



WELCOME from the University

Welcome to Northumbria University and to Newcastle upon Tyne!

We understand it can be a little overwhelming to arrive somewhere new to study, so I'm delighted that the Students' Union help in making you feel at home at Northumbria, where we pride ourselves on giving all students an unrivalled student experience.

As we welcome a huge number of international students to Northumbria each year, we work to continually improve your experience at University, including further work and study opportunities, developing skills, and feeling part of an active and inclusive student community. The Students' Union is a key part of this and there are activities and events throughout the year to participate in!

We recognise that, due to Covid-19, 2020 has been a difficult and unsettling time for many. You should be reassured that throughout the pandemic to date, and during the forthcoming academic year Northumbria, together with the Students' Union, will be following Government guidance, and the safety and security of our students and staff are our top priority.

Thank you for choosing Northumbria. We wish you lots of luck in your studies and hope that you have a wonderful time during your studies with us.

Jon Reast
Pro Vice-Chancellor, International



MEET YOUR International Students' Officer

Greetings everyone! Huge congratulations to each and every one of you for getting into Northumbria University. I am Nischal Agir, your International Students Officer. I welcome you all! I will be helping and supporting you all throughout the year. Northumbria provides you with unlimited potential of improving your skills.

The Students' Union will always be there for you when you need it. There are more than 100+ societies which you would love to be a part of.

Your time at Northumbria University is going to be amazing and I am going to make sure of that. Always feel free to contact me via email at nishchal.agir@northumbria.ac.uk or you can join my Facebook page, 'Northumbria International Students' for all the updates.

Lots of love and luck!

Nischal Agir
Email nishchal.agir@northumbria.ac.uk



WELCOME to your Students' Union

First of all, on behalf of the Northumbria Student Union, I would like to congratulate you all on earning your place to study at Northumbria. I hope that you're going to have a fantastic time here.

Starting university in a different country is a big step. I encourage you to take a moment and explore the services provided by your Students' Union, which enable you to make loads of new friends, learn new skills, gain confidence and to do something positive with your time at Northumbria. The Students' Union is here to ensure you settle into University life as quickly and as smoothly as possible.

As Vice President Postgraduate, I represent all the postgraduate students at Northumbria University, catering for their needs across activities, welfare and education. I am keen to ensure that postgraduates know that the Union is here for them to make sure they have the best student life experience at Northumbria.

Wishing you lots of success as you begin your new journey at Northumbria.

Rajkumar Chintakayala
VP Postgraduate

WELCOME from Students' Union

What is a Students' Union?

Northumbria Students' Union is an independent organisation that works in partnership with the University.

We speak honestly to the University about what students want and need, and also work together to support students through every part of their University experience.

This handy guide will tell you more about the services we provide, if you'd like to know more, please pop into The Base in the Students' Union and chat to us about how we can help or visit www.mynsu.co.uk



Here are some of the things we have for you at NSU

Volunteering

Volunteering is a great way to make friends whilst doing something to make a positive impact. From supporting our student foodbank to improving the local community through being a neighbourhood community champion, there are some great opportunities to help enhance your CV and have fun at the same time.

Societies

Being part of a society is a fun way to socialise and meet those who share a similar interest or lifestyle. At Northumbria there are over 100 societies from Chinese and African Caribbean to Dance and Snow Sports.

If there is not an existing society which interests you, you can also start up your own - possibly with others from your own country or those who share a similar hobby or interest. To find out more check out: www.mynsu.co.uk/societies



Make a Change

If there is something you would like to change regarding your course or any aspect of student life, your Union is here to help you make a difference.

Our priority as a Students' Union is to represent you and ensure we address any issues or problems you are having. Some of the things we have campaigned for include Anonymous Marking and 24 Library opening.

If you would like to help make a difference and represent your fellow students we have a number of Student Officer positions available including an International Students' Officer. Elections take place in February each year. For more info contact: su.enquiries@northumbria.ac.uk

Get Support

Life at university can be a bit of a whirlwind and sometimes you may find your studies difficult or feel that complications in your personal life impact on your education.

Whatever the challenge you face - on or off campus - NSU's highly trained, experienced and friendly staff are here to help.

Find out more about our investment in student welfare at

www.mynsu.co.uk/GetSupport



Things To Do (for FREE!)

Tynemouth & The Coast - Take the metro to the village of Tynemouth where you can visit the Longsands Beach and the Priory and enjoy fish & chips by the sea.

Quayside and the Baltic - Take a walk along Newcastle's famous quayside and take in the great views of the Tyne Bridge. Cross the Millennium Bridge to visit the Baltic Flour Mill Gallery.

Laing Art Gallery - 18th - 20th Century British oil paintings and watercolours on display in vaulted ceilinged galleries.

The Discovery Museum - Interactive local maritime history and science displays, plus the British Film Institute's archive.

Jesmond Dene - A picturesque park great for Sunday afternoon walk. Visit 'Pets Corner' to see the farm animals.

YOUR STUDENTS' UNION
An International Students' Guide



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Geordie Jargon Buster!

Living in the North East, you might hear some words you haven't heard before. Here are some local **Geordie words** that you might come across and what they mean!

- Bairn – child
- Canny – good / pleasant
- Dee – do
- Divvint – do not
- Doon – down
- Gan – go
- Geet – very
- Gob – mouth
- Howay – come on (encouragement)
- Hoy – throw, or pass
- Iz – me
- Mortal – very drunk
- Nee – no
- Neet – night
- Owa – over
- Propa – very
- Radgie – angry person
- Scran / bait – food
- Toon – Newcastle City Centre, or Newcastle United Football Club
- Wey aye – yes

Some Helpful Info

Registering at a local General Practice (GP)

When you arrive at Northumbria you will need to register with a doctor/GP.

A GP examines any health issues and they can treat the matter themselves or redirect you to a professional if needs be.

Find your local GP practice and their contact details here: www.nhs.uk/Service-Search/GP/LocationSearch/4

Setting Up a UK Bank Account

Most UK banks offer student bank accounts. It will be worth looking round for one which has the best rates on international transfers. There is a Santander bank based on city campus so this might be a one to consider.

What documentation will you need to set up an account?

- Current passport
- Valid Visa (for those from outside the European Union)
- Home bank statement from the past three months
- Proof of address in the UK or abroad (check with your bank)

For more information, check out: www.savethestudent.org/international-students/top-international-bank-accounts-uk.html

Applying for National Insurance (NI) Number

A lot of students are interested in having a part-time job whilst at university and you'll be required to provide a National Insurance (abbreviated as NI) number to your employer.

Visit www.gov.uk/apply-national-insurance-number to find out how you apply.

Council Tax

Households where everyone is a full-time student don't have to pay Council Tax. If you do get a bill, you can apply for an exemption.

To count as a full time student, your course must:

- Last at least 1 year
- Involve at least 21 hours study per week

For more info, visit: www.gov.uk/counciltax



Public Transport

Local Travel

The preferred methods of public transport in Newcastle are bus and Metro. You can purchase a travel card for both through most travel operators to save money, especially if you are going to be making multiple journeys. If you're paying for individual journeys by bus, the conductor must be paid in either cash or by card before you sit down. With Metro, you can buy a ticket from the station via the ticket machines.

If you are travelling on Stagecoach Buses, they do a 'Uni Rider' pass which can help you save money.

For more information, visit: www.stagecoachbus.com/stagecoach/unirider

National Travel

If you are in the UK for the first time, you'll probably want to visit a few different cities and sights while you're here. Your two main options here are coach or train. Trains are often the quickest and most comfortable way to get around the UK. However, tickets should be booked as early as possible to save money - usually around 3 months in advance to get the best deals. You'll probably also want to invest in a 16-25 Railcard, which will save you a third on all rail fares!

Useful Contact Info:

If you have any general University queries, you can contact

Ask4Help ask4help@northumbria.ac.uk
0191 227 4646

The University also offers various services should you need it, including Language, Careers, Disability, Welfare Support, Counselling more.

Full details can be found: www.northumbria.ac.uk/study-at-northumbria/support-for-students/

If you have a welfare concern, whether that be financial worries, mental health, or issues with your accommodation you can contact: Get Support: www.mynsu.co.uk/getsupport

Homesickness

It's common for students to feel homesick as many of you may be far away from home. To help you cope with it, there's loads you can do. Why not, explore the new city that you'll be studying and working in or take advantage of societies, sports clubs and volunteering opportunities we have on offer to help get you settled and make friends while at Northumbria.

We've also got Nightline, our confidential listening service by students for students. Our volunteers are on hand should you need to talk to them. Find out more: www.mynsu.co.uk/getsupport/yourwellbeing/nightline/

Emergency Contacts

If you have a medical problem and it happens out of hours or is an emergency, you can contact the following services:

Accident & Emergency **Dial 999**
or go direct to:

Royal Victoria Infirmary (RVI)
Queen Victoria Rd, Newcastle Upon Tyne, NE1 4LP

If you require advice, and it's not life threatening.

Out of Hours Urgent Advice Line **Dial 111**

Walk In Centres

If you need medical attention and you are out of hours or unable to get to your doctors you can visit a walk in centre. **Open 8am - 8pm every day.**

Molineux Street NHS Centre **0191 275 5862**
Byker, Newcastle Upon Tyne, NE6 1SG

Sexual Health Walk In Centre **0191 229 2999**

If you have any concerns or queries about your sexual health, drop in or make an appointment.

New Croft Centre, Market Street East, Newcastle Upon Tyne, NE1 6ND



Safezone

While Newcastle is a very safe city to live, work and study, it is always advisable to follow some simple steps that will give you extra vigilance and more peace of mind. Many students and staff also travel extensively in relation to their work with the University.

As the first step to ensuring your safety, we recommend that all students and staff download the free SafeZone app (www.safezoneapp.com) to your mobile device. This will make it easy for you to contact University Security or the Emergency services if you need help.



Students' Union



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