

SOUTHEND INTERNATIONAL STUDENTS' GUIDE



CONTACT DETAILS

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SU@ESSEX.AC.UK

ESSEX.SU



EVERY ESSEX STUDENT IS AUTOMATICALLY A MEMBER OF THE UNIVERSITY OF ESSEX STUDENTS' UNION



Essex Students' Union represents all students at the university. It's run by students, for students, and works with the university to make life the best it can be for students at Essex.

The SU is led by full time and voluntary, part time officers, who are elected by the members of the SU - YOU!



VP INTERNATIONAL

Hey, I'm Asha Ali, and I'm the Vice-President International this year.

I'm a Somali-Norwegian Essex graduate, I studied Linguistics and Sociology and now I work full time to represent issues facing international students at Essex, as well as overseeing the International Students Association and Black, Asian and Minority Ethnic Network. I'm basically here to make sure life is the best it can be for International students, whether it's improving your course, or the support you receive - you can get in touch with me.

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 vpinternational@essex.ac.uk

Memes and buzzfeed quizzes are also welcomed- you can tweet these to me @AshaVPInternat1 !



VP SOUTHEND

Hey, I'm Andrea Lungay and I'm the the Vice-President Southend. I studied at Southend and I was an East 15 student, but now I work full time in Southend to represent all Southend students.

In the evenings, you can find me dancing, acting and hanging out in the SU Lounge. You can drop me an email anytime, about anything Southend related, at vpSouthend@essex.ac.uk or call **+441702 328240** if you've an idea to propose or a question to ask.

SOUTHEND CALENDAR

WELCOME PARTY

FRESHERS' WEEK ACTIVITIES

INTERNATIONAL MIXER

DIWALI CELEBRATIONS

BLACK HISTORY MONTH

GLOBAL ENTREPRENEURSHIP WEEK

CAREER AND JOB FAIR

JUST PLAY

JUST START

CHINESE NEW YEAR

ONE WORLD ESSEX AND MORE...

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

YOU'VE GOT THE QUESTIONS? WE HAVE THE ANSWERS. WELL SOME OF THEM, ANYWAY...

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! You're part of the family, and this just makes it official.

JUST START

'Just Start' is an initiative of the Students' Union to create an easy-to-set-up group of like-minded people, who want to pursue the same activity, but don't want to deal with lots of paperwork! We've designed Just Start to be as simple as possible so that you can focus on your interests. No memberships costs, no ratification, no aims and objectives! What are you waiting for, start your own group by emailing vpsouthend@essex.ac.uk, or join a group in Welcome Week.

INTERNATIONAL GOODS AND SERVICES

There are lots of shops in and around Southend that have a great range of International food.

HALAL POULTRY AND PRODUCTS

- Sabri Foods - 343 London Rd, Westcliff-on-Sea, SS0 7HZ
- Desi Foods - 7 West Street, Southend-On-Sea, SS2 6HH

ORIENTAL PRODUCTS

- Foods Of Asia - 490 London Rd, Westcliff-on-Sea, SS0 9LD
- Kim Quang - 50-54A York Rd, Westcliff-on-Sea, SS0 9LD
- SpiceBoat - 1231 London Rd, Westcliff-on-Sea, SS0 9LD
- Parksons Cash and Carry – (Asian food shop) 2-4 Clarence Rd, Southend-on-Sea SS1 1AN

AFRO-CARIBBEAN AND AFRICAN PRODUCTS

- YAF&O Foods - 210 London Rd, Westcliff-on-Sea, SS1 1PJ
- Sabri Foods - 343 London Rd, Westcliff-on-Sea, SS0 7HZ
- Beauty Palace – (afro Caribbean hair products) 119, High Street, Southend-On-Sea, SS1 1LH

HOW TO I ACCESS CURRENCY SERVICES?

For currency conversions, we'd recommend you to refer to OANDA Rates™, which are daily filtered foreign exchange rates accessible online. For currency exchanges, you are recommended to transfer currency through local post offices and banks. Bank branches available in Southend include Barclays, NatWest, HSBC and Halifax. You can also use private currency exchange services such as Transferwise and Azimo, both of which have mobile apps for easier exchange.

HOW CAN I OPEN A BANK ACCOUNT?

To open a bank account, you will need a bank letter from the university, which you can get at registration. For information on everything to do with getting your finances sorted, see essex.ac.uk/welcome/international-students/banking.



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

EEA nationals are able to 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 allowed to work at all in the UK. For Tier 4 students the hours you can work per week in term time will be restricted and shown on your visa/BRP. You can work more hours in your official University vacations which vary depending on your course. The type of work you can do as a Tier 4 student is also restricted. It's really important that you don't break your working conditions so, make sure you check what you can do before you start work. Your employer will have



to carry out right to work checks and should ask you for 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: www.essex.ac.uk/immigration/living/work_int

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). If you don't, the Students' Union arranges National Insurance Number interviews on campus. Alternatively, you may apply on your own as guided on www.gov.uk/apply-national-insurancenumber.

You can keep an eye out for jobs on the SU job page essex.su/jobs, there are roles available within services, such as marketing, finance and admin or retail. The Employability and Careers Centre has lots of information about working and planning your career and is the place to go to find out more about work placements and internships: essex.ac.uk/careers/

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. You're UKVI outcome letter will say where you can collect your BRP from and you'll need to collect it before you go to your registration event.

For Colchester and Loughton students, if your UKVI outcome letter shows the University as your BRP collection location you'll be able to collect it from your Student Services Hub on-campus during office opening hours. For Southend students, if you selected the Southend Post Office it is a short walk away from the campus. www.essex.ac.uk/students/contact/default

IS THERE A PRAYER SPACE IN SOUTHEND

The Multi-faith Chaplaincy at our Southend Campus is a welcoming place for staff and students to meet, interact and engage in a positive and peaceful manner. The Chaplaincy and adjoining prayer

room at Southend Campus offers a space for prayer and quiet reflection. It is located on the 2nd floor of the Gateway Building, close to the Elmer Suite and Student Common Room.

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 EE, GiffGaff and Vodafone.

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

- Applying for jobs, placement years or internships (both on and off campus). 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 trip abroad or night out in town
- There is a lot of free Wi-Fi but it might not exist everywhere you go

THE STUDENT SERVICES HUB

If you have questions to do with anything about the university, the Student Services Hub is the place to go for the information you need. It is located on the second floor of the Forum, and is open from 10am to 4pm every day.

You can also email askthehub-sc@essex.ac.uk, or call **01702 328444**.

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.

TALENT DEVELOPMENT CENTRE

During the first weeks of the autumn term, everyone whose first language is not English has to take the English Language Assessment – don't worry, this is not a fail or pass test and it will have no impact on your studies. Depending on the results you will be allocated in English support classes and there will be academic advisers ready to help at all times.

They also 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 the Talent Development Centre, why not drop by their office (TF2.19) and have a chat with staff, or email tdc-se@essex.ac.uk.

TRY AND MEET PEOPLE FROM DIFFERENT PLACES

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.

You can attend some of our society's weekly/monthly events that promote language learning experiences. You can also ask for 121 sessions with society exec members or group activities.

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.



WELL-BEING AND MENTAL HEALTH

Most University of Essex students will have access to free healthcare via the NHS whilst they are in the UK. If you live on campus you will be given an appointment to register at the health centre, but if you live off campus, 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. For complete information on everything you need to know to stay healthy physically, mentally and emotionally, see essex.ac.uk/students/health-and-wellbeing/

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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 of the University of Essex 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 suaccsou@essex.ac.uk - alternatively, drop into their office above the SU Lounge. and they can help you with any problem you might have. It is a great place to start if you are unsure what to do with the problem you have.

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

EMERGENCY CONTACTS

ON CAMPUS

If there is an emergency whilst you are in student accommodation, call University Square reception on **01702 328408**. In the Gateway building you should call extension **8208**, and in the Forum, you should call **8508**.

OFF CAMPUS

If you are in an emergency off campus that requires urgent attention from the emergency services, call **999**. You will be asked if you need an ambulance, the police or the fire services.

🏠 POLICE

The police in the UK are helpful and can be approached by anyone, and can be reached on the phone number **101**. However, if it is an emergency, you should contact **999** and ask for the police department. The number to the Essex Police station is **01245 491491**

🏠 FIRE

If there is a fire emergency, you should call **999** as quickly as possible and ask for the fire department.

🏠 MEDICAL

If there is a medical emergency, you should call **999** and ask for an ambulance.

If you do not need an ambulance but feel you need medical attention and you are unable to get to a local doctors surgery or it is out of hours, you can call **111**. This is the NHS helpline and they will put you in contact with a doctor who will assess over the phone if you need to go to hospital, have an out of hour's doctor visit you or if you are safe to wait till you can get to your local doctor.

WAYS TO TRAVEL IN SOUTHEND – JUST REMEMBER TO RETURN TO UNI!

Trains are usually the most convenient way to travel to other parts of Britain - book tickets in advance to get the best possible price. Tickets are generally available 12 weeks before the date of travel from train booking sites such as National Rail, Greater Anglia and Virgin Trains.

If you're aged 16-25, or a full-time student aged 26 or older, you're eligible to apply for a discount railcard! This costs £30 yearly and can save you £s off most rail fares across Britain. You may apply online at **www.16-25railcard.co.uk**

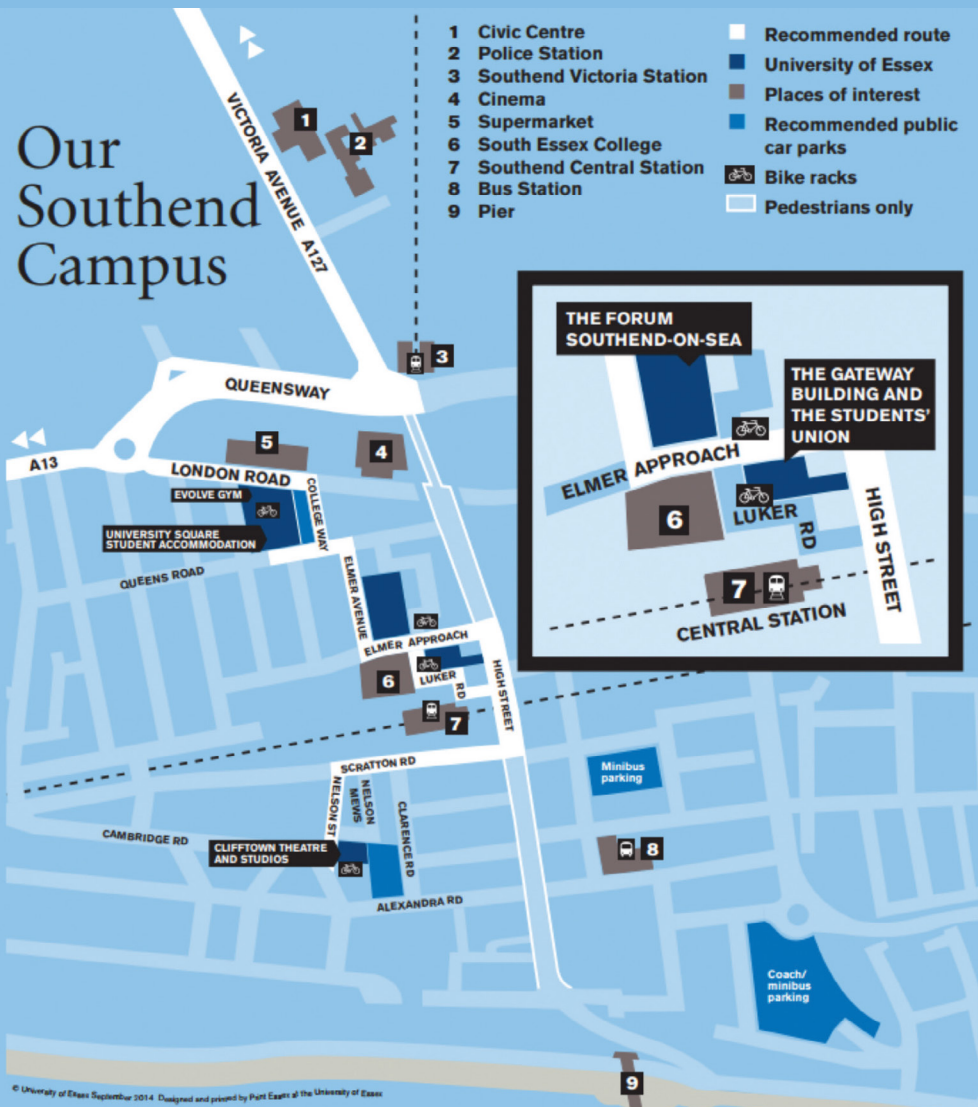
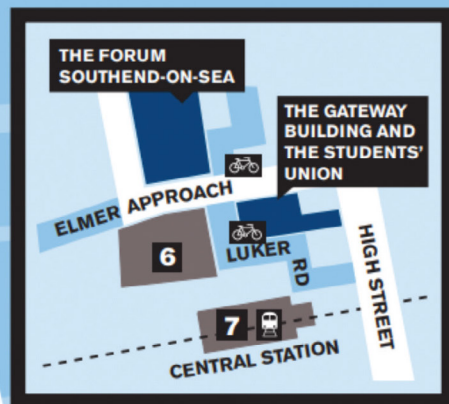
If you are travelling back to an airport National Express coaches are the cheapest and most convenient way to get there.

Alternatively, you can get the train to Southend Airport, or if you get the train to London you can then use the Heathrow or Stanstead express, a train that takes you directly from central London to the airport.



Our Southend Campus

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|-----------------------------|------------------------------|
| 1 Civic Centre | Recommended route |
| 2 Police Station | University of Essex |
| 3 Southend Victoria Station | Places of interest |
| 4 Cinema | Recommended public car parks |
| 5 Supermarket | Bike racks |
| 6 South Essex College | Pedestrians only |
| 7 Southend Central Station | |
| 8 Bus Station | |
| 9 Pier | |



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FIND YOUR WAY AROUND CAMPUS

The university's online campus map and navigation guide is called "Find Your Way", and will help you get around campus. You can either get it by downloading the Pocket Essex app for your phone, or via the internet – www.findyourway.essex.ac.uk

LAST MINUTE TIPS FOR THE ROAD:

1. Don't leave your cash in your room! Do deposit it in your bank account as soon as possible.
2. Bring a jacket with you when you first arrive - the weather in Britain changes often, it's best to be prepared.
3. If your country's chargers don't fit UK electrical sockets, remember to bring an international adapter!

**NOW YOU'RE TRULY READY TO ENTER UNI.
WE CAN'T WAIT TO SEE YOU AROUND!
#ESSEXINTERNATIONALS**



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