

INTERNATIONAL WELCOME GUIDE 2023-24

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 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 checklists 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 get stuck with anything at all. If you need more information, just go to <https://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**

Congratulations! You've received your offer, gotten 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 p17).

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 and return our CAS Request Form and UK Immigration History Questionnaire as soon as possible.
- Schedule your "UoC Credibility" interview (if one is required) with us as soon as convenient.
- If you are required to have a TB certificate, book your chest x-ray and send us the results.
- Prepare evidence of maintenance funds.
- If you are a non-EU/EEA student—book your visa appointment as soon as possible upon receipt of your CAS and at least 4 weeks in advance of your course start date.
- Pay your health surcharge online.
- Ensure you book your accommodation before you arrive. Visit our [website](#) for more information about accommodation options.

This is important as 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

- 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.



BEFORE YOU LEAVE HOME

- 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.

Accommodation

- If you have not already booked accommodation, you need to do this as soon as possible. Please contact the Accommodation Team via the contact information found on [this page](#).
- Visit our website for more information about accommodation options—use the link on page 4.
- 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.



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: <https://www.lancasteruniversityhomes.co.uk>



Planning to stay with your family

Make sure you check government guidance for up-to-date information about families and partners accompanying international students. 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 and Zoopla or using the key words below in your search engines:

Private Accommodation available within Ambleside

Private Accommodation available within Carlisle

Private Accommodation available within Lancaster

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.

Local schools

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

Westmoreland and Furness Council (Ambleside)

<https://www.westmorlandandfurness.gov.uk/schools-and-education>

Lancashire County Council (Lancaster)

<https://www.lancashire.gov.uk/children-education-families/schools/>

Cumberland Council (Carlisle)

<https://www.cumberland.gov.uk/schools-and-education>

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.

Before you travel

- Check the rules for the country or territory you are coming from or have travelled through: <https://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

- Train travel information can be found at <https://www.thetrainline.com/> - you can access this by webpage or smartphone 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).
- Make sure you keep us up to date with your arrival details, ensuring you arrive in time for your International Welcome and Registration event.
- Make note of your 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 security for accommodation keys.

Get connected!

- Connect with the university, your course and the university Facebook pages and Twitter feeds.
- Check out what your Students' Union can offer you: <https://www.ucsu.me/>
- Check out the university's Chaplaincy service: <https://www.cumbria.ac.uk/student-life/student-support/chaplaincy/>
- If you have any questions or concerns, you can contact us via the Student Enquiry Point or email intss@cumbria.ac.uk.





KEEPING YOU SAFE AND WELL

We look forward to welcoming you, our international students, to the start of your course. We are excited to welcome you and will be as flexible as possible in terms of accommodating your arrival and registration.

If you have paid your Immigration Health Surcharge (IHS) and your immigration permission has not yet expired, you continue to be entitled to free NHS treatment for illnesses and conditions. You must register with a GP in order to receive these services.

Please note that as of the 30th June 2023, Covid vaccinations are no longer bookable online and will only be offered through the GP to those who are at an increased risk of Covid. To see if you are eligible for the Covid vaccine, or to find out more about the vaccine and the NHS, please visit <https://www.nhs.uk/conditions/covid-19/covid-19-vaccination/>. For further details and information about life and study in the UK, particularly surrounding healthcare, please visit UKCISA's guidance pages.

While you are enrolled at the University of Cumbria, your physical and mental wellbeing will be supported by the university as it pertains to your course. Under the NHS, you will not need to pay for seeing a doctor, hospital treatment after an emergency, contraception, and many other services. Please note that until you have registered with a GP surgery (doctor's office), you will not be able to access these services. For more information on registering with a GP surgery and what services may be covered under the NHS, please see the following: <https://www.ukcisa.org.uk/Information-Advice/Studying-living-in-the-UK/Health-and-healthcare>.

If you are, or will be, living in our student halls of residence and you start 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 in order to comply with your Student Visa, you must be regularly and consistently attending classes and engaging in coursework. **Failure to do so will result in de-registration and the revocation of your visa, which will result in deportation.**

TRAVELLING TO THE UK

Customs and Immigration

Upon arrival you will need to clear Customs and Immigration before making your way to your chosen method of transport, whether that is by train or pre-booked taxi. Customs and Immigration may take some time, so make sure that you have all of your documents ready and easily accessible, and make sure you don't book a train or taxi too soon after your arrival.



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.

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 campus of the University of Cumbria.

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

For international students starting their course in September

This is our busiest period for welcoming international students to the University of Cumbria. Regardless of your campus of study, all international students must arrive at the Lancaster Campus on either Monday 11th September or Tuesday 12th September, in time for your International Welcome and Registration, which begins on Wednesday 13th September. You will be contacted with details of your International Welcome and Registration nearer the time. Please keep us informed of your arrival details and ensure you have your student accommodation arranged in advance of your arrival. If you arrive earlier than the 11th September, you will need to arrange and pay for your own accommodation. See previous Accommodation section.

See below for travel arrangements. Onward travel to your campus of study will be arranged for you after your International Welcome and Registration.

For international students starting their course in August, January or April

Please keep us informed of your arrival details and ensure you have your student accommodation arranged in advance of your arrival. Please see below for travel arrangements. You will be contacted with details of your International Welcome and Registration nearer the time.

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 agent, or another member of the railway staff, to help you take the correct trains. There are regular, direct trains from Manchester Airport to Lancaster train station.

Travel to Ambleside

You may need to change trains during your journey, and you can ask a member of the railway staff to help you choose the correct train. The nearest main line station is Oxenholme; from there, you can take a train to Windermere station. From Windermere station, take a taxi from the taxi stand (10 to 15 minutes' journey). You can take a bus from Windermere rail station to Ambleside.

Travel to Carlisle

You may need to change trains during your journey, and you can ask a member of the railway staff to help you choose the correct train. From the Carlisle rail station, take a taxi to either the Brampton Road campus or the Fusehill Street campus. Either of these journeys take between 5 and 10 minutes.

Useful tips about rail travel

Please note that it is not as easy to travel on evenings and weekends. There are more frequent train services on weekdays. Rail ticket prices can vary. Off-peak tickets are cheaper tickets for traveling on trains in quieter times. Please check on the National Rail website to find out which off-peak fares are available. If possible, try to travel in these times to keep the journey costs down.

Rail tickets are usually cheaper if bought in advance. Tickets are on sale up to 12 weeks before travel.

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 the 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.

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

Advance ticket purchase websites:

Transpennine Express: <https://www.transpennineexpress.co.uk/>

The Trainline.com: <https://www.thetrainline.com/>

Getting to campus by taxi - from UK airports to your campus

If you need to make your own travel arrangements to campus, there are a range of transfer providers. Onward Travel Solutions (OTS) provides transfers 24 hours a day, 7 days a week. You can get a quote and book a taxi online or call 24 hours a day on **+44 (0) 2034 78889**. Below are all the details you need to provide to make the booking:

- Flight number.
- Name of airport.
- Arrival time.
- Arrival terminal.
- Lead passenger name (if more than one person is travelling, pick somebody to be in charge).
- Lead passenger contact details.
- Destination address and post code.
- Number of passengers and the amount of luggage.
- Payment details.

OTS take a card payment when you book. Once the payment has been taken you will receive an email to say that the payment has gone through, you will also receive log in details so that you can check and amend your journey details online in case there are any last-minute issues during your journey.

Closer to the date of your journey you will receive a final confirmation about the journey and within this email you will receive driver contact details.

During your journey, if you have any problems, you can contact the main university reception on **01228 279398 (within UK)** or **+44 1228 279398 (outside UK)**.

If you are arriving before 8am or after 5pm, you can contact the Security Teams on:

Ambleside: **+44 (0) 7809 190531**

Brampton Road, Carlisle: **+44 (0) 7809 190541**

Fusehill Street, Carlisle: **+44 (0) 7809 190530**

Lancaster: **+44 (0) 7809 190566**

Living away from home

Whether you decide to stay in university or private accommodation, you must make sure this is booked and paid for in advance of your arrival. Further details of your options are available here: <https://www.ukcisa.org.uk/Information-Advice/Studying-living-in-the-UK/Housing>

To get fully involved with university life at the University of Cumbria and feel part of our community, we recommend you stay in university accommodation. All our accommodation is located on campus, or within walking distance, and our accommodation team make sure your halls are a safe place to live and study.



The University is signed up to the [Student Accommodation Code](#) which details your rights to a safe, good quality place to live. The code outlines everything you should expect from your university accommodation as well as your responsibilities as a tenant.

Halls of residence: Guaranteed Accommodation. All international students are guaranteed a place in university halls for their first year of study with us. We recommend that you apply as soon as you have accepted your Unconditional Firm offer, using the link and information that will be sent to you.

We have several halls of residence or 'halls' as we like to call them, available in Ambleside, Carlisle, and Lancaster. If you are from the UK, a guarantor is required to reserve your accommodation. International students must pay their rent in full before their tenancy starts.*

* Please note you will need your halls of residence post code for your order, this can be found on our website under our 'Contact Us' page.

What will I need?

At the start and end of this guide, you will find useful documents and checklists to ensure you can request or organise everything you will need when you get here.

Here is a list of items you will need when you move into your accommodation: <https://www.cumbria.ac.uk/student-life/accommodation/What-to-take-to-Uni-Checklist.pdf>

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 halls

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

You can find advice about using travel adaptors for electrical equipment on the Electrical Safety First website: <https://www.electricalsafetyfirst.org.uk>

Find out more by clicking on the [Student Enquiry Point](#).





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 transcripts—original and/or translated and notarised.
- Your health certificate (if applicable).
- Contact details—including the address you will be living at whilst studying in the UK.
- UK (mobile or other) phone number.

If you are unclear or have any questions, please email us at:

international.admissions@cumbria.ac.uk

Students holding either a new Student Route visa or an existing Tier 4 visa 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 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. Details will be sent to you nearer the time.

In September 2023, your Welcome Week will begin Monday 18th September with teaching (for most courses) starting from Monday 25th September 2023. We will contact you separately if your course starts earlier or later.

SPECIFIC INFORMATION FOR NON-UK STUDENTS

Biometric Residence Permit (BRP)

Once you arrive in the UK and are on campus, you will need to collect your Biometric Residence Permit (BRP) as soon as possible. If you have selected the Post Office as your BRP collection point, you must go to whichever named Post Office you have chosen.

Following this, you will need to send a copy of the front and back side of the BRP card to the UKVI Compliance Team at UKVIcompliance@cumbria.ac.uk.

STUDENT ROUTE VISAS

ADDITIONAL INFORMATION AND RESPONSIBILITIES

Please ensure that your scans or photos are clear and you are not covering any parts of these documents. If for any reason we are unable to accept these documents, we will contact you as soon as possible to let you know.

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:

<https://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 available to you at all times. This service is made available to you instead of having a Biometric Residence Permit.

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 <https://www.gov.uk/guidance/living-in-the-uk-applying-from-overseas>.

Academic Engagement—Conditions of Study

Your Student Route (previously known as Tier 4) 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 period.



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, as a rule of thumb, international students are normally allowed to work up to 20 hours per week and full-time during the holiday.



We have an impressive range of specialist services to ease your transition into university life, help you with your studies and take you through to graduation and beyond. Our professional and supportive teams are used to dealing with all sorts of queries, so if you have any questions, please just ask!



All resources, support and guidance to these specialist services can be accessed via the [Student Enquiry Point](#).

Disability/Specific Learning Difficulty (SpLD)

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 difficulties (SpLD).

Make sure you declare your disability when you register in the student portal. You'll then you'll 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.

Mental Health and Wellbeing Team

The Mental Health and Wellbeing Team offers support which is accessible for all students across the University of Cumbria. We offer support online, via telephone and face-to-face. Life can be complicated. Personal, emotional and psychological problems can impact on your ability to student and enjoy university life. Students refer to the Mental Health and Wellbeing Team for many different reasons, including low mood, anxiety or stress, bereavement, homesickness, eating problems, abuse, and relationship difficulties, to name but a few. We offer:

- One-to-one talk therapy, an evidence-based approach for improving mental health and wellbeing (short to medium term support available)
- Workshops which provide advice and guidance regarding how to manage your mental health and emotional wellbeing while at university
- The Live Well Learn Well Blog, a collaboration with the skills@cumbria team, helping you to thrive at university
- On occasion, we may offer group work, such as compassion-focused therapy

For more information about the service, or to make a referral, visit: <https://my.cumbria.ac.uk/Student-Life/Health-and-Wellbeing/>. You can also access support and resources at <https://togetherall.com/en-gb/>

A HELPING HAND

SUPPORT AND GUIDANCE FROM STUDENT SERVICES

Chaplaincy

The chaplaincy team works within the ethos of a Cathedrals Group University to support and encourage staff and students on their journey through life. Chapels on Fusehill Street and Lancaster campuses are places of welcome and sanctuary, offering quiet, comforting space to all, regardless of belief. Regular times of prayer, exploration of faith and meditation are offered, as well as spaces for conversation and listening. These can be accessed in situ or online. Key Christian festivals and those of other faiths are acknowledged and supported. 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 (<https://step.cumbria.ac.uk>) or find details on the Chaplaincy website: <https://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 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.

Their specialist areas include:

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



Library and Academic Study Skills

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.

Library and Academic Advisors support your development as an independent learner through webinars, workshops, email, appointments and online skills@cumbria resources, including our Skills TV channel.

You can access all these resources using skills@cumbria:

<https://my.cumbria.ac.uk/Student-Life/Learning/Skills-Cumbria/Learn-Well-at-Cumbria/>

'Head Start' –online study skills at your pace. Whatever course and level you are studying, our suite of online self-study courses is designed to give you a head start to your learning journey. You can access the [Head Start courses here](#).



Information Technology (IT)

It is important that you complete your IT induction as soon as you are registered with us so that you can access your student email account.

All details are available here:

<https://my.cumbria.ac.uk/Student-Life/Learning/Skills-Cumbria/Digital-Skills/>

There is a wider range of free software and resources available to support your studies here:

<https://my.cumbria.ac.uk/Student-Life/it-media/>

For any technical support, such as problems logging into your student account, you can find help here:

<https://my.cumbria.ac.uk/Student-Life/it-media/Getting-Help/>

Please ensure you have access to a computer or laptop for your studies. These are available to use for free at all our campuses:

<https://my.cumbria.ac.uk/Student-Life/it-media/Computers-and-Software/>



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



1. Finances

Managing your finances is an important part of your daily life. [Follow this link](#) to help you work out how to manage your money and build a realistic budget for living and studying in the UK and find out how other students manage their money.

Please avoid bringing large amounts of cash into the UK. 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.

2. Paying your fees—who pays a deposit?

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

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:

<https://www.cumbria.ac.uk/study/international-students/fees-and-finance/>

3. How to pay

Course fees

You can pay your tuition fees and any other payments online or by wire transfer. To make an online debit/credit card payment, go to <https://payments.cumbria.ac.uk/open/> or to make a wire transfer, go to <https://www.cumbria.ac.uk/study/international-students/fees-and-finance/> and click on ACCESS TRANSFERMATE at the bottom of the page.

The University Student Financial Regulations includes information on tuition fee billing, making a payment, progressing and graduation, as well as other guidance on the university policy on fees and charges: <https://www.cumbria.ac.uk/study/student-finance/student-financial-regulations/>

Accommodation fees

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

MANAGE YOUR MONEY

MAKING THE MOST OF EVERY POUND

4. Banking

UKCISA provides you with basic information and resources to help you when choosing and opening a bank account as an international student in the UK: <https://www.ukcisa.org.uk/Information-Advice/Studying-living-in-the-UK/Opening-a-bank-account>

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 to get a UK phone, you will need a UK bank account in order to set up a direct debit to pay for a monthly contract. Furthermore, if you decide to undertake any part-time work while you're 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 each campus, which may impact which bank you decide to choose.

Setting up a bank account can take up to four weeks to complete, so it is best to do this research before you come. In order to set up a bank account in the UK, you will usually need your passport, your Biometric Residence Permit or visa, a bank letter from the university confirming your study details and evidence of your UK address (usually available on your bank letter from the university once you have confirmed your term-time address). You will be able to request a bank letter from the Student Enquiry Point once you have arrived on campus and completed registration.

For more information regarding setting up a UK bank account and things to consider, please see the UKCISA advice linked at the start of this section.

5. 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: <https://www.endsleigh.co.uk>

Be aware of frauds and scams

International students can be vulnerable to frauds and scams. It is important to be aware, keep yourself well-informed and keep your money safe. Don't fall victim to fraud by letting someone else use your bank account to send money into. This is known as being 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 <https://www.moneymules.co.uk/>.

5. Make Your Money Last

Plan your spending

- Make sure you plan and budget. If you're not sure how to make a budget, see UoC's Money Advice page on budgeting: <https://my.cumbria.ac.uk/Student-Life/Money-Finance/Money-Doctors/The-Basic-Budgeting/>
- Choose a bank account with the best 0% overdraft fees. 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 sites like Student Beans or UNiDays to access exclusive student discounts online and in-store.
- Share textbooks and subscriptions with your friends and housemates.
- Food shop 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 railcard to save up to 1/3 off of your travel.

Money-making ideas

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

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

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 housemates.
- International students do not 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 (cashback).
- Shopium (cashback).
- Too Good To Go (discount food).

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 smartphone.

The 'Student Hub' portal lets you access your emails, timetable, and our library system, OneSearch, and helps you access our IT Service Desk, as well as other specific student information and guidance, including how to loan laptops and other 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.

There are also combined printing and photocopying machines at all of our campuses. The devices provide high quality, high volume, rapid printing, photocopying and scanning facilities.



You'll automatically receive a £1 credit on your Cumbria Student Card, for your printing account. After you've 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 scanning.

Car parking

All our car parking facilities are managed at all of our main campuses and parking is extremely limited. The option to purchase a parking permit is available but, as spaces are limited, eligibility criteria apply and vary from campus to campus.

THE NEED TO KNOWS

CONNECTING TO YOUR CAMPUS

Travel

In the UK, students get a great range of discounts on transport fares. If you are likely to use the National Rail network more than twice in a year, discount cards that can very quickly show a return on the purchase cost are the 16-25 and 26-30 railcards. National Express also offer a young person's discount card, saving you a third off standard and flexible fares. Search for 'Young Persons Coach Card' for more details. The vast majority of our campuses are also well served by buses.

Local Buses

Some local buses offer discounted tickets/passes for students, making travel in the area easy and less expensive. In order to purchase a student pass, you will need your Cumbria card, and the name on your Cumbria card will be the name on your student pass. 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 megariderXtra' ticket online via Stagecoach Smart. This gives unlimited Stagecoach travel within the city.

Ambleside: Although you shouldn't need to purchase a bus pass to get around Ambleside, if you wish to explore the area, including the Lake District, Stagecoach operate bus routes 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 North West, including travel through Lancaster, Carlisle, Preston, Blackpool, Kendal, The Lake District, Keswick, and Penrith.



GET FIT, GET FED

FOOD AND FITNESS ON CAMPUS

Catering

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

You'll also find that the 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, or for 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 are always happy to listen to suggestions for the menus if your favourite dish isn't available.

UoC active—Sports and Leisure

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

The UoC Active leisure card offers great opportunities to take part in sport and wellbeing activities with 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 (Lancaster) and Better Leisure (Carlisle).

Please visit one of the Sport Centre Receptions where our friendly team will be available to provide further information and answer any questions.

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

From taking part in our 'Welcome Week' programme, to enjoying local events run in and around the campuses, or from joining or even running a student group to 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.

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 and share your passion with others!

For example, in Ambleside, students take advantage of their surroundings and run a Climbing Club, a Conservation Society and an Outdoor Adventures 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 gear ...)



Follow us on social media for all the latest news and check out our website [ucsu.me](https://www.ucsu.me) to see existing groups, events and other opportunities and guidance.

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! You can also view the UCSU Welcome programme.

UCSU STUDENTS' UNION

MAKING THE MOST OF YOUR STUDENT EXPERIENCE

Over to you!

Ultimately, UCSU is what you make of it. Whether that is taking part in groups, 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 dip in and out of, during your time at Cumbria. If there are certain activities you'd 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 Twitter! We would love to hear from you!



Lancaster is a small and vibrant city. Maybe you enjoy live music or cinema or books or sport or history or 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, Indian, global fast-food chains right through to vegetarian options and more. 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 JustEat, Deliveroo and LancasterEats.

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.



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 a library with space for students to focus. Our Lancaster campus also offers spaces 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 Lancaster city centre, you can enjoy the campus atmosphere whilst having access to the vibrant and historic city of Lancaster.

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

Sainbury'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.

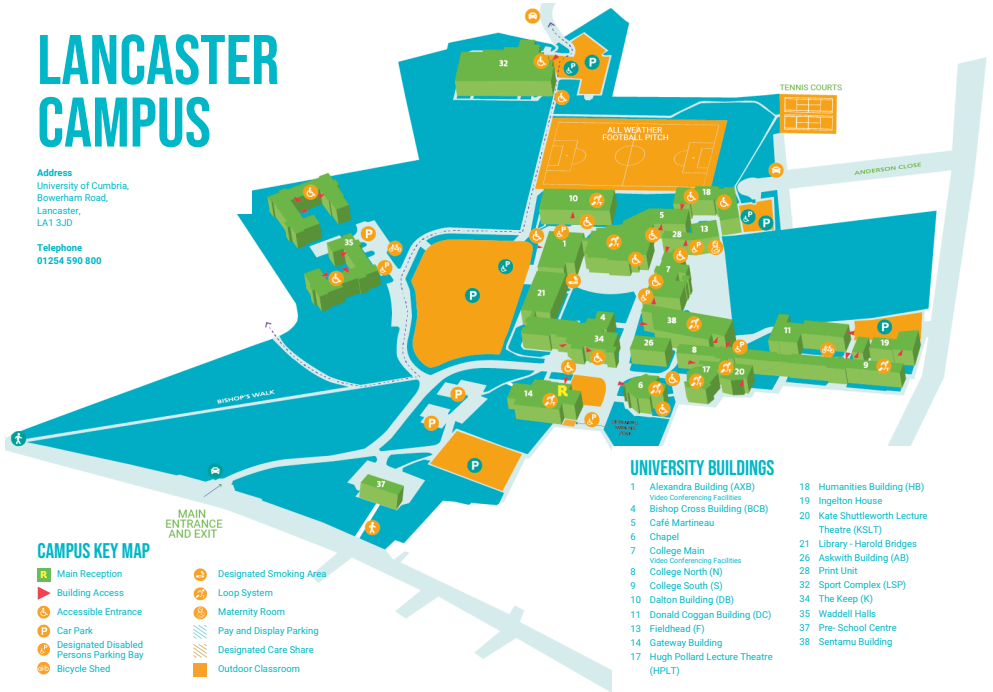
LANCASTER CAMPUS

LOCAL LIFE AND CAMPUS HACKS

LANCASTER CAMPUS

Address
University of Cumbria,
Bowerham Road,
Lancaster,
LA1 3JD

Telephone
01254 590 800



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

UNIVERSITY BUILDINGS

- 1 Alexandra Building (AXB)
Video Conferencing Facilities
- 4 Bishop Cross Building (BCB)
- 5 Café Martineau
- 6 Chapel
- 7 College Main
Video Conferencing Facilities
- 8 College North (N)
- 9 College South (S)
- 10 Dalton Building (DB)
- 11 Donald Coggan Building (DC)
- 13 Fieldhead (F)
- 14 Gateway Building
- 17 Hugh Pollard Lecture Theatre (HPLT)
- 18 Humanities Building (HB)
- 19 Ingelton House
- 20 Kate Shuttleworth Lecture Theatre (KSLT)
- 21 Library - Harold Bridges
- 26 Askwith Building (AB)
- 28 Print Unit
- 32 Sport Complex (LSP)
- 34 The Keep (K)
- 35 Waddell Halls
- 37 Pre-School Centre
- 38 Sentamu Building

Things to do in Lancaster:

See **Virtual Lancaster** for a regularly updated and comprehensive guide to weekly activities and one-off events.

<https://virtual-lancaster.net/>

You can also find more information about what's going on in Lancaster by going to Visit Lancaster: <https://www.visitlancaster.org.uk/>

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

The Dukes Arts Centre – for theatre, comedy, film, music, and more: <https://dukeslancaster.org/>

The Gregson Community and Arts Centre – for events that bring the community together: <https://gregson.co.uk/>

Kanteena – a place to kick back and relax, party, and have new experiences: <https://kanteena.co.uk/>

Lancaster Brewery – Lancaster has its own brewery, where you can sample local and specialist beers and ales: <https://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 Sports Centre. You can find more information about our partnerships and memberships here: <https://my.cumbria.ac.uk/Student-Life/UoC-Active/>

Key Events

Flea Market at Kanteena: 1st and 3rd Sunday of every month

Morecambe Poetry Festival: 22nd - 24th September

Lancaster Music Festival: 12th - 15th October

The Bay International Film Festival: 27th - 29th October

Lancaster Christmas Markets: 24th - 26th November

Highest Point Music Festival: 10th - 11th May



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 Starbucks Cafe in 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 Center 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's 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



The Ambleside campus is only two minutes' walk from the centre of town. Ambleside is a great place to be if you enjoy outdoor activities, local shops and a great sense of community. As well as great facilities on campus (gym, climbing wall and access to outdoor equipment), the local town also provides plenty of pursuits to keep you occupied. From walking in the great outdoors to shopping locally in many of the unique stores, Ambleside has something for everyone.

If you like to be on the water, with Lake Windermere (the Lake District's largest lake) is only a mile away, and there you will be spoilt for choice when it comes to activities. If you're more of a hiker, the Ambleside campus is at the foot of the Fairfield horseshoe, so you're seconds away from wandering into nature. Within town, there are also lots of attractions, including art galleries, museums and not one, but two cinemas! Whatever your appetite, check out Ambleside Online where you can find plenty of places to eat in Ambleside, and if you fancy a drink, you could try one of these bars or pubs. The sense of community thrives here in Ambleside and this place will soon feel like home. For some evening entertainment, there is much to choose from: check out Zeffirellis, and independent cinema, live music venue, restaurant and cafe, or even the Tapas Bar, which holds student nights with discounted rates. The Temperance will also provide amazing food and drink, often hosting live entertainment for a great time with friends.

Many of the local businesses offer student discounts throughout the week if you provide valid ID, some of which are mentioned below:

- Temperance Inn (20% off)
- Walnut Fish Bar (10% off)
- Ambleside Climbing Wall (10% off)
- Mountain Warehouse (10% off)
- Blacks (10% off)



Our campus

Our unique Ambleside campus is the only UK university based within a National Park and UNESCO World Heritage Site. With exceptional facilities and unrivalled access to the Lake District, this campus will provide an unforgettable and unique student experience.

A 10-minute walk to the centre of Ambleside and plenty to do in the surrounding area, Ambleside is the perfect place to study and explore.

AMBLESIDE CAMPUS

LOCAL LIFE AND CAMPUS HACKS

AMBLESIDE CAMPUS

UNIVERSITY BUILDINGS

- 1 The Barn
- 2 Beehive
- 3 Borrowdale
- 4 Charlotte Mason Building (CMB)
- 5 Langdale (LD)
inc. Perzval Lecture Theatre
- 6 Low Nook
- 7 Millet
- 8 Rigg Cottage
- 9 Scale How
- 10 Stockgill
- 11 Estates

STUDENT RESIDENCES

- A Ashfield
- B Beechfield
- C Castle Crag
- D Eagle Crag
- E Fairfield
- F Fellbarrow
- G Greenbank North
- H Greenbank South
- I Hazeldene
- J Heathfield
- K Helvelyn
- L Rosthwaite
- M Seathwaite
- N Stybarrow
- O Wansfell
- P Yewbarrow



Address
University of Cumbria
The Barn, Rydal Road,
Ambleside,
Cumbria,
LA22 9BB

Telephone
01539 430274

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

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, Kendal LA9 6DU

Aldi: Appleby Road, Kendal LA9 6DU

Beyond Ambleside

You can get the bus from Ambleside to Windermere, from here travelling on to Oxenholme. Oxenholme is on the main train line connecting London and Scotland—from here using national rail services you really could go anywhere! Nearby you have the cities of Lancaster and Carlisle, both home to University of Cumbria campuses. Follow the link for transport services from Ambleside. We will provide you with more information during your International Welcome and Registration, but if there is anything else you would like to know, please email us at intss@cumbria.ac.uk and we will be happy to help.

Things to do near Ambleside:

In the meantime, why not explore some of these webpages to find out more about Ambleside and the Lake District?

Visit Ambleside: <https://www.visitcumbria.com/amb/ambleside/>

Go Lakes: <https://golakedistrict.co.uk/>

Ambleside Hidden Gems: https://www.tripadvisor.co.uk/Attractions-g186319-Activities-zft12156-Ambleside_Lake_District_Cumbria_England.html

What's On in the Lake District: <https://www.thelakedistrict.org/>

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

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

National Trust: <https://www.nationaltrust.org.uk>

Walk Lakes: <https://www.walklakes.co.uk/>

“

Insider tips—

Ambleside campus and the local area:

There's lots of part-time jobs in all the cafes 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 is home to two of our campuses, Fusehill Street and Brampton Road. Carlisle gives you the chance to live in a city that offers an extensive range of high street shops, bars, cafes, and restaurants alongside historic treasures including Carlisle's very own castle and cathedral. With fantastic rail links to cities across the UK and near the Lake District, Carlisle offers the unique lifestyle of access to a bustling city and outstanding natural beauty. Carlisle may be a small city, but it is beguiling in having a lot to offer.



Our campuses

At our Carlisle Fusehill Street campus, you'll find a welcoming environment for students offering multiple spaces to use for socialising and meeting with friends. Fusehill offers specialist facilities and a library containing a large collection of resources for health, education, law and social sciences.



Our Brampton Road campus in Carlisle is home to our Institute of Arts—a community of hundreds of creatives, including lecturers, students and technicians. Offering a friendly atmosphere and creative environment this is the perfect place for you to refine your craft, explore your creativity, build on your creative skills, and learn from a team of expert lecturers, many of whom are commercial artists themselves.

Whether you are based at Fusehill Street or Brampton Road campus, you are not far from the city centre of Carlisle. Nearly all amenities are within easy walking distance. You can walk between the Brampton Road and Fusehill Street sites in about 25 minutes, via the huge and beautiful Rickerby Park. Carlisle is a very green city, allowing the University of Cumbria to offer you a very scenic everyday aesthetic that features lots of natural local beauty that is good for both the eyes and the soul.

History

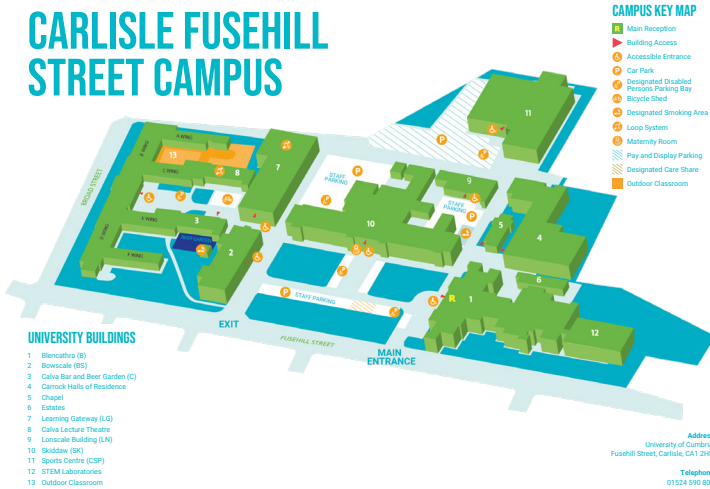
Carlisle has a rich and turbulent history to discover, from Roman invasions to border battles. Carlisle boasts an 11th century castle, used as a strategic stronghold to defend against Scottish invaders, and a 12th century Cathedral. You can explore the city's Roman and other history by visiting Tullie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

The Roman history of the region can be seen by visiting one of 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 Brampton Road campus! - and is itself a breathtaking trail-path of some 84 miles' length, running from the west Cumbria coast (Bowness-on-Solway) to the North-East of England (the Wallsend district of Newcastle-upon-Tyne). Hadrian's Wall National trail-path features spectacular scenery.

CARLISLE CAMPUS

LOCAL LIFE AND CAMPUS HACKS

CARLISLE FUSEHILL STREET CAMPUS



CARLISLE BRAMPTON ROAD CAMPUS

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, Sands Centre leisure complex, the Old Fire Station music venue 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 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 Open Mind if you're looking for a chilled out café. The Cathedral and Tullie House Museum both feature relaxing cafes. 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.

<https://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 independently run classes in the city; the Sands Swimming Centre swimming pool; 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 organisations of different religions if you wish to find a place to explore your faith.

Nightlife

Whether you're in the mood for a chilled-out evening, or feel like dancing, Carlisle has a range of pubs, bars and clubs. Some of these venues - such as Walkabout, situated in the heart of Carlisle's nightlife district of Botchergate - 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. Carlisle is 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: <https://www.lakedistrict.gov.uk/>

There are also year-round organised coach trips 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, from 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. Wilko, Home Bargains, and B&M are great options for finding your living essentials on a student budget.

There are several different supermarkets within walking distance of Carlisle campuses. 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 based in Carlisle, which offers a large variety of authentic Thai and Asian ingredients, all just one click away from being delivered fresh to your doorstep. Larger supermarkets also often have an International section.

If you want even more choice, the Metro Centre, one of Europe's largest shopping and leisure centres with over 300 shops, cinemas, and cafes, as well as Newcastle-upon-Tyne city centre (including its famous Eldon Square shopping precinct) are just a short train ride away.





Insider tips—

Carlisle campuses and the local area:

Hotel Chocolat serves the best hot chocolate and ice cream, the staff are really friendly.

HANNAH HALLS, PHOTOGRAPHY

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



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: <https://cumbrianetwork.global/>

FUTURE YOU

OPPORTUNITIES IN THE UK AND GLOBALLY

The new GRADUATE IMMIGRATION ROUTE (2021)

The UK government has demonstrated its commitment to international students through the new, internationally competitive Graduate Immigration Route for international students. This route launched on 1 July 2021 and will provide a non-extendable period of leave to stay and work in the UK at any skill level.

With the new Graduate route, international students with valid Student (or Tier 4) leave who successfully complete a PhD from Summer 2021 have the opportunity to stay in the UK for three years after study to live and work, while those completing undergraduate or master's degrees will be eligible to apply to stay for two years after study, making our visa offer internationally competitive.

If you have already travelled to the UK during your studies with permission as a Student, you will be able to make a Graduate route application, as long as you are present in the UK before the end date of your permission (visa), and meet the other requirements of the route.

To be eligible to apply, International students must have completed an eligible course at a UK higher education provider, with a track record of compliance with the government's immigration requirements to apply to the Graduate route. Students on the Graduate route will be able to work or look for work after their studies for a maximum period of 2 years, or 3 years for Doctoral students.

The Graduate route will be unsponsored, meaning applicants will not need a job offer to apply for the route. There will be no minimum salary requirements nor caps on numbers. Graduates on the route will be able to work flexibly, switch jobs and develop their career as required.

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

<https://www.gov.uk/graduate-visa>

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

Access to computers and IT systems

Once you complete your online registration, an email will be sent to your personal email account inviting you to activate your IT account. You must complete this process to access any of the university IT resources, including your university email address. This includes signing up for 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 at:
<https://my.cumbria.ac.uk/Student-Life/New-Students/MyList/>

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 get you to the right student support you need for your studies including Academic Skills, Money, Disability and Library.
<https://step.cumbria.ac.uk>

MyList

<https://my.cumbria.ac.uk/Student-Life/New-Students/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.



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.



ULTIMATE CHECKLIST

THE FIRST FEW DAYS



A summary of important 'To Do's:

Student Route and Tier 4 visa holders

- Book an appointment to collect your BRP.
- Ensure you understand your responsibilities as a Student Route (or Tier 4) visa holder.
- Familiarise yourself with the Academic Engagement rules (specific to Student Route or Tier 4 Visa status students).

Preparation for studying

- Complete the 'Headstart' free online (university) study skills course(s).
<https://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.
<https://my.cumbria.ac.uk/Student-Life/New-Students/Online-Pre-registration/>
- Check that your IT account has been activated and you have set up two-factor authentication.
<https://my.cumbria.ac.uk/Student-Life/New-Students/Activate-Your-IT-Account/>
- 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.
<https://my.cumbria.ac.uk/Student-Life/Learning/Linkedin-Learning/>

IMPORTANT 'TO DO'S

Rules and regulations

- View and familiarise yourself with your Student Handbook.
<https://my.cumbria.ac.uk/Student-Life/Student-Handbook/>
- View the Academic Regulations document.
<https://www.cumbria.ac.uk/about/organisation/professional-services/academic-quality-and-development/academic-regulations/>
- View the Conditions of Residence, which sets out the terms of your accommodation contract.
<https://www.cumbria.ac.uk/student-life/accommodation/accommodation-documents/>
- View the Professional Standards/Code of Conduct documents.
<https://www.cumbria.ac.uk/student-life/accommodation/accommodation-documents/>

Registration and 'Welcome Week' activities

- Arrive on the 11th or 12th September for mandatory International Welcome and Induction event. Engage with your registration event.
- Collect your Cumbria Student Card
<https://www.cumbria.ac.uk/student-life/facilities/catering/cumbria-card/>
- Engage with the university 'Check In'.
- Attend your course induction sessions and activities.

Induction and First Few Weeks

- Familiarise yourself with MyList.
<https://my.cumbria.ac.uk/Student-Life/New-Students/MyList/>
- Access a printable version of MyList induction checklist.
https://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 wellbeing

- Complete health and safety induction(s) for accommodation and/or course.
- Keep safe—view personal safety guides.
- Keep yourself well and healthy—check out online guidance.
- 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.
<https://my.cumbria.ac.uk/Student-Life/Learning/Skills-Cumbria/>
- Explore LinkedIn Learning courses and Digital Capabilities Pathways..
<https://my.cumbria.ac.uk/Student-Life/Learning/Linkedin-Learning/>

Here to help

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

My network

- Join the University/your course's Facebook pages and Twitter feeds.
- Check out what your students' union can offer you.
- Check out the university's Chaplaincy services available to you.

Do you still have a query?

See the resources available via the Student Hub or visit the Student Enquiry Point: <https://step.cumbria.ac.uk>



Additional on-campus help, information and support:

The Student Hub provides access to systems, services and support pages.

<https://hub.cumbria.ac.uk/dashboard/student>

Library: (opening hours, library locations, borrowing and returning books, requesting books and using 'OneSearch').

<https://www.cumbria.ac.uk/student-life/student-support/library-services/>

Money advice.

<https://my.cumbria.ac.uk/Student-Life/Money-Finance/Money-Doctors/>

Student support for specific student groups.

<https://my.cumbria.ac.uk/Student-Life/Support/>

Health and wellbeing / Mental health support.

<https://my.cumbria.ac.uk/Student-Life/Health-and-Wellbeing/>

Information about how to study from home.

<https://my.cumbria.ac.uk/Student-Life/Learning/Studying-from-home/>

Help with finding part-time work, making applications and career decisions.

<https://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.

<https://my.cumbria.ac.uk/Student-Life/Learning/Linkedin-Learning/>

Student Charter, Regulations and Administration.

<https://my.cumbria.ac.uk/Student-Life/Your-Studies/Student-Charter/>

Still having IT problems?

- Call our IT Service Desk team **01228 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 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 on:

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

intss@cumbria.ac.uk

LAST BUT NOT LEAST

MY POCKET NETWORK: ORGANISATIONS, ADVICE & CONTACTS

You should also consult these official sources of information:

UKCISA (UK Council for International Student Affairs): <https://www.UKCISA.org.uk>

UK government (latest news and advice from the government and latest guidance for Higher Education Institutions): <https://www.gov.uk/>

UK Visas and Immigration (latest UK Home Office advice for visa applicants): <https://www.gov.uk/government/organisations/uk-visas-and-immigration>







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