

# Pre-departure guide for international students

2023-24 entry



Ensuring that our campuses are safe spaces for everyone.



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# Welcome to Loughborough University London

Congratulations on your offer of study at Loughborough University London.

Established exclusively for postgraduate study and research, Loughborough University London combines influential thought leaders, pioneering researchers and creative innovators to deliver one of the best postgraduate experiences the UK has to offer.

We are looking forward to welcoming you, and hope that you will enjoy your time studying with us. This guide has been designed to inform you about many different aspects of postgraduate life. We have tried to cover as many essential topics as possible, so that you have the information you need to begin your studies in London without any concerns.

International students have always been vital to the fabric of the University and integral to what makes us special.

On behalf everyone at Loughborough University, I welcome you and look forward to meeting you soon.



Professor Nick Jennings CB FREng FRS  
Vice-Chancellor and President







## London campus

### About our campus

Our stunning London campus site sits in the heart of Queen Elizabeth Olympic Park as part of 'Here East'. Here East is home to a vibrant mix of innovators, visionaries and educators looking to challenge the status quo and gives access to collaboration with some of the most innovative organisations in London.

### Why Loughborough University London?

- Gain an outstanding quality of education from an internationally renowned university
- An award-winning living and learning experience in one of the world's most dynamic cities
- Ranked Best Student City in the world by QS Best Student Cities Index 2023
- A campus focused exclusively on postgraduate study and research
- Opportunities to learn from some of the world's leading teachers and innovators
- Unrivalled partnerships with industry

The campus is open 24 hours a day, 7 days a week, so you can plan personal study and group work around your other commitments.

Our purpose-built lecture theaters and seminar rooms are fitted with the highest quality audio and visual equipment so you can enjoy the best learning experience wherever you sit.

The campus was designed with postgraduate students in mind, and has a range of versatile workspaces to cater for independent study, group activities and collaborative project work. You'll also have access to on-site computers and MacBook laptops, which you can use for free to work on assignments, conduct research and create presentations.

Our fantastic student support team are available from the Student Services desk on the fourth floor, and can assist you with anything from timetabling and assessments to welfare support and IT assistance.

# Preparing to enter the UK

## Obtaining your visa

Unless you are a British Citizen or you already hold immigration permission that allows you to live and study in the UK, you will most likely need to obtain immigration permission before travelling to the UK to study.

The UK Visas and Immigration website [gov.uk/visa-immigration](https://www.gov.uk/visa-immigration) gives up-to-date information on how and where to apply as well as local application procedures. You should read through the information note on Student visas [gov.uk/student-visa](https://www.gov.uk/student-visa)

As part of your visa application you will require a Confirmation of Acceptance for Studies (CAS). Information on obtaining a CAS from the University is available from [lboro.ac.uk/international/visa-immigration/cas](https://lboro.ac.uk/international/visa-immigration/cas)

You will be given a comprehensive guide to obtaining your visa once you have received your CAS. For more information and advice about applying for entry clearance into the UK, please visit:

[lboro.ac.uk/visas](https://lboro.ac.uk/visas)

## Names on documentation

Occasionally, problems occur with the spelling of names and addresses, especially in connection with students from countries that use a different alphabet from English. It is best to decide on how you wish your name to be spelt in English and then use this spelling at all times. Preferably, this should be the spelling that is given in your passport.







### Biometric Residence Permit (BRP)

Your visa will be issued for a period of 30 days, which provides you with time to travel to the UK, and then you must collect your Biometric Residence Permit, which contains your permission to stay longer.

When you complete your visa application you will need to provide contact details in the UK and/or those of where you are studying and which Post Office you wish to collect your BRP from. You can use the University's address for this purpose, and the nearest Post Office is 26-28 The Broadway, Stratford, London, E15 4QS.

You will need to take your passport containing your visa and the letter you received when your visa was issued when you go to collect your BRP.

Further details can be found here:  
[gov.uk/biometricresidence-permits](https://www.gov.uk/biometricresidence-permits)

### Accessing healthcare in the UK

You will be required to pay the Immigration Health Surcharge (IHS) before applying for your visa. Please check these details carefully for the surcharge required:  
[gov.uk/healthcare-immigration-application/overview](https://www.gov.uk/healthcare-immigration-application/overview)

### Students studying for less than six months

If you wish to stay in the UK for less than six months, it may be appropriate to apply for a short-term study visa:  
[gov.uk/study-visit-visa](https://www.gov.uk/study-visit-visa)

### Tuberculosis (TB) screening

TB screening is compulsory for those applying for a visa for longer than six months in certain countries. Further information can be found here: [gov.uk/tb-test-visa](https://www.gov.uk/tb-test-visa)

### Visiting Europe and the USA while in the UK

If you are planning to visit Europe or the USA while you are studying with us, you may find it easier to apply for an entry visa from the appropriate Embassy in your country before you travel to the UK.



# Living in London

East London is an eclectic mix of the contemporary and the retro, with characterful, historic buildings nestling beside polished new developments. Following the iconic London 2012 Olympic and Paralympic Games, East London has entered the spotlight as one of the most ambitious and exhilarating places in the world. Home to Loughborough University London, the area is a hub for the creative, new media and digital industries and is a magnet for bold, enterprising people and organisations.

It is made up of several boroughs. The fashionable areas of Shoreditch, Hoxton, Dalston and London Fields have an array of markets, galleries and pop-up stores and are a hub for start-up businesses. It is also worth visiting Broadway Market in Hackney which has been operating since 1890.

Brick Lane, near to Liverpool Street station, is a cultural melting pot. It is home to a large Bangladeshi community and has numerous Asian grocery stores and restaurants. For a bustling business and entertainment district, visit Canary Wharf which offers film, music, theatre, dance, art and fashion, and over 300 shops, bars and restaurants.

From Stratford, take the Jubilee line to Canary Wharf (approximately a total journey time of 20 minutes).

Right next to East London lies the City of London, also known as the Square Mile. The world's leading financial and business centre, it is the oldest part of London and hosts historic attractions such as the Tower of London, built in the 11th century, and St Paul's Cathedral.

From Stratford, take the Central line to St Paul's Cathedral (approximately a total journey time of 20 minutes).

**Westfield Stratford City** is Europe's largest urban shopping centre and is within a 15 minute walk from the campus. The centre boasts over 250 retailers as well as a growing range of cafes, bars and restaurants. The complex also boasts a 20-screen cinema and a futuristic bowling alley.

**Trails on the Olympic Park** – For a fun and free day out, follow one of the Olympic Park trails through beautiful meadows, wetlands and waterways. The Park covers 560 acres so there's plenty to explore.



BEST STUDENT CITY IN  
THE WORLD  
QS BEST STUDENT  
CITIES INDEX 2022



HOME TO  
HEADQUARTERS  
OF THOUSANDS OF  
GLOBAL COMPANIES



FINANCIAL HUB  
OF EUROPE



# Finding accommodation

Our recommended accommodation sites and services will help you find safe, comfortable and affordable accommodation, suiting your lifestyle and your budget.

## Student.com

Finding accommodation in London can be overwhelming. There are so many options that it is difficult to know where to start. That is where [Student.com](https://www.student.com) comes in. They offer a search platform that allows you to easily compare a range of different accommodation options, and with accommodation all over London at different prices, there is a lot to choose from.

There are a selection of types of accommodation and contract lengths to enable you to find the right home for you. The service is free for students to use and all accommodation is visited by [Student.com](https://www.student.com) before it can be advertised to check it meets current safety standards and quality levels.

## London Nest

London Nest is a leading accommodation provider. They specialise in supporting students to find their perfect accommodation. The London Nest Team offer a variety of properties located in the best areas around London and within easy access to Loughborough University London.

Depending on your need you can choose from a private studio or an en-suite room within a Student Residence or a private room in a House-Share.

To contact The London team and to view types of rooms available, please visit [Londonest.com](https://www.londonnest.com)

## How to apply for accommodation

Information about how to apply for accommodation, as well as current discounts and offers, can be found on our accommodation pages.

For more information about any of our recommended accommodation options, please visit: [lborolondon.ac.uk/study/accommodation](https://lborolondon.ac.uk/study/accommodation)

## Contract checking service

The Student Advice and Support Service offer a free contract checking service to help you understand your rights and responsibilities when renting private accommodation. It is highly recommended that you seek advice from them before you sign any contract or pay any money to a private landlord or letting agent. Email [advice@lboro.ac.uk](mailto:advice@lboro.ac.uk) with a copy of your contract to receive advice from our specialist team.





# Getting to Loughborough University London

Your safety is our main priority and we want to make it as easy as possible for you to get to Loughborough University London when it is safe for you to do so.

## Have a safe flight

London is an extremely well-connected city, offering one of the fastest and most efficient rail, bus and road networks in the world. To make sure your journey into London is as smooth as possible we have a range of advice for [travelling from a London airport](#).



# Travelling across the City

There are a number of ways to travel around London, though public transport is often the fastest and easiest method of getting around the city.

## The London Underground

The London Underground, or “the Tube”, is often the key mode of transport for visitors, students and workers travelling across the city. The service normally runs from 5am until midnight, with night services operating on some lines every Friday and Saturday evening. The Tube fare varies depending on how far you travel, the time of day, and your method of payment.

## Discounted travel for full-time students

If you're 18 or over, live at a London address during term time and you are studying a full-time programme with us, you may be eligible for an 18+ Student Oyster photocard, which offers 30% discount on travel on most rail, bus and tram services in London, including the London Underground. For more information including instructions on how to apply, please visit the Student Services desk on the fourth floor of the campus or email [london-enquiries@lboro.ac.uk](mailto:london-enquiries@lboro.ac.uk)

If you think you will travel regularly within the UK, then you may benefit from purchasing a 16-25 Railcard which entitles you to travel by rail anywhere in Britain at a 34% discount. To buy a railcard you will need to provide proof of your age (eg passport) and a passport-size photograph. Find out more visit: [16-25railcard.co.uk](http://16-25railcard.co.uk)

## Travelling by coach

On arrival into the UK, many students use National Express Coaches to travel from the airport to a destination close to their accommodation. Their services operate day and night, and offer more than 100 services every 24 hours on selected routes. To find out more about airport transfers via National Express Coaches, please visit the National Express website [nationalexpress.com/en/airports](http://nationalexpress.com/en/airports)

## Travelling by bus

London's iconic double-decker buses are a quick, convenient and affordable way to travel around the city, with plenty of opportunities to see famous London buildings and attractions along the way. You can't pay bus fares with cash – instead you must use an Oyster card or make a contactless payment using a debit or credit card.

For a full list of bus services operating close to the campus, please visit our How to Find Us pages online [lborolondon.ac.uk/about/location/find-us](http://lborolondon.ac.uk/about/location/find-us)

## London rail services

There are a number of rail operators in operation across Greater London and beyond, including Southeastern Railway, Southern Railway, London Overground, Greater Anglia and London Midland. How much you pay depends on the time of day and which lines you use.

## Travelling by car

Cars can be expensive to buy, insure, fuel and park, so consider whether or not you really need one, especially if you're on a budget. Whilst it is free to drive on the roads close to campus, there is a Congestion Charge for cars travelling across some areas of central London.

## London taxis

Travelling across London by taxi can be expensive. We would recommend you travel by public transport, but if you would rather travel by taxi we suggest booking in advance.

## Hotels close to campus

If you are due to arrive in London before your accommodation move-in date, or you have family or friends wishing to stay in London with you, the hotels named below are within walking distance of the campus:

**Hyatt Regency London**  
Stratford +44 (0)20 3814 1234  
[hyatt.com](http://hyatt.com)

**Premier Inn London**  
Stratford +44 (0)871 527 9286  
[premierinn.com](http://premierinn.com)

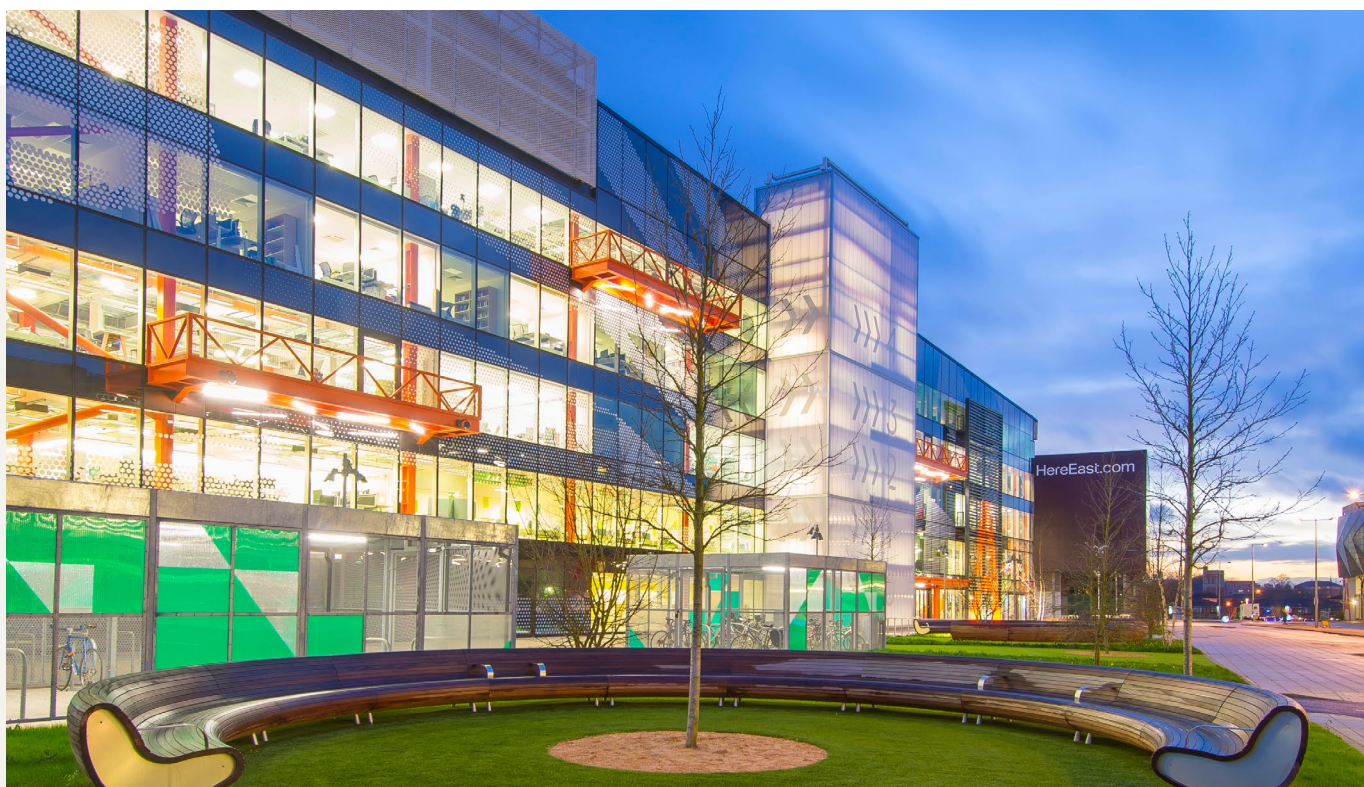
**Snoozebox Olympic Park**  
Stratford +44 (0)7533 587807  
[snoozebox.com](http://snoozebox.com)



## Personalised travel plan

We can provide a **free, personalised travel plan** to help you find the easiest route to your accommodation. To apply for a travel plan, please email [london-enquiries@lboro.ac.uk](mailto:london-enquiries@lboro.ac.uk)





## Things to remember

We're delighted you are joining the Loughborough family, and we want to help you settle in as quickly as possible. Before you start enjoying student life in the city, there are a few things you need to do first.

### Register with the University

A few weeks before the start of term, you will be sent an email inviting you to complete Online Registration. You will be guided through a series of screens and asked to upload a photograph of yourself. It is important that you complete this process before your arrival, so that we can then produce your University ID Card and have it ready to collect during Registration.

### Pay your fees

Fees can be paid for all programmes in one sum by the fourth week of the first term. The preferred method of fee payment is through the secure online portal which can be found on the Student Finance web page. Payment of fees can also be made by bank cheque or banker's draft, made payable to Loughborough University. We also accept payment by credit/debit cards (Visa/Mastercard/Eurocard/Switch/Delta). The University cannot accept cash.  
[epay.lboro.ac.uk/open](http://epay.lboro.ac.uk/open)

### Payment in instalments

Instead of paying your fees in one sum, you may pay them in three equal termly instalments from October to May by direct debit from a UK bank account. If you wish to pay by this method then a Direct Debit form can be downloaded from the Student Finance web page:

[lboro.ac.uk/services/finance-office/students](http://lboro.ac.uk/services/finance-office/students)

### Paying through a sponsor

You should provide the University with proof of your sponsorship in advance of your arrival. The best way to do this is by sending a copy to the Admissions Office. This should be an official letter stating who your sponsor is and how much they are sponsoring you for. The full fee can be paid at the start of the academic year and, if the University has received proof of your sponsorship, your sponsor will be invoiced for your fees. If your sponsor is unable to pay your fees, you will become liable for their payment.

Statements will be sent for tuition fees (for self-funding students) to your term-time student e-mail address at the beginning of each term. There are many different ways to pay your fees. If you have been awarded a bursary or scholarship by the University, this will be deducted from your tuition fees when you are invoiced.

Find out more about paying your fees:

[lboro.ac.uk/services/finance-office/students](http://lboro.ac.uk/services/finance-office/students)

### Open a UK bank account

Opening a UK bank account will enable you to pay your rent and manage other daily expenses without incurring any extra charges. If you'd like to open a UK bank account, you should aim to choose a bank before you arrive in the UK, or see if you can start applying for an account before you leave. It's a good idea to bring travellers' cheques or small amounts of cash with you to the UK in case of delays setting up your account when you get here.

All banks will ask you to verify your identity, however different banks may want to see different documents, so check their websites or give them a call to make sure you've got everything you need.

Most banks will ask to see the following:

- Your passport or ID card
- Your visa
- Proof of your UK address, such as your tenancy agreement
- Proof you're a student, such as your offer letter

### Register with a medical centre

To find your nearest medical centre, please visit [nhs.uk/service-search/find-a-GP](https://www.nhs.uk/service-search/find-a-GP).

If you are currently taking medication please bring one month's supply of medicine with you when you leave home. The current prescription charge in the UK is £9.65 (correct from June 2023).

### Register with the Police

Certain nationalities who come to the UK for over six months will be required to register with the local police. This may be confirmed on your initial visa and/or Biometric Residence Permit (BRP) issued in the UK.

If this applies, you must register to comply with visa requirements. The Student Advice and Support Service provides information on police registration and may be contacted direct for individual advice:

[lboro.ac.uk/police-registration](https://lboro.ac.uk/police-registration)

### Consider buying a UK sim card

Most students travelling to the UK from outside of Europe will be charged extra for using their existing sim card in the UK. There are two sim card options you can choose from when you arrive into the UK.

Pay As You Go (PAYG) plans allow you to top up the phone with credit and use this at your convenience.

Monthly contracts are usually better value as you will get free minutes and texts but you will normally be expected to pay a monthly fee for at least 12 months from the start of the contract.

If you are likely to make regular contact with friends and family outside of the UK and Europe, it is wise to look for deals for international calls and texts.

The dialling code for the UK is +44, which replaces the '0' at the start of a number when calling UK numbers from a non-UK phone provider or network.





# Careers

Loughborough University is a top ten UK university, and has been rated 5 stars for innovation and employability by the QS Stars University Rankings. We are one of just ten universities in the UK to receive the highest possible rating for both of these measures. We are also one of the UK's best universities for connecting students to employers, according to the QS Graduate Employability Rankings in 2017, 2018, 2019, 2020, 2021 and 2022!

Students participate in a varied programme of events and activities, and will be inspired by academics, creatives and professionals from a range of disciplines and sectors. Events include:

- Careers fairs
- Industry site visits
- Networking workshops
- Presentations

## Graduate Route

In September 2019, the UK Government announced it plans to reintroduce the two-year Graduate Route visa for international students, most commonly referred to as the Post Study Work Visa. This will allow eligible students to work in the UK for two years after completing their course.

For further information to help you plan your career, please visit our [international students careers webpages](#)



1ST IN THE UK FOR EMPLOYER-STUDENT CONNECTIONS  
QS GRADUATE EMPLOYABILITY RANKINGS 2022



CONSISTENTLY RANKED AS A UK TOP TEN UNIVERSITY  
THE COMPLETE UNIVERSITY GUIDE 2017-24



2 YEAR GRADUATE VISA ROUTE AVAILABLE

# Checklist

Before you leave home, please remember when you're packing your suitcase that you will have to carry your bags around the airports and to your accommodation building. A key rule is if you cannot carry it, do not pack it!



## Don't forget your important documents

- ✓ Your valid passport (or recognised travel document/card)
- ✓ Entry visa certificate
- ✓ Photocopies of your UK visa and your passport's personal details page
- ✓ Unconditional offer letter from Loughborough University
- ✓ Documentary evidence of financial support for fees and maintenance
- ✓ If your fees and living expenses have been paid in advance into the University's bank account, a letter from the person who has made the transfer authorising the University to refund to you the amount allocated for your living expenses
- ✓ TB test certificate or other medical certificates, if necessary
- ✓ Enough cash/travellers cheques to support yourself until you can open a bank account in the UK
- ✓ Travel insurance documents

## Personal items

- ✓ Clothes (don't forget a warm jumper)
- ✓ Toiletries for your first few days
- ✓ Medicines and a first-aid kit
- ✓ English dictionary
- ✓ Photos of friends and family
- ✓ National or traditional dress for formal occasions and activities



## Prohibited items

There are certain goods that are prohibited or restricted in the UK. For information on these please see the border control information here: [gov.uk/uk-border-control](https://www.gov.uk/uk-border-control)



# Useful contacts



## Emergency services

### Emergency Services

T: 999 free from any line

### Non-emergency Health Services

T: 111 free from any line



## UK airports

### Gatwick Airport, London

T: +44 (0)8448 920322 [gatwickairport.com](http://gatwickairport.com)

### Heathrow Airport, London

T: +44 (0)8443 351801 [heathrow.com](http://heathrow.com)

### London City Airport, London

T: +44 (0)20 7646 0000 [londoncityairport.com](http://londoncityairport.com)

### Luton Airport, London

T: +44 (0)1582 405100 [london-luton.co.uk](http://london-luton.co.uk)

### Stansted Airport, London

T: +44 (0)808 169 7031 [stanstedairport.com](http://stanstedairport.com)



## University contacts

### Academic Language Support Service

T: +44 (0)1509 228325 E: [alss@lboro.ac.uk](mailto:alss@lboro.ac.uk)

### Counselling Service

T: +44 (0) 1509 222148 E: [ucs@lboro.ac.uk](mailto:ucs@lboro.ac.uk)

### Welfare and Disability Office

T: +44 (0)203 805 1351 E: [London-welfare@lboro.ac.uk](mailto:London-welfare@lboro.ac.uk)

### Finance Office

T: +44 (0)1509 223538 E: [studentfeepayments@lboro.ac.uk](mailto:studentfeepayments@lboro.ac.uk)

### International Office

T: +44 (0)1509 222201 E: [international-office@lboro.ac.uk](mailto:international-office@lboro.ac.uk)

### Loughborough Students' Union (LSU) London

T: +44 (0)20 3805 1364 E: [lsulondonadvice@lsu.co.uk](mailto:lsulondonadvice@lsu.co.uk)

### Mental Health Team

T: +44 (0)1509 228338 E: [mhst@lboro.ac.uk](mailto:mhst@lboro.ac.uk)

### Postgraduate Taught Admissions Office

T: +44 (0)1509 222496 E: [londonadmissions@lboro.ac.uk](mailto:londonadmissions@lboro.ac.uk)

### Research Student Office

T: +44 (0)1509 222036 E: [pgresearch@lboro.ac.uk](mailto:pgresearch@lboro.ac.uk)

### Student Support Team

T: +44 (0)20 3805 1348 E: [londonstudentservices@lboro.ac.uk](mailto:londonstudentservices@lboro.ac.uk)

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Here East  
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