LOUGHTON INTERNATIONAL STUDENTS' GUIDE

CONTACT DETAILS

e15pres@essex.ac.uk / j.regan@essex.ac.uk

facebook.com/East15SU

+44 2084 187 358

Instagram: @East15SU

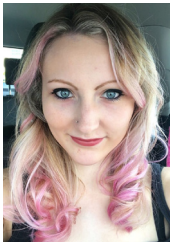
essex.su/loughton

EVERY EAST 15 STUDENT IS AUTOMATICALLY A MEMBER OF EAST 15 STUDENTS' UNION

Every East 15 student is automatically a member of the University of Essex (East 15) Students' Union. The East 15 SU, a fully registered charity separate from the University, exists to represent East 15 students' interests and provides central support for students. The SU organises, campaigns, and supports student events to improve your drama school experience. Stop by our office, visit our social media pages, or drop us an email whenever you need!

EAST 15 LOUGHTON PRESIDENT

Konstantin, a current BA Acting International student, was elected by East 15 students to serve for the 2019/20 academic year. He is responsible for overseeing the SU in Loughton, and ensuring that it stays a 100% student-centred organisation - so drop him an email at **e15pres@essex.ac.uk** to voice any concerns, suggestions, or requests.



LOUGHTON CAMPUS MANAGER

Jordan Regan, our Democracy and Engagement Manager, is here to support the running of East 15 SU and to make sure you love your time in Loughton. She'll do everything in her power to make sure that students are getting what they need and want. She can be reached at **j.regan@essex.ac.uk**, or you can stop by and say hello on the first floor of the Hatfields building.

PRESIDENT

Hey, I'm Asha Ali, and I'm your Students' Union President!

I'm a Somali-Norwegian Essex graduate, I studied Linguistics and Sociology and now I have been elected to represent students full time! As a Norwegian, I know how scary studying abroad can be but myself, Jake your VP International and the entire SU are here to look after you! You will have the chance to meet people from lots of different backgrounds, nationalities, ethnicities and much more. You have picked one of the best drama schools and we are very excited to support you throughout your time here.

If you ever want a coffee or chat, or want to grill me on how I'm representing you- don't hesitate to contact me on **president@essex.ac.uk**

Memes and Buzzfeed quizzes are also welcomed- you can tweet these to me **@SUPresEssex** :)"

VP INTERNATIONAL

'Xin chao', a warm welcome to everyone to East 15!

My name is Huy Tran but literally, everyone knows me as Jake :D (you can call me however you like). I came to the UK 6 years ago and have just finished my bachelor degree in Economics. As your VP International for this year, my main role is to represent all international students (that means you, of course!) across all three campuses. Though I have been here for quite a bit of time, my memory of those first steps in a foreign country are still very fresh and I will do everything in my power to make sure you settle in well with drama school life here at Essex.

If you have any question during your time here or just fancy a chat about anything (e-sports and football are my favs, but really, anything!), drop me an email to **vpinterantional@essex.ac.uk** or 'friend' me on Facebook **@Jake VP-International** (I will be updating all upcoming events and activities here too).

HERE'S SOME THINGS THAT MAY MAKE YOU FEEL LIKE ESSEX IS YOUR HOME AWAY FROM HOME

SU HEIRLOOM

One of the first things you'll do when you get to Essex is collect your heirloom – your unique, customisable symbol of belonging to the SU family! It's available in handmade shapes with a choice of attachments, all presented in a box to treasure. You're part of the family, and this just makes it official.

YOU'VE GOT THE QUESTIONS? WE HAVE THE ANSWERS.

WELL SOME OF THEM, ANYWAY...

PHONE NUMBERS TO KNOW

- **999** - the main emergency number for police, ambulance, fire brigade in the UK
- **112** - the main emergency number that works anywhere in the world
- **101** - non-emergency number for police
- **111** - non-emergency number medical number

HOW CAN I OPEN A BANK ACCOUNT?

Banks with local branches in Debden and Loughton include Lloyds, Halifax, Santander,Barclays, HSBC, and NatWest.

Find out in advance the papers that they'll need from you - you can visit the Student Services Hub in Hatfields reception to obtain a letter to support you with opening a bank account (make sure that your information on your myessex account is updated)

For information on everything to do with getting your finances sorted, see **www.essex.ac.uk/welcome/international-students/banking**

DO I HAVE THE RIGHT TO WORK IN THE UNITED KINGDOM?

EEA students can currently work in the UK without restriction. If you're from outside the EEA and entered as a short-term student, unfortunately, you won't be able to work in the UK. For Tier 4 students the hours you can work per week will be restricted and shown on your visa/BRP. You can work more in your official University vacations which vary depending on your course. The type of work you do as a Tier 4 student is also restricted. It's really important that you don't break your working condition so, make sure you check what you can do before you start work. Your employer will to carry out right to work checks and should ask for your confirmation of your term/vacation dates in writing - The University's International Services team can provide you with this. More information is available on the University's immigration web pages: **www1.essex.ac.uk/immigraton/living/work_int.aspx**

To be eligible to carry out paid work in the UK, you must have a National Insurance number. You may already have a National Insurance (NI) number printed on the back of your biometric residence permit (BRP). You may apply online as guided on **www.gov.uk/apply-nationalinsurance-number**

WHERE CAN I FIND A HOSPITAL OR A CLINIC?

The local General Practitioners Offices (GP) in the area are Forest Practice (two branches located on Pyrles Lane in Debden and Station Road in Loughton), The Loughton Surgery (Traps Hill) and the Loughton Health Centre (The Drive).

With your visa, you get full access to the NHS free from any additional charges - once registered with a doctor, you can make appointments, get treatments and more. Prescriptions are £9.00 per item.

It takes around two weeks to get registered in the system, so try to do this before classes start. They'll need your proof of address (which you can get printed in a letter from reception at Hatfields) and you will have to fill out a form.

Anyone is eligible for Accident and Emergency services free of charge.

THE STUDENT SERVICES HUB

If you have questions to do with anything about the East 15, the Student Services Hub is the place to go for the information you need. It is located on the bottom floor of the Hatfields building. Student Services is open between 9am – 5pm.

Student Services drop in sessions to discuss any queries or concerns are available during breaks, lunch and after school on Monday to Friday-

10.50am -11:10am, 1.10am-2.10pm, 3.50pm-4.10pm, 6pm-7pm

You can also email **askthehub-lc@ essex.ac.uk**, or call: **02085 085983**

HOW CAN I COLLECT MY BRP (BIOMETRIC RESIDENCE PERMIT)?

If you entered the UK with Tier 4 entry clearance that was valid for 30 days you will need to collect your BRP as soon as possible. Your UKVI outcome letter will say where you can collect your BRP from.

For Loughton students, if your UKVI outcome letter shows University of Essex, Colchester Campus as your BRP collection location you'll be able to collect it from the Loughton Campus. The International Services team will be in touch to let you know when and where you can collect it.

If you selected a local Post Office, you'll need to collect it from there. If you don't know where you should collect it from check your UKVI outcome letter and seek advice from your Student Services Hub if you need to.

CAN I USE MY PHONE IN THE UK?

The good news is that your current international phone is very likely to function perfectly in the UK; but you will need a UK sim card to avoid high charges.

The best thing you can do is to have a look at different mobile phone companies and the deals they offer. Some of the best companies include Three, GiffGaff and EE.

Even though it might feel like you don't need a UK phone number during your first months or year at drama school, keep in mind that you will really need one when:

- Applying for jobs or internships, they don't have placement years here
- Most employers will ask you for your phone number to get in touch regarding your application.
- Keeping in touch with friends.
- Having a working phone number means less problems when trying to schedule your group's next rehearsals or night out in town
- There is a lot of free Wi-Fi but it might not exist everywhere you go

DO I HAVE TO REGISTER WITH THE POLICE?

Some students will have to register with the Police when they arrive. If you have this condition it should be on your entry clearance sticker. Essex Police will be coming onto your campus at the start of the autumn term. You'll have the opportunity to make an appointment when you enrol on your course. You may have to go to your local Police station to register if there are no appointments left. More information: **www.essex.ac.uk/immigration/living/police_registration.aspx**

ENGLISH ISN'T MY FIRST LANGUAGE, WHO CAN HELP ME?

Getting to grips with English as a second language has never been easier because we offer a bunch of online and on-campus support services that you are entitled to whilst you are a student at Essex.

SKILLS FOR SUCCESS

- 'Skills for Success' offer a wide range of services and opportunities for you to work on your language, writing, grammar, speaking and employability skills. If you want to know more about what 'Skills for Success' do send an email email skills@essex.ac.uk.

- To improve speaking skills it is crucial to surround yourself with native English speakers. Learning by listening to other people will make the different accents and pronunciations a bit more familiar and boost your confidence.

- Watch movies in English (a.k.a. binge watch Netflix)

- If you want to learn the conversational side of a language, movies can be super helpful. Watching movies forces you to learn English and gain skills whilst doing something you actually enjoy – this ranges from your all-time favourite movies, series or documentaries.

WHAT IF I WANT TO LEARN ANOTHER LANGUAGUE?

Language for All

The University run this scheme to provide students with a chance to learn a foreign language completely free (at basic level and through web-based learning). Choices include French, German or Spanish.

For more information and to apply:

https://www.essex.ac.uk/departments/language-and-linguistics/languages-for-all

WELL-BEING AND MENTAL HEALTH

Most East 15 students will have access to free healthcare via the NHS whilst they are in the UK. You will need to register with your local doctor (called a "GP", or General Practitioner). If you are coming from Europe, you'll need an EHIC card.

Mental wellbeing describes your mental state - how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing can change from moment to moment, day to day, month to month or year to year.

If you are struggling with your well-being, the university and the SU offer plenty of support for you. You can contact Student Wellbeing, Inclusivity and Support team (SWIS) with any concerns about your own wellbeing you might have.

They will be able to help you or guide you towards someone who can. Student support can be accessed in the Forum, at **askthehub-sc@essex.ac.uk** or on **01702 328444**.

You can also talk to 'Chat with Charlie'. Chat with Charlie is an online mental health support service for students at East 15 which you can access between the hours of 6pm – 10pm every day. You can register for free at **www.chatwithcharlie.org**

The Students Union also offers support through SU Advice. You may contact SU Advice at **01702 328235** or email **suaclou@essex.ac.uk.**

If you have a mental health emergency, you can contact the on campus emergency service on **01702 328408**.

If there is an emergency whilst you are on campus, phone **999**.

If it is within office hours, you'll need to phone reception afterwards to inform them of the emergency and the arrival of the emergency services on extension **5983** or **020 8508 5983**.

For the day shift officer at Roding House (Between 7:30am and 9pm) call **07920822101**

If it's out of hours, between 3:45pm and midnight call the late shift officer at Hatfields on **07795128076**

Or if it's between 9:30pm and 7am call the night shift officer at Hatfields on **07920822101**

IMMIGRATION INFORMATION, ADVICE AND GUIDANCE

The University has specialist immigration advisers, as does **SU Advice**. In the UK, immigration advice and services are regulated by the Office of the Immigration Services Commissioner (OISC) and only our authorised advisers are able to offer information and guidance to our students about the UK's student immigration laws.

If you're a Tier 4 student you will receive additional information when you register about your obligations to both the University and the Home Office. The University's website is a good place to start if you have a query, and if you can't find what you're looking for or need further information you can find out who to contact and how in the 'Ask us a question' section: **www.essex.ac.uk/immigration**

BREXIT

European students, who are inside the UK before the UK leaves the EU, can apply to the EU Settlement Scheme. It's an easy online application. To find out more about the settlement scheme and what Brexit means for students and their families read the UKCISA info & advice. **https://www.ukcisa.org.uk/Information--Advice**

CAN'T BELIEVE WE'RE SAYING THIS, BUT YOU ONLY LIVE ONCE!

JUST PLAY

Want to play sport but don't want to commit to regular training? Are you a beginner and want to enhance your skills? Well that's what Just Play is for. Just Play provides sport classes and opportunities to all East 15 students. In the past we've provided ballet, circuit-training, kickboxing, yoga, swimming and more. Keep an eye out for a Just Play timetable and feel free to get in touch by contacting **j.regan@essex.ac.uk** (there may be a small fee, but we will try our best to keep these to a minimum)

SHAPE THE WORLD AROUND YOU

The SU strives to be the world's most student-centered organisation - needless to say, your voice matters to us. If you have any questions, concerns (about anything from your course to your lunches), suggestions, requests, events/ fundraisers you want to put on, pop in and see us or contact us. Any student can submit an idea, big or small. It can range from local to national issues, affect all University of Essex campuses or just East 15. It is then our job to do everything in our power to see the idea through, or if we can't, provide you with a full explanation of how we tried and why it can't work.

Submit your ideas here: **www.essexstudent.com/ideas-loughton**

IF YOU EVER MISS HOME... HERE'S A FEW THINGS THAT MAY HELP KEEP THE BLUES AWAY

INTERNATIONAL STORES IN LONDON

Who can say no to their favourite foods? Whether you're a pro at cooking or a novice, these stores will help you feel at home. We've compiled a list of London's best, exclusively for you.

ASIAN STORES

Umai by Japan Centre
1 Westfield Avenue, Westfields, Stratford, London E20 1GL

Loon Fung Oriental Foods
33-34 The Mall, The Stratford Centre, London E15 1XD

Veena's Cash and Carry
77-79 High Street, Ilford, IG6 2AF

Archie's Groceries
3 Claybury Broadway, Barkingside, Illford, IG5 0LQ

Centre Point Food Store
73 New Oxford Street, London WC1A 1DG

SCANDINAVIAN STORES

Scandinavian Kitchen
61 Great Titchfield Street, London W1W 7PP

Totally Swedish
32 Crawford Street, Marylebone, London W1H 1LS

Ole & Steen (Bakery)
34, Crossrail Place, Canary Wharf Shopping Centre, London E14 5AR

AFRO-CARIBBEAN STORES

Amie's Afro-Caribbean Groceries
Lea Bridge Road, Leyton, London, E10 7FL

Rebecca's Shop
Edmonton Green Shopping Centre, 26 The Market Square, Edmonton Green, London N9 0TZ

Sun Food London
403 Mare Street, London E8 1HY

Rebecca's Shop
Edmonton Green Shopping Centre, 26 The Market Square, London N9 0TZ

ADVICE CENTRE

It's perfectly fine to be homesick - everyone misses home in one way or another. If you're ever so, the SU runs SU Advice which offers a free and impartial service on any issues including mental health, welfare, financial, housing and academic matters. You may contact SU Advice at **+441206 874034** or email **suadvice@essex.ac.uk**

LOOKS LIKE. THERE'S NO TIME TO WASTE – GO OUT AND EXPLORE

PLACES OF INTEREST:

THE BROADWAY

A road located 5 minutes away from Hatfields campus (right next to Debden station) with ATMs, local shops, cafes, restaurants, a post-office.

THE HIGH ROAD

This is a bigger (and better) version of the Broadway located in Loughton. It's a 15-20 minute walk from the school.

SAINSBURY'S

A general grocery store located on Torrington Drive (beside Debden station and just off the Broadway), as well as on Old Station Rd.

SAINSBURY'S LOCAL
(a smaller version of Sainsbury's) Located on Church Hill and remains open from 07:00-23:00 seven days a week.

MORRISONS
A general grocery store located on the Loughton High Road

ARGOS
A homeware store with great deals. You can order products online and collect them at their location on Church Hill - or get same day delivery.

PLUME OF FEATHERS
The nearest pub to the school, located on Church Hill.

NISA LOCAL
An off-license store located on Borders Lane and Pyrles Lane.

TIP: ALWAYS CHECK OPENING HOURS BEFORE SETTING OFF - SHOPS MAY CLOSE EARLIER THAN YOU'RE USED TO, ESPECIALLY ON SUNDAYS.

LASTLY, HERE'S A FEW WAYS TO GET AROUND. JUST REMEMBER TO COME BACK TO DRAMA SCHOOL

THE TUBE:

LONDON UNDERGROUND:

- Debden Station (Central Line)- 5 mins walk from school

Loughton Station (Central Line) - 30 mins walk from school

TUBE TIPS:

- Buy an oyster card as soon as you can to save lots of money (costs £5). Transport For London (TFL) now accepts contactless cards as well.

- The night tube runs all night on Fridays and Saturdays on the Central (to Loughton), Jubilee, Northern, and Piccadilly lines.

- Try to travel during off-peak times if you can. From Debden to central London, with an Oyster card is £3.10 during off-peak and £5.10 during peak times. Peak times are from 06:30-09:30 and 16:00-19:00 Monday through to Friday. All other times are offpeak pricing (including the night tube) as well as when you travel from any station (like Debden) outside of Zone 1 to any station in Zone 1 (central London)

BUS SERVICES:

There are a range of buses in the Loughton/Debden area. There is a bus stop on Torrington Drive (near Sainsbury's, Debden station, and just off the broadway). Bus 20 goes to Loughton Station.

At the bus stop, you will be able to see the different buses, their destinations, and their timetables.

Buses cost £1.50 in the area, and don't accept cash (so get that Oyster Card). For more information on travel in London visit **www.tfl.co.uk**

TAXI SERVICES:

- Uber - get the app or go online **www.uber.com**

- Sadler Taxis - located at Debden and Loughton station. **www.sadlerstaxis.co.uk**

- Mayflower Taxis - 139 High Rd, Loughton IG10 4LT

EAST 15
STUDENTS*
UNION

NOW YOU'RE TRULY READY TO JOIN EAST 15
WE CAN'T WAIT TO SEE YOU AROUND!