Welcome to Oxford Brookes University

Includes information on:
- Arrivals weekend and Induction programme
- Social events
- Opening a bank account
The International Student Advice Team warmly welcomes you to Oxford Brookes and we hope you have a fantastic time while you are here. This guide will give you lots of useful information about starting out at Brookes and in the UK. Throughout your time at Brookes, you are always welcome to come and see us in Student Central, JHBB or check our website for information at www.brookes.ac.uk/students/isat/

Social Media
You may wish to join some of the Brookes and Oxford groups on Facebook, Twitter and Instagram, for example:

@isat.brookes
@brookes_isatsocial

Brookes Sports
BBC Oxford
Oxford Brookes Exchanges
ARRIVING AT BROOKES

Where possible, please arrive on time to make the most of all our arrivals events at Brookes. These will help you make friends, introduce you to life in Oxford and studying at Brookes.

If you have any questions or need any help, please ask at:

**The International Student Meeting Point (ISMP)**, in the Enquiry Centre, John Henry Brookes Building (JHBB), Headington Campus. Our International Student Advisers and International Student Helpers are here to answer any questions you have. Come and see us to join one of our free tours, buy a ticket to our events (see page 10), to get a map of the city or just to relax with a cup of tea or coffee and biscuits.

Open:  
- Sat 14 Sept 10.00 – 17.00  
- Sun 15 Sept 10.00 – 16.00

**Reception for New Students**, The Student Welcome or Late Arrivals team will be able to answer any questions you have and tell you where to go if you have missed your induction.

Open:  
- Sat 14 Sept 09.00-21.00  
- Sun 15 Sept 09.00-18.00  
- Mon 16 to Fri 20 Sept 08.00-18.00  
- Sat 21 Sept 09.00-17.00  
- Sun 22 Sept 09.00-17.00  
- Mon 23 to Fri 27 Sept 09.00-17.00  
(Late Arrivals desk)

**Tier 4 students with a 30 day vignette (sticker) in their passport**

If you requested that your Biometric Residence Permit (BRP) was delivered to the University as part of your visa application then you will need to collect the BRP from us.

Collection during Arrivals and Induction Week

Location: Library Training Room, ground floor JHBB

Times:
- Sat 14 and Sun 15 Sept 12.00-17.00
- Mon 16 to Thurs 19 Sept 09.30-16.30

Outside of the above dates your BRP can be collected from:

Student Central in the JHBB during their normal opening hours:
- Mon to Thurs 08.30-18.00
- Fri 10.00-16.30

Brookes WiFi is available when you are on any of our campuses. Please ask for the password at your hall office or at any reception/help desk including the reception for new students (John Henry Brookes Building – Headington Campus). Once you are a student, you can use Eduroam.

The IT Service desk will have a helpdesk for any questions in the Forum, Ground Floor, JHBB.

Open:  
- Weekends 14-15 and 21-22 September 10.00-16.00  
- Monday 16 – Friday 20 September 08.30-20.00

Ask at the Reception for New Students, Reception, JHBB, Headington Campus, if you are not sure where to go.

You can find lots more information about new students, including enrolment information, at

[www.brookes.ac.uk/new-students](http://www.brookes.ac.uk/new-students)
TRAVEL AROUND OXFORD

Arrivals Weekend transport for events on Headington Campus
The BROOKESbus timetable varies between semester and vacation periods. Timetables are online at brookesbus.oxfordbus.co.uk/timetables, on the screens around campus or in the timetable booklet you can get from Reception for New Students, Reception, JHBB. Make sure you know when the last bus leaves.

Discounted travel in Oxford
All Oxford Brookes students can use their University photo ID for discounted travel on local Oxford Bus Company and Stagecoach bus services. Just show your valid University ID card to the bus driver for the discounted fares.

The BROOKESkey
In addition, you can also apply for a personal, electronic travel card known as the BROOKESkey. This offers discounted travel for Oxford Bus Company services as well as coaches to London, Heathrow and Gatwick airports.

Apply online before you arrive:
Visit the BROOKESkey webpages for further information and a link to the online application form. www.brookes.ac.uk/travel/brookeskey.

BROOKESkey collection:
All students can collect their BROOKESKey on Saturday 22 and Sunday 23 September in the Forum, John Henry Brookes Building on the Headington Campus between 10.00 – 16.00. After this time, collections will be during opening hours from the Transport Office in the Lloyd Building on Headington Campus.

Extra Inclusive Travel Pass:
In addition, some students are eligible to travel for free on the BROOKESbuses, depending on their course or accommodation status. Eligible students will have an inclusive travel pass added to their BROOKESkey. You can find out more details on our webpage at: www.brookes.ac.uk/travel/brookeskey.

Find out more
For further information please visit the Transport Desk, ground floor, Lloyd Building, Headington campus (see map on page 14-15). Monday to Thursday 09.00-16.30 and Friday 09.30-16.00 alternatively email: transport@brookes.ac.uk

Further details on these and other student travel offers, are available on the Brookes travel pages: www.brookes.ac.uk/travel
ARRIVALS WEEKEND ACTIVITIES
SEPTEMBER 2019

Saturday 14 September
Campus tours: 10.45, 12.00, 14.15
Shopping tours: 11.00, 12.30, 14.00
See more information below.
UK culture and lifestyle – what to expect: 15.00, Room JHB201
This workshop will help explore British culture and provide tips on how to adapt to living in the UK.
International English Club introductory session: 16.30, Garden Room, Buckley Building
See more details on page 18.
Arrivals Festival Welcome Party, 17.00 – 21.00, Headington and Harcourt Hill Campus
Brookes Union will be hosting the Arrivals Festival Welcome party, which will include free food and drink.

Sunday 16 September
Coffee, croissants, fun and games: 10.00 – 11.30, Snow Room, JHB408
Campus tours: 11.15, 13.30, 15.00
Shopping tours: 11.45, 13.15, 15.30

International Students’ Introductory Sessions
All students MUST attend these sessions. Come to the JHB Lecture Theatre, Headington Campus at:
14.00 Undergraduate students (EU and International) Including the following Pathways Students: University English and International Foundation
15.00 Postgraduate students (EU and International) Including the following Pathways Students: Pre-Masters Diploma and Two Years Masters
16.00 Exchange students and Study Abroad Students (EU and International)

International Students’ Pizza and Quiz: 17.30 – 19.30, The Terrace
Time to relax and make friends! Join the International Student Advisers and Student Helpers for free pizza and quiz (with prizes!) at the Terrace restaurant, 1st floor, JHBB. Make sure you are on time to get a slice of pizza.

Monday 16 September
Historic Walking Tour of Oxford 17.00 – 18.00
Discover the beautiful streets and buildings of the city with a professional tour guide. Meet at Martyr’s Memorial (Oxford City Centre, Magdalen St, OX1 3AE).

More information
All activities are free
Shopping tours: An International Student Helper will show you around the main shops in the city centre. All tours starting at the International Student Meeting Point (ISMP)
Campus tours: An International Student Helper will show you around the campus, give you useful information and take you to interesting spots. All tours starting at the International Student Meeting Point (ISMP)

For other events, go to www.brookes.ac.uk/new-students/induction-programmes/workshops-and-events
## Induction Week Workshops and Activities September 2019

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
<th>Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>International English Club</td>
<td>Monday 16</td>
<td>19.45</td>
<td>Garden Room (BCK.G.20)</td>
</tr>
<tr>
<td>Dyslexia/SpLD registration</td>
<td>Monday 16</td>
<td>09.30-16.30</td>
<td>Wellbeing, Ground Floor, Buckley Building (Headington Campus)</td>
</tr>
<tr>
<td>Mind &amp; Spirit: How can the Multifaith Chaplaincy support your spiritual life</td>
<td>Monday 16</td>
<td>11.00-12.00</td>
<td>JHB 207</td>
</tr>
<tr>
<td></td>
<td>Thursday 19</td>
<td>13.00-15.00</td>
<td>PG201 (WHT)</td>
</tr>
<tr>
<td>Life as an international student (ISAT)</td>
<td>Monday 16</td>
<td>12.00-13.00</td>
<td>Kennedy LT JHB (Headington Campus)</td>
</tr>
<tr>
<td></td>
<td>Monday 20</td>
<td>10.00-11.00</td>
<td>RLT1 (Wheatley Campus)</td>
</tr>
<tr>
<td>Money and employment for international students (ISAT)</td>
<td>Tuesday 17</td>
<td>13.00-14.00</td>
<td>JHB 207</td>
</tr>
<tr>
<td>Finding a part-time job while you study</td>
<td>Wednesday 18</td>
<td>13.00-14.00</td>
<td>JHB 308</td>
</tr>
<tr>
<td>Study skills for international students (Upgrade)</td>
<td>Friday 20</td>
<td>13.00-14.00</td>
<td>JHB 206</td>
</tr>
<tr>
<td>Working part-time during your studies</td>
<td>Saturday 21</td>
<td>11.00-12.00</td>
<td>JHB LT 108</td>
</tr>
</tbody>
</table>

### New Students’ Website

Further information about other events you may be interested in can be found at [www.brookes.ac.uk/new-students](http://www.brookes.ac.uk/new-students). This includes campus tours and other workshops for example, study skills and meditation.
CHECKING YOUR VISA AND REGISTERING WITH THE POLICE (TIER 4 VISA STUDENTS)

Important information for Tier 4 students

When you receive your visa, please check the following things:
- Your name, nationality and date of birth are correct.
- The end date of your visa is correct. If your course is over 12-months long, your visa should end 4 months after your course finishes. If your course is between 6 and 12 months, you should have 2 months after your course finishes.
- Whether you need to register with the police. This will either be on your visa or your visa letter.

www.brookes.ac.uk/students/isat/visas/important-information-for-tier-4-students

Registering with the police for the first time

Some nationalities who have a Tier 4 visa need to register with the police. This should be written on your vignette, BRP or the letter you received from the UKVI.

You need to register online within 7 days of picking up your BRP, then book an appointment to show your documents and collect your certificate. Information and the link to the online form are available at: www.brookes.ac.uk/students/isat/visas/police-registration

You must take the following documents to your appointment:
- Valid passport and visa
- £34.00 in cash
- Attendance letter (you can get this from Student Central)
- Proof of address (Tenancy Agreement or Oxford Brookes Licence to Occupy)

Updating your Police Registration Certificate

You must also update your Police Registration Certificate every time you change your address, get a new visa, passport or BRP card or change any anything listed on the back of your certificate. To do this, update your details online and book an appointment. You will need to take evidence of your change (eg your new visa or evidence of your new address) to the appointment. You will also need to take your passport, visa and police registration certificate.

Don’t forget to pick up your FREE passport and BRP wallet from us. We recommend that you keep your passport and BRP card together. If you lose your BRP card, it can take 8 weeks to replace and costs £56.

Keep copies of your documents

Keep copies of your passport, BRP and bank cards in case you lose them. Keep your BPR card with your passport, not in your wallet. If you lose it, it can take up to 8 weeks to replace.
STAYING SAFE

Personal Safety

Oxford is a very safe place to live and study but, like any other city, there are risks. Below are just a few pointers which, if followed, will go a long way to aid your safety:

- Trust your instincts, they will usually be right – if you feel nervous or frightened move away from the threat and seek safety with others or a safer location.
- Know where you are going; plan your journeys. How are you getting there? More importantly, how are you getting back? **Not all public transport in Oxford runs 24/7.**
- Don’t carry on you or display large amounts of cash. Keep valuables out of sight, eg phones, laptops, money.
- Do not go into parks after dark. Whenever possible, do not go out alone. Stay in well-lit areas.
- Do not accept lifts in vehicles from people you don’t know.
- Always keep a list of emergency contact numbers in your mobile phone.
- If threatened with violence for property do not fight for it – hand it over. Property can be replaced; you can’t.
- The Students’ Union will be launching a new Safe Taxi partnership with a local taxi firm from September 2019. More details will be updated on the Student Union website in due course.
- Use a personal safety app, such as [https://hollieguard.com](https://hollieguard.com)
- Students are being targeted by fraudsters. Students are contacted on their mobile phone by people claiming to represent their bank, the embassy, police or other reputable agency and are told they own funds immediately, often being offered preferential exchange rates on currency conversions.

SECURITY CONTACTS
Internal
24/7 Security services
01865 483060
security@brookes.ac.uk

EMERGENCY CONTACTS
Police, Fire, Ambulance – Emergency  999
Police – Non Emergency 101

For further information on Security Services at Brookes and advice and support services visit the web page [www.brookes.ac.uk/security](http://www.brookes.ac.uk/security)
SOCIAL EVENTS PROGRAMME

The International Student Advice Team (ISAT) organises social events and trips every semester. Here is the programme for Semester 1, September-December 2019.

Check our website, Facebook and Instagram for the latest updates!

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday 21 September</td>
<td>Day trip to Stratford and the Cotswolds</td>
<td>£22 from the International Student Meeting Point</td>
</tr>
<tr>
<td>Saturday 28 September</td>
<td>Day trip to the Isle of Wight</td>
<td>£40 from the online shop</td>
</tr>
<tr>
<td>Tuesday 1 October</td>
<td>Skills to help you thrive in the UK</td>
<td>JHBB. Book a free ticket on the online shop. (Room details will be sent closer to date)</td>
</tr>
<tr>
<td>Saturday 5 &amp; Sunday 6 October</td>
<td>Weekend trip to Cornwall</td>
<td>Price TBC. Tickets available at the International Student Meeting Point and on the online shop</td>
</tr>
<tr>
<td>Tuesday 8 October</td>
<td>Late arrivals welcome event</td>
<td>Music Room, Headington Hill Hall. Book a free ticket on the online shop.</td>
</tr>
<tr>
<td>Saturday 12 October</td>
<td>Day trip to Brighton</td>
<td>£30 from the online shop</td>
</tr>
<tr>
<td>Saturday 19 October</td>
<td>Day trip to Wales</td>
<td>£34 from the online shop</td>
</tr>
<tr>
<td>Saturday 26 October</td>
<td>Day trip to Bath</td>
<td>£30 from the online shop</td>
</tr>
<tr>
<td>Thursday 31 October</td>
<td>Halloween tour in Oxford city centre</td>
<td>Book a free ticket on the online shop</td>
</tr>
<tr>
<td>Saturday 9 November</td>
<td>Day trip to Cambridge</td>
<td>£30 from the online shop</td>
</tr>
<tr>
<td>Wednesday 13 November</td>
<td>British Cream Tea</td>
<td>Music Room, Headington Hill Hall. Book a free ticket on the online shop.</td>
</tr>
<tr>
<td>Saturday 16 November</td>
<td>Guided tour of Christ Church College, Oxford</td>
<td>Book a free ticket on the online shop</td>
</tr>
<tr>
<td>Tuesday 26 November</td>
<td>Focus group</td>
<td>More information available on the ISAT website</td>
</tr>
<tr>
<td>December (date TBC)</td>
<td>International Students’ Christmas Dinner with ISAT</td>
<td>Price and venue will be confirmed closer to the date</td>
</tr>
</tbody>
</table>

Online shop
shop.brookes.ac.uk/conferences-and-events/isat

More about ISAT events
For more information about the events, check the ISAT website
www.brookes.ac.uk/students/isat/social/events-and-trips
One World Week
24-28 February 2020

One World Week is a week of internationally-themed events run by Brookes Union and Oxford Brookes University. The programme offers a wide range of events, from the International Lunch to “Give it a Go” sessions, performances and more. All events are free and open to everyone. Join us to celebrate Brookes’ rich diversity!

More information will be available closer to the date on the Brookes Union and ISAT social media channels.

Global Buddies
Welcoming new international students to Oxford Brookes

The Global Buddies programme brings together our current UK and international students with newly arrived international students. Our current students can share their experience and provide tips about how to settle into life at Brookes and our new international students will share their unique experiences and culture.

There will be a number of free and subsidised organised events that you can go to with your Buddies as well arranging your own activities!

How to register?
■ Go to www.brookes.ac.uk/students/isat/social/global-buddies
■ Check whether the programme is right for you
■ Sign up online
✔ Gain a BrookesID “International Peer Supporter” achievement upon successful completion of the activity!
For more information: www.brookes.ac.uk/brookesid

ACTIVITIES

Take part in our photo competition for a chance to win amazing prizes!

■ 1st prize: £40 Amazon voucher + 1 free ticket for the ISAT day-trip of your choice in Semester 2
■ 2nd prize: £20 Amazon voucher
■ 3rd prize: Brookes goodies

Opening date: Thursday 17 October 2019
Closing date: Thursday 7 November 2019
Winners announced: Friday 15 November 2019

The theme is: First impressions of the UK and life at Brookes

You will need to submit one photo and a short paragraph (100 to 200 words) to show us how your experience here started. It might be, for example, what you found surprising, amazing, or different from home.

For more information and the full Terms & Conditions, go to our website www.brookes.ac.uk/students/isat/social/events-and-trips

@isat.brookes
@BrookesUnion
brookes_isatsocial
@brookesunion
OPENING A UK BANK ACCOUNT

Oxford Brookes has one bank on campus (Santander) and others within a 20-minute walk of the campus listed on the opposite page. These bank accounts generally take 2-3 weeks to open and you can only open them once you have completed face-to-face enrolment and you have an attendance certificate with your local address on. You can get this from Student Central. To open an account, visit the bank (see map on page 26-27) to make an appointment.

We are aware of an online banking company called Unizest, www.unizest.co.uk. They don’t have a branch you can go into but you can open an Aspire bank account before you leave home and deposit money ready for when you arrive. We haven’t got direct experience but they have a helpful customer services team at info@unizest.co.uk and other universities recommend them. You would need to check they are right for you.

Talk to the banks and choose the best one for you. If you received regular payments from abroad, it may be best to choose an account that doesn’t charge for international transfers. Make sure you are aware of any other bank charges.

UK banks do not usually allow overdraft loans to international students, and so some banks will send you text warnings if your money is running out.

Metro Bank, 4-5 Queen Street, Oxford, is open 7 days a week, week days from 08.00 – 20.00. You may be able to get your debit card instantly when opening your bank account.

Things to Remember

- Always tell your bank if you change your address. If you don’t, your bank statements may get lost or returned to the bank, and they may then close your account.
- Talk to the Students Union for advice on managing your money.

Find out more...

International students – Opening a UK bank account

The International Student Calculator
international.studentcalculator.org

If you have any difficulties in opening an account or getting statements for your visa, contact ISAT (see page 20).
## Banks in Headington

<table>
<thead>
<tr>
<th>Bank</th>
<th>Account</th>
<th>Documents Required to Open Account</th>
<th>For Visa Applications</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Santander</strong></td>
<td><strong>Essentials Current</strong></td>
<td>Valid passport, Valid visa, Brookes attendance certificate with local address</td>
<td>Bank can write letter, but needs 48 notice or stamp statements printed from your Online Banking</td>
</tr>
<tr>
<td>Oxford Brookes University, Colonnade Building, Headington Campus</td>
<td>Monthly fee £1, Visa debit card, Free receipt of online international transfers</td>
<td>Students on short courses can open accounts</td>
<td></td>
</tr>
<tr>
<td>Santander staff are able to discuss which is the best of these two bank account for you</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Basic Bank Account</strong></td>
<td>No monthly fee, Bank card for withdrawing cash, Top up debit card (to make transactions you need to pre load the card), Free receipt of online international transfers</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Natwest</strong></td>
<td><strong>Basic Bank Account</strong></td>
<td>Valid passport, Valid visa, Student card, Brookes attendance certificate with local address</td>
<td>Bank can write letter, but needs 48 notice or stamp statements printed from your Online Banking</td>
</tr>
<tr>
<td>91 London Road, Headington</td>
<td>Visa debit card, £10 per month fee, Fees for international transfers, Printed statements posted once a month, You will receive a National Express Youth Card with your bank accounts.</td>
<td>Students on short courses can open accounts</td>
<td></td>
</tr>
<tr>
<td><strong>HSBC</strong></td>
<td><strong>Basic Bank Account</strong></td>
<td>Valid passport, Valid visa, Student card, Brookes attendance certificate with local address</td>
<td>Bank can print statements in branch but must ask for paper with bank logo</td>
</tr>
<tr>
<td>108 London Road, Headington</td>
<td>Visa debit card, No monthly fee, Fees for international transfers, Printed statements posted monthly or printed online</td>
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<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tax Identification number may be required</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Course length must be 6 months or more</td>
<td></td>
</tr>
<tr>
<td><strong>Barclays</strong></td>
<td><strong>Student Additions Account</strong></td>
<td>Valid passport, Valid visa, Brookes attendance certificate with local address</td>
<td>Statements from self-service machine will be printed with digital stamp.</td>
</tr>
<tr>
<td>105 London Road, Headington</td>
<td>Barclays debit card, No monthly fee, Fees for most transfers from outside the EU</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
GIPSY LANE

AB. Abercrombie
Avo Café
Architecture
Built Environment

BCK. Buckley
Academic Office
Finance & Legal Services
Marketing & Communications
Multifaith Rooms
Research & Business Development
Strategic Change & Planning
Student Finance
Wellbeing

CLC. Clerici
Business School
Clerici Café
Sir Kenneth Wheare Hall
Vice-Chancellor’s Office

COL. Colonnade
Bank
Bookshop
Colonnade Store
Medical Centre
OxINMAHR
Studental

F. Fuller
Brookes Restaurant
Print, Post & Distribution

G. Gibbs
Humanities & Social Sciences

INT. International Centre
Oxford Brookes International

JHB. John Henry
Brookes Building
Main Reception
Brookes Union
Café Central
Careers Centre
Deli
IT Service Desk
Library
Student Central
Taylor’s Yard
The Terrace
Upgrade
24-hour computer rooms

JP. John Payne
Architecture workshops
Estates & Campus Services
Technology Laboratory

LLD. Lloyd
Accommodation Bureau
Admissions
Transport Services
UK Recruitment & Partnerships

SNC. Sinclair & Annex
Health & Life Sciences

TO. Tonge
Bioinnovation Hub
English & Modern Languages
History, Philosophy & Culture

HEADINGTON HILL

DS. Drama Studio

GH. Gatehouse

HHH.
Headdington Hill Hall
Confucius Institute
Law

RH. Richard Hamilton
Arts

RO. Red Oak

SC. Centre for Sport

W. Willow

MARSTON ROAD

MRA. Annex

MRG. Gym
Clinical skills and simulation labs

MRM. Main Building
Clinical skills and simulation labs
IT Service Desk
Jane Ashley Lecture Theatre
Nursing and Midwifery
Restaurant and Café

Area closed for campus redevelopment
**SHOPPING**

**Food**

Most people buy ingredients for cooking at home from a supermarket. You can either go in person, or buy online and have it delivered. Popular cheaper supermarkets include Aldi, Tesco, Asda, Lidl, Iceland. Others, such as Waitrose, the Co-op, M&S and Sainsbury’s, may be more convenient depending on where you live, as well as Ocado (online). You can sign up to a points card at most supermarkets, which will get you discounts on your shopping. In the Coop students get 10% discount with their NUS card. In the larger supermarkets, you will usually find a range of gluten-free and lactose-free products and a continental food section.

Headington is the closest shopping area to Headington University Campus and the map on pages 26 and 27 shows the shops available there. There are also many shops and restaurants on Cowley Road selling food from around the world, including halal products. For a list of smaller food shops in Oxford which are popular with Brookes students, visit [www.brookes.ac.uk/](http://www.brookes.ac.uk/)

**Typical foodstuff costs:**

<table>
<thead>
<tr>
<th>Foodstuff</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk (2 pints, semi-skimmed green top)</td>
<td>80p</td>
</tr>
<tr>
<td>Loaf of fresh white bread</td>
<td>95p</td>
</tr>
<tr>
<td>A dozen eggs</td>
<td>£1.80</td>
</tr>
<tr>
<td>Chicken breasts (1kg)</td>
<td>£5.50</td>
</tr>
<tr>
<td>Rice (1kg own brand)</td>
<td>£1.60</td>
</tr>
<tr>
<td>Potatoes (2.5kg)</td>
<td>£1 – £2</td>
</tr>
<tr>
<td>(x6 Golden Delicious)</td>
<td></td>
</tr>
<tr>
<td>Oranges (x5)</td>
<td>£1.25 – £1.50</td>
</tr>
<tr>
<td>Carrots (1kg)</td>
<td>65p</td>
</tr>
<tr>
<td>Tomatoes (1kg)</td>
<td>£2.00</td>
</tr>
</tbody>
</table>

students/isat/preparing-your-arrival/shopping-in-oxford. These shops may sell food from your home country or you may be able to buy things which are not available in the larger supermarkets. On the web page, you will also find food shopping tips from international students.

If you are new to cooking for yourself and want some fun tips and healthy alternatives, visit [www.studentcooking.tv](http://www.studentcooking.tv).
Household Goods

You may need to buy things for your room or house. If you are living in a hall of residence, your bedding and cooking utensils are not included but bedding and kitchen packs can be pre-ordered on the Accommodation Portal once you have confirmed your room. You can also buy these products locally when you arrive. In the Oxford City centre, shops such as Primark, Argos, M&S, Debenhams and Poundland stock household goods. You can order them before you arrive and go and collect them once you are here. In Cowley centre, shops such as Matalan, Wilko, B&M, Asda Living or TK Maxx will sell these things.

Mobile Phones

Most international students use a pay as you go or SIM only card. Mobile phone companies will give these free when you top up with credit for your phone eg O2, 3, EE or Vodafone. Giff gaff, ID mobile, VOXI and other online only companies can be good value www.giffgaff.com, www.idmobile.co.uk or www.voxi.co.uk. You can check prices at www.moneysupermarket.com/mobile-phones. Or compare different providers at the Carphone Warehouse in Oxford www.carphonewarehouse.com. Talk to our International Student Helpers about what they use and whether they’d recommend it. You can also pick up a free SIM card at the ISMP.

Charity Shops

There are some charity shops in Headington which sell second hand clothes, shoes, furniture and lots of things you might want for a new house. These have been donated by people who can no longer use them.

You can also find second hand things on www.gumtree.com/oxford www.dailyinfo.co.uk/free uk.freecycle.org
ADAPTING TO LIFE IN THE UK

Moving to a new country can be challenging and you are likely to experience highs and lows while you are here. Settling in can take some time and can be tiring as you will be learning new things all the time. Here are some things that can help you make the UK your second home.

Making friends
✓ Join our Global Buddies scheme. See page 11.
✓ Come to ISAT international social events. See page 10.
✓ Meet people with similar interests through Brookes Union clubs and societies www.brookesunion.org.uk/societies
✓ Join Oxford Brookes Erasmus Student Network (ESN). They run events throughout the semester and all students are welcome brookes.esnuk.org
✓ Join Oxford University’s Union (OUSU) and take part in their activities www.oxford-union.org/joining/oxford_brookes
✓ Meet people from the local community and practice English through games at the International English Club. It is run by the multi-faith Chaplaincy and local churches, and open to all. www.internationalenglishclub.org.uk
✓ See whether you want to go to any of the Chaplaincy events. The International English Club (IEC) is a great place to meet new people from all over the world, practise your English, and learn about British culture and customs. The club is part of the Multifaith Chaplaincy. It is run every week by a friendly group of local Christian volunteers, and is for people from all faiths and those who do not follow a particular religion. www.brookes.ac.uk/students/wellbeing/chaplaincy/whats-on/international-english-club
✓ Use www.meetup.com to find groups and activities in Oxford which you can join. This can be a great way to meet British people.

Finding things to do in Oxford
Oxford is a historic city with fantastic museums and architecture. It has theatres, cinemas, clubs and live music venues as well as lovely parks to explore and relax in. There are lots of places to eat and drink, with food from around the world. We publish some of these on our website at: www.brookes.ac.uk/students/isat/social.
Find out more at:
www.dailyinfo.co.uk
www.oxfordcityguide.com
www.livinginoxford.com
Experience UK family life
You can spend a weekend in a host family home. This gives you the chance to experience British home life, share your own culture and practice your English. You will just need to pay transport costs to and from the host and take spending money. See ISAT social webpages at www.brookes.ac.uk/students/isat/social/host-visits.

Being polite in the UK
➤ Most people shake hands when they are first introduced but as you get to know them better, they may greet you with a kiss on the cheek or a hug.
➤ Being late is seen as bad manners in the UK. Aim to arrive five minutes early for classes so there is time to sit down before they begin. If you are going to be late for an appointment, let the person you are meeting know. You can be a little late is if you are going to someone’s house for a party or dinner.
➤ You will often hear the words ‘excuse me’, ‘please’, ‘thank you’ and ‘sorry’ and it’s good to use them yourself.
➤ People like a lot of space around them so don’t stand too close to them.
➤ Try not to ask personal questions, for example, about age, their salary, religious beliefs or politics until you know them very well.
➤ We queue (stand in line) for everything here; for buses, to pay in shops, for toilets and sometimes even to enter class. People will be annoyed at you if you do not wait in the queue. If someone is there before you, let them go first. If you forget to queue, just apologise.
➤ The British sense of humour can be ironic and confusing. Don’t worry. As you get to know the people better, you will start understanding the jokes. If you are not sure, just ask.
➤ Some people, clubs and societies meet in pubs (public houses). All pubs serve non-alcoholic drinks so you don’t need to drink alcohol. It is legal to drink alcohol if you are 18 years old. Alternatively, people meet in the many cafés in Oxford.
➤ We only usually tip when you receive table service for example in cafes, pubs, or restaurants. Tipping is normally around 10%.
SUPPORT WHILE YOU ARE HERE

There are lots of staff on campus who are here to help so make the most of them. Ideally, it’s best to seek out help before an issue has become too large so it can be resolved more easily.

International Student Advice Team (ISAT)

See back cover for contact details

ISAT offers information and advice on issues such as immigration, employment, financial difficulties and general academic matters. We’re a good place to start if you’re not sure who to ask. During Arrivals Weekend and the Induction and Enrolment week, ISAT will be at the ISMP in the Enquiry Centre (see page 4). After that, we’re in Student Central, JHBB and we run a drop-in from Monday to Friday from 10.00-12.00 and 13.00-15.00.

Exchanges & Study Abroad Team

All exchanges and study abroad students should meet the team for support while you are here.

Research Degrees Team

The Research Degrees Team works closely with the faculty Research Offices to provide a comprehensive professional support service for all research students; from first enrolment to conferment of your degree. You can find us in Student Central and we are available during normal office hours. When the shutter is down at the counter, please call us on x4244 from the phone mounted on the side of the vending machine. If you have any queries or need advice about your programme please contact them: email rd-enquiries@brookes.ac.uk or t: +44 (0)1865 484244

Student Support Co-ordinators (SSCs)

Each faculty has a network of Student Support Co-ordinators (SSCs) at Brookes to support you during your time here so help is never far away. They can help with any problem or issue you may face during your time at University. They want to make sure you get the most out of your experience here at Oxford Brookes and that nothing gets in the way. www.brookes.ac.uk/students/support-services/ssc
Upgrade
Students on courses from foundation to PhD level are welcome to see an Upgrade tutor for advice on study skills, maths or statistics. Upgrade is a friendly, confidential service where you can get advice on a wide range of issues including understanding the task, planning, researching and structuring essays and assignments. Upgrade also has many online resources. Find out more at: www.brookes.ac.uk/students/upgrade

Academic English
If English is not your first language Brookes offers a range of Academic English modules and courses. Undergraduate and postgraduate students can take credit-bearing modules or short courses at any stage of their degree and one-to-one or online writing consultations are always available. Find out more at: www.brookes.ac.uk/students/upgrade/academic-english or visit us in INT.2.04, Monday-Thursday, 12-1pm.

Religion, belief and spirituality
The Multifaith Chaplaincy offers support, friendship, hospitality and information to people of all faiths and none. We keep details of churches, mosques, temples and other faith communities in Oxford. Regular Christian services are held in the Multifaith Chaplaincy Rooms in the Buckley Building and in the Catholic Chaplaincy (London Road), and in the chapel on Harcourt Hill Campus. Friday Prayer is said in Headington every Friday.

To meet the Chaplains on another campus, please send us an email. The Chaplains run discussion groups, worship, meditation, and more, and all activities are open to everyone.

There are dedicated prayer and quiet rooms on each campus. The University has a team of Christian, Jewish, and Muslim Chaplains and benefits from good relationships with other local faith communities.

www.brookes.ac.uk/students/wellbeing/chaplaincy

Someone to talk to privately
The Counselling Service offers you the opportunity to discuss anything important to you or troubling you in confidence.

This could be fear of failure, bereavement, homesickness, relationship problems or depression. www.brookes.ac.uk/students/wellbeing/counselling

Support for students who have a disability or a specific learning difficulty
If you have a specific learning difficulty, such as dyslexia, dyspraxia, dyscalculia or AD(H)D, information about reasonable adjustments and support is available on the Dyslexia/SpLD website: www.brookes.ac.uk/students/wellbeing/dyslexia-spld. If you would like an advice appointment to arrange your support, please email dyslexiaspld@brookes.ac.uk or call 01865 484653.

Financial difficulties
Although students are expected to have enough money to pay their fees and support themselves, we know they can sometimes have unexpected problems with money for a variety of reasons. It is very important to talk to someone as soon as possible, and to let the Student Finance Team know if this is going to affect your fee payments. Students may be able to apply for Financial Aid.

www.brookes.ac.uk/studying-at-brookes/finance/financial-aid
Careers
If you are looking for work while you are here, our careers department can advise you what UK employers are looking for and how to write your CV. ISAT advise how much you are able to work depending on your visa.

www.brookes.ac.uk/students/careers

Brookes’ Union Advice
The Union Advice Service can give advice on a range of issues including financial difficulty and financial aid, housing issues, University processes such as mitigating circumstances, appeals and complaints and general matters such as, healthcare, consumer, employment and tax and civil legal matters. We can also signpost to Wellbeing, Counselling and Disability services. www.brookesunion.org.uk/advice

Medical
Most students have access to the National Health Service including seeing General Practitioner doctors (GP) for non emergency appointments or the hospital for emergencies. To access this, you will need to register with a doctors’ surgery. Brookes has a Medical centre on campus and you can register online before you arrive at www.brookes.ac.uk/new-students/before-you-arrive/brookes-medical-centre

If you are being treated for a long-term medical condition, register as soon as possible and make an appointment to see your new doctor. Take your home doctor’s name and address, copies of your previous medical records and a list of any of your medicines when you go to the appointment.

Dental
Dental work is subsidised by the NHS but there is a charge each time you use the service. Studental is our dental clinic in the Colonnade Building on Headington Campus. To book an appointment visit the website www.studental.co.uk or t: 01865 689997. Email reception@studental.co.uk

Your name while you are in the UK
- Always write your name in the same way (spelling and order) – as it is printed in your passport.
- When you collect your student card, check that your name is in full in the way you want it to appear on your certificate/ diploma, and make it clear which name you want us to use as your surname (family name).
- If your country does not use first name and surname, decide in advance which part of your name you will use as your surname and always use it in the same way.
STUDYING AT UNIVERSITY

In the UK, students often work independently which may be different to what you might have been used to in your own country. Your Oxford Brookes tutors will expect you to develop a critical approach to your studies, analysing what you read, and offering your own arguments based a wide range of evidence.

Plagiarism, which means presenting someone else’s work as your own, is strictly forbidden and can lead to failing your course. When using information from books, and other sources, write it in your own words or put it in quotation marks and reference the original book or article. Ask your tutor or Academic Adviser if you do not know how to reference your work. To do well, you will need to compare different books and articles that you have read, commenting on whether their arguments make sense and making judgements about the quality of their evidence. Successful students do not claim to know all the answers, but they do ask the right questions.

Most courses include lectures, seminars, tutorials, practical work, independent study and assessments.

A lecture is a large class, sometimes with over 100 students that lasts around one hour. The lecturer will give a general overview of a topic and you will need to take notes. If there is something you don’t understand, make a note and ask your tutor about it later.

A seminar is a class of up to 15 students. The tutor will give you the topic in advance and you may need to read about it or prepare a short presentation to discuss in the seminar. The aim of the seminar is to analyse the topic through debate. Your tutors will encourage you, so don’t be afraid to speak out and challenge others and offer your own ideas.

Your tutor or Academic Adviser will have a regular office hour where you can go to ask them questions one-to-one. This is an opportunity to discuss how your work is going and any problems you are having with the topic or with studying in general. Independent study will help you learn skills such as research, critical analysis and problem solving, which will help you develop your own ideas and confidence.
# Checklist of Things to Do and People to Meet

## People to find at Oxford Brookes

<table>
<thead>
<tr>
<th>Who are they?</th>
<th>What can they help with?</th>
<th>Where are they?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Student Welcome Team/Late Arrivals desk</strong></td>
<td>■ Answering any questions. Make sure you find them if you missed your induction with the rest of your course</td>
<td>16-27 September, Reception for New Students, Reception JHBB</td>
</tr>
</tbody>
</table>
| **Student Central Team** | ■ Collecting your BRP card | From 14-19 September 2019: Library Training Room, the Forum, Ground Floor, JHBB  
From 20 September 2019: Student Central, the Forum, Ground Floor, JHBB |
| | ■ Enrolling if you haven’t done this by 20 September  
■ Getting an Attendance Certificate (needed to open a bank account) | Student Central, the Forum, Ground Floor, JHBB |
| **Student Support Coordinators** | ■ Choosing modules and making a full programme  
■ Adding and deleting modules  
■ Information on free language modules  
■ If you arrive late, they can let you know what you have missed | In your faculty.  
Check with the Student Welcome Team if you’re not sure |
| **Academic Advisers** | ■ Learning about your programme and what is expected of you | Your timetable will tell you where and when to meet them. If you have missed this, check with the Student Welcome Team |
| **Programme Administrators** | ■ Postgraduate students need to see these staff during subject specific induction sessions  
■ Answering any queries you may have about your course | In your faculty.  
Check with the Student Welcome Team if you’re not sure |
| **Exchanges Team** | ■ Certificates of Arrival for Erasmus students  
■ Questions about life as an Exchange student at Brookes. | International Office, Headington campus |
| **Research Degrees Team** | ■ All Research Degree programme enquiries and matters related to admissions  
■ Enrolment and other programme related queries and supporting documents | Student Central, the Forum, ground floor of JHBB |

## Things to do

- ✓ Collect your BRP
- ✓ Collect your student card
- ✓ Open a UK bank account
- ✓ Register with the Police, if this is a requirement of your visa
- ✓ Register with a UK doctor
- ✓ Check the ISAT Social Events and come to as many as you like
- ✓ Decide if you would like a NUS card for discounts and a Pass card for ID
All of our halls and campuses are connected by our BROOKES bus services. Times vary between weekdays, weekends, during semester periods and vacation periods.
HEADINGTON SHOPS

Accommodation
1 Dial House
2 Red Mullions
3 Sandfield House
4 Pickwick’s
5 Mount Pleasant

Banks
6 HSBC
7 Santander
   (also at Headington Campus)
8 Barclays
9 Natwest

Restaurants and takeaways
10 Mirabai
11 Britannia Inn
12 Royal Standard
13 Café Nero
14 Greggs
15 Queen’s Bakery
16 Craft Burger
17 Domino’s
18 Café Bonjour
19 Yummy
20 Asian Mama
21 Adria pizzeria & gelateria

Food shops
36 Iceland
37 Thong Heng Oriental Supermarket
38 CO-OP
39 Tesco Express
40 Sainsbury’s Local
41 Headington Food ‘n’ Wine
   (Kerela Foods)
42 Polish Shop
43 Waitrose
44 Headington Butchers

Household goods
45 Headington Fairtrade
46 Headington Homewares

Charity Shops
47 Sobell House
48 Oxfam
49 Cancer Research
50 British Heart Foundation
51 Marie Curie
52 Sue Ryder
53 Helen & Douglas House
54 Cancer Research
55 Helen & Douglas House
56 Children’s Air Ambulance

Other
57 Headington Shark
58 Mail Boxes
59 Boots (Chemist)
60 Post Office
61 Catholic Chaplaincy for
   Oxford Brookes University
62 Robert Stanley Opticians
63 Gardiner’s Opticians
64 Holland & Barret
65 Savers
66 Pen to Paper
67 Card Factory
For more information please go to www.headington.org.uk
To obtain a large-print copy of (or sections of) this publication, or to enquire about other formats, please call +44 (0) 1865 484848 or email query@brookes.ac.uk.

The information in this guide was correct at the time of going to print but check www.brookes.ac.uk/students/isat for any changes.

International Student Advice Team (ISAT)
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