

Welcome

COUNTDOWN TO ESSEX

**Everything you need to know if you're
under 18 and coming to Essex**

ARRIVALS 2018 – 19



University of Essex

YOU'VE DONE IT!

All the hard work has paid off and you'll soon be joining us at Essex. We can't wait to have you here and we know you're going to have an amazing time with us.

Before you get here, there's a few things we need you to do so that your arrival is as smooth as possible. Get these jobs done now, and you'll be free to spend as much time as possible enjoying everything we have in store for you!

We're here to help with any questions too, so if something doesn't make sense or you need some help.

E askthehub@essex.ac.uk



4 STEPS TO A HASSLE FREE ARRIVAL

1

KNOW WHEN TO GET HERE

We can't wait to meet you! It's important that you arrive on time and we'll be ready to welcome you and give you a helping hand. Make sure you know when your Arrivals Day is and what to do when you get here.

www.essex.ac.uk/welcome/arrival

2

GET YOUR VISA IN PLENTY OF TIME

If you're an international student and you need a Visa to study in the UK, make sure you make your visa application in plenty of time so that you get here on Arrivals Day!

<https://www1.essex.ac.uk/immigration/>

3

ATTEND YOUR DEPARTMENTAL INDUCTION

This is your chance to get to know your new department. It's a compulsory event, so make you know when yours is taking place.

<http://www.essex.ac.uk/welcome/arriving-at-colchester>

4

REGISTER IN PERSON ON CAMPUS.

As well as registering online, all new students must register in person. Once you're registered you become a fully-fledged member of our community with full access to all our facilities and services. You and your classmates will register together. Check out our registration schedule now.

www.essex.ac.uk/welcome/registration

2 SIMPLE WAYS TO GET HELP AND SUPPORT

1

JUST ASK

We know student life isn't always easy, so remember, if you need advice or support, either before you arrive, or when you get here, all you have to do is ask.

<https://www1.essex.ac.uk/students/contact/help.aspx>

2

SAY 'HELLO' TO YOUR PERSONAL TUTOR

Your personal tutor will be your point of contact throughout your course. They know that you're under 18 and they're someone you can talk to if you have questions about your course or encounter any difficulties that affect your studies.

<https://www1.essex.ac.uk/students/study-resources/tutor.aspx>

1

THING YOU MUST DO WHEN FINDING SOMEWHERE TO LIVE

1

COLCHESTER AND SOUTHEND CAMPUS

Book your room (we won't do it for you)

As you'll be under 18 when you arrive, we do require you to live on-campus and you must book a room before you arrive.

<https://www1.essex.ac.uk/accommodation/apply/default.aspx>

1

LOUGHTON CAMPUS

We don't have our own campus accommodation at Loughton. Please get in touch with us so that we can help you.

7 WAYS TO LOOK AFTER YOURSELF

- 1 KNOW WHERE TO GRAB SOME FOOD**
- You can buy fresh ingredients in The Store or at local supermarkets, so you can whip up whatever you feel like in the kitchen. There's also plenty of places to grab some food at our campuses, so if you don't feel like cooking something yourself, you don't need to go hungry.

Colchester - <https://www1.essex.ac.uk/catering/colchester/default.aspx>

Southend - <https://www1.essex.ac.uk/catering/southend/default.aspx>

Loughton - https://www1.essex.ac.uk/catering/loughton/corbett_theatre_cafe_bar.aspx

Student recipes - <https://www.bbcgoodfood.com/recipes/collection/student>

- 2 KEEP CALM IN AN EMERGENCY**

Take a look at our advice and information.

<http://www.essex.ac.uk/students/experience/safety.aspx>

- 3 TAKE A LOOK AT OUR POLICIES AND PROCEDURES***

*There are some things you just need to know about both our responsibilities and yours.

- Policy on Safeguarding Children and Adults at Risk
- Alcohol and Drugs Policy for Students
- Equality and Diversity Codes of Practice guideline
- Health and Safety policies including fire safety
- Policy on contact with third parties in relation to students registered at the University

- 4 GET VACCINATED AGAINST MENINGITIS**

Whatever your age, you should be vaccinated against meningitis before coming to university. You probably already are but if you're not sure, check with your doctor now.

<https://www1.essex.ac.uk/students/health-and-wellbeing/illness.aspx>

- 5 REGISTER WITH A DOCTOR**

If you're studying on a course for more than six months, you need to register with a local doctor. When you register, you'll need to bring details of your current doctor, vaccination and medical history, along with an NHS number or Ecard if you have one.

www.essex.ac.uk/welcome/health

- 6 MAKE THE MOST OF THE HOLIDAYS**

Campus can be very quiet during vacations so, during the holidays, you might want to make arrangements to go home or stay with family or friends off campus.

<https://www.essex.ac.uk/about/governance/key-dates>

- 7 KEEP YOUR EMERGENCY CONTACTS UP TO DATE**

We'll want to know who your UK based emergency contact is. We'll only contact this person if we really have to – such as if we've tried to contact you and you've not responded, if we have serious concerns about your health or welfare, or if you've been unable to register and you need help getting back home. But we'll never discuss details of your progress or any personal issues with your emergency contact unless you have given us permission to do so.

4 THINGS YOU CAN'T DO UNTIL YOU'RE 18 (JUST IN CASE YOU WERE THINKING ABOUT IT)



1

BUY ALCOHOL

It is illegal for you to buy or for anyone else to sell you alcohol. A court of law could fine both you and the seller. This means you mustn't drink alcohol in the bars on campus and you may not be permitted to enter some licensed venues or events.

2

OTHER THINGS I CANNOT BUY

It is illegal for anyone to sell tobacco, cigarettes or fireworks to someone who is under 18.

3

GAMBLE

Under 18s are not allowed to gamble or work in betting shops or clubs. Over 18s are not allowed to place bets for those aged under 18.

4

WATCH AN 18 FILM

There may be age restrictions on movies that you would like to see or online games you are thinking of buying – be sure to know what the age limits are. So, no streaming grown up films on Netflix! OK?

The background is a close-up of a wall constructed from rectangular stone tiles. The tiles are arranged in a staggered pattern and come in two main colors: a light grey or blue-grey and a warm tan or beige. The texture of the stone is visible, showing some natural grain and slight variations in color. The lighting is even, highlighting the texture of the tiles.

essex.ac.uk/welcome