs: Stay attentive when you're about to use an ATM. Be aware of your surroundings in case you see any unusual behaviour. If you do, do not use the ATM or invite your friends to stay close to you while you do
- Register your pocket electronics (e.g. phone, iPad, iPod) for free on **immobilise.com** so if they get stolen police can check the serial number and track you as the owner
- Avoid walking alone at night; keep to well-lit main roads or take a taxi for longer distances; only use registered taxis or minicabs

## Fire safety

Follow the below guidance to ensure you are fire safe, or read more at **firekills.campaign.gov.uk**

If a fire starts, get out, stay out and dial **999**.

- Don't overload plug sockets
- Don't leave cooking unattended
- Never leave candles unattended
- Know your rights: landlords are responsible for supplying safe gas appliances and electrical wiring

There is also a downloadable pdf leaflet on safety in the home available at: **gov.uk/government/publications/make-your-home-safe-from-fire**

# Police registration.

**Some international students are required to register with the police within seven days of arrival in the UK.** When you are issued a visa, the vignette (visa sticker in your passport) will indicate if you are required to register with the police. For a full list of countries whose nationals are normally required to register with the police, please visit [gov.uk/register-with-the-police/who-needs-to-register](https://gov.uk/register-with-the-police/who-needs-to-register)

## To register with the police

You will need to book an appointment online with your local police station. Please follow the relevant link below for specific information on how to book an appointment and what documents to take with you: [gov.uk/register-with-the-police/where-to-register](https://gov.uk/register-with-the-police/where-to-register)

To satisfy the seven-day legal requirement to register with the police, you need to reserve an appointment within seven days of your arrival in the UK. The actual appointment may take place later, depending on the availability.

## After police registration

The police will issue you with a Police Registration Certificate. If any of the information you have given changes, the police will need to be informed within seven days of the changes coming into effect. The following changes will need to be reported:

- Change of address
- Change of course
- Change of name
- Extension of your visa
- A new passport
- If you are going to get married or divorced
- If you move to London, you will need to register with the Overseas Visitors Records Office (OVRO) again within seven days

# Opening a bank account.

When you arrive in the UK, you will need to open a bank account in order to receive funds from overseas from either your own or your financial sponsor's account.

To open an account, you will need to go to your chosen bank and make an appointment. The bank will tell you what documents to bring, and these should include:

- Your passport
- Your BRP if you have one
- A letter from BPP University confirming that you are a student with us for banking purposes

**Please use the Student Query Form on The Hub or VLE to request a bank letter.**

There are a number of local banks available to you, which are close to our study centres. The types of bank account can vary greatly and you will need to decide which type works best for the kinds of transaction you will be making. The British Banking Association has provided a helpful guide to UK bank accounts: [bba.org.uk/publication/leaflets/international-students](https://bba.org.uk/publication/leaflets/international-students)

## Banking terminology

'Cashpoint', 'ATM', 'hole in the wall' or 'cash machine' – These are all ways to describe the machine where you can get money out and check your balance even when the bank is closed. Some machines charge you to take money out so you should check this before you make a transaction.

- **Sort code**  
Sort codes are formatted 00-00-00; each one is assigned to a specific branch of the bank. You may require this if you are transferring money.
- **IBAN (International Bank Account number)**  
This is a national standard for bank account identification and is a series of alphanumeric characters that helps to identify accounts held anywhere in the world. You might need this number to receive or make payments overseas.
- **Direct debit**  
This is a method of allowing an amount of money to be taken from a bank account, set up by the recipient and can be varied in amount and the exact time that it is taken from an account.
- **Standing order**  
This is an instruction a bank holder gives to his or her bank to pay a set amount at regular intervals to another account. The amounts paid are fixed so a standing order is not usually suitable for paying variable bills such as credit cards or gas and electricity bills.





# Working in the UK.

Your ability to work in the UK during your studies depends on the type of visa that you have. This section will discuss the position of international students sponsored by BPP University (Student visa).

## Can I work in the UK?

- BPP University students on a Student visa are allowed to work up to the maximum number of hours a week noted on your vignette (visa sticker) in your passport and on your BRP
- A week is defined under the immigration rules as being seven days, from Monday to Sunday. The maximum working hours rule is inclusive. This means that you cannot work fewer hours one week and then make up your hours by exceeding your allowance the following week
- You can work full-time during your holidays and between the times when your course ends until just before the expiry date on your visa – Please note that all holiday dates and course end and start dates are set by BPP

## Is there any work that I am prohibited from?

Yes, under a Student visa you cannot undertake the following employment:

- Self-employment (including running your own business)
- Employment as a professional sports person or coach
- Employment as an entertainer
- Permanent full-time work
- Please note that work is not permitted on a short-term visa if you get one to enter the UK

## Do I need any documents to start work?

Your BRP is the official document confirming your right to work in the UK. If you wish to work full-time during your official holiday weeks, you will need to request a holiday letter to show to your employer. Please use the Student Query Form on The Hub or VLE to request this.

## National Insurance number

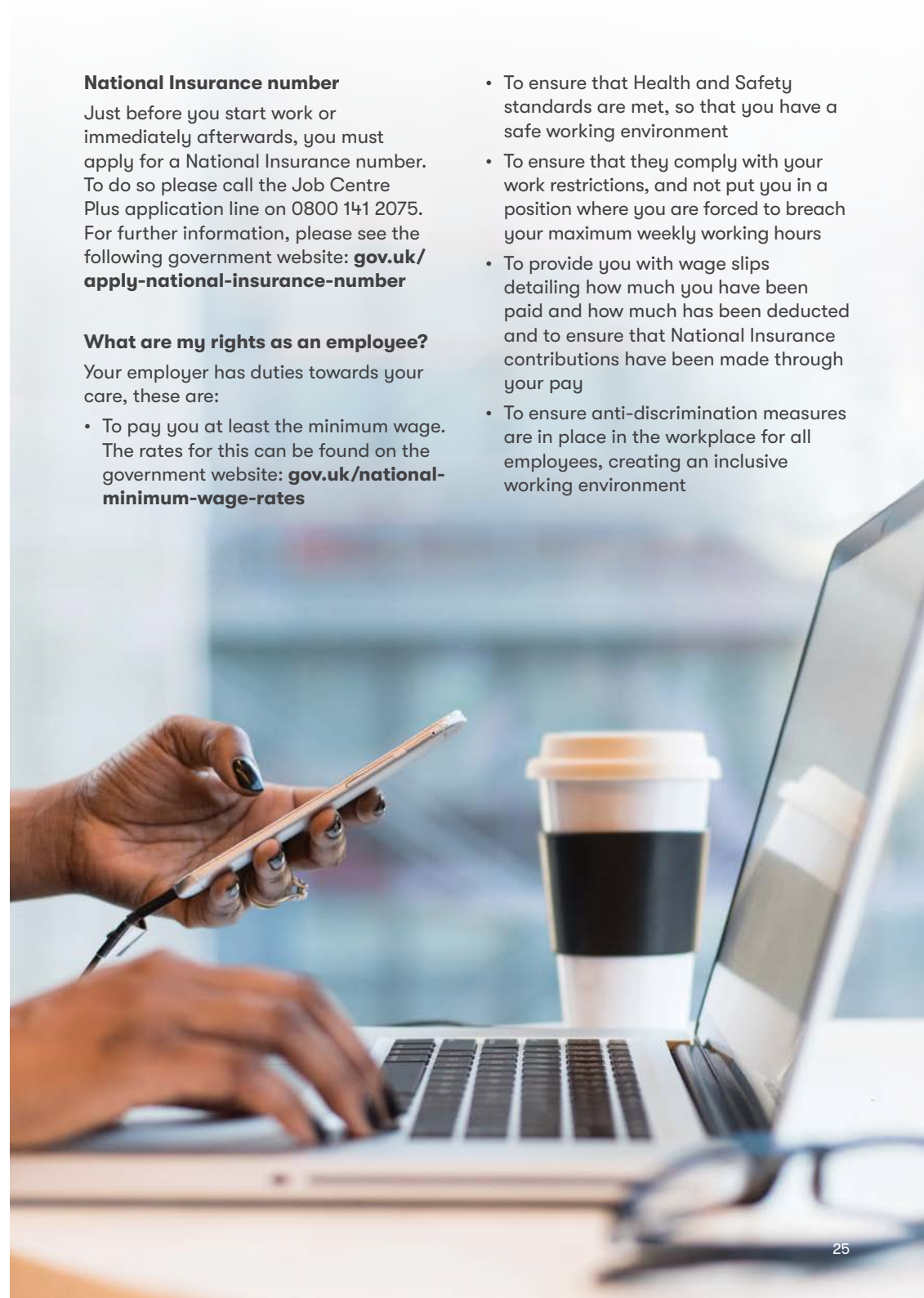
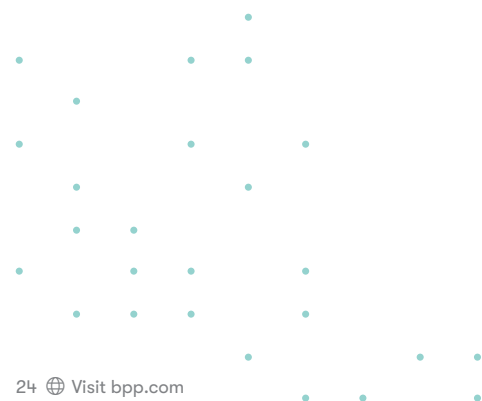
Just before you start work or immediately afterwards, you must apply for a National Insurance number. To do so please call the Job Centre Plus application line on 0800 141 2075. For further information, please see the following government website: [gov.uk/apply-national-insurance-number](https://gov.uk/apply-national-insurance-number)

## What are my rights as an employee?

Your employer has duties towards your care, these are:

- To pay you at least the minimum wage. The rates for this can be found on the government website: [gov.uk/national-minimum-wage-rates](https://gov.uk/national-minimum-wage-rates)

- To ensure that Health and Safety standards are met, so that you have a safe working environment
- To ensure that they comply with your work restrictions, and not put you in a position where you are forced to breach your maximum weekly working hours
- To provide you with wage slips detailing how much you have been paid and how much has been deducted and to ensure that National Insurance contributions have been made through your pay
- To ensure anti-discrimination measures are in place in the workplace for all employees, creating an inclusive working environment



# Things to know.

Living in the UK may be different than that you are used to, however we have a few bits of information to help you settle in.

**Make sure to join the Virtual Campus where you will be able to swap tips and tricks for living in the UK with fellow BPP international students!**

## British climate

Although the climate in the UK is moderate, it's often changeable and difficult to predict. It is advisable to bring clothing for a variety of conditions.

The coldest months tend to be November through to February and warm clothing is needed for these months of the year.

## Seasons

- Winter: December – February
- Spring: March – May
- Summer: June – August
- Autumn: September – November

## Culture

Culturally, the UK is welcoming of all people and London is especially diverse and inclusive. People are mostly friendly and willing to help if you ask.

A few British customs:

- In the UK everyone is considered equal in status with the same rights
- British people like to say 'please' and 'thank you' and appreciate it when others do too
- People in Britain 'queue' (or line up) when waiting for a service – it's considered rude to 'push in' ahead of people who were there before you. Standing patiently in the queue is a normal part of British culture
- It's considered bad manners and, in some areas, a punishable offence to spit or to throw rubbish (litter) in the streets
- It's expected that people will arrive on time for meetings, appointments and classes. If you're going to be late, it's polite to tell the person/people you are meeting beforehand if possible, and also to apologise for being late when you arrive

These little cultural differences will be a regular part of adapting to life in UK, and so it's important to learn them before you arrive. This knowledge will help you get better adjusted to British norms before you start enjoying the rest of your student life at BPP University.

## Food and drink

The diversity of cultures and cuisines provides something for everyone in the UK and there are many options to match your dietary needs.

## Traditional British food

There are many delicious British dishes that are enjoyed and eaten regularly all across the UK. Here are some examples:

- Sunday roast
- Full English breakfast
- Fish and chips
- Shepherd's pie
- Scotch eggs

## Shopping

The UK has thousands of shops that cater for all styles and tastes. A typical shopping area will have:

- 'High Street/Chain' shops
- Department stores
- Home and electronic stores
- Health and beauty stores

## Supermarkets

Supermarkets are located throughout the UK where you can buy groceries and other essentials.

The main affordable supermarkets are: Lidl, Aldi, Tesco, Asda, Sainsbury's and Morrisons.

Most of the supermarkets have the option of home delivery if you require it.



# Virtual Campus.

Check out our Virtual Campus on **community.bpp.com** where you can:



## Connect

Leverage your professional network and be introduced to people you should know



## Advance

Check out our online employability and professional development events



## Enjoy

Take part in a wide range of activities and discussions – plus enter competitions to win top prizes!

You can access the Virtual Campus from your desktop or your phone via the Graduway App\*:

1. Search “Graduway Community” in your app store
2. Open the app and search “BPP Community” in the institution name
3. Login or Sign up!

\*The Graduway App may not be available in all locations.



## How to join the Virtual Campus.

- 1 Go to [community.bpp.com](https://community.bpp.com)
- 2 Sign up using LinkedIn or a personal email address
- 3 Complete your full profile
- 4 Wait for the confirmation email to say you're a member
- 5 Use Virtual Campus to stay connected

# Staying in touch.

## Useful contacts

### BPP

+44 (0) 3300 603 100

### International Admissions:

internationaladmissions@bpp.com

### BPP University Learning Support:

learningsupport@bpp.com

### BPP University Equality and Diversity:

inclusion@bpp.com

### BPP University Safeguarding:

safeguarding@bpp.com

### BPP University Study Visas:

studyvisas@bpp.com

### BPP University IT Support:

+44 (0) 3300 603 850

bpptac@bpp.com

## Outside of BPP

### British Banking Association:

www.bba.org.uk

### Endsleigh Insurance:

www.endsleigh.co.uk

### The Forced Marriage Unit:

www.gov.uk/guidance/forced-marriage

### The Family Planning Association (Advice on reproductive and sexual health services):

www.fpa.org.uk

### Immobilise:

www.immobilise.com

### International Organisation for Migrants:

www.iom.int

### Job Centre Plus:

www.gov.uk/contact-jobcentre-plus

### Study UK British Council:

www.study-uk.britishcouncil.org

### Student visa information:

www.gov.uk/student-visa/apply

### Transport for London:

www.tfl.gov.uk

### TV Licensing:

www.tvlicensing.co.uk

### The Samaritans (a confidential charity who can help you talk through whatever may be troubling you):

www.samaritans.org

### UK Council for International Student Affairs:

www.ukcisa.org.uk

### Mental Health Foundation:

www.mentalhealth.org.uk

### National Rail (trains):

www.nationalrail.co.uk

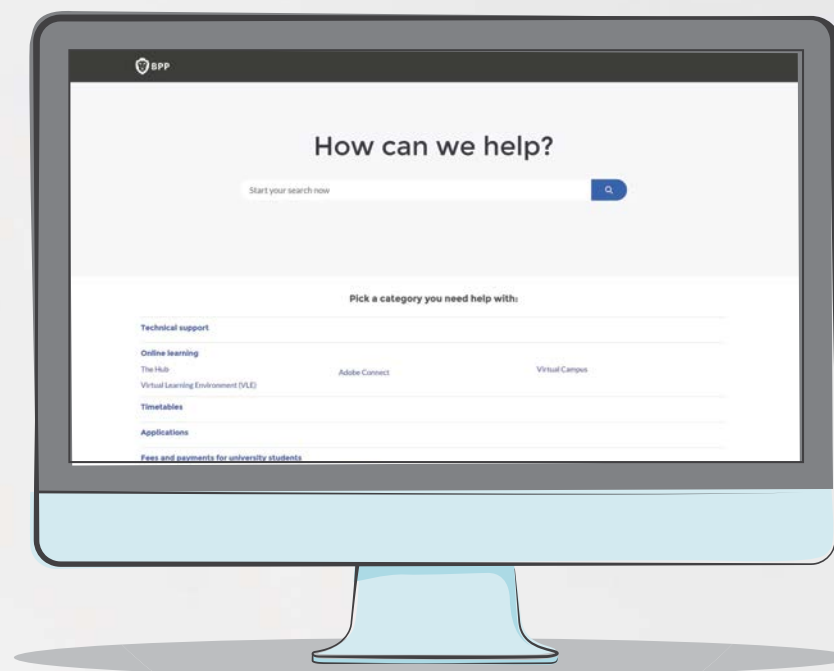
### NHS Choices:

www.nhs.uk

# Got a query?

## Browse our Help Centre

You can find information, guidance and support on our most frequently asked questions and explore the range of student support services available to you in our **Help Centre** here: **bpphelpcentre.force.com**



## Get in touch

If you still need any additional support, please contact us by raising a case using the 'Get in touch' form within the 'Help and Support' section in The Hub, or 'Student Queries' form within the 'Student Services' section in VLE. You will receive a response within 48 hours.





**BPP**  
UNIVERSITY

## Still have questions?

**If you have any further questions that haven't been covered in this guide, or would like to talk with an expert adviser, get in touch on the number below or follow the links in the Virtual Campus.**

📞 +44 (0)3300 603 100

🌐 [community.bpp.com](https://community.bpp.com)

Disclaimer: This information is accurate as at the date of publication, June 2022. However, some information in it may change without notice. This document is for guidance only and does not form part of any contract.

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