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Produced by Arts Students’ Union with support from the UAL International Student Experience Programme.
Hello and welcome to London! We are Arts Students’ Union - your Students’ Union at the University of the Arts London (UAL).

You might be wondering what a Students’ Union is and what we do. Students’ Unions are student-run organisations totally independent from and different to the university. What makes students’ unions special is that they are run by democratically elected students, who represent you within the university and beyond.

Every Students’ Union is different, but most of them, like Arts Students’ Union, offer a range of different services like sports, student-run societies, course representatives, free advice, and campaigns support.

Basically, we exist to make things better for YOU!

By enrolling at UAL, you’re automatically a member of our Union (you lucky thing) and it’s our job to look out for you and make your student experience as enjoyable as possible.

We’ve put together this handy booklet to help you settle into London life. It’s packed with practical stuff like information about banks and how to register at a doctors but also includes lots of fun tips, recommendations, and info about London. We hope you have a fantastic time at UAL and enjoy exploring the city!

When you see us around, don’t forget to say hi - we’re excited to get to know you 😊
Your representatives

Leah Kahn - Activities Officer

>Hello, I’m Leah your Activities Officer and I studied Textiles at Chelsea! I represent everything that you can do at UAL outside of your course, from clubs and societies to creative opportunities. I want the university to have more of a community vibe and I firmly believe that it can be achieved through clubs and societies - for me I don’t think UAL is a university worth going to without them!

Katayoun Jalili - Welfare Officer

>Hi, I’m Katy, your newly elected Welfare Officer, I’ve been a student at UAL for the past four years, and recently graduated from Performance Design and Practice at Central Saint Martins. I will be campaigning for a better and safer UAL. Students should have easy access to information on subjects like health care, gender-based rights, mental health support, accessibility, and harassment based issues.

Sahaya James - Campaigns Officer

>Hi! I’m Sahaya, your Campaigns Officer. I was a student at LCC and in the past I’ve helped set up UAL Labour and organised with the National Campaign Against Fees and Cuts. My priorities include fighting the hidden costs of study, student employment rights, keeping up the pressure against any further tuition fee increases, building an even bigger NSS Boycott, strengthening Arts SU’s democracy, as well as supporting liberation campaigns and workers’ struggles.
Hiya, I’m Hansika, your Education Officer. Like you, I am an International Student. I graduated from London College of Communication studying photography, but I had a really hard time when I moved here initially. Moving away from home for the first time was difficult; I remember feeling isolated and unsupported. I had to push myself out of my comfort zone, go to events on my own and join societies. Doing that massively helped me and I ended up having an incredible time at UAL because of it. I hope this guide helps you find out more about London, and settle into UAL. If you ever have anything you’d like to chat about - don’t hesitate to get in touch. We’ll be organising lots of events for International students, so make sure you read our newsletters and keep up to date with our events on Facebook!

Hey everyone I’m Michael, your new International Students Officer.

I want to make our University more aware of the needs and challenges different International students face and highlight to UAL the advantages our different nationalities can bring to the table.

My priorities for the year are creating a fortnightly cultural night with food, drinks, and dance lessons from all over the globe. I look forward to meeting everyone and seeing you at our different events. If you guys have any questions, concerns or just want to talk, feel free to email me!
Settling into London: Your to-do list

**Open a UK bank account**

This should be one of the first things you do when you arrive. You’ll need money for rent, bills, and, of course, sightseeing!

**Can’t I just use my overseas account?**

You can, but it’s not really practical. You can’t set up direct debits to pay your bills and you would get charged every time you take out cash, which is annoying. Also, if you are planning on getting a part-time job, you’ll need a UK bank account in order to get paid!

**Apply for a bank account**

Setting up an account as an international student is quick and easy. Just find your local bank and apply in person.

**You’ll need:**

- Valid passport and visa
- Proof of student status (a letter from UAL will do - you can request this from your College Administration Office)
- Proof of address in the UK (such as enrolment letter or a bill with your name on it)
How to register with a doctor

This is an important thing to get done early on - you’ll be glad you did if you start feeling unwell! It’s an easy process too, but here’s some info so you know what’s what.

A bit about UK healthcare

The National Health Service (NHS) is the UK’s state health service. You qualify for NHS treatment if your course lasts six months or more, and if you’ve paid an immigration health surcharge as part of your visa application, you are entitled to the same treatment as any other resident of the UK!

Consultations with doctors are free but a standard charge of approximately £8.60 will be made for required medication.

If you have your spouse or children with you in the UK they will also be entitled to NHS treatment.

Get registered

Find out where your local doctor’s surgery is using this link: bit.ly/RegisterGP1

Then all you need to do is tell the receptionist you’d like to register as a patient. It’s quicker if you go in and do this in person.

You’ll need:

- Enrolment letter confirming that you attend UAL (you can request this from your College Administration Office)
- Your passport
- Proof of address in the UK (enrolment letter, or a bill with your name on it)

If you have any preferences about who sees you (male, female or someone who speaks your language) then remember to mention this when registering!

Tip: A doctor is referred to as a GP (General Practitioner) in the UK
**Equip yourself to stay safe**

London is a safe city to live in but, like with any new place, it’s worth taking the time to learn ways you can take your personal safety into account:

- **999 or 112** - call either of these numbers if you’re ever in an emergency and require the police, an ambulance, or the fire service. Calling either of these numbers is free of charge.

- If you are a victim of crime, or want to report anything to the police when it is no longer an emergency, call 101 or visit a police station.

- Remember that cars drive on the left here, so always look both ways when crossing! It’s easy to get confused if you’re not used to it.

- Register your electronic devices for free on [immobilise.com](http://immobilise.com). Now, if they get lost or stolen, the police can easily track you as the owner!

- Go to an Accident and Emergency (A&E) department at your nearest hospital if you are well enough to travel. **You should only use A&E departments for serious illness or injury.**

- Never leave your bag unattended - especially in crowded areas, and use only registered cabs! Uber is definitely worth a download if you don’t already have the app.

**London Transport**

The London transport system can be confusing even to a lifelong Brit. But don’t worry - it won’t be long until you know it really well!

**You’ll need:**

- Student Oyster photocard (turn to page 11 to find out how to get one) or contactless debit card
- A free app to help you plan your journey - Citymapper is our personal favourite

**Zones - what are they?**

Transport for London (TfL) is arranged into different zones depending on their distance from central London, which is classed as Zone 1.
London has multiple modes of transport, so here’s a little info on each:

**The Underground**

The most popular mode of transport is the London Underground, which is known as the Tube.

If you aren’t a fan of big crowds in small spaces, avoid the crazy rush hour times! Travel outside of peak times which are from 6:30 - 9:30am and 4 - 7pm on Monday to Friday.

**Buses**

Buses cover all zones of London, and are a great way to get from one zone to another without paying extra! Whether you’re travelling all the way between zones 1 and 6 or just between zones 3 and 4, you’ll pay the same fare - all while seeing the wonderful views of London!

**All trains above ground**

The London Overground and National Rail are easy and quick ways to get from central London to more residential areas like Richmond, Clapham or Stratford quickly. These trains are also over the ground (yay for phone reception!) unlike the Tube.

Tip: Bus no.12 is the best for a mini tour of London!
Walking - you can't beat it!

The best mode of transport in London is walking. Start somewhere central like Oxford Circus and walk in any direction, before you know it, you will reach another Tube station you recognise and you will be surprised how small central London really is! If you happen to get lost, Google Maps can help you. Plus, there are useful maps all around the city that look like this.
Applying for a Student Oyster photocard

You’ll need:

- A colour digital photo of yourself
- Your student enrolment ID (it has the first letters from your name or surname and a lot of numbers, it’ll look something like SMI13382957)
- Your course start and end dates
- A credit or debit card to pay the unfortunate £20 fee (annoying but worth it)
- Your email address

Instructions:

1. Use this link to start the application: **bit.ly/UALoyster**
2. TfL will ask you to enter the name of your university (University of the Arts London)
3. It will spam you a little bit about volunteering. Cool. Continue.
4. Register (you’ll have to add your details)
5. Yay! More sections to fill in!
6. Upload a picture: do not worry, everyone looks awful on their Student Oyster
7. Check everything’s accurate
8. Pay £20 to complete your order
9. Wait! You won’t get your card for at least 15 working days. If it takes longer, contact TfL to check if anything’s wrong.

Once you have received your card, it is a good idea to register it and create an account on the TfL website (tfl.gov.uk) This means that it is easy to get a replacement if it gets lost, you can top up online so you always have money on it, and you can link a railcard for even more savings!
Money-savers worth knowing about

**Get yourself a Young Person’s Railcard!**

If you are aged between 16-25 you’re eligible to get this card. It can save you up to 1/3 on train fares to cities out of London: [16-25railcard.co.uk](http://16-25railcard.co.uk).

Once you have your card, connect it to your Oyster. Do this by asking to link your card at any Tube station ticket office and your daily pay-as-you-go travel will be capped at a lot less than it would usually - bargain!

**No council tax payments**

If you’re a full-time student you’re exempt from paying council tax - which equates to a HUGE saving.

Council Tax is applied to properties by local authorities to help fund their services. Double check that you are exempt by visiting [bit.ly/StudentTax](http://bit.ly/StudentTax).

**“Do you do student discount?”**

It’s always worth asking this question as many places offer student discounts, from restaurants, to shops, to cinemas!

For most places your student ID will do, but some only accept an NUS card which you can buy for £12. They’re definitely worth the investment though as you get great deals like 50% of Spotify Premium and 40% off Pizza Express!


Don’t forget these exclusive discounts that we’ve secured just for UAL students: [bit.ly/ArtsDiscounts](http://bit.ly/ArtsDiscounts)
Getting a job

As an international student, you’re eligible to work part-time. Currently, if you’re from the EU, there is no limit to how many hours per week you can work. If you’re from outside the EU and doing a foundation course you’re limited to 10 hours per week, and if you’re doing a degree you’re limited to 20 hours per week during term-time. Outside of term time, there’s no limit to how many hours you work. The number of hours you’re eligible to work is also written on your BRP.

Working part-time alongside studying is a great way of securing some extra cash to save up or go travelling with around the UK/EU. UAL has a part-time job fair at the beginning of the term, but you can also find plenty of job opportunities:

• On their website: bit.ly/JobsUAL
• Through their in-house temp agency: bit.ly/ArtsTemps
• The SU: bit.ly/ArtsSUJobs

“Help! I need a National Insurance Number.”

Don’t panic, this is super simple! Just make a phone call and if you’re an overseas student you will be asked to scan over your visa/passport. If you’re from the EU you’ll be asked to scan your ID card/passport.

You can find out more detail on how the process works here: bit.ly/NInumber

*Information accurate at time of writing - September 2017*
Exploring London

Now you’re settled in and know the essentials, it’s time to get to know your new city! There’s so much to London and always something new to explore. Remember to look back at this section whenever you’re stuck for somewhere to go or something to do and check out commonplace.arts.ac.uk for more tips written by students like you!

Museums and Galleries

Did you know that most of London’s museums are **totally free**? From the Victoria & Albert Museum to the Science Museum, you’ll find yourself submerged in art, history, culture and innovation from ancient history all the way to the 21st century.

‘Late’ events

Museums such as the British Museum and The Royal Academy of Art host amazing events called ‘Lates’, where the current exhibition comes to life through performances and installations. It’s an extravagant part of the London’s art scene, and best of all, our Students’ Union’s creative opportunities often give you the chance to get involved. Look out for them here: arts-su.com/creative/showcase

Get your art on

There are plenty of galleries around London, many of which also offer talks and workshops. Don’t forget street art! Especially in Brick Lane - one of the hip areas of East London.
Arts SU recommends

**Museums**
- Museum of London Docklands
- Imperial War Museum
- Geffrye Museum of the Home
- Museum of London
- The National Gallery
- Victoria and Albert (V&A)
- V&A Museum of Childhood
- Museum of Brands

**Art and design**
- Tate Modern
- Tate Britain
- Royal Academy of Arts (RA)
- Saatchi Gallery
- Whitechapel Gallery
- Photographers’ Gallery
- The Design Museum
London has so many wonderful markets, from the Borough Market where you can get the most delicious food, to the Portobello Road Market where you can buy fancy antiques; there’s so much to see, explore, and try! Every Sunday, Brick Lane has a food market where they sell a Pad Thai Omelette (how innovative is that?!) it’s definitely a must-try for foodies!

Here are some of our favourites:

**Notting Hill & Portobello Road**
Type: Antiques, food, clothes, music, and more  
When: Friday - Saturday  
Location: Portobello Road, 72 Tavistock Road, W11 1AN

**Camden Lock Market**
Type: Antiques, clothes, food, music, arts, and more  
When: Everyday, 10am - Late  
Where: Camden Lock Place, NW1 8AF  
Website: camdenlockmarket.com

**Spitalfields Old Market**
Type: Clothes, arts, fashion, food, antiques, etc.  
When: Everyday  
Where: Spitalfields, E1 6EW  
Website: oldspitalfieldsmarket.com

**Borough Market**
Type: Food, food and more food!  
Open: Monday - Saturday  
Location: 8 Southwark St, SE1 1TL  

There are also some great themed fairs! Our favourites are:

**London Book Fair**  
londonbookfair.co.uk

**London Art Fair**  
londonartfair.co.uk

**London VegFest**  
london.vegfest.co.uk
Cultural Communities

London is one of the most diverse cities in the world and you will easily find a piece of home here! Check the list below to find where your favourite cuisine is located.

If you can’t find your cultural home away from home, don’t despair! A lot of countries have a cultural centre here so if there’s something in particular you’re looking for, Google it - it’ll most likely exist!

South Asian Groceries
Harrow, Southall, Wembley

Southeast Asian Groceries
Chinatown

Portuguese Supermarkets
Stockwell and Oval

Polish Supermarkets
Shepherd’s Bush

African-Caribbean Food
Lambeth and Lewisham

Arab Eateries
Edgware Road

South American Groceries
Elephant & Castle

Vietnamese Restaurants and Supplies
Hackney
Sports and Activities

Here at the Students’ Union we provide opportunities to support our students’ health and wellbeing, build social communities, and create a sense of belonging at UAL.

Throughout the academic year we run a wide range of great sports and activities as well as health and nutrition talks and exciting one off events! There’s over 25 sports clubs which you can join, these include football, volleyball, ballet, badminton, as well as yoga, zumba, pilates and much more for you to enjoy.

Pick your favourite here: arts-su.com/arts-active
Take some time out!

Here are even more ways to stay fit and active in the city:

**Parkrun**

A great way of finding running buddies! All you need to do is create a login and add your postcode to find the closest session to you!

parkrun.org.uk

**Free Swim and Gym**

If running isn’t your thing - get access to free Swim & Gym if you live in the Southwark Borough.

bit.ly/SwimAndGym

**Our Parks**

A brand new initiative bringing a variety of exercise classes to parks across London! Led by experienced instructors they boast a variety of activities from Tai Chi to adrenaline pumping bootcamps!

ourparks.org.uk

**Meditation**

If you’re looking more to relax, unwind, and recharge your batteries then join in with free sessions of meditation.

innerspace.org.uk
Be active in London

It’s easy to become caught up in the wonderful mayhem that is London, it’s a busy place! So it’s important to grab time to chill out, enjoy some green space or go somewhere new - luckily for you, we’ve got plenty of ideas!

Hidden walks

London Docklands: Discover the history of London via Thames walk paths

The great outdoors

Epping Forest, Hampstead Heath Park, Richmond Park and Primrose Hill are all great places to see a view of London completely for free.

Quiet cafés & places to visit

Vanilla Black, Kennington, SE11 4LD
Kew Gardens, TW9 3AB
The Geffrye Museum, E2 8EA

You can also check out timeout.com/london and likealocalguide.com/london for the top tips on the best places to check out!
Shopping Essentials

London has many shops where you can get everything you need! Shops like WHSmith, Ryman, Boots, and Superdrug are great for general stuff from stationery to medicines.

There are many supermarkets that you can go to for groceries, from Lidl to Waitrose - here’s a table from the cheapest to the most expensive ones...

<table>
<thead>
<tr>
<th>Supermarket</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lidl</td>
<td>£</td>
</tr>
<tr>
<td>Aldi</td>
<td>£</td>
</tr>
<tr>
<td>Morrisons</td>
<td>£</td>
</tr>
<tr>
<td>Tesco</td>
<td>££</td>
</tr>
<tr>
<td>Sainsburys</td>
<td>£££</td>
</tr>
<tr>
<td>Marks and Spencers</td>
<td>££££</td>
</tr>
<tr>
<td>Waitrose</td>
<td>££££</td>
</tr>
<tr>
<td>Wholefoods</td>
<td>£££££</td>
</tr>
</tbody>
</table>

Tip: Lots of different flavours of hummus are available in all supermarkets - from BBQ hummus to red pepper hummus. They are all worth a try if you like experimenting with food. We love them!
Students’ Union Support

Every UAL student is automatically a member of our community. Whether you are after support or want to get involved in the Students’ Union, we’ve got you covered.

Advice

Our advice service offers free, confidential advice to all UAL students and is independent from the University. We provide support on academic matters (appeals and complaints) as well as housing (halls and private accommodation).

We offer pre-bookable appointments or you can get in touch using the information below.

Call: 020 7514 6270
Email: advice@su.arts.ac.uk
Drop in: Mon - Fri, 10am - 12pm

Course Representatives

Course Reps are students who volunteer to represent their course at university meetings. They have a lot of influence over issues like curriculum design, facility access, opening hours and more.

Our campaigns are based on this feedback and their efforts ensure students are heard. Elections for this position take place at the start of term - we’ll let you know when the opportunity is live via email.

Societies & sports

This is one of the easiest ways to meet people from across all six colleges! You’ll gain experience from organising fun things for the UAL community and, if your group is big enough, the SU will even help subsidise your activities!

Made in Arts London

Ars Students’ Union runs Made in Arts London (MiAL), a uniquely student-led enterprise that exists to sell your work. MiAL student artists can sell pieces online, exhibit in galleries, attend training workshops and learn from and support each other.

madeinartslondon.com
UAL’s Services

Student Services
If you’re feeling in need of a helping hand, the UAL Student Services are free and confidential, offering student advice, counselling, health and chaplaincy service and disability support.

Student advisers from UAL provide guidance on costs related to UK study as well as offering assistance to international students with visa queries and other immigration matters.

bit.ly/UALStudentServices

Language Development
If English isn’t your first language, the Language Centre offers free classes, workshops on writing and giving presentations and one-to-one tutorials so that you can do as well as possible in your studies. Many of the classes are designed for students on particular courses and appear on course timetables. There are also self-access resources online.

languagecentre.myblog.arts.ac.uk

Learning another Language?
If you want to learn another language, the Language Centre offers evening courses in French, German, Italian, Japanese, Chinese (Mandarin) or Spanish.

Go to the following link to find out more.

arts.ac.uk/study-at-ual/language-centre/languages-arts-culture

Academic Support
Located in the libraries, these services are there to support you to do as well as you possibly can in your current studies, as well as in your personal and professional development.

You can drop-in or make appointments to speak to experienced tutors who will help you build confidence and improve your written and practice-based work. If you’re struggling with writing your essays or understanding your assignments, this is the best place to go to for extra help. But you should
also go if you just want to learn as much as possible! There are also plenty of workshops you can sign up to, and online resources you can use.

Find out more here: academicsupportonline.arts.ac.uk

Academic Culture

The language used around studying at UAL may be quite different to what you’re used to - here are a few important terms to get you started:

- **Tutor** - teacher (probably the teaching staff you’ll see most).
- **Course Leader** - they are essentially managing the course and your tutors, if you have any issues they’d be the person to contact.
- **Associate Lecturers** - often these are guest lecturers who work in the industry as well.
- **Technicians** - staff who will demonstrate and support you with the technical parts of your course e.g. operating machinery or using special materials.
- **Subject Librarian** - this is a special librarian who knows about the library resources available for a particular area of studies and how to find them.
- **Course and Unit Handbooks** - really important documents that are useful to read because they contain all the information about your course, assignments, learning outcomes, deadlines and essential reading lists.
- **Unit Assessment Brief** - this explains what you need to do for your specific assignment and how it will be marked.
- **Dissertation** - depending on which course you are on, you will need to write a long essay in your final year that contributes towards your degree.
- **Crit** - a review of the processes of your art/design work, usually done orally in a group, everyone goes around and talks about their project - giving feedback to each other.
- **Independent Learning** - the teaching and learning style at UAL is very independent, which means that students are encouraged to follow their own interests, rather than the tutor directing them all.
the time. This may take time to get used to if you have not experienced it before.

- **Cultural Capital** - the unique combination of skills, experiences and personal history that each student brings to the learning environment and that they can share to enrich the learning experience for everyone: the more differences, the more opportunities for learning!

- **Plagiarism** - this is using other people's ideas and pretending they are your own or not making it clear that the ideas came from someone else. It's a form of academic misconduct which means you can be penalised so never cut and thinking carefully about what they are saying; there is no such thing as a silly question and it's always better to clarify things!

- **Talk to other students** about what you are learning and how your projects are going, talking to each other helps come up with new ideas. Plus, learning to work with different people is a really important skill for life and you will learn a lot from listening to the perspectives of other students.

- **Join** the social activities going on - this helps make friends and contacts across UAL, beyond your course and college, and helps you enjoy your time at University more; and perhaps also find work after you finish!

- **Use the Academic Support, English Language Development, staff in the Libraries and Student Services** because they are there to help everyone do as well in their studies as possible.

- **Experiment and try new processes** as challenging yourself to explore new things will help you grow as an individual, and don't be afraid to fail because we all learn from our mistakes!

UAL can feel like a big and confusing university that you maybe weren't quite expecting and it's okay to feel lost - here are our top tips in helping you get through that:

- **Ask questions** when the tutor gives you an opportunity - this shows them that you are interested and
Disabilities Support

Your wellbeing while you are studying

Wellbeing is about feeling well! This can be about your health physically, mentally and emotionally. Moving to a new country, being away from your family and friends, using a different language, and studying at the same time can be a stressful experience.

It is possible you may feel nervous and worried about some of these things. Sometimes people find their diet, sleep, energy and mood are also affected by this. These changes could be a sign that your wellbeing is affected and you might need some support to help you get back on track.

Support at UAL

UAL has a very good network of support available to all students. We can give you advice on: how to start to feel better, how to manage your studies and how to see a doctor if you need to.

We understand that talking about difficulties could be uncomfortable and new. However we encourage you to let us know what is happening for you, and we will do what we can to help! If you feel that your wellbeing is affected, please let us know. You can do this by emailing or talking to a tutor on your course, who can put you in touch with the right support at UAL.

- Information you share about what you are experiencing is confidential – it is not shared between UAL staff unless this is agreed with you first.
- Anyone can access short term support at UAL through our Counselling, Health Advice and Chaplaincy Service (see contact details below).
- UAL has a legal obligation to support disabled students, who have a long term health difficulty during their course.
- Having support does not affect your place on a course or how your work is marked. You will be treated fairly with equal access to course materials and assessments.
- Having support when you are experiencing a difficult time can be a very positive thing. It is there to help you achieve your potential at UAL.
Case Study

During a very busy time at university Ying started to have some trouble sleeping, she was eating a lot of sweet food and feeling tired a lot of the time. Ying got in contact with the Student Health Advice team. She had an appointment with a Mental Health Adviser who gave her some ideas to help her improve her sleep and manage her stress, and then saw the Health Adviser who helped her come up with a healthy meal plan and gave her some general advice about her health. They also advised Ying to register with a local doctor and showed her how to do this.

If you experience any health concerns please contact the Health Advice:
020 7514 6251
studenthealth@arts.ac.uk

Case Study

Lin was new to London and was missing home, her friends and family. Lin felt very nervous about coming to college and getting on the Underground as it was so busy. Lin had never felt this way before and was normally a very confident person. She was worried about what she was feeling so she told her tutor about it.

Lin’s tutor put her in touch with the Counselling Team at UAL. Lin saw a Counsellor for one hour a week for four weeks. The Counsellor listened to Lin talk about what she was experiencing and helped her to understand it. Lin found that talking about her situation helped, she started to feel more comfortable and to settle in.

If you experience a difficult time, feel worried, anxious or stressed, please contact the Counselling, Health Advice and Chaplaincy Service:
020 7514 6251
counselling@arts.ac.uk
Long-term support
Case Study

Cheng was in his second year; he was feeling very depressed, not eating and not leaving his flat. Cheng was not attending lectures and falling behind with his work. He eventually told his tutor what he was experiencing. This had happened once before to Cheng, before he came to London. Cheng’s tutor put him in touch with the Disability Service and his Disability Adviser supported him to get medical evidence from his Doctor. Cheng was matched with a Specialist Mentor who supported him to manage his studies and how he was feeling;

Cheng decided to meet his Mentor for an hour, once a fortnight.

The Disability Adviser also created an Individual Support Agreement with Cheng which asked staff to allow him some flexibility with his attendance and additional time for his assignments when he needed it.

If you experience any long term physical or mental health conditions that affect your studies, please contact the Disability Service so we can register you for support:
020 7514 6156
disability@arts.ac.uk

Don’t forget to pick up our Mental Wellbeing Zine at your college or view it online here: bit.ly/ArtsSUWellbeingZine
Jargon Buster

We've put together this handy tool to introduce you to commonly used British slang words and terms. Now you no longer need to wonder what your British friends are going on about! This is by no means a complete list of British slang but it’s definitely enough to get you by until you start picking it up yourself!

- **Quid**  
  Another word for one pound
- **Tenner**  
  Ten pounds
- **Fiver**  
  Five pounds
- **Till**  
  Where you pay for items in a shop
- **Pint**  
  A glass (568 ML) of beer
- **Sick/banging/wicked/sound**  
  Cool
- **Mate/pal**  
  Friend
- **Knackered/shattered**  
  Tired
- **Gutted**  
  Upset
- **Cheers**  
  Thank you
- **Taking the piss**  
  To mock something, parody something, or generally be sarcastic
- **Scrummy**  
  Delicious
- **Loo**  
  Toilet
- **Lass/bird**  
  Woman/girl
- **Bloke/lad/chap**  
  Man/boy/guy
- **Booze/bevvie**  
  Alcoholic drink(s)
- **BYOB**  
  Bring your own booze. In the UK, it is common for the party host to ask guests to bring their own drinks.

- **Banter**  
  Joke/funny conversations
- **Butternut squash**  
  Popular type of winter vegetable in the UK
- **Buff/fit**  
  Attractive/good-looking
- **Peckish**  
  Hungry
- **Crisps**  
  Chips
- **Chips**  
  Fries
- **Jacket potato**  
  Baked potato
- **Chunder**  
  To vomit/be sick
- **Dodgy**  
  Refers to something wrong, illegal, or just plain ‘off’
- **You alright?**  
  A common greeting like ‘hello’ but can also mean ‘how are you?’
• Ain’t  I’m not/is not
• Have to dash  Have to go/leave
• Ciggy/fag  Cigarette
• Smashed/hammered/pissed  Drunk
• Half-five (time)  In some countries, half-five means 4:30 but here it means 5:30
• Skive  Avoid work/duty by staying away, leaving early, pretending to be ill etc
• Chuffed  Happy
• To bounce  To leave the premises
• I’m so down  I want to do that
• Hoover  Vacuum cleaner
• Hob  Stove
• Pudding  Dessert
• Lit  When something is really cool and/or crazy (in a positive way)
• Grub/scran/munch  Food
• To kick off  To suddenly become very angry or upset and start fighting or arguing
• Faff  Waste of time
• Chat up/chirpse  To flirt with someone
• Cuppa  Cup of tea
• That’s ace  That’s brilliant/excellent
• Dustbin/rubbish bin  Trash can
• Keeno  A person who is enthusiastic
• Pro  Genius/Champion
Moving to a new city on your own can be difficult - but London, no matter where in the world you are from, offers you a piece of home.

The city is a sublime mix of cultures with a part of almost every other country in the world engraved somewhere. Through exploring markets, eateries, museums, and making friends at UAL, you will come across people from various ethnic backgrounds, and learn so much about their cultures. It is impossible to get bored!

It may take time to settle into your new life, but there is so much to love about it. If you are ever feeling unsure about anything, come speak to us at the Students’ Union, but for now go and enjoy yourself - London’s calling!