

INTERNATIONAL WELCOME GUIDE

Everything you need to know
as a new international student
at the University of Cumbria.



University of
CUMBRIA



A BIG HELLO

A GUIDE TO STUDENT REGISTRATION



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A WARM WELCOME TO THE UNIVERSITY OF CUMBRIA

Welcome to the University of Cumbria (UoC) in the North West of England. You've chosen to study at a place where amazing things happen.

One thing that makes the University of Cumbria unique in the UK is our locations. Our campuses are based in Carlisle, Lancaster and Ambleside, the latter within the English Lake District UNESCO World Heritage Site. This connects us – and you – to landscapes, culture and specialist industries no other university can offer.

This International Welcome Guide is designed to help you plan your journey to the UK and get ready for your Study UK experience. There are dedicated sections and check-lists to help you prepare and pack before you leave home as well as handy tips, advice, and information about what you need to do when you arrive.

We hope this guide helps you settle in quickly and answers most of the questions you are likely to have before you travel and once you arrive.

Having said that, we know there's no substitute for personal contact, so please do get in touch if you have any questions not answered by this guide. If you need more guidance, just go to www.cumbria.ac.uk/applicants/welcome and you'll find our welcome page with all the various pieces of information you might need.

Be inspired, be engaged, and above all, be ready to learn the skills and live the life experiences that will help you find your way beyond the classroom. We want to help you maximise your potential and become more than you ever thought you could be. Enjoy every minute! We look forward to welcoming you!

#WeAreCumbria

Your dedicated International Team at the University of Cumbria:
International Development Office email: international@cumbria.ac.uk
International Student Support email: intss@cumbria.ac.uk
Telephone: +44 (0)1228 279325

BEFORE YOU LEAVE HOME

Congratulations! You've received your offer, got your grades, and have decided that this is the right place for you. Here is a handy checklist of things to do before you leave your home country.

Confirm your place

- Ensure you have accepted your place.
- Send us all the documentation we will need for you to complete online registration (see p19).

Professional checks – health and teacher training students

- Complete your 'Disclosure & Barring Service' checks (DBS).
- Complete your medical clearances.

Additional information for Student Route Visa students

- Complete your CAS Shield profile.
- Pass your CAS Shield scheduled Credibility Interview (if applicable).
- Upload your TB certificate to CAS Shield (if applicable).
- Prepare evidence of maintenance funds.
- Promptly submit your student route visa application via the GOV.uk webpage once you receive your CAS
- Ensure you follow the steps within your online visa application form to pay the correct Immigration Health Surcharge amount
- Ensure you book your accommodation before you arrive. Visit our website for more information about our accommodation options. You will need to know your term-time address for visa purposes and arrival into the UK. Remember: you must live less than one hour's travel by public transport from the campus you are studying at.

Money and Finance

- If you are an International student, pay your tuition fees deposit before the deadline given.
- If you require a student visa, check that the full amount of your first year's tuition fees (minus your deposit) and living costs are held in your bank account for a minimum of 28 days before you apply for your CAS. The balance of your account must not go below this amount before your visa appointment.
- Carry proof of payment of tuition fees and accommodation with you. If you are eligible for and/or have applied for a student loan, carry the paperwork with you.

- If you are in receipt of government sponsorship or scholarship (e.g. British Council GREAT scholarship OR Chevening), please carry the official sponsorship or scholarship award letter/s with you.

University Accommodation

- If you have not already organised accommodation, you need to do this as soon as possible if you wish to live on campus as places are limited. You can contact the Accommodation Team by visiting www.cumbria.ac.uk/student-life/accommodation
- Visit our website for more information about accommodation options.
- Check our website for information about the halls on each of our campuses, including details about fees.
- As part of your accommodation offer, payment for accommodation must be made in full and receipt provided prior to acceptance of offer.
- A bedding and kitchen pack will be provided within your room on arrival to help you settle into your accommodation. These will be charged back to students following registration.
- Wi-Fi is available in all our university accommodation.

Private Sector Accommodation

- Private sector accommodation can be sourced via our Student Pad Database, which lists all accredited landlords to ensure that properties are compliant with Health and Safety.
- We also operate a partnership with Lancaster University Homes: www.lancasteruniversityhomes.co.uk
- If you are staying in private accommodation, it is important to make sure that you are within a one-hour travel distance to your campus, so you can easily attend your classes as part of your visa requirement.

Planning to stay with your family

Make sure you check government guidance for up to date information about families and partners accompanying international students (www.gov.uk/student-visa/family-members). Please be aware that our on-campus residences do not accommodate couples or families. For those of you seeking this type of accommodation, we recommend visiting sites like Rightmove (www.rightmove.co.uk) and Zoopla (www.zoopla.co.uk) or using the key words below in your search engines:

"Private Accommodation available around Ambleside"

"Private Accommodation available around Carlisle"

"Private Accommodation available around Lancaster"

We strongly discourage students from arriving with their dependents until after family accommodation has been found, in advance of starting studies.

Local schools

If you are bringing children aged between 5 and 16, they can attend government primary and secondary schools in the UK, as long as they are here as your dependants. You will not have to pay for this. However, schools may sometimes refuse places to children if they consider their stay in the UK will be too short, or if the schools have no free places.

For details about local schools for your children, there is further information here:

- Westmorland and Furness Council (Ambleside)
www.westmorlandandfurness.gov.uk/schools-and-education
- Lancashire County Council (Lancaster)
www.lancashire.gov.uk/children-education-families/schools
- Cumberland Council (Carlisle)
www.cumberland.gov.uk/schools-and-education

Childcare

If you have a young child aged 2-4, you can find a nursery local to you using:

www.daynurseries.co.uk

Our Lancaster campus also has a pre-school centre on site for children aged between 0-5. If you are interested in accessing this, you can find more information and contact details here: my.cumbria.ac.uk/Student-Life/Support/Childcare

The university has a Student Pregnancy and Family Leave Policy, which can be found here: my.cumbria.ac.uk/Student-Life/Student-Policies-and-Procedures/. It states that “students must ensure that they have suitable childcare arrangements in place at times when they are expected to be at university,” so it is important that you look at childcare options if you are bringing children with you to the UK.

Booking your flight

- If you have applied to us through one of our approved Education Representatives, contact them for advice about good travel companies or deals.
- Keep us up to date about your travel plans by ensuring you update CAS Shield with your flight date.

Before you travel

- Check the rules for the country or territory you are coming from or have travelled through: www.gov.uk/foreign-travel-advice
- Access the UKCISA website to prepare for your arrival into the UK: <https://www.ukcisa.org.uk/Information-Advice/Preparation-and-Arrival/Preparing-for-your-arrival-to-the-UK>

Pre-book your travel between the airport and the campus

- You will receive an email with information about the university’s transfer offer and advice on getting to your campus from the airport well before the International Induction and Registration event so you can make arrangements.
- Train travel information can be found at www.thetrainline.com. You can access this by web page or smart phone app.
- Keep your university address and postcode in an easy to access location.
- Pack all your original documents (certificates, transcripts etc.) in your hand luggage with your passport. You may need to show these at UK Immigration and Customs.
- Have English coins ready for use on your journey, e.g. in vending machines, for bus fares, or for bag trolleys at the airport. However, please note that many shops and restaurants, as well as the cafés and facilities on our campuses, are now cashless and may only take debit or credit card.
- Make sure you keep us up to date with your arrival details, ensuring you arrive in time for your International Welcome and Registration.
- Make note of airport arrival and onward travel details.
- If you are not going to use public transport, make sure you book your taxi well in advance.
- Keep a note of the taxi booking reference, payment and contact details with your passport and other important documents.
- Check you have the university’s contact details stored in your mobile phone, especially the International Office, International Student Support, International Admissions and the relevant contact details for your accommodation.
- If you arrive on campus at the weekend or after 5pm, then contact the Security Team on your campus for accommodation keys.

Get connected!

- Connect with the university, your course, and the university Facebook pages and X feeds.
- Check out what your Students’ Union can offer you: www.ucsu.me
- Check out the university’s Chaplaincy service:
www.cumbria.ac.uk/student-life/student-support/chaplaincy

If you have any questions or concerns before your arrival, you can contact us via the Student Enquiry Point (www.step.cumbria.ac.uk) or email intss@cumbria.ac.uk.



KEEPING YOU SAFE AND WELL

We are excited to welcome you to the university and look forward to helping you settle in. We will be as flexible as possible in terms of accommodating your arrival and registration to make your transition as smooth as we can.

If you have paid your Immigration Health Surcharge (IHS) and your immigration permission has not yet expired, you continue to be entitled to free National Health Service (NHS) treatment for new and existing illnesses and conditions. You must register with a General Practitioner (GP, sometimes referred to as 'the doctors') before you can book an appointment and access medical care. It is important to bring with you any medications that you need to take regularly, as waiting times can be high for appointments with a doctor, and you will need an appointment before you can begin to collect your prescription in the UK.

If you are eligible for any vaccinations or immunisations in your home country, you should try to have these before you arrive in the UK. To find out more information, please visit: www.nhs.uk/vaccinations You can find further details and information about healthcare in the UK on the UKCISA website here www.ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Health-and-healthcare

The university offers a range of mental health and well-being support throughout your time as a student, but there may be times when you need to access further specialist support from a doctor or nurse. If you have paid your International Health Insurance (IHS) and are eligible for NHS treatment, you will not need to pay for a doctor's appointment, care at the Accident and Emergency room, contraception, and many other services. There will still be a small charge every time you collect medication on prescription from a pharmacy, and the NHS has more information about this on their website.

Please note that until you have registered with a GP surgery, you will not be able to access these services. You can find a GP surgery local to you using the NHS's 'Find a GP' website. There are some healthcare services that do not fall under the support of the NHS, which include dentistry work and eye tests. You will still need to register for these before you can book an appointment.

If you are, or will be, living in our student halls of residence and you are starting to feel unwell, please contact your local Accommodation Office or Security (evenings and weekends). Access the Student Enquiry Point to inform them that you are unwell and use this to guide you onto the next steps. If you are sick and likely to miss class, it is important that you follow the sickness reporting procedure for your programme. This will be explained by your tutors. Please note that to comply with your student visa requirements, you must regularly and consistently attend classes and engage in your course. **Failure to do so may result in de-registration from programme and subsequent withdrawal of our sponsorship. UKVI would be informed and your student route visa would be curtailed, requiring you to leave the UK.**

TRAVELLING TO THE UK

Customs and Immigration

On arrival, you will need to clear Customs and Immigration before going to your chosen transport method, whether train or pre-booked taxi. Customs and Immigration may take some time, so make sure that all your documents are ready and accessible and that you don't book a train or taxi too soon after your arrival in case of delays.



TRAVELLING TO CAMPUS

We know it can be challenging arriving in a new country, but we aim to make the transition as easy and welcoming as possible, right from when you land.

You will receive an email from the university ahead of your Induction and Registration Event with further details and advice on our transfer offer from the airport to your campus, and further information on how to get to us.

From the airport

All of our campuses are well connected by rail and road to and from the major UK airports, including the northern-based international airports at Manchester, Newcastle, Edinburgh, and Glasgow, and at London (Gatwick and Heathrow). If possible, we recommend that you fly into Manchester International Airport, as this is the largest and best-connected airport to all University of Cumbria campuses.

As an international student, you will start your course in either August, September, January, or March.

Ahead of your course start date, you will be contacted with details of your International Welcome and Registration. It is important that you keep us informed of your arrival details and ensure you have your student accommodation arranged before you arrive. Please see the previous accommodation section for further details.

Travel to Lancaster

Lancaster is on the main West Coast rail line, so when you purchase your tickets, you can ask for a ticket to 'Lancaster.' You can book tickets via the Trainline website or smartphone app. You may need to change trains during your journey. You can ask the ticket officer at the station, or another member of the railway staff, to help you find the correct trains. There are regular, direct trains from Manchester Airport to Lancaster railway station.

Travel to Ambleside

You may need to change trains during your journey, but you can ask a member of the railway staff to help you choose the correct train. The nearest main-line station to our Ambleside campus is Oxenholme Lake District Railway Station. From there, you can take a train to Windermere Railway Station. From Windermere, take a taxi from the taxi stand to campus (a 10-to-15-minute journey). You can also take a bus from Windermere Railway Station to Ambleside.

Travel to Carlisle

Carlisle is on the main West Coast rail line, so when you purchase your tickets, you can ask for a ticket to 'Carlisle.' You may need to change trains during your journey, but you can ask the ticket officer at the station, or another member of the railway staff, to help you find the correct trains. From Carlisle Railway Station, take a taxi to either the Brampton Road campus or the Fusehill Street campus. These journeys take between 5 and 10 minutes.

Useful tips about rail travel

Please note that it is not as easy to travel in the evenings and weekends, as there are more frequent train services on weekdays. Rail ticket prices can vary, and off-peak tickets are cheaper as these are available at quieter times. Please check on the National Rail website to find out if off-peak fares are available.

Rail tickets are usually cheaper if bought in advance, and tickets are usually on sale up to 12 weeks before travel. You should make sure you are not travelling when there are train strikes, as trains will either not be running or will be less frequent and more likely to be delayed. The National Rail website has information about upcoming strike days.

If you do wish to buy your tickets in advance, please leave enough time between your expected flight arrival time and the train departure time. Allow for delays, time at the airport to go through border control and collect baggage, and time to get to the train station. If you have an advance ticket and miss your train, you might have to buy a new ticket at full price.

Advance tickets usually need to be picked up at the train departure station using the reference number and the card you used to purchase them. You can get an e-ticket, but you will need to make sure you can easily access this on your phone as the ticket inspector will ask to see it, and there will be a fee if you cannot show it when asked.

Before buying tickets, please check that your card will allow you to do this. Alternatively, you can sometimes choose to have a ticket emailed to you which you will have to print out yourself before you leave home.





HOME SWEET HOME

EVERYTHING YOU NEED TO KNOW ABOUT ACCOMMODATION

Things you can't bring on the plane

Kitchen (or any) knives, kitchen utensils (including peeler, tin opener, bottle opener), scissors, meat produce, plants, matches, cigarette lighter, animals (dead or alive).

Things you can't have in university accommodation (halls):

Rice cookers, grills, deep fat fryers, chip pans, sandwich toasters, halogen lamps, candles, fairy lights, incense burners, sunbeds, heaters, dartboards, inflatable pools, barbeques, any form of weapon, ornamental swords, ammunition, illegal substances, pets, or vehicle parts.

The following items are provided in university accommodation:

Kettle, toaster, microwave, chopping board, ironing board, mop/bucket, dustpan and brush, Hoover, and bedroom bin.

You can find advice about using travel adaptors for electrical equipment on the Electrical Safety First website: www.electricalsafetyfirst.org.uk. The UK uses three-pin plugs, which may differ from plugs used in many other countries.





LET'S GET REGISTERED

A GUIDE TO STUDENT REGISTRATION

You've accepted your offer, you've got your visa, and you've made your travel arrangements; now, you need to register to receive formal confirmation that you are a student at the University of Cumbria.

All students must complete their online pre-registration and attend the face-to-face International Registration in advance of the course start date. You will need to provide evidence of your right to study in the UK; full instructions on how to do this will be sent directly to you.

Online pre-registration

We will contact you by email with a link to the online pre-registration page, usually three weeks prior to your course start date.

What should you bring with you to International Registration?

To register, you will need to provide proof of your identity and your right to study in the UK. This must include the following:

- A valid passport – including your visa and vignette if you are a Student Route visa holder (non EU/EEA).
- Your qualifications – the original (and/or translated or notarised copies of) award certificates and transcripts as used for your application and outlined in your CAS letter.
- Your TB certificate (if applicable).
- Contact details – including the address you will be living at whilst studying in the UK.
- UK (mobile or other) phone number.
- Your boarding pass.

If you are unclear or have any questions, please email us at:
international.admissions@cumbria.ac.uk

STUDENT ROUTE VISAS

ADDITIONAL INFORMATION AND RESPONSIBILITIES

Students holding a Student Route visa issued by the University of Cumbria or an alternative visa type that has been approved by us for study, have certain conditions and responsibilities attached to their stay in the UK. It is very important that you understand and abide by your specific visa conditions.

As the sponsor of your Student Visa, the university also has certain duties and responsibilities, which are set by UK Visa and Immigration (UKVI). Some of the sponsor duties may affect your visa, so it is important that you know what these are.

Right to Study (RTS)

If travelling to the UK to study, you will need to complete online registration as well as in-person registration on campus. In order to complete your registration, you must take the following steps:

1. You must have met all of your offer conditions and paid your deposit in full in advance by the date provided.
2. Your right to study documents will be checked remotely. If we need further documentation from you, we will contact you using the email address you provided with your application.
3. Your right to study documents will be checked online during pre-registration. Please bring these documents with you to International Registration where they will be checked in person.
4. Log on to a computer to complete online registration.

Whether you are arriving for the Autumn, Winter or Spring term, your welcome, registration, and induction tends to commence a week before your classes start.

When your visa has been issued, we will be in contact with more information about our international induction and registration event, which will give you an opportunity to meet your peers, explore your campus, and register with us as an international student.

SPECIFIC INFORMATION FOR NON-EU STUDENTS

E-Visas

You may have a paper vignetter placed within your passport. This is your initial entry clearance into the UK and is valid for three months only. Within your UKVI Decision letter, there are instructions on how to create and access your online immigration status, also known as your e-Visa. You must provide us with your 9-digit share code so we can verify the expiry date of your status.

Police Registration

Please note that as of August 2022 the Police Registration Scheme has been abolished and therefore it is no longer a requirement to register with the police. If you have been issued with a visa with the requirement to register on it, you do not need to go to a police station to register.

Similarly, if you have already registered with the police previously, you do not need to do anything.

More information about this change is available on the gov.uk website:

www.gov.uk/register-with-the-police

SPECIFIC INFORMATION FOR EU/EEA VISA STUDENTS

You will be able to share information about your permission to stay in the UK (your immigration status). You can view and prove your immigration status online, via the 'view and prove your immigration status' service.

This online service provides a secure record and proof of your immigration status which is held digitally by the Home Office, and which is always available to you. This service is made available to you.

Employers, landlords or other organisations may need to check your immigration status to see if you are allowed to work, rent property, or access services. The online view and prove service can be used to share your immigration status information with third parties.

When accessing services provided by UK government departments and other public authorities, e.g. benefits and healthcare, the Home Office will increasingly make the relevant information available automatically through system-to-system checks, so that you won't need to prove these rights online. For more information go to www.gov.uk/guidance/living-in-the-uk-applying-from-overseas

A HELPING HAND

SUPPORT AND GUIDANCE FROM STUDENT SERVICES

Academic Engagement—Conditions of Study

Your Student Route visa is only valid for the specific institution and course it was issued for. The previous Attendance Monitoring system has now been replaced with Academic Engagement. At the beginning of each semester, a plan of expected contact points will be made by the personal tutor and the programme administrator. These points should reflect how and how often you are engaging with your programme of study.

The 'Academic Engagement Plan' will be used to support this process. If your study pattern is not regular or you are engaged in any non-taught studies, the plan can be used to identify these contact points and monitor your engagement.

Supplementary study - You are permitted to take supplementary study alongside your main course. This should be study that is alongside your main course, such as evening classes or a short course during vacation periods.

Working During Your Studies

It is important that you check your specific working conditions before you start any work in the UK. This is because there are restrictions on the hours and type of work you can do. The number of hours you can work will depend on your level of study and whether you are working during term time or vacation. There are also some courses with placements, which discourage working while studying as this could impact your studies. However, international students are normally allowed to work up to 20 hours per week and full-time during the holidays.

Disability/Specific Learning Difficulty (SpLD)

my.cumbria.ac.uk/Student-Life/Support/Disability

If you have a specific learning need the Disability/Specific Learning Difficulty (SpLD) team provides the following advice and support to:

- Develop your action plan to ensure academic staff are aware of your individual needs.
- Give you specialist support, such as study skills and mentoring.
- Provide you with screening for possible specific learning disabilities (SpLD).

Make sure you declare your disability when you register in the student portal. You'll then receive a questionnaire which will help you detail exactly what you need in terms of support. The questionnaire can also be found on the Disability/SpLD pages of the 'Student Hub', which you can access once you have enrolled.

The Mental Health and Wellbeing Team

my.cumbria.ac.uk/Student-Life/Health-and-Wellbeing

The Mental Health and Wellbeing team is made up of mental health professionals who can support you with a range of mental, emotional, and interpersonal issues.

They offer a variety of support services, including talking therapy, therapeutic groups, self-help tools, and workshops. These are delivered either face-to-face, online, or by telephone.

In the UK, and especially at the university, we promote an inclusive culture around mental health and encourage anybody to seek support for the issues they face, no matter how big or how small.

Chaplaincy

The Chaplaincy team works within the ethos of a Cathedrals Group University to support and encourage staff and students on their journeys through life. Chapels on our Fusehill Street and Lancaster campuses are places of welcome and sanctuary,

Chaplaincy

The Chaplaincy team works within the ethos of a Cathedrals Group University to support and encourage staff and students on their journeys through life. Chapels on our Fusehill Street and Lancaster campuses are places of welcome and sanctuary, offering quiet, comforting spaces to all regardless of belief. Regular times of prayer, exploration of faith, and meditation are offered as well as spaces for conversation and listening.

Hospitality is also offered around festivals and events, and these activities will change and develop each year. Christian festivals are celebrated by the Anglican chaplains during term-time and Advent and Lent are acknowledged as times of spiritual preparation and opportunities for personal growth. There are Quiet Rooms on all the campuses and students are encouraged to take time during their studies to reflect on what makes a good life and to pursue a spirituality that will help them flourish and build good relationships with themselves and others.

Chaplains are keen to meet and welcome international students, so do feel free to contact them via the Student Enquiry Point (StEP) (www.step.cumbria.ac.uk) or find details on the Chaplaincy website: www.cumbria.ac.uk/student-life/student-support/chaplaincy/

Money Advice

The Student Money Advice Service is here to help you plan your finances and manage your money while you're studying at university. We have a team of student money advisers working across our campuses who can provide individual advice and guidance, either one-to-one, via Teams, or at university events, and throughout your course. You can contact the team using the Student Enquiry Point: step.cumbria.ac.uk

Their specialist areas include:

- Advice on statutory funding.
- Budgeting and money saving.
- Bursaries, scholarships, and other financial support available.
- Withdrawals, intercalation (where you might need a bit of time out from your studies), or transferring courses.

Library and Academic Study Skills

Our campus libraries are friendly, welcoming, and safe spaces for you to use and enjoy. Our digital library enables you to do all your research in one place, using the discovery tool 'OneSearch' to find a vast collection of resources, eBooks, and journals. Digital module reading lists click straight through to 'OneSearch' so you can spend more time reading than searching. Library specialists have designed subject pages to help you navigate specific resources for your studies.

Our Library and Academic Advisors support your library and learning development as an independent learner through webinars, workshops, email, appointments, and online resources.

You can access all these resources using our skills@cumbria website:

my.cumbria.ac.uk/Student-Life/Learning/Skills-Cumbria

Head Start

Whatever your course and level of study, our suite of online self-study courses is designed to give you a head start on your learning journey. These short courses provide an introduction to skills like research, academic writing, referencing, and more. You can access our Head Start courses here: my.cumbria.ac.uk/Student-Life/New-Students/headstart/

Information Technology (IT)

Before you start, you will need to activate your IT account, this includes several steps including setting up Multi-Factor Authentication which we use to protect your accounts and your data.

We have several resources available to support you with your digital skills which you can use throughout your studies.

All details are available here: my.cumbria.ac.uk/Student-Life/Learning/Skills-Cumbria/Digital-Skills/

As part of our provision, you will have access to loan laptops and desktop computers in open access study areas. We also provide docking monitors for you to connect your own device to a larger screen.

More information regarding access to software and computers can be found here my.cumbria.ac.uk/Student-Life/it-media/Computers-and-Software/

MANAGE YOUR MONEY

MAKING THE MOST OF EVERY POUND

Soon you will be leaving home and travelling to England to start university. We know this can be stressful, so here are our top tips:

Please avoid bringing large amounts of cash into the country. Whilst our campuses and their locations are amongst some of the safest in the UK, it is not recommended to keep cash in your student accommodation or to carry it around with you. Remember, if you are a Student Route visa holder, you have specific financial requirements to meet, which are set out by UKVI and must be evidenced when you apply for your visa.

Paying your fees—who pays a deposit?

If you are a new international student applying for full-time study, you are required to pay a fee deposit before receiving your Confirmation of Acceptance of Study (CAS).

All payments made to and from the University of Cumbria in respect of student fees, fines and other charges must be made in GBP £ Sterling. Any currency conversion costs or other charges incurred in making payment or in processing a refund shall be borne by the payee.

To pay a deposit go to cumbria.transfermateeducation.com

The university does not accept cash payments or direct bank transfers. Payments received by direct bank transfer will be returned to the beneficiary bank account.

Graduating students wishing to progress to a further course of study at the University of Cumbria will also pay a deposit. More detailed information about current international tuition fees can be found here: www.cumbria.ac.uk/study/international-students/fees-and-finance

How to pay

Fees and charges

To pay from an international bank account, go to cumbria.transfermateeducation.com.

To pay an invoice with a UK validated debit/credit card, go to payments.cumbria.ac.uk/invoice

The university's Student Financial Regulations include information on tuition fee billing, making a payment, progressing and awards: www.cumbria.ac.uk/study/student-finance/studentfinancial-regulations/ Here you'll also find the university's policy on fees and charges.

Accommodation fees

If you are a new international student, you must book your university accommodation as soon as possible if you wish to live on campus. If you choose to live in one of our halls of residence, you must pay your full accommodation fees upfront.

Banking

How to Open a UK Bank Account

You will need to open a UK bank account; this web page provides you with basic information and resources to help you when choosing and opening a bank account as an international student in the UK. www.savethestudent.org/international-students/top-international-bank-accounts-uk.html

While you may be able to use your home debit card to pay for things in the UK, many international banks will charge a foreign transaction fee and/or conversion fee on every purchase, which can add up quite quickly. Having a UK bank account is not mandatory, but it can be incredibly useful. For example, if you want a UK phone, you will need a UK bank account to set up a direct debit to pay for a monthly contract. Furthermore, if you decide to undertake any part-time work while you are in the UK, most employers will only pay directly into a UK bank account. Finally, many companies offer cashless payments through contactless cards, which usually require a UK debit card.

There are a variety of banks for you to choose from, including Barclays, Santander, and NatWest. Some of these will offer incentives to students to join, but please note that these may only be available to domestic students. It is best to do plenty of research online to find out which bank will provide you with the best service. Please also note that some banks do not have physical locations near our campuses, which may impact which bank you decide to choose.

Setting up a bank account can be a lengthy process, so it is best to do this research before you arrive in the UK. To set up a UK bank account, you will usually need your passport, your visa, a bank letter from the university confirming your study details and evidence of your UK address (available on your bank letter from the university once you have confirmed your term-time address). You can request a bank letter from the Student Enquiry Point once you have arrived on campus and completed registration.

Insurance

You are strongly advised to take out a travel insurance policy which covers your journey to and from the UK, ideally one that covers delays, medical emergencies, and the cost of replacing your belongings in the event of loss or theft. If you have a contract with a private accommodation supplier, we also recommend that you take out a separate policy to insure your belongings while you are in the UK. If you have a contract for one of our university halls of residence, contents insurance is included in your rent. The University of Cumbria does not endorse any company in particular. There are many insurance companies in the UK, and you should obtain several quotes before you decide which policy to take. However, there are some companies that specialise in low-cost insurance for students, such as Endsleigh: www.endsleigh.co.uk

Be aware of fraud and scams

International students can be vulnerable to fraud and scams. It is important to be aware, keep yourself well-informed and keep your money safe. Do not fall victim to fraud by letting someone else use your bank account to send money into. This is known as a money mule. By using money mules, criminals try to ensure that the consequences hit the mule instead of them. For more information, tips, and advice visit: my.cumbria.ac.uk/Student-Life/Money--Finance/Money-Doctors/Frauds-and-Scams/

Make Your Money Last

Plan your spending

- Make sure you plan and budget. If you're not sure how to make a budget, see our Money Advice page on budgeting.
- Choose a bank account with the best rewards and student discounts. Please note that while many banks will not allow international students to have an overdraft, those which do will often charge extra fees for using it.



Save money

- Always ask if a student discount is available. You may wish to purchase a TOTUM card from the Students' Union to access additional discounts and prove your current student status.
- Join study discount websites like Student Beans or UNiDays to access exclusive student discounts online and in-store.
- Share textbooks and subscriptions with your friends and house mates.
- Go food shopping when you're not hungry and consider making a weekly meal plan to cut down on unnecessary spending.
- Buy train tickets up to twelve weeks early and use a rail card to save up to 1/3 off your travel.

Housing and bills

- Make sure you put aside enough money for your rent.
- Take meter readings and photos of your room before you move in.
- Read contracts carefully and make sure your deposit is protected.
- Use Splitwise.com to split bills between house mates.
- International Students are not required to pay Council Tax—check you are not charged.

Budget activities

- Go on a bike ride or a hike.
- Look out for cinema offers.
- Eat at a Bring Your Own Booze (BYOB) restaurant.
- Visit a museum or gallery.
- Go to a car boot sale or charity shop.

Best apps

- OLIO (free food).
- Chip (savings).
- Starling Bank (budgeting).
- CheckoutSmart (cash back).
- Shopium (cash back).
- Too Good To Go (discount food).

Money-making ideas

- Join online survey panels.
- Start a blog.
- Freelance on Upwork or Fiverr.
- Become a dog walker or pet sitter. *
- Talk to our Careers team for part-time job ideas.

*Please note that no pets are allowed in our Halls of Residence.



Money Advice

Our Student Money Advice Service is here to help you plan your finances and manage your money whilst you're studying at university. We have a team of student money advisers working across our campuses who can provide individual advice and guidance, either one-to-one, via video call, or at university events throughout your course. You can contact the team using the Student Enquiry Point.

Our specialist areas include:

- Advice on statutory funding.
- Budgeting and money saving.
- Bursaries, scholarships, and other financial support.
- Student Support funds for those experiencing hardship.
- Withdrawals, intercalation (where you might need a bit of time out from your studies) or transferring courses.

For more information and resources visit: my.cumbria.ac.uk/Student-Life/Money--Finance/

THE NEED TO KNOWS

CONNECTING TO YOUR CAMPUS

IT facilities

As a student at the University of Cumbria, you'll use our online learning environment, called Blackboard, as well as having access to Microsoft Teams. By letting you collaborate with other students and lecturers, both services allow you to work from anywhere and at any time, on your computer or smart phone.

The 'Student Hub' portal lets you access your emails, timetable, our IT Service Desk, and the library system, OneSearch. Here, you'll also find other student information and guidance, including how to loan laptops and equipment. We also provide plenty of other IT facilities, from dedicated computer rooms and labs to assistive technology, multi-media support, and printing and photocopying services.

Wi-Fi is available across all our campuses and all our halls of residence are also fully connected.

Printing services

We offer you a full range of printing, copying, and finishing work services. For more information, printing advice, quotes, or a sample of our work, please contact a member of our team by emailing print.unit@cumbria.ac.uk.

All our campuses have Document Hubs for printing, scanning, and photocopying. The devices provide high-quality, high-volume, rapid printing, photocopying, and scanning facilities.

You will automatically receive a £1 credit on your Cumbria Student Card, for your printing account. After you have used this credit, you will need to use the Print Top-up button on the Student Hub to add to your printing account using a debit or credit card.

Paying for things on campus

Your Cumbria Student Card is multifunctional and uses smart technology to access your student account. It works as your ID card, library card and payment card for printing, copying and food on campus. It will also grant you discounts at all our catering outlets.

Car parking

All our car parking facilities are managed at our main campuses and parking is limited. The option to purchase a parking permit is available at some of our campuses but, as spaces are limited, eligibility criteria apply and vary from campus to campus. For those sites where student permits are not available (Carlisle Fusehill Street) there is an option to purchase a permit via an off-site parking provider.

Travel

In the UK, students can get a range of discounts on transport fares. If you are likely to travel on the train more than twice in a year, discount cards can save you quite a lot of money. You might want to research the 16-25 and 26-30 rail cards, available from the National Rail website. www.nationalrail.co.uk

Local Buses

Most of our campuses are on good bus routes, so it might be worth investing in a bus pass to save money if you are buying tickets frequently.

Some local buses offer discounted tickets and passes for students, making travel in the area easy and less expensive. To purchase a student pass, you will need your Cumbria Card as proof that you are a student. Student passes can be purchased for a single term or to cover an academic year (please note that this covers three terms and not a calendar year).

Lancaster: University of Cumbria students can get discounted season tickets for Stagecoach bus travel in Lancaster by purchasing a 'Lancaster Uniride' pass, which will cover travel to Lancaster City Centre, Morecambe, Overton, Carnforth, Warton, Halton and Galgate.

Carlisle: To use Stagecoach services in Carlisle, the cheapest option is to purchase a 'Carlisle MegaRider Xtra' ticket online via Stagecoach Smart. This gives unlimited Stagecoach travel within the city.

Ambleside: You shouldn't need to purchase a bus pass to get around Ambleside, but if you wish to explore the area, including the Lake District, you may want to use the Stagecoach buses 555 and 505, a stop for which is located at the Health Centre by campus.

For those interested in travel between campuses, consider getting the Stagecoach UniRide Gold pass, which is available for travel across the Northwest, including travel through Lancaster, Carlisle, Preston, Blackpool, Kendal, The Lake District, Keswick, and Penrith.

You can find more information about all of these on the Stagecoach website. www.stagecoachbus.com



GET FIT, GET FED

FOOD AND FITNESS ON CAMPUS

Catering

Whether you are looking for a hearty meal or just a quick bite, there is something for every budget. Delicious hot meals, hot and cold snacks, and homemade cakes are available on our campuses.

You will also find that our catering outlets are very much the social hub of our campuses – a great place to catch up with friends, hold informal meetings, or take a break from your studies. So, for everything from a sandwich or a snack, to a full meal, to somewhere to chill and chat over a coffee, there is a place for you.

Members of the catering team are always on hand to help should you have any questions, and they are always happy to listen to suggestions for our menus if your favourite dish is not available.

Please note that our campuses are cashless, meaning if you purchase food and drink on campus, you will need to pay by card. You can use international bank cards for this, but we recommend getting a UK bank account as soon as possible for ease and to avoid high conversion fees.

UoC Active—Sports and Leisure

UoC Active aims to make sport and exercise as inclusive as possible by creating a healthy environment for you, our staff, and our local communities.

Our UoC Active leisure card offers great opportunities to take part in sport and well-being activities at our sports centres on-site at Carlisle (Fusehill Street), Ambleside and Lancaster.

A variety of membership packages are available and many also provide you with additional access to local facilities such as Salt Ayre Leisure Centre (Lancaster) and Better Leisure (Carlisle).

Please visit one of our Sport Centres where our friendly team will be available to provide further information and answer any questions you may have.



UCSU STUDENTS' UNION

MAKING THE MOST OF YOUR STUDENT EXPERIENCE

As soon as you join us, you become a member of the University of Cumbria Students' Union (UCSU). UCSU is an independent charity run by and for students across all our campuses and courses, offering a range of events, services, and opportunities for all, whether you are campus-based or a distance learner.

From taking part in our 'Welcome Week' programme and enjoying local events run in and around the campuses, to joining or even running a student group and taking part in career-enhancing voluntary activity, there is something for everyone.

UCSU provides a voice for students at course, campus, and wider university level, via the course rep system and the full-time elected student officers. We also have an impartial professional service that can provide advice and support on a range of academic and other issues. With staffed UCSU offices at Fusehill Street, Brampton Road, Ambleside and Lancaster, and an online presence everywhere else, we are here to offer peer support, encouragement, and a friendly face.

UCSU Groups

Joining a group can really enhance your student experience and is a great way to get involved, meet like-minded people, and have fun. What's more, if your hobby or interest does not currently have a group at the university, you can start your own group and share your passion with others!

For example, in Ambleside, students take advantage of their surroundings and run a Mountaineering Society, a Hackysack Pack Society and a Bushcraft Society. Which group would you join?

Have you packed anything you might need to continue your hobbies and interests whilst you are in the UK? (E.g. musical instrument, football boots, climbing equipment)

UCSU Events

The Students' Union also organises events and leads campaigns throughout the year. During Welcome Week, you will be able to find out all about UCSU, collect some freebies, meet group leaders, talk to different organisations and have fun!

Over to you!

UCSU is what you make of it. Whether that is taking part in groups or social events, helping your peers shape your course or even influencing the direction of the university, we offer a wide range of opportunities that you can access during your time at Cumbria. If there are certain activities you would like to see happening on our campuses, let us know—we are your UCSU!

We look forward to meeting you and finding ways to enhance your time with the University of Cumbria, but why wait to say "Hi"? Let's be friends on Facebook, Instagram, or X! We would love to hear from you!

Follow us on social media for all the latest news and check out our website

Visit [ucsu.me](https://www.ucsu.me) to view existing groups, events and other opportunities and guidance.



LANCASTER CAMPUS

LOCAL LIFE AND CAMPUS HACKS

Lancaster is a small and vibrant city, offering everything from live music and cinema to sport, history and the outdoors. However you like to spend your time, there are activities and events to make your experience of life in Lancaster memorable.

There is a wide selection of places to eat and drink to suit most palates, including pizza, steak, noodles, Thai, and Indian right through to vegetarian and Vegan options. As well as the regular supermarkets, more specialist food shops are starting to appear that some of our African, South American, and South Asian students have found particularly helpful when wanting to create some home cooking. There are also many businesses which deliver food to you including Just Eat, Deliveroo, and Lancaster Eats.

We will provide you with lots more detail at induction sessions, but in the meantime, below are some links to whet your appetite for life in Lancaster. There are also some practical links that you might find useful if you are arriving before induction sessions start.

Our Campus

Our Lancaster campus is home to a wide variety of different courses. It offers a friendly atmosphere and great facilities, from our sports complex to the Students' Union to the Harold Bridges Library. Our Lancaster campus also offers areas for students to relax and socialise, whether it's a coffee at Café Martineau or lunch at The View. Set in beautiful parkland but only a 15-minute walk away from the high street, you can enjoy the campus atmosphere whilst having access to a vibrant and historic city centre.

Shopping for food and drink at Lancaster:

KF Oriental Food Store: 21 Common Garden Street, Lancaster, LA1 1XD.

Taste the Orient: 33-35 Penny Street, Lancaster, LA1 1UA.

Lancaster Halal: Rosemary Lane, Lancaster, LA1 1NH.

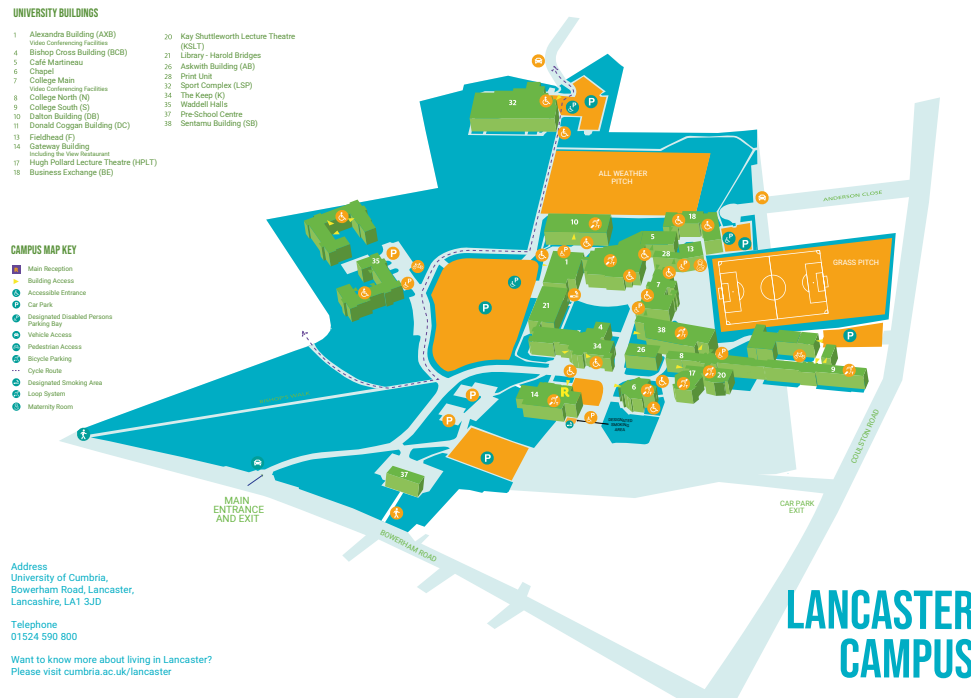
Sainsbury's Superstore: Cable Street Lancaster, LA1 1HH.

Tesco Express: King Street Lancaster, LA1 1RE.

Booths: Hala Road, Scotforth, Lancaster, LA1 4SG.

Aldi: Aldcliffe Road, Lancaster, LA1 1AZ.

There is a Spar shop very close to campus that can be useful for last minute essentials. Such shops tend to be more expensive than supermarkets but are convenient as they are close to campus.



Things to do in Lancaster:

Virtual Lancaster – for a regularly updated and comprehensive guide to weekly activities and one-off events: www.virtual-lancaster.net

Visit Lancaster – for more information about what's on in Lancaster: www.visitlancaster.org.uk

Vue Cinema – for the latest big screen releases: www.myvue.com/cinema/lancaster

The Dukes Arts Centre – for theatre, comedy, film, music, and more: www.dukeslancaster.org

The Gregson Community & Arts Centre – for events that bring the community together: www.gregson.co.uk

Kanteena – for a place to kick back and relax, party, and have new experiences: www.kanteena.co.uk

Lancaster Brewery – Lancaster has its own brewery, where you can sample local and specialist beers and ales: www.lancasterbrewery.co.uk

Discounted gym memberships are available from the university sports centre with access to the gyms and fitness classes at our partner site, Salt Ayre Leisure Centre. You can find more information about our partnerships and memberships here: my.cumbria.ac.uk/Student-Life/UoC-Active/

Key Events:

- Morecambe Poetry Festival
- Lancaster Music Festival
- The Bay International Film Festival
- Lancaster Christmas Markets
- Highest Point Music Festival

OUR STUDENTS GET TO KNOW OUR CAMPUSES BETTER THAN ANYONE, SO WHO BETTER TO GIVE YOU SOME INSIDER TIPS ABOUT OUR CAMPUSES AND THE LOCAL AREAS?

“The food in the main canteen at the top of the building has tasty food for a decent price with some excellent views looking over Lancaster and across the bay.”

RUBEENA NISHA, PGCE GENERAL PRIMARY

“One of my favourite places to go is behind the Dalton Building on the Lancaster campus. There are some beautiful trees and benches there and it's a lovely quiet place to go when you need some time out.”

KATE BLOOMER, OCCUPATIONAL THERAPY

“Whilst spending time in the library, there really is only one place to go for a break. Head over to The View and grab yourself a coffee and a piece of flapjack. Take it out, return to the library, get in the lift to the top floor and sit on the chair at the very top. The view is lovely and no-one goes up there.”

JENNIFER PRICE, SECONDARY PGCE ENGLISH

“Take advantage of the Salt Ayre Leisure Centre collaboration. You can have greatly discounted membership through the university and Salt Ayre offer loads of classes and facilitates so there will be something for everyone.”

JACENTA RUSH-MORGAN, OCCUPATIONAL THERAPY

“Parkrun is held at Williamson Park every Saturday morning. The route is challenging yet enjoyable, and you get to meet friendly like-minded people, as well as getting your own barcode to track all the runs you do.”

PHILIPPA RICHINGS, ADULT NURSING

AMBLESIDE CAMPUS

LOCAL LIFE AND CAMPUS HACKS

Our unique Ambleside campus is the only UK university based within a National Park and UNESCO World Heritage Site. With exceptional facilities on-site and unrivalled access to the Lake District, it's a great place to live and study.

Campus is only a two minute walk from the centre of town, which has a welcoming and friendly community. Here you'll find a variety of unique stores, independent restaurants, and cosy cafés. As well as the facilities on campus (gym, climbing wall and access to outdoor equipment), there are also plenty of outdoor pursuits across the Lake District to keep you occupied. If you like to be on the water, Windermere (the Lake District's largest lake) is only a mile away, with a wide range of activities available for you to try, from paddle boarding to sailing to kayaking. If you're more of a hiker, the Ambleside campus is at the foot of the Fairfield Horseshoe, a circular walk that offers panoramic views of Windermere and the southern Lakes.

Around town, there are also lots of cultural attractions to discover, including art galleries, museums, and literary tours. For evening entertainment, check out Zeffirellis, an independent cinema, live music venue, restaurant, and café. There's also The Lily Bar, which hosts live entertainment and local artists each weekend.

There is a real sense of community in Ambleside, and with so many like-minded people in one place, it will soon feel like home.

Supermarkets

The following supermarkets are in Ambleside town centre and within walking distance of campus:

- Tesco Express: Market Place, Ambleside, LA22 9BU
- Co-op: Compston Road, Ambleside, LA22 9DR
- Spar: Compston Road, Ambleside, LA22 9DR

Outside of Ambleside, many students also drive or get the bus to Kendal to access larger supermarkets like the ones below:

- Asda: Burton Road, Kendal, LA9 7JA
- Morrisons: Queen Katherines Avenue, LA9 6DU
- Aldi: Appleby Road, Kendal, LA9 6DU

There is also the option to order online from local supermarkets and get the food delivered to your accommodation. If you split the cost with friends, this can make food shopping a lot cheaper.



Beyond Ambleside

You can get the bus from Ambleside to Windermere, before travelling on to Oxenholme. Oxenholme is on the West Coast Main Line, one of the most important railway corridors in the United Kingdom. This connects the major cities of London and Glasgow with branches to Birmingham, Manchester, Liverpool and Edinburgh, meaning you really could go anywhere! Nearby, you have the cities of Lancaster and Carlisle, which are home to our other campuses.

Things to do near Ambleside:

For more information about what's on offer in Ambleside, explore the following web pages.

Visit Ambleside: www.visitcumbria.com/amb/ambleside

Go Lakes: golakedistrict.co.uk

Ambleside Hidden Gems: www.tripadvisor.co.uk/Attractions-g186319-Activities-zft12156Ambleside_Lake_District_Cumbria_England.html

What's On in the Lake District: www.thelakedistrict.org

Things to do in Ambleside: www.visitlakedistrict.com/explore/areas-of-cumbria/ambleside

Nightlife in the Lakes: www.pure-leisure.co.uk/the-lake-districts-best-nightlife/

National Trust: www.nationaltrust.org.uk

Walk Lakes: www.walklakes.co.uk

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"There's lots of part-time jobs in all the cafés and pubs, especially over summer. Hayes Garden World often hire Christmas staff. Bus passes are good if you plan on using the buses a lot to get around the Lake District. "

STEPHANIE WISE, MA OUTDOOR AND EXPERIENTIAL LEARNING

"I use an online project management software, which is completely free, called Trello. Plan your work on here— you can set deadlines, to do lists, and all sorts."

ELAINE HALL, PHD EVENTS PROJECT MANAGEMENT

"Bring coat hangers for the wardrobe in halls."

BECKY COULSON, GEOGRAPHY

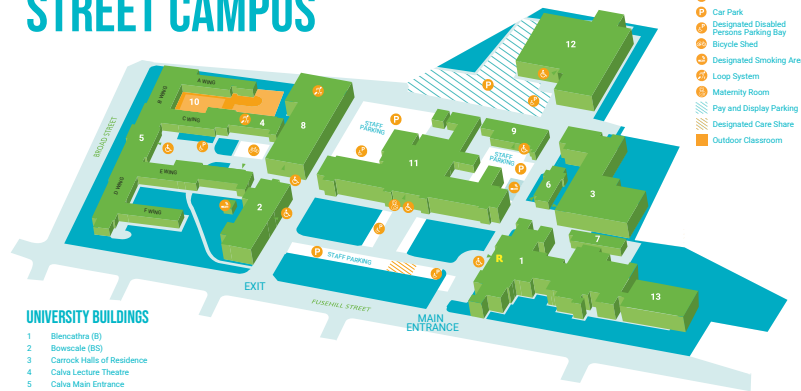
"The park next to the church is a beautiful place to hang out, lots of space and a lovely river."

NICOLE HARRISON, PARAMEDIC PRACTICE

CARLISLE CAMPUSES

LOCAL LIFE AND CAMPUS HACKS

CARLISLE FUSEHILL STREET CAMPUS



UNIVERSITY BUILDINGS

- 1 Biencaltra (B)
- 2 Bowscale (BS)
- 3 Carrick Halls of Residence
- 4 Calva Lecture Theatre
- 5 Calva Main Entrance
- 6 Chapel
- 7 Estates
- 8 Learning Gateway (LG)
- 9 Lonsdale Building (LN)
- 10 Outdoor Classroom
- 11 Sliddow (SR)
- 12 Sports Centre (CSP)
- 13 STEM Laboratories

Address
University of Cumbria,
Fusehill Street, Carlisle CA3 0JH

Telephone
01224 596 900

CAMPUS KEY MAP

- Main Reception
- Building Access
- Accessible Entrance
- Car Park
- Designated Disabled Persons Parking Bay
- Bicycle Shed
- Designated Smoking Area
- Loop System
- Maternity Room
- Pay and Display Parking
- Designated Care Share
- Outdoor Classroom

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- Loop System
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- Pay and Display Parking
- Designated Care Share
- Outdoor Classroom

Address
University of Cumbria,
Brampton Rd, Carlisle CA3 9AW

Telephone
01228 480300

UNIVERSITY BUILDINGS

- 1 D11 & D12
- 2 D13 & D14
- 3 D15 & D16
- 4 D17 & D18
- 5 D19 & D20
- 6 Sign Building & Dance Studio
- 7 Halls of Residence
- 8 Homebases
- 9 Library
- 10 Main Building (MB)
- 11 Workshops and Ceramics Studios (W)
- 12 Vallum Gallery

MAIN ENTRANCE AND EXIT

CARLISLE BRAMPTON ROAD CAMPUS

The historic city of Carlisle is home to two of our campuses, Fusehill Street and Brampton Road. As well as an extensive range of high street shops, bars, cafés and restaurants, there's so much to see and do in your spare time, from going indoor climbing at Eden Rock Bouldering Centre to watching live music and comedy at the Old Fire Station. While Carlisle offers the perfect combination of bustling city life and outstanding natural beauty, its fantastic rail links mean it's possible to sample what the rest of the UK has to offer with ease.

Our Fusehill Street campus is welcoming and inclusive, offering multiple spaces for socialising and meeting with friends. As well as a large collection of library resources for health, education, law and social sciences, Fusehill Street also has a number of specialist facilities, including the Health Simulation Suite, a multi-sensory learning space that provides opportunities for hands-on learning.

Our Brampton Road campus is home to our Institute of Arts – a community of hundreds of creatives, including lecturers, students and technicians. With its friendly atmosphere and wide range of modern facilities, it's the perfect place for you to refine your craft, explore your passion, build on your skills, and learn from a team of expert tutors, many of whom are commercial artists themselves.

Whether you are based at Fusehill Street or Brampton Road, you are not far from the city centre. Nearly all amenities are within easy walking distance, and you can walk between the Brampton Road and Fusehill Street campuses in about 25 minutes via the beautiful Rickerby Park.

History

Carlisle has a rich and turbulent history to explore, from Roman invasions to border battles. Carlisle boasts an 11th century castle, used as a strategic stronghold to defend against Scottish invaders, and a 12th century Cathedral. You can explore the city's history by visiting Tullie House Museum or the Museum of Military Life at Carlisle Castle.

The Roman history of the region can be seen by visiting one of the many Roman Forts just a short distance away along Hadrian's Wall. Indeed, the trace of Hadrian's Wall runs right through the centre of Carlisle – very close to our Brampton Road campus! – and is itself a breathtaking 84-mile trail-path running from the west Cumbria coast (Bowness-on-Solway) to the North East of England (the Wallsend district of Newcastle-upon-Tyne). The Hadrian's Wall national trail-path features spectacular scenery in both Cumbria and Northumberland that, once experienced, will never be forgotten.

Arts & Entertainment

Carlisle has a variety of options to keep you entertained in your free time. You can watch a film at the Vue Cinema or see live performances at several different venues in the city, including theatre, comedy, and live music. Check out Discover Carlisle, The Green Room Club, The Sands Centre, The Old Fire Station, and The Brickyard for some ideas.

For local art exhibitions you can visit Tullie House Art Gallery, but there are other exhibitions and craft fayres held throughout the year at different venues, including the Priory and Dobbies Garden World.

Food & Drink

Carlisle boasts a variety of cafés, restaurants, pubs, bistros, and takeaways to satisfy all appetites and budgets. Try Foxes, Cakes and Ale at Bookcase (Carlisle's local independent book shop) or visit Open Mind if you're looking for a chilled out café. The Cathedral and Tullie House Museum both have relaxing cafés, too. In the warmer months, the Printyard offers a fantastic continental European-style outdoor patio terrace area, right in the centre of the city.

Carlisle also boasts fantastic historical pubs such as the King's Head, the Boardroom, and the Howard Arms. There are modern cocktail bars situated around the Citadel area of the city centre. There are also two Wetherspoon pubs for student budget-friendly spending. For an extensive list of places to eat and drink in Carlisle, visit Discover Carlisle: www.discovercarlisle.co.uk/Eat-Drink

Sports

Discounted memberships are available from the university sports centre with access to the gyms and fitness classes at our partner sites BETTER. There are also lots of other gyms and fitness classes in the city, including the Sands Swimming Centre; outdoor parks and sports fields; golf courses; a cricket club; and AstroTurf football facilities.

Leisure activities such as ten-pin bowling, trampolining, skate-parks, and various martial-arts facilities are also available across the city.

Faith

In Carlisle, you will find there are organisations of different religions if you wish to explore your faith.

Nightlife

Whether you're in the mood for a chilled-out evening or feel like dancing the night away, Carlisle has a range of pubs, bars, and clubs to explore. Some of these venues – such as Walkabout, which is situated in Botchergate, Carlisle's nightlife district – offer promotions for students on certain nights of the week.

Around and about

Carlisle is in a great location to easily visit other nearby cities and attractions. It's well connected by train, and in less than an hour, you can cross the Scottish border to visit Glasgow or Edinburgh. Alternatively, if you fancy a trip to the Northeast of England, Newcastle is an hour and a half away by train. Manchester and Liverpool are each around two hours away. In less than four hours, you could even get to London for the weekend.

Carlisle is situated just north of the Lake District National Park, giving you beautiful scenery right on your doorstep. With lakes, mountains and waterfalls – and many opportunities for outdoor activities – it is an ideal place to enjoy nature. Find out more about the Lake District National Park here: www.lakedistrict.gov.uk There are also year-round organised coach trips available to different attractions, cities, shows, festivals, and events.

To find out more, please visit Reays, Irvings Coaches and National Express.

Shopping

The city centre of Carlisle has a range of shops to cover your needs, including food, clothes, gifts, stationery, books, and more. The Lanes has more than 60 different shops, while Carlisle Market Hall, which is one of the few Victorian indoor market halls remaining in the country, is an excellent place to find local bargains. High street chains Home Bargains and B&M are also great options for finding your living essentials on a student budget.

There are several different supermarkets within walking distance of our Carlisle campuses, including ASDA and Lidl. If you're missing some of your home comforts, there are also international food shops in the city, including European, Eastern European, and Asian grocers. You might want to try Bangkok Thai, which is a thriving online Asian Food market. It offers a large variety of authentic Thai and Asian ingredients delivered fresh to your doorstep. Larger supermarkets also often have International sections.

If you want even more choice, the Metro Centre in Gateshead, one of Europe's largest shopping and leisure centres with over 300 shops, cinemas and cafés, is just a short train ride away. Newcastle-upon-Tyne city centre is also famous for its Eldon Square shopping precinct.



OUR STUDENTS GET TO KNOW OUR CAMPUSES BETTER THAN ANYONE, SO WHO BETTER TO GIVE YOU SOME INSIDER TIPS ABOUT OUR CAMPUSES AND THE LOCAL AREAS?

"I always love heading to the catering area first thing in a morning at uni to talk to friends and get breakfast, wonderful start to the day."

MATTHEW PEACOCK, GAMES DESIGN

"There's a lot of parks in Carlisle—explore! You'll find some beautiful spots that'll make you believe you weren't in the middle of a city. It's also a wonderful way to relax and de-stress!"

JESS STEVENS, ZOOLOGY WITH PLACEMENT

"There are so many amazing walks in the local area so make the most of your time here. The river running along from the golf course is a great spot for a walk and wildlife watching, plenty of Otters and Waders of that is your thing, if not, it's a lovely walk. There is another river along by Denton Holme, which is also a great spot for wildlife and hanging with friends!"

SHANNON CORNISH, ZOOLOGY

"Alexandros has a small Greek deli which opens at lunchtime. While they don't advertise it, if you ask, you can sit in the restaurant area in the back which can accommodate a large group of friends. They do the best gyros in Carlisle and amazing coffee."

BENJAMIN GIRLING, MENTAL HEALTH NURSING

FUTURE YOU

OPPORTUNITIES IN THE UK AND GLOBALLY

Supporting your career

We know you've chosen to study here so you can have a great career and fulfil your dreams—and everyone at the University of Cumbria wants to see you achieve your potential. That's why we don't just guide you during your time with us. We carry on doing so even after you graduate.

'My Career Enriched' hub

As a prospective or current student, and for three years after graduation, you can get advice and guidance through a specialist hub called 'My Career Enriched'.

It gives you easy access to:

- Graduate jobs, part-time work, and paid internships.
- Work experience and industry placements.
- Online employer webinars and chats.
- Appointments for one-to-one advice with professional advisers.
- Practice interviews.
- Careers fairs and employability events.
- CV and application review service.
- Quick careers queries.

The Career Ahead employability award

'Career Ahead' is a great way to develop your employability skills. It will help you with:

- Career action planning.
- Finding opportunities.
- Highlighting your extracurricular achievements.
- Practical experience in job hunting, applications and interviews.

Alumni Association

You will be part of the University of Cumbria community for life, and we will continue to support you even after you graduate. You will become a member of our Alumni Association, an international network of more than 62,000 graduates worldwide, enriched with a diverse range of talent, skills, experiences, and unique insights. You will receive exclusive alumni benefits and services, the latest news, event invites and opportunities to stay connected to Cumbria and each other.

Join the Cumbria Network

Exclusively for all University of Cumbria alumni, the Cumbria Network is a mentoring and networking platform and one-stop place to keep you connected to Cumbria and each other.

Search the alumni directory, network with new people, seek a mentor, find your dream job, keep up to date with events and opportunities, read exclusive content, news and blog posts, or just find your old friends and reminisce. We are excited to see you there!

Join here: cumbrianetwork.global

The Graduate Route Visa

You can apply for a Graduate visa if all of the following are true:

- You're in the UK
- Your current visa is a Student visa
- You have successfully completed a UK bachelors degree or postgraduate degree
- Your education provider has told the Home Office you've successfully completed your course.
- You submit your Graduate Route Visa application whilst your Student Route Visa is still valid.

How long you can stay?

A Graduate visa lasts for 2 years. If you have a PhD or other doctoral qualification, it will last for 3 years.

Your visa will start from the day your application is approved.

When to apply

You must apply before your Student visa or Tier 4 (General) student visa expires.

You can apply after your education provider has told the Home Office that you've successfully completed the course you took with your student visa. You do not have to wait until you've graduated or have been given a certificate.

As part of your application, you'll need to prove your identity and provide your documents.

Your application may take longer if you need an appointment to do this. You'll find out if you need one when you start your application.

Full information on the Graduate Immigration Route can be found here:

www.gov.uk/graduate-visa

ULTIMATE CHECKLIST

THE FIRST FEW DAYS

Here's how to get started with your new life in Cumbria.

Access to computers and IT systems

You must complete this process to access any of the university's IT resources, including your university email address. You will be required to set up two-factor authentication to help ensure your IT account remains secure.

Not completed the online registration process yet?

Head back to your inbox and check the registration email we sent you.

Didn't receive an email from us?

Read the advice on our 'Registration' page for new students.

Have you had problems completing the online registration process?

Please contact datamanagement@cumbria.ac.uk for assistance.

Have you had a problem with your IT Account activation?

Please contact the IT Service Desk for help: ITServiceDesk@cumbria.ac.uk

Student Enquiry Point

The Student Enquiry Point is here to ensure you get the student support you need throughout your studies, including Academic Skills, Money Advice, Disability & SpLD, and Library Services: step.cumbria.ac.uk

MyList

MyList is a checklist of what to do in your first few weeks to help make your transition into university life as easy as possible. As you engage with Registration and Welcome Week events and activities, you'll be able to tick many items off the list. All other information, documents and guidance are available at MyCumbria. You may be asked to bring 'MyList' to your first personal tutor meeting. You can access MyList here: my.cumbria.ac.uk/Student-Life/New-Students/MyList/

Induction Portfolio

The Induction Portfolio on PebblePad is a great guide to all the systems, resources, and services we offer at the University of Cumbria.



IMPORTANT TO DOS

A summary of important to dos:

Student Route visa holders

- Ensure you understand your responsibilities as a Student Route visa holder.
- Familiarise yourself with the university's Academic Engagement rules (specific to Student Route Visa holders).
- Follow the instructions within your UKVI Decision letter to create and access your e-Visa.

Preparation for studying

- Complete the relevant 'Headstart' free online university study skills courses at my.cumbria.ac.uk/Student-Life/New-Students/headstart
- Meet online with your Personal Tutor
- Access and download your timetable once it is available.

IT services and systems—are you connected?

- Ensure you have completed online registration.
- Check that your IT account has been activated and you have set up two-factor authentication.
- Visit the Student Hub and download the app.
- Check your student email account and access Microsoft Office software free of charge.
- Access ICON—the 'Student Record' and check your personal and course details.
- Download your 'Welcome Week' and course timetables.
- Activate your LinkedIn Learning account and download the app.

Rules and regulations

- View the Academic Regulations document: www.cumbria.ac.uk/about/organisation/professional-services/academic-registry/academic-regulations/
- View the Conditions of Residence, which sets out the terms of your accommodation contract: www.cumbria.ac.uk/student-life/accommodation/Conditions_of_Residence.pdf
- View the Professional Standards/Code of Conduct documents: my.cumbria.ac.uk/Student-Life/Support/Responding-to-your-concerns/Student-Code-of-Conduct/

International Welcome and Induction

- Arrive on campus in time to attend the mandatory International Welcome and Registration Event. More information, including the date, will be sent to you via email.
- Learn about life at the University of Cumbria.
- Begin gathering essentials for living in the UK.

Registration and 'Welcome Week' activities

- Engage with your registration event.
- Collect your Cumbria Student Card — cards will be issued to students by academic colleagues during on-campus activities in Welcome Week: www.cumbria.ac.uk/student-life/facilities/catering/cumbria-card/.
- Attend your course induction sessions and activities.
- Keep the university updated if you are arriving late, e.g. your visa has been delayed.

Induction and First Few Weeks

- Familiarise yourself with MyList: my.cumbria.ac.uk/Student-Life/New-Students/MyList/
- Access a printable version of MyList induction checklist: my.cumbria.ac.uk/media/MyCumbria/Documents/mylist_2022.pdf
- Ensure you record your progress and tick items off My List as you go along.

Health, safety and well-being

- Complete health and safety induction(s) for accommodation and/or course.
- Keep safe — view personal safety guides: www.ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Health-and-healthcare#layer-3212
- Keep yourself well and healthy — check out online guidance: my.cumbria.ac.uk/Student-Life/Health-and-Wellbeing/My-Mental-Health--Wellbeing-Hub/
- Register with a doctor and dentist.

Library and Study Skills

- Visit your library and see the services available to you.
- Check out your library PIN and how to operate self-issue machines.
- Check out your module reading lists in Blackboard.
- View skills@cumbria for library, academic and digital skills support and resources: my.cumbria.ac.uk/Student-Life/Learning/Skills-Cumbria/
- Explore LinkedIn Learning courses and Digital Capabilities Pathways: my.cumbria.ac.uk/Student-Life/Learning/Linkedin-Learning/
- Borrow a university laptop for free. Do not rely on using just your phone for classes and coursework.

Here to help

- Visit MyCumbria and see the range of support available: my.cumbria.ac.uk/
- Make sure you declare your disability and/or mental health condition and contact the Disability team.
- Check out useful contacts: my.cumbria.ac.uk/media/MyCumbria/Documents/Students_Guide_to_university_Services.pdf
- Understand the sickness and absence rules for your course: my.cumbria.ac.uk/Student-Life/Your-Studies/Your-Course/Student-Absences/

My network

- Join the university/your course's Facebook pages and X feeds.
 - Uni Facebook: www.facebook.com/universityofcumbria
 - International Facebook: www.facebook.com/internationaluoc
 - Uni X: x.com/CumbriaUni
- Check out what your Students' Union can offer you: www.ucsu.me
- Check out the university's Chaplaincy services available to you.

Do you still have a query?

- See the resources available via the Student Hub: hub.cumbria.ac.uk or visit the Student Enquiry Point: www.step.cumbria.ac.uk



LAST BUT NOT LEAST

MY POCKET NETWORK: ORGANISATIONS, ADVICE & CONTACTS

You can request a letter from our Programme Administration team if you need proof of your term dates when looking for part-time work, bank letters, and council tax exemption letters. You can find the link to the form here: [universityofcumbria.formstack.com/forms/pad_letter_requests](https://formstack.com/forms/pad_letter_requests)

Below are some useful links to official sources you can use to get further information about studying in the UK and adapting to UK culture.

UKCISA (UK Council for International Student Affairs) – The UKCISA website is a useful resource to access throughout your time in the UK, as it has advice on living in the UK, visa information, and a helpline you can use if you have any specific questions. www.UKCISA.org.uk

British Council – The British Council website also has advice about life in the UK as an international student, along with videos from international students who are studying across the country. www.britishcouncil.org

UK government – The latest news and advice from the government and guidance for Higher Education Institutions. www.gov.uk

UK Visas and Immigration – Latest UK Home Office advice for visa applicants, including guidance for visa holders. www.gov.uk/government/organisations/uk-visas-and-immigration

Additional on-campus help, information and support:

The **Student Hub** provides access to systems, services and support pages: www.hub.cumbria.ac.uk

Library services, including accessing OneSearch:

www.cumbria.ac.uk/student-life/student-support/library-services/

Money advice:

[/my.cumbria.ac.uk/Student-Life/Money--Finance/](http://my.cumbria.ac.uk/Student-Life/Money--Finance/)

Student Support:

my.cumbria.ac.uk/Student-Life/Support/

Health and Wellbeing/Mental health support:

my.cumbria.ac.uk/Student-Life/Health-and-Wellbeing/

Information about how to study from home:

my.cumbria.ac.uk/Student-Life/Learning/Studying-from-home/

Help with finding part-time jobs, making applications, and career decisions:

my.cumbria.ac.uk/Student-Life/careers/Finding-jobs-and-getting-experience/

'LinkedIn' Learning' with over 9,000 digital courses in a range of subjects:

my.cumbria.ac.uk/Student-Life/Learning/Linkedin-Learning/

Student Charter, Regulations, and Administration:

my.cumbria.ac.uk/Student-Life/Your-Studies/Student-Charter/

Still having IT problems?

Call our IT Service Desk team +44 (0)1228 888888 or email itservicedesk@cumbria.ac.uk

More questions for the University of Cumbria?

If you have any questions or queries, click International Student Support via the Student Enquiry Point (my.cumbria.ac.uk/Student-Life/Support/Student-Enquiry-Point/) or email intss@cumbria.ac.uk.

Need a point of contact or more information?

If you have any queries or additional questions, please contact us at:






International Development Office (for all Non-Admissions related enquiries)
international@cumbria.ac.uk

International Admissions (for all Admissions related enquiries)
international.admissions@cumbria.ac.uk

International Student Support (for all International Student Support enquiries):
select Student Enquiry Point via the Student Hub or visit
uoc-advocate.symplicity.com/care_report/index.php/pid559608
intss@cumbria.ac.uk



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-  +44 (0)1228 279325
-  intss@cumbria.ac.uk
-  [@CumbriaUni](https://twitter.com/CumbriaUni)
-  [universityofcumbria](https://www.facebook.com/universityofcumbria)
-  [@cumbriauni](https://www.instagram.com/cumbriauni)