



# Pre-departure Before you depart

This guide contains essential information to help you to prepare for your studies.

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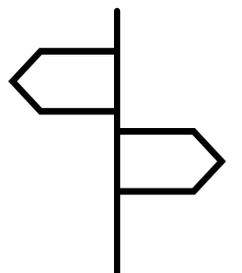
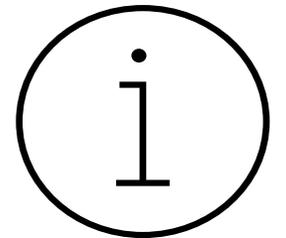
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This guide covers four crucial sections that cover the necessary steps and vital information you need to know.

Use this check list to ensure you complete each section.

<b>Pre-departure Sections</b>	✓
<b>1. Before you depart</b> – actions you must take before you travel to the UK	
<b>2. Travelling to the UK</b> – important information to check before you travel	
<b>3. Arriving at Teesside University</b> – actions you must take when you arrive on campus	
<b>4. Settling in</b> – important information and signposting to essential support services to assist you as you settle in	



# Before you depart

- Immigration Health Surcharge
- Where you will live
- Apply for accommodation
- Private accommodation
- Covid-19 in the UK
- Devices for study
- Things you must do checklist

# Congratulations

We look forward to welcoming you

[Download our comprehensive applicant journey guide](#)  
for actions you need to complete before you depart.

This guide outlines step-by-step instructions from  
application through to enrolment.



Applicant journey QR code



## Immigration Health Surcharge

Those on a Student Visa and their dependants over the age of 18 must pay a health surcharge fee per year for each person.

- › The exact amount that you pay depends on the amount of leave that you are granted. For example
  - £470 per year for those on a Student Visa
  - £940 for a 2-year visa
  - £1,410 for a 3-year visa

**This fee is subject to change.**

Please visit [UK Immigration Healthcare webpage](#) for information.



UK Immigration Health care webpage QR code



## Where you live during your studies

It is a requirement of your Student Visa and the University that you live close to and attend campus for your studies.

**A reasonable distance for travel is within 50 miles of the campus.**

There are many benefits of living on or close to campus such as

- More opportunities to make friends
- Social, educational, and recreational opportunities
- Enjoy a sense of community, feel supported and connected
- Save time and money
- Convenient living within close proximity to the campus facilities, like the library, especially around exam time.



# Apply for your accommodation

**Before you come to the UK, you must organise a place to live.**

**Due to health & safety regulations, you cannot stay on the University campus or use University buildings while you arrange your accommodation. We strongly advise you organise your accommodation before you travel.**

**To apply for University-managed accommodation, you must have progressed with your application and received your CAS.**



## Private accommodation

- If you have opted to stay in private rented accommodation, we recommend that you use the Teesside University Students' Union (TUSU) Landlord Accreditation Scheme.
- All landlords who advertise rental properties through TUSU must be independently accredited and are asked to adhere to minimum standards and regulations.

Email TUSU directly for accreditation scheme standards:

[tusuaccreditation@tees-su.org.uk](mailto:tusuaccreditation@tees-su.org.uk)



**Watch this short video for tips on finding the right accommodation**

# Private accommodation

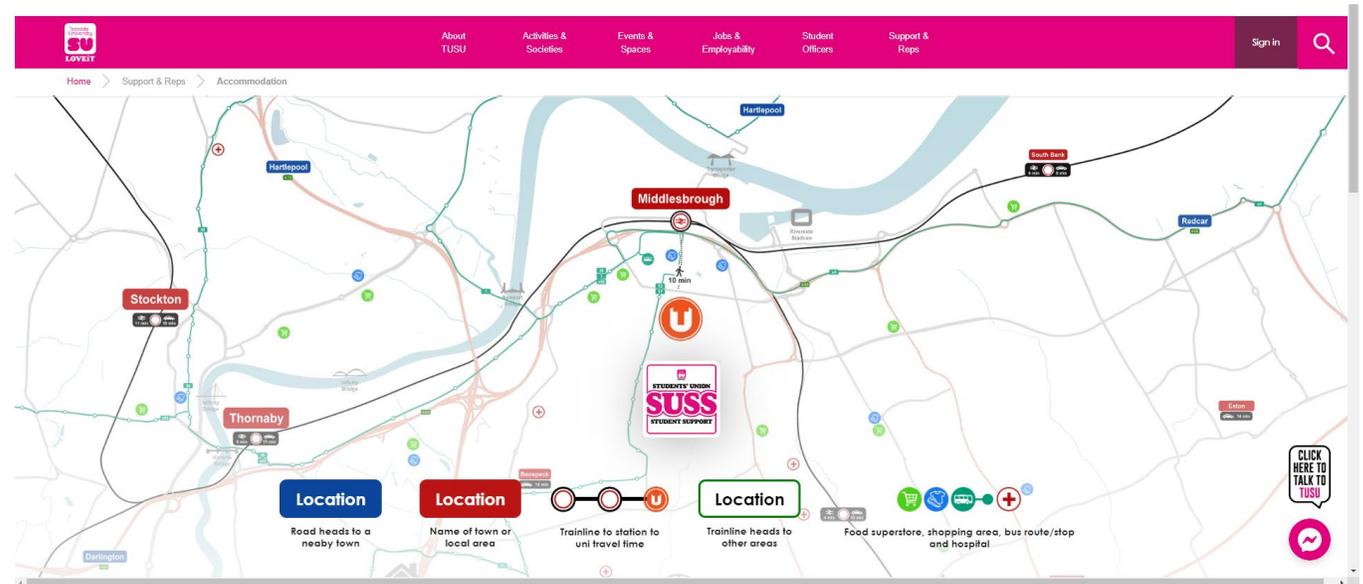
You may need to look outside of Middlesbrough to find accommodation.

Please visit the [TUSU accommodation webpage](#) for helpful tips to help find the right property.

The [TUSU accommodation map](#) is a helpful resource.



TUSU accommodation map QR code



## Book your travel

If successful in your visa application, you can then book your flights

- Update your travel plans via the [applicant portal](#), [e-vision.tees.ac.uk](http://e-vision.tees.ac.uk)
- Book our free [meet and greet service](#), to collect you from a local airport and take you to your accommodation on arrival.



Meet & Greet QR Code.



## Coronavirus guidance in the UK

The government announced the end of COVID-19 restrictions in England.

You can access latest information regarding campus operations on our dedicated [coronavirus webpage](#).

- **There may be restrictions on departure in place in your country so check with the authorities of your country as this could prevent you from travelling.**
- **If you plan to pass through another country, check the travel advice for the country you're transiting.**

Visit the UK Government's website for [Travel to England from another country – COVID-19 rules](#)



## Covid-19 Vaccination

We encourage you to get vaccinated if you have not already done so as it is the best way to protect yourself, your friends and family, and our University community.

If you are arriving with dependents, they may also be eligible for Covid-19 vaccine depending on their age.

Visit the [NHS website for information on Covid-19 vaccine.](#)



NHS Covid-19 vaccine QR Code



## Devices for study

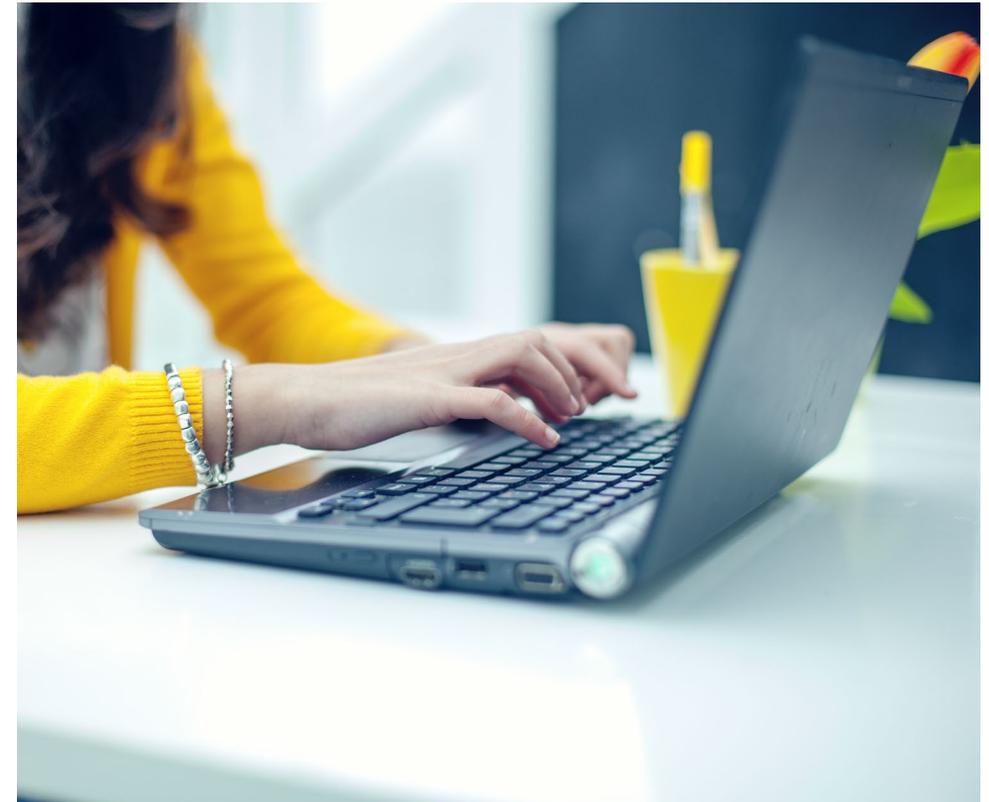
Teesside University is a Digitally Enabled campus. You should where possible, arrive in the UK with a suitable device to undertake your course, for example, a laptop or tablet.

If you have any queries over what you will require, please contact your School

Visit [University website for School contact information](#)



School information QR code



# Things to do before you depart checklist

Use this helpful checklist to make sure you have completed all essential actions

Action	✓	Action	✓
1. Pay your deposit		6. Check your Visa Vignette is within the 90-day period of travel plans	
2. Meet academic conditions Check your offer letter and applicant portal for details		7. Pay <a href="#">Immigration Health Surcharge</a>	
3. Receive CAS (Confirmation of Acceptance of Studies)		8. Apply for <a href="#">University-managed accommodation</a> or secure your private accommodation	
4. Apply for your Visa		9. Book your travel update your travel plans in the <a href="#">applicant portal</a>	
5. Credibility interview		10. Book your <a href="#">Meet &amp; Greet</a>	



Visit our website for [applying to arriving information](#)



# Pre-departure Travelling to the UK

This guide contains essential information to help you to prepare for your studies.



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A night-time photograph of a modern, multi-story university building with a curved facade and large glass windows. The building is illuminated from within, and the sky is dark blue. In the foreground, there are several dark, vertical, slatted structures that appear to be part of a sculpture or architectural element. The overall scene is a mix of architectural and natural elements.

# Travelling to the UK

- Covid-19 rules
- Book your travel
- Meet & Greet collection service
- Tips for passing UK immigration
- Weather in the UK
- What to pack

## COVID-19 travel rules

You do not need to take any COVID-19 tests or fill in a passenger locator form if you transit through the UK. This applies whether you are fully vaccinated or not.

**The country you're travelling to from or transitioning through to the UK might still have COVID-19 entry rules in place.**

**Check the rules for the country you're travelling to before you go.**

Check the [UK Government website](#) before travel.



## Book your travel

If you are successful in your visa application, you can then book your flights.

Before booking your travel, please visit the [UK Government Border Control webpage](https://www.gov.uk/uk-border-control) for the latest travel information for arriving in the UK. [gov.uk/uk-border-control](https://www.gov.uk/uk-border-control)

**Remember, you must keep the University informed of your location and travel plans at all times.** You do this by keeping your details up to date in the [applicant portal](#).

**We strongly advise that you have accommodation arranged before you travel.** The University does not offer casual accommodation; for Health & Safety reasons, you cannot stay on campus until you secure a room.



## Book your travel

- [Teesside International airport](#) is the closest airport to the University
- [Newcastle International Airport](#) is the next closest airport.
- We offer a Meet & Greet collection service from **Newcastle International Airport only**.

Heathrow airport is not the closest airport, it is over 250 miles away from the University.

You can access train links from Heathrow Airport to the University.

[LNER London North Eastern Railway](#).

You should plan your onward journey from your arrival point in the UK before you travel.  
See our [Meet & Greet service](#).



## Meet & Greet Collection Service

The University offers a collection service from **Newcastle Airport arrivals only.**

January Collections will be running from Wednesday 10 - Friday 12 January 2024 and Monday 15 - Sunday 21 January 2024

**All bookings must be made at least 5 working days in advance of your travel.**

Please visit the [Meet & Greet webpage](#) for full details and make your booking.



Meet & Greet QR Code





Border Force

# Student arrivals: 10 top tips



## Going through UK Immigration

Coming to the UK to study this year? Here are Border Force's top ten tips to make sure you have everything you need for a smooth arrival.

### 1 Complete your landing card

If you're from a country outside the EU or European Economic Area, please complete the landing card given to you during your flight before you arrive at border control.



### 2 Have your passport ready

Remove it from any cover, and remember to remove sunglasses and hats before reaching border control.



### 3 Keep information about the course you're studying in your hand luggage

This must be in paper copy (not an electronic copy on a tablet or phone). This includes your university confirmation of acceptance for studies (CAS) number.



### 4 Keep recent bank statements and details of where you are staying in your hand luggage

Border Force officers may ask to see this information.



### 5 Expect Border Force officers to ask simple questions

Expect Border Force officers to ask simple questions about your stay in the UK when you arrive at passport control.



### 10 Never give false or misleading information

Never give false or misleading information (including forged or counterfeit documents).



### 9 You must declare cash of 10,000 Euros or more

You must declare cash of 10,000 Euros or more (or the equivalent in another currency) if you are travelling from a country outside the EU.



### 8 Why not become a Registered Traveller?



If you plan on travelling in/out of the UK more than four times this year, why not become a Registered Traveller. Members do not fill in landing cards and are able to access ePassport gates. Find out more here: [www.gov.uk/registered-traveller](http://www.gov.uk/registered-traveller)

### 7 There are also restrictions on the amount of tobacco, alcohol and gifts you can bring to the UK

If you exceed your duty-free allowance and do not declare them, all of your items could be taken away from you.



### 6 Do not bring in any meat or dairy products from outside the European Union (EU)

There are restrictions on traditional medicines, food products such as fish, eggs and honey, and some fruit, vegetables and plants (including bulbs, seeds, cut flowers and tree bark).



## Weather in the UK

The UK has unpredictable weather with all four seasons.

- **Winter** - December to March temperatures vary from 0°C to 6°C. During the night and in the mornings, this can drop below 0°C.
- **Spring** - March to May temperatures vary from 6°C to 18°C.
- **Summer** - June to August temperatures vary 15°C to 30°C, occasionally 35°C.
- **Autumn** - September to November temperatures vary from 6°C to 19°C.



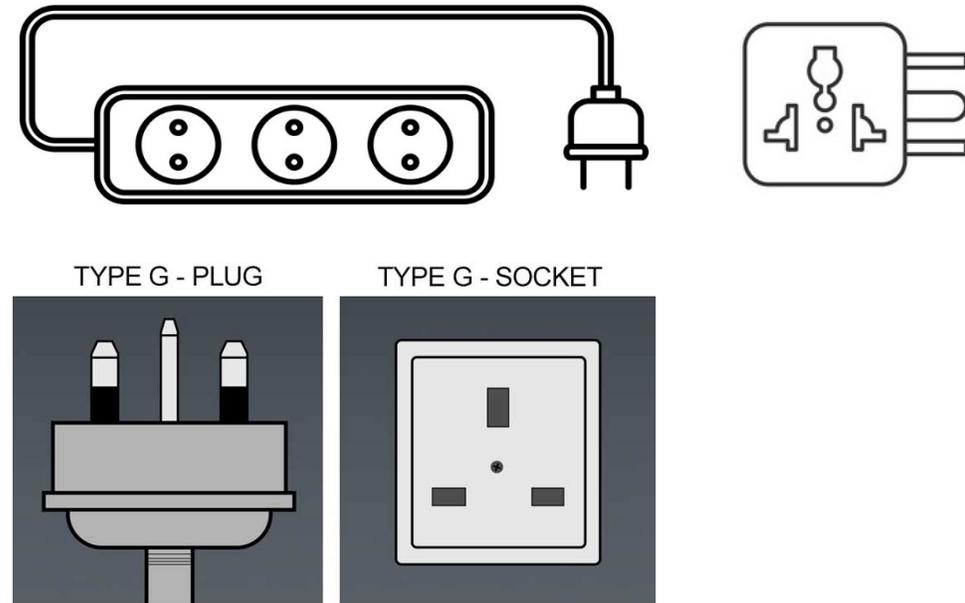
## What to pack - luggage

1. **Bedding (duvet, pillowcases, blankets)** If staying in University-managed accommodation you can also purchase a bedding pack from our [online shop](#).
2. **Objects to remind you of home**
3. **A variety of clothes** – You will want a variety of clothes for all different kinds of weather. We highly recommend that you bring,
  - a warm, waterproof coat
  - warm sweaters or jumpers
  - warm socks
  - sturdy, closed-toe shoes
  - an umbrella.



## What to pack - luggage

4. **Stationery** – at a minimum, we suggest you bring a notepad and a pen.
5. **Entertainment** – book, game or download a favourite film or tv show for example.
6. **Bring an extension lead and an electrical plug adaptor** – bringing them with you means you can charge multiple devices straight away.
7. **Devices**, such as **iPads or laptops**. You should, where possible, arrive in the UK with a suitable device to undertake your course; for example, a laptop or tablet.



You will need to pack a Type G plug adaptor to use electrical sockets in the UK. The Type G plug has three rectangular pins in a triangular pattern.

## What to pack – hand luggage

1. **Plane ticket** (and any tickets for your onward journeys such as bus, ferry or train)
  2. Completed **landing card** – this will be supplied during your flight
  3. **Passport**
  4. **Teesside University offer letter** (this needs to be printed)
  5. **Biometric Identity Document (BID)** – this will explain how to collect your BID once in the UK
1. **Accommodation conformation email** (this needs to be printed)
  2. The **address where you will stay after arrival**



## What to pack – hand luggage

7. Any **IELTS certificates (or equivalent)**
8. A **recent bank statement** which proves that you have enough money to cover your expenses in the UK
9. Original copies of any **degree certificates or qualifications**
10. A **face covering** – face masks are no longer required in England but you may feel more comfortable having one when traveling. Some travellers still prefer to use them.
11. **Antibacterial hand-gel**
12. Any **contact information** or access to contact information you may need when you arrive in the UK. It is a good idea to have a mobile phone and a means of accessing the internet.





# Pre-departure

## Arriving at Teesside University

This guide contains essential information to help you to prepare for your studies.

[tees.ac.uk](https://tees.ac.uk)

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# Arriving at Teesside University

- Online enrolment
- Collecting your BRP Card
- Collecting Your TUSC Card
- Coronavirus guidance at Teesside University



## Online enrolment is open

and should be completed as soon as possible, six weeks before your course start date, providing you have received a CAS (Confirmation of Acceptance of Studies).

You do not need to wait until you have received your visa to complete this part of enrolment. You should do it as soon as possible.

This can be completed from anywhere in the world whether you are still in your home country or if you have arrived in the UK.



Download our [Online enrolment guide](#) for details.



## Collecting your BRP card

Your BRP will be held by the Post Office for 60 days.

You should collect your BRP as soon as possible after you arrive in the UK. If your BRP is not at the Post Office, please email: [International@tees.ac.uk](mailto:International@tees.ac.uk)

- You will need to collect your BRP card from the Crown Post Office that you named on your visa application.
- Please take your Passport and UKVI decision letter / email to the Post Office when you collect your BRP.



Find post Office Google Maps QR Code



The nearest Crown Post Office to the Teesside University campus is located in the Cleveland Centre in the basement of WH Smith newsagents.

## Collecting your TUSC card

After you have completed International Document Check, you will be issued with a Teesside University Smart Card (TUSC).

Your TUSC card is:

- > Your Library card
  - > Your University ID card
  - > Used to print out documents using the MyPrint system
  - > Used for access to campus buildings, facilities and car parks
  - > Upload money to use at TU catering outlets
- 
- A TUSC lasts for the duration of your course. Your TUSC should be kept with you at all times.
  - Do not loan/give your TUSC to anyone else – you are responsible for all items issued to your TUSC.



## Covid-19 Guidance

Please visit the [University's dedicated Coronavirus advice and guidance webpage](#) for information.

We continue to monitor Covid-19 across our University and staff and students are encouraged to report any Covid-19 cases so that we can support you both during your illness and in your recovery.

**Students** should report any Covid-19 cases, or direct any questions, to [studentwellbeing@tees.ac.uk](mailto:studentwellbeing@tees.ac.uk)



Coronavirus Advice and Guidance QR Code



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About us | The University | Visiting | Governance | Public information

# Coronavirus

Latest information | Keeping you safe | Testing

Latest information



# Pre-departure Settling in

This guide contains essential information to help you to prepare for your studies.

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# Settling in

- Getting around campus
- Staying safe
- Student support
- English language Café
- Teesside University Students' Union
- Essential items
- British culture and social norms
- Essentials you'll need when you arrive

# Finding your way around campus

Teesside University has a compact campus that is easily accessible and you can cross from one side of campus to the other in any direction in approximately ten minutes.

[Watch a campus tour video](#)

[Download campus map](#)



## Safety on campus

Our friendly Campus Security are available **24 hours a day, 7 days a week, 365 days a year.**

All Security Officers are first aid trained.

Campus Security are based in **the Library** and can be contacted by phone T: +44 (0)1642 342086 or using the **SafeZone app**

Download free [SafeZone](#) app to your mobile device before you arrive. Visit [SafeZone webpage for details](#)



SafeZone app webpage QR code



## Student support

A wide range of support is available via Student Life

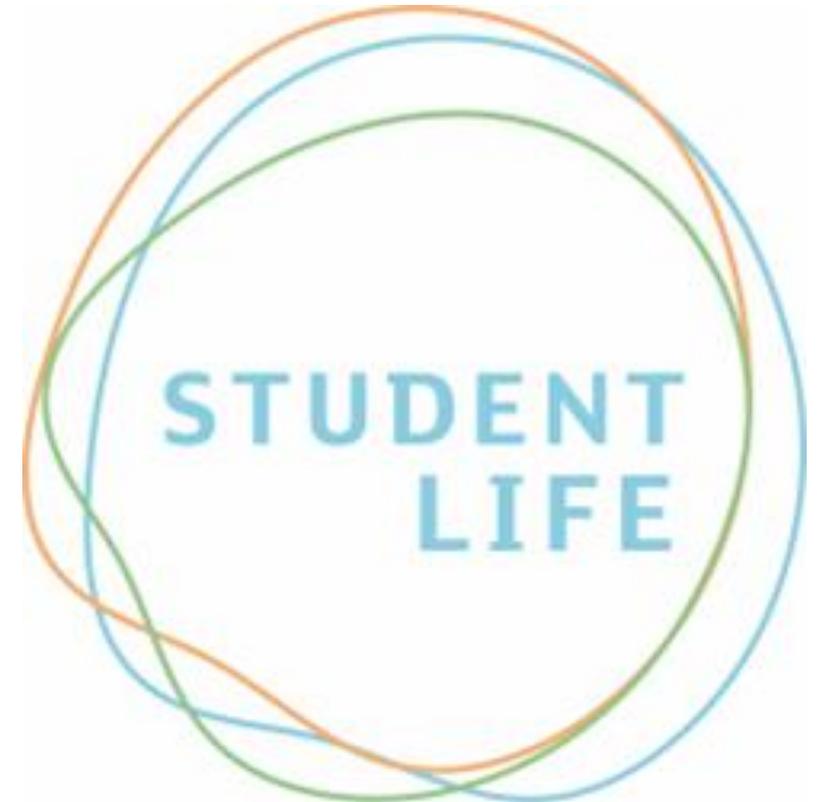
**Student Life is your hub for everything student-related.**

You can access support in the following ways:

- In person at the Student Life building
- Student Life email address [studentlife@tees.ac.uk](mailto:studentlife@tees.ac.uk)
- Online using the [student portal](#)



Student Portal QR code



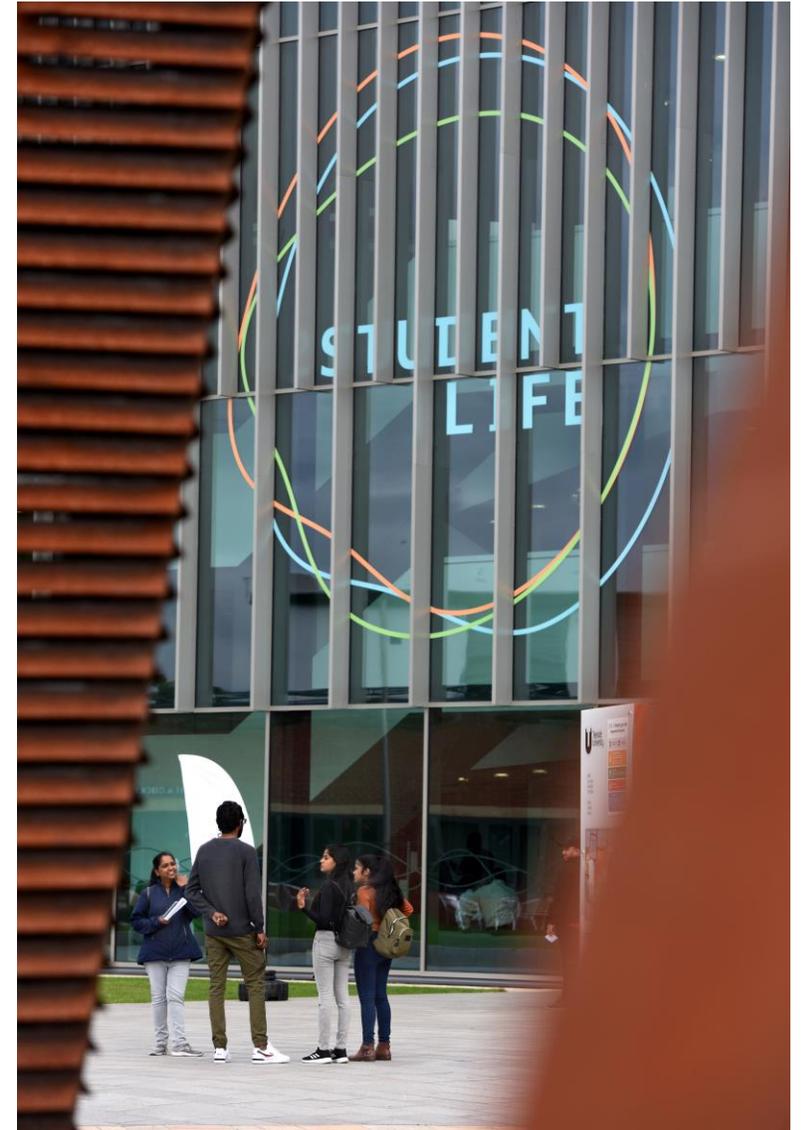
## Student support

Here are some examples of the support you can access through Student Life:

- > **Accommodation**
- > Careers and employment
- > **Counselling and Mental Health**
- > Disability
- > **Faith and reflection**
- > Health, wellbeing and lifestyle
- > **IT**
- > Money
- > **Learning support**
- > Library



[Watch a short video about the Student Life.](#)



## Teesside University Students' Union (TUSU)

- [TUSU](#) is central to University life. It is a place where you can meet new friends and get access to essential services and support.
- TUSU has over 100 active sports clubs and societies, a good place to make new friends and get more from your student experience.
- The Students' Union has a range of spaces for students to socialise, relax, learn and study in on the first and second floor of the building.

For information, [visit TUSU website](#)



TUSU QR Code



## English Language Café

English Language Café is a great opportunity for both home and international students to meet up, learn about different cultures and improve language and communication skills.



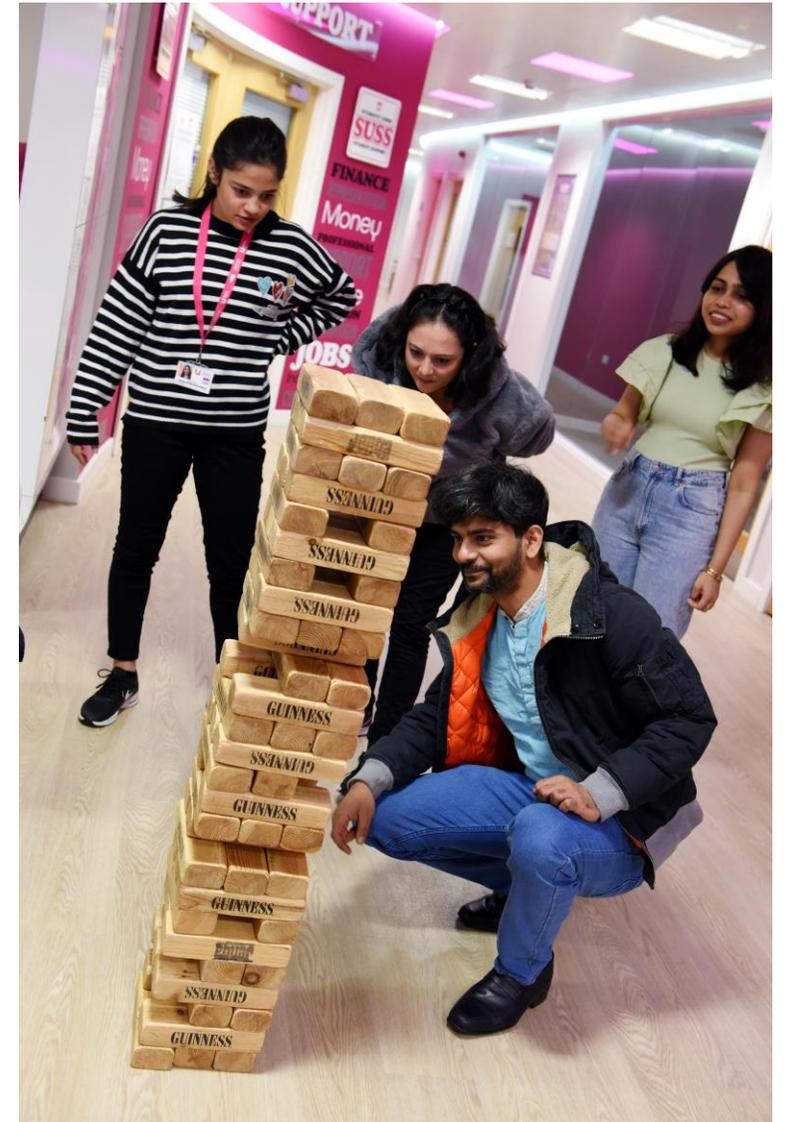
[Watch a short video about the café.](#)

The Café takes place twice weekly and all are welcome.

**Wednesday & Friday at 3.30pm - 5.30pm** in the **Lovelt Lounge**  
(1st floor of the Students' Union) and all students are welcome.

Contact Irfan Sadiq, English Language Café Co-Ordinator **Email:** [i.sadiq@tees.ac.uk](mailto:i.sadiq@tees.ac.uk)

Visit [in-sessional English webpage](#) for more information



## Essentials

Here are some of the essential items you will need when you arrive:

- **Homewares**, bedding, duvets, pillows, bed linen, bathroom accessories, towels etc.
- **Kitchenware**, pots, pans, tableware, crockery, cutlery, utensils, containers etc.
- **Toiletries**, deodorant, soap, toothbrush, toothpaste, sanitary products, shampoo and conditioner, etc.
- **Clothing**, a wide range including underwear, nightwear, outerwear (coats and jackets), shoes
- **Groceries**, grocery stores and supermarkets cater for a range of dietary requirements. Halal food is easy to find.



You can access a wide range of essentials at low costs from the local shops in Middlesbrough town centre

# British Culture and social norms

Social norms are expectations for how people should behave in a society. Here are some important ones to know in the UK.

## Punctuality

It's important to note that punctuality is highly valued in British culture. Arriving on time is considered a sign of respect and tardiness may be viewed as impolite. In some cases, being late could lead to being denied entry to a lecture or having an appointment rescheduled.

**You should make every effort to be on time when in the UK.**



## Punctuality

- Good attendance is crucial for complying with your Student Visa requirements.
- Repeated lateness or missing mandatory University lectures and events can jeopardise your ability to stay in the UK.



## British Culture and social norms

### Waiting in line or queues

- > In some countries jumping the queue may be acceptable, but in UK it is considered very impolite or rude. Standing patiently in the queue is a normal part of British culture.



### Politeness

- > “Please”, “thank you”, and “sorry” are normal parts of everyday conversations and interactions. Politeness is well received and using a simple please and thank you when interacting with people will be appreciated and usually reciprocated.



## Life and Rules in the UK

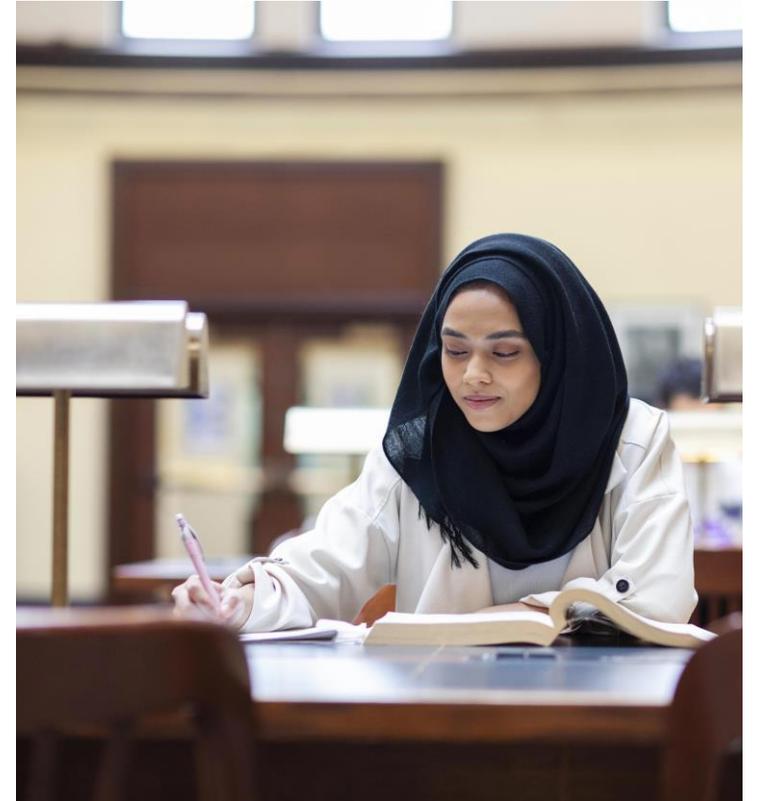
What may be normal to you in your home country, could be problematic in the UK. It is important to familiarise yourself with essential rules and laws, especially if you,

- intend to **drive** a car
- **work part time**
- you have brought **children dependents** with you.

[UK Council for International Student Affairs](#) provide lots of helpful advice and guidance on a range of aspects of UK life.

The North East Migration partnership have created a [helpful leaflet on laws and life in the UK](#)

Visit the [Student Portal](#) for information on [Working in the UK During Studies as a Student Visa holder](#)



## Always remember, we are here to support you every step of the way

We want you to have a positive and happy student experience.

Visit the [Information Hub](#) for essential information and what to do in your first weeks as a new student at Teesside University



Information Hub QR code



# Thank you

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