Prerequisites and essential information for coming to the UK

Pre-arrival guide for coming to the UK
Welcome

We are so glad you have chosen to study at the University of Essex International College. This guide will help you through your next steps to prepare for your arrival and ensure you have everything you need for your course in the UK.

We will do everything we can to make sure you are safe, supported and successful with us.

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What you need to do now

Step 1
Use your Confirmation of Acceptance for Studies (CAS) number to apply for your visa online, and take your documents to a visa application centre. Your Kaplan representative (or Kaplan’s Admissions, Visa and Applicant Services team, if you applied directly without an agent) can give you more information on how to apply for a visa.

Step 2
If you’ve received your CAS and you know you’ll be travelling to the UK, book your accommodation using the accommodation guide and information on our website to choose the option you want. Then complete the online accommodation form.

Step 3
You will receive an Accommodation Agreement pack containing the documents you need to complete and return to: pathways.accommodation@kaplan.com

Step 4
When you receive your visa, send a copy to pre-enrolment@kaplan.com, then book your flights. Please aim to arrive in time for one of the scheduled Welcome Weeks, as this is when you will receive important information about your course and life in the UK.

Step 5
Check the transport options in this guide and complete the online pre-arrival form to tell us when you are arriving, and how you will travel from the airport to your accommodation.

Step 6
Prepare everything you need to bring to the UK using our checklist of what to pack (see pages 4 and 5).
Important visa information

Students applying for a visa to come to the UK for more than 6 months will first be given a 30-day or 90-day entry clearance visa in their passport. You must arrive in the UK during the validity period of this visa, then collect a biometric residence permit (BRP) after you arrive. This permit will be valid for the full length of your course at the University of Essex International College.

Biometric Residence Permit (BRP)

You will also receive a letter telling you when and where to collect your BRP — you might be required to show this letter to immigration officials at the airport. It is important that you enter the correct Alternative Collection Location (ACL) code, 2HE977, on your visa application, so that you can collect your BRP from the College. You will be advised on how to collect your BRP when you arrive.

You should collect your BRP as soon as possible, as you will need it to enrol at the College. If you experience any difficulties collecting your BRP, please speak to a member of the College Services team immediately.

Important UK travel information

Before you travel to the UK, you must complete an online form at: www.gov.uk/provide-journey-contact-details-before-travel-uk to provide accommodation and contact details. You can complete this form up to 48 hours before you travel and you must have the completed form with you when you arrive at border control (either printed or on your electronic device).
What you need to pack

☐ All the documents needed for enrolment and entry to the UK (see page 4)
Keep these in your hand luggage, along with the emergency contact number for the College (detailed in this guide), so you can easily access them when you arrive in the UK.

☐ Suitable clothing
The UK is famous for its changeable weather. In summer, the temperature is around 20°C, and in winter between -3°C and 10°C. You can buy many of the clothes you need in the UK, but you should still bring some warm clothes and a waterproof jacket. You do not need any formal clothes (such as a suit), as students dress casually for classes.

☐ Mobile phone
We can provide you with a local SIM card shortly after you arrive. You’ll need a UK mobile number for placing food orders or online shopping.

☐ Laptop
It’s essential that you have your own laptop for your studies.

☐ Electrical adaptor
The UK uses a 3-pin plug, so you’ll need an adaptor for your laptop and phone. The voltage in the UK is 240v. If you don’t already have an adaptor, you can easily buy one in the UK.

☐ Money
It can sometimes take several weeks to open a bank account in the UK, so we suggest you bring at least £1,000 with you to the country. Separate your money and bring £200 in cash (£10 or £20 notes), and the rest on your debit card. Please note that you might be charged a fee in the UK when withdrawing money from an international account.

☐ Prescription medication (if needed)
You should bring at least a 2-month supply of any prescription medication with you. You should also check if this medication is available in the UK.

Examples of prices in Essex
- Sandwich: £2–£3.50
- Meal at a restaurant: £10–£30
- Tea / coffee: £1.50+
- Cinema: £11.75
- Bus (single journey): £1.50
- Weekly bus travel card: £15
- Mobile phone bill (monthly): £20–£40

Remember:
- Check the luggage weight limit for your flight(s) to the UK. This is usually around 20kg, but will depend on your airline(s).
- If you are staying at one of our residences, you do not need to bring any of the items included in the student starter pack (see page 7).
When you arrive at the **airport**

**Border control**

Make sure that you have all of your travel documents ready when you arrive at the airport. Make sure you have completed the online contact details form at [www.gov.uk/provide-journey-contact-details-before-travel-uk](http://www.gov.uk/provide-journey-contact-details-before-travel-uk) and have the completed form ready to show at the border (either printed or on your electronic device). You can find out more information about UK border control procedures at [www.gov.uk/uk-border-control/at-border-control](http://www.gov.uk/uk-border-control/at-border-control).

**Travelling to Colchester**

We know how important it is to feel safe and welcome when you arrive in a new place. That's why we'll be here to support you from the moment you land at the airport. We'll arrange a transfer service to take you to your accommodation, so there will be a friendly face waiting to take you to your new home. All Kaplan organised transport will comply with the latest government health and safety guidelines.

**Free transfer service**

We will organise a free transfer service from London Heathrow airport (Terminal 3 Arrivals) for students on:
- September 12th and 13th, 2020
- October 24th and 25th, 2020
- January 9th and 10th, 2021

Before you travel, we will confirm all the details regarding your arrival and transfer from the airport. Once you arrived in the UK, we'll make sure that you get to your Kaplan-booked accommodation safely.

If you use this service and have booked alternative accommodation, you will need to arrange travel from the Kaplan accommodation to where you are staying. Our friendly staff can help you book a taxi when you arrive.

**Private transfer service**

If you are unable to use the free transfer service, or would prefer a private taxi, we can organise one to collect you from any airport for a fee. If you don’t arrive on the dates of the free transfer, we strongly recommend you use this service, as it will take you straight to your accommodation.

**Public transport**

Colchester is accessible by many types of transport, and you can save money by booking in advance. There are frequent trains from London Liverpool Street to Colchester train station (also known as Colchester North). The journey takes just under 1 hour and costs around £25 one way, and you can take a taxi from the taxi rank at the train station to your accommodation. Here are some ideas of how you can travel to your accommodation when you arrive, and you can read the latest UK government advice for travelling on public transport [here](http://www.gov.uk/)

**From London Heathrow airport**

- **Train:** The Heathrow Express runs from Heathrow Terminal 5 to London Paddington station. From Paddington station, you can take the train to Colchester via London Liverpool Street station.
  - **Journey approx. time:** 2 hours 30 minutes
  - **Price:** Around £55

- **Coach:** National Express from Heathrow Terminals 2 & 3 direct to Colchester.
  - **Journey approx. time:** 2 hours 30 minutes
  - **Price:** Around £30

**From London Gatwick airport**

- **Train:** Operates from Gatwick airport to Colchester via London Bridge railway station and London Underground.
  - **Journey approx. time:** 3 hours 30 minutes
  - **Price:** £45 one way

- **Coach:** National Express from both the South and North terminal to Colchester (includes a change at London Heathrow)
  - **Journey approx. time:** 5 hours
  - **Price:** Around £60

**From Stansted Airport**

- **Train:** Operates from Stansted Airport to Colchester via London Liverpool Street.
  - **Journey approx. time:** 2 hours
  - **Price:** Around £42

- **Coach:** National Express from Stansted Airport direct to Colchester
  - **Journey time:** Approximately 1 hour
  - **Price:** Around £15

**Useful links**

- **Coach:** [nationalexpress.co.uk](http://nationalexpress.co.uk)
- **Train:** [heathrowexpress.com](http://heathrowexpress.com) [nationalrail.co.uk](http://nationalrail.co.uk)
- **Underground:** [tfl.gov.uk/plan-a-journey](http://tfl.gov.uk/plan-a-journey)

*Please check before you travel as ticket prices may vary.*

**Complete the pre-arrival form before you travel**

If you have booked your flights and know your arrival details, it is time to fill in our online pre-arrival form. It is important that you let us know when your flight arrives and how you plan to travel to your accommodation. Use the pre-arrival form to choose your preferred date for the free transfer service or to see the airports and prices for the private transfer service.

Please note: even if you are planning to travel to your accommodation independently, you must still complete the online pre-arrival form to let us know what your arrangements are.

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When you arrive at **your accommodation**

**Your new home**
When you arrive at our residence, a friendly member of staff will meet you and give you your room key.

**In your room, you will find:**
- a welcome letter
- a student starter pack (see below)

The accommodation has everything you need to settle in quickly, and you will be responsible for your own cooking once you arrive. The student starter pack includes basic kitchen equipment to make simple meals, and you can easily buy anything extra you may need. You will have internet access immediately, so you can contact your family to let them know you have arrived safely.

To find out more about your accommodation, [click here](#).

### Health and safety
Keeping all our students safe is our top priority. We will continue to follow UK government health and safety guidelines at all times, so you can rest assured that our residences and partner accommodation providers are taking the necessary precautions to protect your wellbeing.

**These include:**
- Hand sanitiser stations
- Regular and frequent cleaning routines
- Extra cleaning procedures for high-traffic points
- One-way systems
- Floor markings and signage for social distancing
- A maximum of one guest per resident to assist with moving in

**Will I need to go into quarantine when I arrive?** You can find out on the UK government’s travel corridors [webpage](#) and you can be sure that we’ll fully support you if a period of quarantine is required.

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### Student starter pack
If you are staying at one of our residences, you do not need to bring any of the items in the student starter pack shown here. You will get basic bedding, cooking equipment and tableware (for legal reasons, knives are not provided).

Please note: actual contents of the student starter pack may vary.

In addition, we will also provide:
- Face mask
- Hand sanitiser

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<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dinner plate</td>
<td>Classic plate for everyday meals</td>
</tr>
<tr>
<td>Side plate</td>
<td>Smaller plate for side dishes</td>
</tr>
<tr>
<td>Vegetable peeler</td>
<td>Peeler for cutting and slicing vegetables</td>
</tr>
<tr>
<td>Spoon and Fork</td>
<td>Basic utensils for eating</td>
</tr>
<tr>
<td>Cereal bowl</td>
<td>Bowl for serving cereal</td>
</tr>
<tr>
<td>Glass Tumbler</td>
<td>Transparent glass tumbler for cold beverages</td>
</tr>
<tr>
<td>Mug</td>
<td>Classic mug for hot drinks</td>
</tr>
<tr>
<td>Saucepan</td>
<td>Basic pan for cooking</td>
</tr>
<tr>
<td>Ladle</td>
<td>Ladle for serving soups</td>
</tr>
<tr>
<td>Spoons</td>
<td>Basic utensils for eating and stirring</td>
</tr>
<tr>
<td>Frying pan</td>
<td>Frying pan for cooking</td>
</tr>
<tr>
<td>Tin opener</td>
<td>Tool for opening tins</td>
</tr>
<tr>
<td>Colander</td>
<td>Colander for cooking pasta</td>
</tr>
<tr>
<td>Duvet cover</td>
<td>Cover for duvet</td>
</tr>
<tr>
<td>Pillow</td>
<td>Classic pillow for sleeping</td>
</tr>
<tr>
<td>Fitted sheet</td>
<td>Fitted sheet for the bed</td>
</tr>
<tr>
<td>Duvet</td>
<td>Duvet for the bed</td>
</tr>
<tr>
<td>Pillow case</td>
<td>Pillow case for the bed</td>
</tr>
<tr>
<td>Toilettries pack</td>
<td>Hygiene items like toothbrushes, soap</td>
</tr>
<tr>
<td>Toilet roll</td>
<td>Toilet paper for use</td>
</tr>
</tbody>
</table>

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07
When you arrive at the College

We’re preparing the College for face-to-face learning, and we have a range of solutions and innovations ready to make sure you’ll get a fantastic – and safe – study experience. We’ll make sure social distancing measures are in place if needed, and we will be following all UK government guidance on health and safety.

Welcome Week
You’ll have the opportunity to try out the different learning tools you’ll be using, and to get to know your classmates in a relaxed way. You’ll have a tour of your college, an introduction to your new city, and the chance to take part in games and social events. This will all help you feel part of a community as soon as you get to the College.

You’ll learn about:
- course details and academic support
- the University campus
- UK laws and culture
- joining societies and clubs at the Students’ Union
- nearby places of religious worship
- public transport
- local shops and restaurants
- opening a bank account
- registering with a doctor*
- registering with the police (if required)
- visa and BRP information

* Students from European Union countries will require a European Health Insurance Card (EHIC). For more details, visit [gov.uk](http://gov.uk).

Remember your documents
Don’t forget to have your documents available (see page 4), as we will need to see them before you can enrol.
Prepare for your pathway course

With Kaplan, you can gain entry to a University of Essex degree through a pathway course at University of Essex International College. While you are studying with us, you'll have many opportunities to gain the skills and confidence you need to succeed.

What you will study
You will take modules in 3 main areas:
• subjects related to your degree
• projects linked to your area of study
• English language and academic skills

How you will study
Your blended learning experience will involve a mix of traditional face-to-face teaching at your college and digital learning at your accommodation. This means that you'll experience a variety of different teaching and assessment methods to help you demonstrate that you have met the learning outcomes of the modules and your programme.

You will develop a style of learning which involves doing some preparation work before you come to class. Please read about your pathway course and modules using the links from this page and prepare some questions to ask in the academic welcome sessions during your first week.

When you start your programme, we will provide you with all the essential learning materials you need for your programme, so you don't need to buy any books before you arrive. During your course, your teachers may recommend supplementary materials that you may wish to purchase individually.

Preparing to study
Pathways Preview
This course gives you pre-arrival experience of Kaplan’s Virtual Learning Environment (VLE) and eligible students will have access to:
• digital learning preparation materials
• pre-recorded materials to experience online classes
• an online live class to experience Kaplan’s teaching
• additional modules on subjects such as eating healthily and taking exercise
• college staff contact for any questions

If you accept your offer at least seven days before the start of your course, you'll receive a link giving you access.

College Applicants’ area
This special area for pre-arrival students will allow you to:
• book your accommodation
• book your airport transfer
• learn more about your pathway course and modules
• prepare for your visa credibility interview (if required)

University of Essex website
Learn more about your degree and what you will study each year at the University of Essex by visiting its website.

Essex events
Find out about exciting events happening in Essex and plan your social life for when you first arrive.

Connect with the College community before you arrive
Search: @UEICEssex
Facebook
Twitter
Instagram
#KaplanLife

Example timetable
Your studies will feature a mix of compulsory classes and additional activities. See below for an example of a Foundation Certificate for Social Sciences timetable. You'll receive your personal timetable when your programme starts.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00–11:00</td>
<td>English for</td>
<td>English for</td>
<td>People, Culture</td>
<td>Statistics</td>
</tr>
<tr>
<td></td>
<td>Academic</td>
<td>Academic</td>
<td>and Society</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Purposes</td>
<td>Purposes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00–13:00</td>
<td>Mathematics</td>
<td>Extended Project</td>
<td>Self-study</td>
<td>Self-study</td>
</tr>
<tr>
<td>14:00–16:00</td>
<td>People, Culture</td>
<td>Statistics</td>
<td>Logic and Critical Thinking</td>
<td>Self-study/ Skills Workshop</td>
</tr>
<tr>
<td></td>
<td>and Society</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16:00–18:00</td>
<td>Self-study</td>
<td>Learning Support</td>
<td>Mathematics</td>
<td>Logic and Critical Thinking</td>
</tr>
</tbody>
</table>
Contact us

If you have any questions before you arrive in Essex, contact us and we will do our best to help. We are really looking forward to welcoming you to the University of Essex International College.

✉️ University of Essex International College
   Constable Building
   University of Essex
   Wivenhoe Park
   Colchester, CO4 3SQ
   United Kingdom
   📧 +44 (0)1206 873838
   🌐 UEIC.arrivals@kaplan.com

College arrivals number
(for use only when you’ve arrived in the UK)
📞 +44 (0)7741 660 659

University of Essex emergency number
(in use 24 hours per day, throughout the year)
📞 +44 (0)1206 872 125

UK Emergency services number
(Police, fire brigade, ambulance)
📞 999
Find out more
Visit the links below or contact us for more information.
We look forward to helping you make Colchester your new home!

Click on the useful links below:
عناية University of Essex International College pre-arrival information
عناية Accommodation at the University of Essex International College
عناية Prepare for your studies at the University of Essex International College
عناية University of Essex
عناية Guide to Essex

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All information is correct at time of publication and is subject to change.
Published September 2020.