



INCOMING STUDY ABROAD AND EXCHANGE STUDENT HANDBOOK 2020/2021

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ERASMUS+

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WELCOME



Welcome to Durham University! We are delighted that you are joining us for your study abroad and exchange experience. We wish you success in your studies and hope that you enjoy living and studying with other Durham students and your new life in Durham.

We hope that this handbook helps you settle in to Durham and the University. Don't hesitate to get in touch with us if we can help you further!

The Exchanges and Study Abroad Team



Facts and Figures

- There are more than 17,000 students at Durham, made up of UK/EU and international undergraduate and postgraduate students
- More than 30% of our academic staff are non UK origin
- Ranked 86th in the QS World University Rankings
- 150 countries represented in our staff and student bodies, creating a diverse social and academic community
- Durham University welcomes around 350 incoming exchange students each year.



MEET THE TEAM

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| | |
|--------------------------|---|
| Full name of institution | Durham University |
| Erasmus+ | UK DURHAM01 |
| Postal Address | Durham University International Office Palatine Centre, Stockton Road, Durham, DH1 3LE United Kingdom |

**STUDENTS SHOULD
SEND ALL ENQUIRIES TO
incoming.exchange@durham.ac.uk**



COLLEGES & ACCOMMODATION

ACCOMMODATION

University managed College accommodation is only available to Study Abroad (fee paying) and Overseas Exchange students. Erasmus+ students should source private accommodation.

If you are eligible for accommodation, you will automatically be allocated to a College or University managed accommodation unless you inform us otherwise, either in your application form or via e-mail.

If you will be living in college, you will be asked to inform your College of your date and estimated time of arrival. Keys are normally available for you to collect from your College from the Wednesday prior to the Induction Week for students arriving for the start of Michaelmas Term and from the start of term for students arriving in the Epiphany Term. You should expect to receive this email from July.

THE COLLEGIATE SYSTEM

Durham is one of three UK universities that operate a collegiate system of accommodation. The collegiate system is what will make your Durham University experience and social life so special and different from anywhere else. College is where you can live, socialise and personally develop. As well as comfortable accommodation and a range of on-site facilities, colleges offer a high level of personal support and a full programme of student-led events and extra-curricular activities. You can even help run aspects of your college, which provides you with unique leadership opportunities and gives you valuable experience for your future career.

Ask anyone here about living and studying at Durham University and they are sure to mention their college, even years after they have left. Our students say that colleges are one of the best aspects of student life at Durham University.

OUR COLLEGES

At Durham there are 15 undergraduate colleges and one dedicated postgraduate college.

GETTING INVOLVED-COLLEGE JCRS

Each college has what is known as a Junior Common Room. The JCR is run by an Executive Committee of students who are elected each year. The JCR not only works with students on academic and pastoral issues, but also provides a very active social calendar throughout the academic year! We recommend that you get involved with your college JCR to integrate fully into Durham College life. There is usually a small annual fee for becoming a member of the JCR, and this varies by college.

During 'Fresher's Week' the JCRs organise welcome events for all undergraduate students and would love to have our study abroad and exchange students take part.

Each JCR has a contact and if you are interested in getting involved in social activities with other members of your college, you should contact your JCR once you have received your college allocation.

COLLEGE MEMBERSHIP

All students, even if you will not be living in a College, are given membership to one of Durham's Colleges. This will allow you to participate in college activities, join societies and most importantly of all, meet the other members of your college. Your college will be in touch to discuss how you can get involved. **(Also see section titled "Our Colleges")**

Even as a member of a College you will need to provide your private accommodation address when completing online enrolment.

Further information and contact details can be found on www.durham.ac.uk/accommodation.office/contactus/

MATRICULATION

All students are invited to take part in a Durham University ceremony known as Matriculation. This is the ceremony that marks your formal admission to the University and attendance is compulsory. Your College will advise you of the arrangements for Matriculation. There is no Matriculation Ceremony for students arriving in Epiphany Term.

TERM DATES 2020/2021

Teaching at Durham operates within three main terms, known as Michaelmas, Epiphany and Easter. The start and end dates for each of these terms are available on www.durham.ac.uk/dates and last between 9 – 11 weeks each.

| TERM | START | END |
|---|--------------------|--------------------|
| Michaelmas Term | 5th October 2020 | 11th December 2020 |
| Christmas Vacation | 12th December 2020 | 10th January 2021 |
| Induction Week: 28th September – 2nd October 2020. All incoming students are expected to attend an Orientation session the Friday before Induction Week. Details will be confirmed by email. | | |
| Epiphany Term | 11th January 2021 | 19th March 2021 |
| All incoming students are expected to attend an Orientation session on the first day of term. Details will be confirmed by email. | | |
| Easter Vacation | 20th March 2021 | 25th April 2021 |
| Easter Term | 26th April 2021 | 25th June 2021 |

MICHAELMAS TERM ARRIVALS

- All students must arrive in time for the compulsory Orientation session
-
- College accommodation, will normally be available from the last Wednesday in September and details of this will be confirmed by your College. Please inform your College of your estimated date and time of arrival

EPIPHANY TERM ARRIVALS

- All students must arrive in time for the compulsory Orientation session







VISAS AND IMMIGRATION

If you are a national of the European Economic Area (EEA) or Switzerland, you **do not** require a visa to come to the UK to study. Your EEA national/Swiss passport will be sufficient to enter the UK.

Anyone from outside the EEA who wants to study in the UK for more than 6 months **must** apply for a Tier 4 (General) Student visa. If you are coming to Durham for less than 6 months you may still need to apply for a visa in advance of travel but you have a choice about the type of visa to apply for;

either a Tier 4 Student visa or a Short-Term Study visa. Not everyone entering the UK with Short-Term Study permission has to apply for a visa advance as this depends upon your nationality. You can check this on the UK Visas & Immigration (UKVI) website.

If you study at an EU institution but you are a non-EU national, you may be required to provide evidence of English Language and apply for a Tier 4 visa.

If you do require a visa to enter the UK, please allow enough time for the application to be processed and to receive your visa before the date you expect to travel. The UKVI website gives visa processing times for each individual country and it is advisable to wait until you have received your visa before booking your flight. Please also make sure that you know your required date of arrival in Durham before making any travel arrangements.

The Student Immigration Office provides specialist advice on entering the UK as a Student Visitor / obtaining a Student Visitor Visa: www.dur.ac.uk/immigration

POLICE REGISTRATION

Not everyone has to register with the Police. However, if you apply for a Tier 4 Student visa, your stay in the UK is for more than 6 months and you are a national of one of the countries below, you must register with the Police within 7 days of arriving in the UK:

Afghanistan, Algeria, Argentina, Armenia, Azerbaijan, Bahrain, Belarus, Bolivia, Brazil, China, Colombia, Cuba, Egypt, Georgia, Iran, Iraq, Israel, Jordan, Kazakhstan, Kuwait, Kyrgyzstan, Lebanon, Libya, Moldova, Morocco, North Korea, Oman, Palestine, Peru, Qatar, Russia, Saudi Arabia, Sudan, Syria, Tajikistan, Tunisia, Turkey, Turkmenistan, United Arab Emirates, Ukraine, Uzbekistan, Yemen

The requirement to register with the Police will be stated on the visa sticker inserted into your passport. Please see the following webpage for more information on registering with the police: www.dur.ac.uk/immigration

BIOMETRIC RESIDENCE PERMIT (BRP) COLLECTION

given a visa for 30 days in which to enter the UK. You will then be required to collect your Biometric Residence Permit (BRP) within 10 days of your arrival in the UK (or before your 30 day entry visa expires, whichever is later). This is 10 days from the date you arrive in the UK, NOT in Durham and therefore if you are planning to travel within the UK before the start date of your study period, you will only have 10 days before you are required to collect your BRP. If you do not collect your BRP this period you may not be allowed to continue with your stay.

During your Tier 4 visa application you will be able to choose where you would like to collect your BRP from when you arrive. Please see the following webpage for more information on where you can collect your BRP:

www.dur.ac.uk/immigration

*Does not apply to Short-Term Study visa applications or entry

IMMIGRATION HEALTH SURCHARGE (IHS)*

If you apply for a visa to study in the UK that will be more than six months long, you will be required to pay an Immigration Health Surcharge (IHS) of £150 for every year of your permission to stay in the UK. The IHS is compulsory and is paid as part of your visa application. Paying the IHS entitles you to use the National Health Service (NHS) during your stay, without further charge.

*Does not apply to Short-Term Study visa applications or entry





FEES AND FINANCE

TUITION AND COLLEGE FEES

Tuition Fees: Study Abroad students pay tuition fees and college costs to Durham. Overseas and Erasmus exchange students do not pay tuition fees to the Durham University, however, you will have to pay for your accommodation and meals.

Accommodation Costs: If you are eligible and allocated for college accommodation, you will be required to pay accommodation costs at the set rate. Residence charges can be found on the website: <https://www.dur.ac.uk/experience/colleges/ug/costs/> Most colleges are

catered and so meals will be included in the costs. If you choose to arrive earlier than the standard check in date, further costs may be incurred for arrivals prior to the start of term.

College Fees: Most colleges require students to pay a small fee known as a JCR – Junior Common Room fee. This allows students to take part in college activities and access college facilities. The fee varies by College. A small fee is charged to all students for the use of the Library in a College even if you are living out. If you wish to opt out of this service, you need to speak to the College Finance Office on your arrival to Durham and they may be able to cancel this charge.

Your home institution will be able to provide you with information regarding the fees that are payable to them whilst you are away and about any financial assistance that is available to you.

| | TUITION FEES | COLLEGE ACCOMMODATION FEES | COLLEGE JCR COSTS |
|-------------------|--------------|--|-------------------|
| Study Abroad | Yes | Yes | Yes |
| Overseas Exchange | No | Yes | Yes |
| Erasmus+ Exchange | No | No <small>If university managed accommodation became available you would be required to pay all fees</small> | Yes |

ACADEMIC LIFE AT DURHAM

MODULES AND CREDIT

When submitting an application for a study abroad and exchange place at Durham, you will be asked to choose up to 6 modules from up to 3 academic departments. The module handbook can be found here: www.durham.ac.uk/international/studyabroad/erasmus/programmeinformation/

The standard course load for one year of study at Durham University is 120 UK credits. 120 UK credits equates to roughly 60 ECTS. Each module is usually worth 20 UK credits here in Durham.

Credit Equivalency Guidelines

120 UK credits are approximately equivalent to:

| COUNTRY | CREDITS |
|-----------|--------------------|
| Australia | 24 |
| Canada | 30 |
| Europe | 60 ECTS |
| USA | 30-36 credit hours |
| Hong Kong | 60 HK credits |

Your home university is responsible for converting your Durham credits to the credits in your home country so you should check their exact conversion calculations.

NB- If you are in the UK on a Tier 4 visa, you should check with the Immigration Office as to the required number of credits you should be studying to remain compliant with your visa conditions.



ACADEMIC CULTURE

The University is a centre of learning, as well as teaching. You will be encouraged to work independently using all the academic resources which are available. It may take some time to adjust to academic life in the UK and the expectations vary depending on your level and subject.

Modules are taught via a combination of lectures, tutorials or a research project depending on your area of study. Lectures (large cross programme study lectures) and seminars/ tutorials (small groups of students usually within the same department). Lectures are taken by an academic member of staff and will often be made up of students from across the University. Seminars are smaller groups of students that provide the opportunity to discuss lecture topics in more detail with the module tutor and your fellow students.

Durham University and the UK in general has a self-learning approach to study where students would be required to do a fair amount of independent reading to prepare for lectures and seminars. The average weekly contact hours will vary by subject. Traditionally, students from Arts and Humanities subject areas will have a smaller number of contact hours than a Science discipline student.

The UK Council for International Student Affairs provides some further guidance for students coming to study in the UK: www.ukcisa.org.uk/Information-Advice/Preparation-and-Arrival/Study-skills-for-success

Each department at Durham has an Exchange Coordinator. The Exchange Coordinator is responsible for the organisation of courses/modules.

CONFIRMATION OF MARKS AND TRANSCRIPTS

If you are here for a full academic year, you will receive a full transcript of records in August.

If you are here for anything less than a full academic year, we will provide a transcript of records (Michaelmas Term only) along with a transcript appendix document which will confirm your marks and any comments from departments. All other students will receive a transcript of records in August. We are aware that some students need their marks earlier than this and we will try wherever possible to make marks available early. This is not guaranteed.

If you are taking any postgraduate level modules, the confirmation of marks may not be available until later in the year as these boards do not sit until October/November of each year. Depending on the department of study, we may also not be able to provide a transcript appendix document immediately. Please contact us if you have any questions.

PREPARING FOR THE UK

CULTURE

Coming to study in a different country is a major change to your life. Even though you probably felt very excited about coming here, bear in mind that adjusting to a life in a new culture can be very stressful.

Culture Shock¹

"Culture shock" describes the impact of moving from a familiar culture to one which is unfamiliar. It is an experience described by people who have travelled abroad to work, live or study; it can be felt to a certain extent even when abroad on holiday. It can affect anyone, including international students. It includes the shock of a new environment, meeting lots of new people and learning the ways of a different country. It also includes the shock of being separated from the important people in your life, maybe family, friends, colleagues, teachers: people you would normally talk to at times of uncertainty, people who give you support and guidance. When familiar sights, sounds, smells or tastes are no longer there you can miss them very much. If you are tired and jet-lagged when you arrive small things can be upsetting and out of all proportion to their real significance.

The following are some of the elements that contribute to culture shock:

Climate

Many students find that the British climate affects them a lot. You may be used to a much warmer climate, or you may just find the greyness and dampness, especially during the winter months, difficult to get used to.

Food

You may find British food strange. It may taste different, or be cooked differently, or it may seem bland or heavy compared to what you are used to. If you are in self-catering accommodation and unused to cooking for yourself, you may find yourself relying on "fast" food instead of your usual diet. Try to find a supplier of familiar food, and eat plenty of fresh fruit and vegetables.

Language

Constantly listening and speaking in a foreign language is tiring. If English is not your first language, you may find that you miss your familiar language which at home would have been part of your everyday environment. Even if you are a fluent English speaker it is possible that the regional accents you discover when you arrive in the UK will make the language harder to understand. People may also speak quickly and you may feel embarrassed to ask

¹Taken from www.ukcisa.org

them to repeat what they have said. Don't panic though, most people will want to help you so if you don't understand at first, you can ask someone to repeat things.

Many students will experience culture shock or feel homesick at some stage during their time away. Don't worry, this is normal and to be expected. Talk to your friends and family about how you feel and remember that tomorrow is another day and you may feel different when the sun is out.



Dress

If you come from a warm climate, you may find it uncomfortable to wear heavy winter clothing. Not all students will find the British style of dress different but, for some, it may seem immodest, unattractive, comical or simply drab.

Social roles

Social behaviours may confuse, surprise or offend you. For example you may find people appear cold and distant or always in a hurry. This may be particularly likely in the centre of large cities. Or you may be surprised to see couples holding hands and kissing in public. You may find the relationships between men and women more formal or less formal than you are used to, as well as differences in same sex social contact and relationships.

'Rules' of behaviour

As well as the obvious things that hit you immediately when you arrive, such as sights, sounds, smells and tastes, every culture has unspoken rules which affect the way people treat each other. These may be less obvious but sooner or later you will probably encounter them and once again the effect may be disorientating.

For example there will be differences in the ways people decide what is important, how tasks are allocated and how time is observed. The British generally have a reputation for punctuality. In business and academic life keeping to time is important. You should always be on time for lectures, classes, and meetings with academic and administrative staff. If you are going to be late for a meeting do try to let whoever you are meeting know. Social life is a little more complicated. Arranging to meet to see a film at 8pm means arriving at 8pm. But if you are invited to visit someone's home for dinner at 8pm, you should probably aim to arrive at about ten minutes after eight, but not later than about twenty past. When going to a student party an invitation for 8pm probably means any time from 9.30 onwards! These subtle differences can be difficult to grasp and can contribute to culture shock.

Values

Although you may first become aware of cultural differences in your physical environment, e.g. food, dress, behaviour, you may also come to notice that people from other cultures may have very different views of the world from yours. Cultures are built on deeply-embedded sets of values, norms, assumptions and beliefs. It can be surprising and sometimes distressing to find that people do not share some of your most deeply held ideas, as most of us take our core values and beliefs for granted and assume they are universally held. As far as possible, try to suspend judgment until you understand how parts of a culture fit together into a coherent whole. Try to see what people say or do in the context of their own culture's norms. This will help you to understand how other people see your behaviour, as well as how to understand theirs. When you understand both cultures, you will probably find some aspects of each that you like and others that you don't.

We would encourage all students to engage with colleges, the International Office and your department if you are struggling with culture shock. Durham has a comprehensive Counselling Service available for all students free of charge.

LIVING COSTS

Living costs vary from country to country and it is important to have an idea of the cost of everyday items. You will need to budget carefully to cover all your living costs, which include accommodation, clothes, transport, books, food and entertainment. The MONETOS website and UKCISA provide estimates on the cost of living in the UK and guide prices for groceries, taxis, books etc. Please note that these figures are for guidance only and are subject to change, but can be a useful tool to help you plan how you will spend your money.

BANKING

If you are only staying in Durham for a short period of time, you may not wish to open a UK bank account. You may prefer to use travellers' cheques or consider using a credit card or a cash-card that gives you access to an account at home.

However, if you will be in Durham for a longer period of time, you may wish to open a UK bank account. In order to open a bank account for your stay, you will require a letter confirming your student status. You can obtain this either via your college or via Banner Self-service (DUO) when you have completed all elements of registration including module choices. This letter cannot be provided until you have fully registered so if you see this as being an important part of your pre-arrival, we would recommend that you complete online registration as soon as possible.

INSURANCE

If you are travelling from outside the UK it is advisable to have travel insurance to cover your luggage, personal possessions, money and medical costs for your journey and first few days here. If you are planning to take out an insurance policy which covers you for the length of your stay in the UK, you may find that this also covers your journeys to and from home at the start and end of each term. Endsleigh are the official insurance service of the National Union of Students and they also offer a policy specifically for international students.

HEALTH CARE

All international students on a course of more than six months full time study and EU students are entitled to medical care under the National Health Service (NHS).

If you are a citizen of the European Union, to give yourself easier access to healthcare in the UK you should apply for the European Health Insurance Card (EHIC) before you leave home. This ensures that you pay the same for healthcare as a UK resident.

When visiting a foreign country it is important to be prepared and adequately covered in the event that you require medical assistance. If you are currently taking medication, ensure you have enough to last the duration of your stay. Also, if you are aware of any medical condition or are taking medication, it is a good idea to have information about your condition translated in the event that you need to be treated in the UK.

All students are strongly advised to take out private health insurance to cover travelling to and from the UK, and for the period of time you are in the country. Read your policy carefully and check any clauses that it may contain. If you are in any doubt about what you are covered for, speak to your insurer.

Non EU national students coming to the UK for more than 6 months are required to pay a Health surcharge alongside any applicable student visa. The surcharge is set at £150 per visa per year for students. This is mandatory and will be paid as part of the immigration process. If you have not been asked to pay this surcharge separately, then this will have been included in any visa fees you have paid.

When you come to Durham the Student Health Centre at Green Lane will give you the necessary information on how to register with a doctor in Durham. You may register at the Health Centre or at any of the other medical practices in Durham. Students living in College will be able to register with the Health Centre in their College during Fresher's Week.

Information on the entitlement of international students to free hospital treatment under the National Health Service is available on the NHS website and you are strongly advised to consult this.

CLOTHES

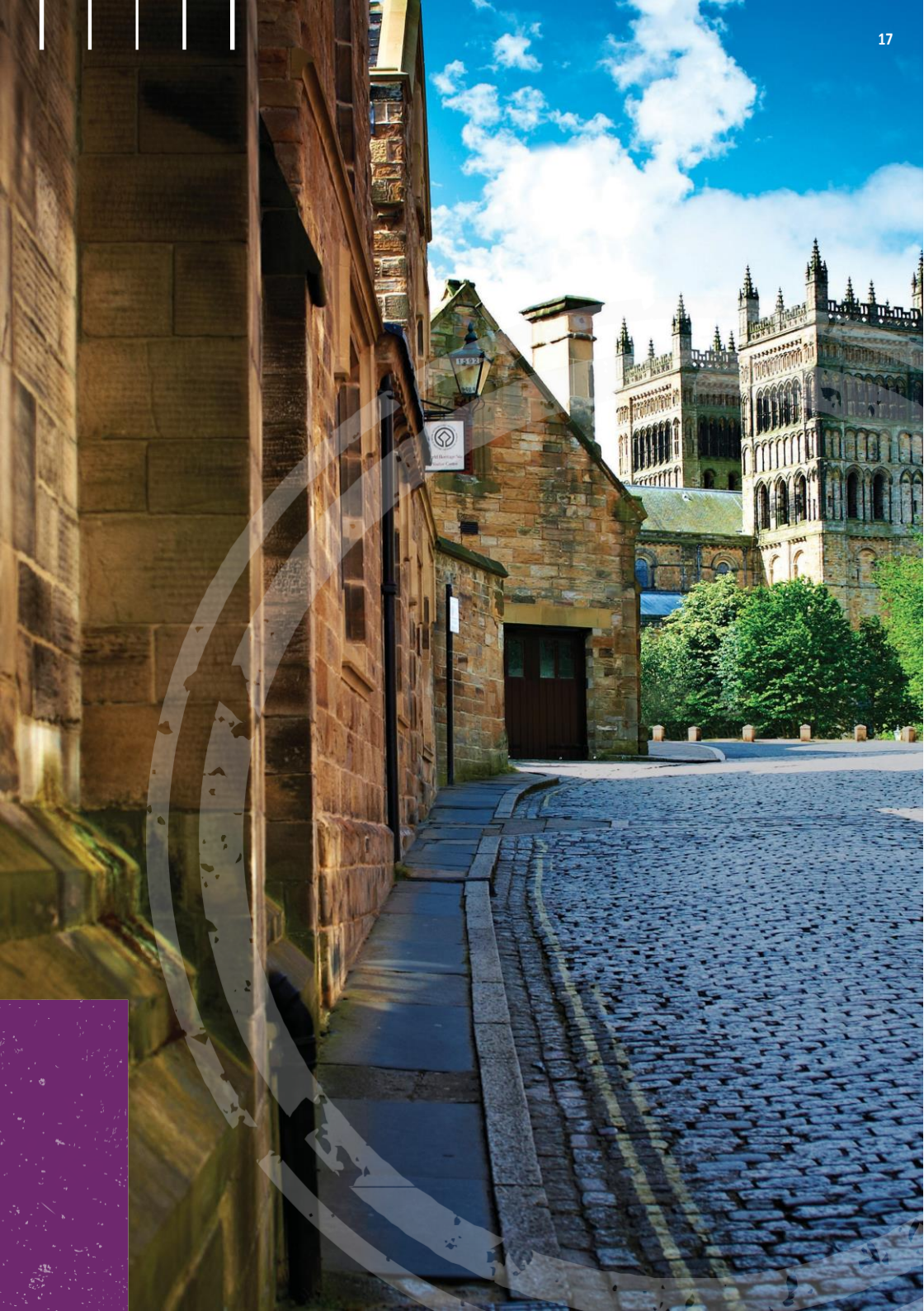
The UK has a fairly mild climate with temperatures reaching between 14°C and 30°C in the summer (June to August) and dropping to between 1°C and 5°C in the winter (December to February). The most important thing to note is that, whatever the season, the weather is very variable and likely to change from day to day. It is therefore a good idea to bring a selection of light clothes that you can wear in layers, as well as some warm outer clothing and a waterproof coat or umbrella. Hats, gloves and scarves, as well as thick socks, are essential in the winter but can be bought at a reasonable price in the UK. You can get an idea of the weather before you come from the BBC website.

ELECTRICAL EQUIPMENT

You will need adaptor plugs for any electrical equipment you bring to Britain. The UK uses 3 pin plug sockets and the power is 240 Volts. Adaptor plugs can also be bought in the UK.

MOBILE PHONES

Making or receiving calls outside the UK can be expensive. Check the websites of major providers for offers on SIM cards that you can use in the UK on your mobile phone. Pre-pay (also called pay as you go) phones are the cheapest if you do not use your phone very often. To top up your credit to make calls you can buy vouchers from a wide number of shops and ATMs, online or over the phone.





ARRIVAL AND THE FIRST FEW WEEKS

DUO

DUO (Durham University Online) is the University's web-based learning environment. You will use DUO to access key module content, including reading lists, lecture notes and assessment guidance. DUO is where you can access enrolment, print important documents such as a confirmation of enrolment and council tax letter. DUO also offers links to Banner Self Service (online enrolment), the university timetable and other useful support services.

You will be able to login to DUO using your university username and password you receive from the central IT service.

CAMPUS CARD

Once you have successfully completed enrolment, you should go to your college for ID verification and to collect your campus card. You will only be able to collect your campus card if you have uploaded your photograph as a part of online enrolment prior to arriving in Durham.

Your campus card will provide you with access to facilities such as the library, university buildings, college buildings.

LETTERS

You may be required to provide a confirmation of student status letter either to open up a bank account or for your home university. You may also need this letter to exempt you from council tax which is a tax set by local councils to pay for services they provide. If you are living in a private property, you may be exempt from paying this tax but you may need to provide evidence.

You can access these letters from your DUO account, once you have fully completed online enrolment.

ONLINE ENROLMENT/ REGISTRATION

Durham University has an online enrolment process which you should ideally complete before your arrival in Durham (except for the module registration) via DUO (Durham University Online). Instructions on how to complete the process will be provided by the International Office by e-mail. 40 days prior to your arrival date you will be sent two e-mails from our Student Records Office (student.records@durham.ac.uk), one containing your username and the other containing your password. If you are unable to complete the process prior to arrival you will still be able to do so within 2 weeks of your arrival. As a part of the enrolment process you must upload a photograph to allow you to collect your campus card from your college when you arrive. Without completing online enrolment, you will not be able to access your IT account.



STUDY ABROAD AND EXCHANGE ORIENTATION SESSION

The Exchange & Study Abroad Team organise a compulsory orientation session usually in the week before the main induction week to provide practical details for living and studying in the UK and Durham. You will meet many other study abroad and exchange students at the orientation session and find out more about the academic culture and life in Durham. This session is obligatory for all students.

If you are unable to attend for any reason, please contact incoming.exchange@durham.ac.uk as soon as possible.

INDUCTION (ALSO KNOWN AS 'FRESHERS' WEEK)

The University holds a university wide induction week the week before the start of Michaelmas term only. This is also known as 'Freshers Week'. This week is aimed at making sure all students are fully enrolled and registered onto modules but also to provide the opportunity to meet other new students to Durham and integrate into college and student life. Each College will offer a different schedule of events and activities so you should make sure to check with the JCR and use the Personal Induction Planner found on the university website to plan your first week in Durham.

MODULE REGISTRATION

During the Orientation Session you will be given a Welcome Pack which will include a list of times when students are able to meet with the Durham departments with whom you have approved modules. You will be required to go along to these appointments to finalise your module registration. If you wish to make any changes to your module selection this can be done at this point. If you have not been approved for a module within a department, please do not attend their session unless you have prior permission to do so.

Department Contacts can be found here:
www.durham.ac.uk/international/studyabroad/contacts/

DROP IN SESSIONS AND FORM SIGNING

Drop In Sessions will be arranged for all incoming students at the beginning and end of each term. The sessions will be for students to come along to the International Office to have Arrival and Departure Certificates signed. E-mails will be sent out to students to inform you of the dates, times and locations a couple of weeks before the start and end of each term.

For our Erasmus+ students please note that Learning Agreements will usually be signed by your Exchange Coordinator at Durham as the person responsible for you whilst you are here. Durham's Institutional Coordinator is located in the International Office so this is where to come if you also require a signature or the University stamp on your paperwork.

STUDENT SUPPORT





CAREERS AND EMPLOYABILITY SERVICE

If you are interested in working part-time while you're studying, the Student Employment Service offers a range of support and information about where to look for vacancies and how to apply, as well as advice on a range of employment related issues for students who are encountering problems with their part-time work. Please check your visa as there may be restrictions on your eligibility to work while studying. See p25 for more information on visa restrictions.

For more information about student working, vacancies, opening hours and contact details check the website at www.durham.ac.uk/careers/employers/vacancyservice/ses/

SUPPORT FOR INTERNATIONAL STUDENTS

As an international student you are part of and can contribute to our vibrant student community and you will have a unique perspective on life at Durham University. Staff in the Student Immigration Office and in your College are on hand to offer friendly advice and support during your studies. The International Students' Association also arranges a programme of social and cultural events each term.

For more information please see:
www.durham.ac.uk/international/
www.durham.ac.uk/immigraton/
www.dsu.org.uk/content/730473/international_students_association_isa

HEALTH, SAFETY AND SECURITY

The University has taken a number of steps to help protect your health and safety and help you feel secure whilst at University. The University Health and Safety Service provides a booklet on the subject and all new students receive a copy upon arrival. Durham is generally a very safe city but you should always exercise caution as there is always the risk that universities are seen as of targets by thieves; we therefore ask you to be wary and use

common sense to minimise crime on University premises. The University has taken steps to protect your property whilst you are studying with us, although students are responsible for their own possessions. The University has its own security team and also works very closely with Durham Constabulary.

A booklet and leaflet on security and crime prevention are available from your college or from your 'livers-out' representative.

For further information, you can contact the University Security Office on:
(0191) 33 41222

DURHAM UNIVERSITY STUDENTS UNION

All students of the University are automatically members of the Student Union. The Union is located in Dunelm House and provides a wide range of services to students, including a bar, cafeteria and lots of entertainment.

Durham Students' Union offers free, confidential and independent guidance and support on a wide range of issues including finance, accommodation, colleges, contracts or anything else you may need help with. Areas covered include academic issues, finance, housing and contracts, consumer issues and much more. Please visit the Durham Students Union website for more information.

DURHAM UNIVERSITY STUDENT GROUPS

In addition to college societies, Durham Students' Union has almost 200 student groups, including societies, media, associations and our fundraising arm Durham University Charity Committee. These cover a wide range of interests from dancing to charitable causes and from academic societies to music and the arts. If none of the existing groups interest you, we will help you to set up your own! University and college sports teams are organised through Team Durham. For more information, see their website www.teamdurham.com



LIFE @ DURHAM UNIVERSITY

FOOD

They say variety is the spice of life and Durham certainly doesn't disappoint when it comes to options for eating on or off campus. You don't have to venture far to find good food and Durham caters for most tastes and palates!

MEAL TIMES

There are usually three meal times in British culture; breakfast, lunch and dinner. Breakfast is usually served between 6:30am and 11am, lunch from 12 noon or 1pm until 3pm and then dinner from around 5pm until 10pm in most places. An English breakfast typically consists of bacon, eggs, sausage, baked beans, mushrooms and toast, but people in England don't tend to eat this every day – it's more for weekends or special occasions. Also, contrary to popular belief, the Queen doesn't drink tea at 5pm (as far as we know!). The word 'tea' can also mean the evening meal, particularly in the North of the UK.

UNIVERSITY CATERING

Most of the Colleges will be catered whilst some are part catered. Fully catered colleges provide three meals a day, seven days a week throughout the undergraduate term. Breakfast, lunch and dinner are self-service and are hosted in your college dining hall. Eating together in your college dining hall is a great way to socialise and catch up with your friends. Special dietary requirements can usually be met by every college.

Fully catered colleges: Collingwood, Grey, Hatfield, St Aidan's, St Chad's, St Cuthbert's*, St Hild & St Bede, St John's, St Mary's, Trevelyan, University, Van Mildert.

At **part-catered colleges**, as well as the fun of cooking in your own kitchen, you can also enjoy regular meals in your college dining hall. At St Cuthbert's in Durham, you can opt for a meal package of 10 meals per week throughout the undergraduate term. Further information is available on individual collegewebsites.

Part-catered colleges: St Cuthbert's*

COLLEGE BARS

Every college boasts its own bar, accessible to all University students. College bars often feature games facilities, including pool and darts, and plasma screens.

UNIVERSITY CAFÉS/RESTAURANTS

The University has run catering outlets offering quick and easy options on campus through YUM, the University's in house catering company.

Durham Campus

Palatine Café and Restaurant, Palatine Centre serves hot food, sandwiches and salads. You can also get a hot cooked breakfast until 10.30am most days with classic British dishes for lunch.

Library Café, The Bill Bryson Library, Science Site serves packaged sandwiches, salads and pastries.

Chemistry Café, Chemistry Building, Science Site serves sandwiches, panini, soup, salads and pastries.

Calman Café, Calman Centre, Science Site has an in house Starbucks, serves soup, sandwiches, paninis and cakes all daylong.

Maiden Castle Café, Graham Sports Centre, Stockton Road includes a chef's theatre station with internationally inspired dishes. Freshly made baguettes, salads and paninis are also available.

Riverside Café, Durham Students' Union, Elvet Riverside serves a wider range of hot food including jacket potatoes, pizza, sandwiches, cakes and snacks. Its location overlooking the River Wear makes it a fabulous place to grab coffee with new found friends!

SUPERMARKETS

If you choose not to eat out every night, you may want to buy your own food or host dinner parties for your classmates. Depending on how much food you intend to buy and what your budget is, there are a number of supermarkets in and around Durham:

Dunelm Food Stores, 29 New Elvet - a smaller supermarket for quick essentials.

Tesco Metro, 17 Market Place - a popular choice and a good spot for some reduced bargains.

Iceland, 4-5 North Road - the supermarket chain that specialises in frozen goods often at discounted prices

Tesco Express, 17 North Road - another branch of the UK's most successful supermarket.

Sainsbury's Local, 3 North Road - a smaller version of the classic UK supermarket.

Aldi, Dragonville Retail Park, Dragon Lane - a large supermarket perfect for a weekly food shop. Aldi is quickly becoming one of the UK's biggest supermarket chains selling good quality yet cheaper produce.

Tesco Extra Durham, Dragonville Industrial Estate - a superstore with an in house opticians, clothing store, coffee shop, pharmacy, phone shop, travel exchange shop. Tesco Extra stocks a range of international foods including Kosher, Halal, Afro Caribbean, Polish, Asian and Greek.

ENTERTAINMENT

Students' Union

From the moment you arrive at Durham, the Students' Union will become a big part of your social life. With their annual Welcome Ball with live music, a fun fair, casino and fire breathers, you will feel part of the student community immediately.

The Students' Union have a social calendar fit to burst with activities from Baking Workshops to Speed Dating to Zombie Apocalypse Survival Camp. With more than 200 societies to join, you are sure to find a place to have fun, relax, make friends and learn new skills. The Riverside Bar and Café is the students' union social space that offers a full weekly programme of events including Buskers Night, Pub Quiz, Sports Wednesdays, Jazz and Swing Night and Late Night Lounge.

Bars and cafés

There's a bar or café for every occasion in Durham. Get a taste of true British culture in an old fashioned pub like The Swan and Three Cygnets. Durham has a range of entertainment options to suit everyone - riverbank bars, live music venues, cosy cafés as well as cocktail bars all within easy walking distance of the city centre.

Clubs

If a great night is high on your University to do list, don't worry, we have it covered! Durham has a wide range of nightclubs to choose from and nearby Newcastle is just a 15 minute train ride away!

Music

The Students' Union have a vast supply of musical societies from A Capella Choir to Big Band to Rock where you can get involved. If you would rather listen as perform, check out regular live bands at the Head of Steam, the Gala or try one of the many music festivals in and around Durham City Centre.

Cinema, Comedy and Theatre

Durham Student Theatre (DST) is hugely popular with regular shows available to enjoy. They are also a union for students who love the performing arts: be it treading the boards, writing the story, directing the action, working backstage, rigging the lights, making the costumes, designing the sound or simply enjoying the show.

The Gala is a purpose built venue for drama, music and dance performances as well as offering a cinema complex and café-bar all in Durham City Centre. If you are into comedy, Durham is the place to be. The Funny Bones Comedy Club hosts a monthly curry and comedy night which is well worth a visit.

THINGS TO DO

In University

College and Students Union societies run a wide variety of outstanding events throughout the year available to all at very low cost. These may include anything from outdoor performances of Shakespeare in Durham Castle to College beer festivals. Current events are usually advertised in your College but may also be listed on the Durham University 'What's On' website.

The Bede Film Society (based at St.Hild and St.Bede's College) shows films regularly for £1 for members or £3 for non-members.

Durham University's Botanic Garden is free to Durham students and is a lovely place to spend lunchtime and meet with friends.

For those wetter weekends, the University's Oriental Museum has excellent permanent and visiting collections to enjoy, free of charge.

You can also visit the exhibitions at Palace Green Library. We have recently hosted the Lindisfarne Gospels, one of the most important books in British Christian heritage and the Museum of Archaeology. Again, entry is free with a Durham University student card.

In Durham City

Durham is extremely student friendly. There are many economical options for entertainment, and sightseeing. Here are some ideas for budget option things to do in Durham:

Living in Durham City, you will be a stone's throw away from an outstanding UNESCO World Heritage site. The Norman Castle houses some of our students and hosts numerous events including our International Christmas Meal. Durham Cathedral is one of Europe's greatest medieval buildings, drawing visitors from all over the globe. A truly spectacular place, the Bailey is free to explore for our students.

On those days when Durham is blue and sunny, you can climb the Cathedral tower for £5. Entry to the Cathedral itself is free.

13th Century Crook Hall and its idyllic English gardens have a 10% discount for students on entrance and food. They also host special events during the year and it has been used as a film location.

Row a boat with friends around Durham's breathtaking and historic peninsula for £5 per person.

Durham Regatta (festival of rowing) takes place at the end of the Easter term and is free to enjoy.

Further Afield

Located in the North East of England, Durham is surrounded by some of the most iconic destinations in the United Kingdom. Everything worth seeing is only a short journey away. Follow the footpath along Hadrian's Wall; visit Bamburgh Castle near the Holy Island of Lindisfarne; take a short bus ride to Gateshead and get your photo taken with the Angel of the North.



FAITH

Durham University is very inclusive and supportive of students and staff of all faiths. Our campus community is made up of people from 156 different nationalities and many different religions, so wherever you are from and whatever your beliefs, we welcome you and can accommodate you.

The University provides a number of facilities for its main religious communities through its Collegiate system. If you have special requirements relating to accommodation or diet and want advice on which colleges may be best suited to your needs, please see the Colleges' website for more details. Our chaplains offer faith support to different communities.

More information can be found:
www.durham.ac.uk/faithsupport/

Working in the UK

Many international students are allowed to work whilst they study in the UK but this is not true for all international students. If allowed, the type of work you may undertake and the number of hours you are permitted to work are connected to your visa.

Conditions on the hours and type of work you may undertake

- You may work for up to 20 hours a week during term-time and full-time during vacations
- You must not engage in business, self-employment or provide services as a professional sports person or entertainer
- You must not pursue a career by filling a permanent full-time vacancy

Where can I find out about jobs?

The Student Employment Service is located in the Careers, Employability and Enterprise Centre in the Palatine Centre, Stockton Road.

TRAVELLING TO DURHAM

BY AIR:

The most direct way to get to Durham is to fly to Newcastle International Airport either via London, Paris, Brussels or Amsterdam. From Newcastle International Airport, you can travel by 'Metro' to Newcastle Central Station (there is a Metro station in the airport). From Newcastle Central Station, you can take a train to Durham. The journey from the airport to Durham takes around one hour.

Alternatively you can take a taxi from Newcastle Airport direct to your College and private accommodation in Durham; this should cost approximately £40-£50.

If you arrive during the main arrivals period of the Michaelmas term, we offer a Meet and Greet pick up service from Newcastle International Airport. You must book in advance for this service and further details can be found at:

https://www.dur.ac.uk/international/newstudent/s/airport_trainstation_welcomeservice/

You may choose to fly to either London Heathrow or London Gatwick Airports and then take the train or bus north. From whichever airport you fly into you will need to travel into London before proceeding on to Durham.

BY TRAIN:

Durham is well connected to the national railway network and is easily accessible by train.

Estimated travel times from London (Kings Cross Station) – 3 hours
Edinburgh (Waverley Station) – 1.45 to 2 hours

Once at Durham station there are taxis which can take you to your College or private accommodation. The journey takes 5-10 minutes and the taxis are not expensive – approx. £5-10.

Find out about train connections to Durham on the National Rail webpages:

www.nationalrail.co.uk www.thetrainline.com

BY BUS:

Travelling into London

Flying into London you will normally arrive at either Gatwick or Heathrow Airports. In order to travel on to Durham by train or bus/ you will have to get to either Kings Cross Station (train) or Victoria Coach Station (bus). The best way to travel into London is by public transport. Taxis are very expensive.

From Heathrow Airport you can use the Underground (tube). The journey takes about 45 minutes. It is a well sign-posted railway system but, before you buy your ticket, look at the map to make sure you know where you are going. You may have to change trains, depending upon where you wish to go. At Heathrow Airport it is also possible to take a bus into Central London - follow the signs for the Airport Bus to Victoria Railway Station. If you wish to travel directly on to Durham, then you need to go to Kings Cross Station using the Underground (Victoria Line).

From Gatwick Airport take the British Rail train called the Gatwick Express to Victoria Station (ca. 30 min.), then the Underground (Victoria Line) to Kings Cross Station. There is also a bus to Victoria if you prefer.

National Buses

There is also a national network of buses (long distance). Victoria Coach Station is a 10 minute walk from Victoria Railway Station and you can catch a National Express bus or Megabus which will take you directly to Durham. Coach journeys take longer (approximately 5 hours but sometimes much longer depending on traffic. Make sure you bring food for the journey as not all buses stop!) but are generally cheaper than travelling by train. Further details including timetables, costs and to book tickets online can be obtained from the web site at: www.nationalexpress.com/coachuk. www.megabus.com

Cheap Fares for Students

For travelling in and around the United Kingdom, either by train or bus, it is cheaper to buy either a Young Persons Rail Card or Young Persons Coach Card which will give you up to a 34% reduction off the price of travel. These cards can be issued to anyone between 16 and 25 years.

For details how to buy a Young Persons Rail/Coach cards please refer to: www.youngpersons-railcard.co.uk/

GETTING AROUND DURHAM

WALKING AND CYCLING

Durham is a very small city, so most places are in easy walking distance, and a lot of students find that this is the easiest way to get around. Cycling is a great way to get around the city easily for free. There are bike sheds to park and lock up your bike at Colleges and around campus. Recyke y/bike, located near Durham Bus Station, stocks a great selection of refurbished second-hand bikes for sale at excellent prices. They also offer cycling accessories and parts (both new and refurbished), cycle training and Bike servicing and repairs.

www.recyke-y-bike.org.

BY BUS

Local buses run regularly with many stops throughout Durham. Most buses stop at Durham Bus Station and Arriva run a selection of services in and out of Durham City Centre. There are several different providers, and therefore easiest way to find information for your journey is to look at the Durham County Interactive Public Transport Map <http://www.cartogold.co.uk/durhamPT/> which shows the different routes available, and links to their timetables.

DRIVING IN THE UK

Before you drive any vehicle in the UK you must have a current valid driving licence, insurance, the vehicle must be registered in the owner's name and the vehicle must have valid road tax.

If you break the law by driving without the right documents you can be fined or banned from driving, and any further offences could result in you being sent to prison. For further information visit www.gov.uk/driving-nongb-licence

TRAIN

Trains to Newcastle in the North, and Darlington to the South, run on a regular basis. Train times and fares are available at National Rail. A 16-25 Rail card will allow you up to 1/3 off the cost of your rail ticket. These can be bought from any railway station for the cost of £30. Please note: rail tickets can be very costly so if possible book in advance, as it is more expensive to buy tickets on the day of travel.

THINGS TO DO IN DURHAM

Your college will play a significant role in your social life at Durham, but you should take a look at the ThisisDurham webpage for some ideas!

www.thisisdurham.com

CONTACTS

Exchange and Study Abroad Team:

incoming.exchange@durham.ac.uk

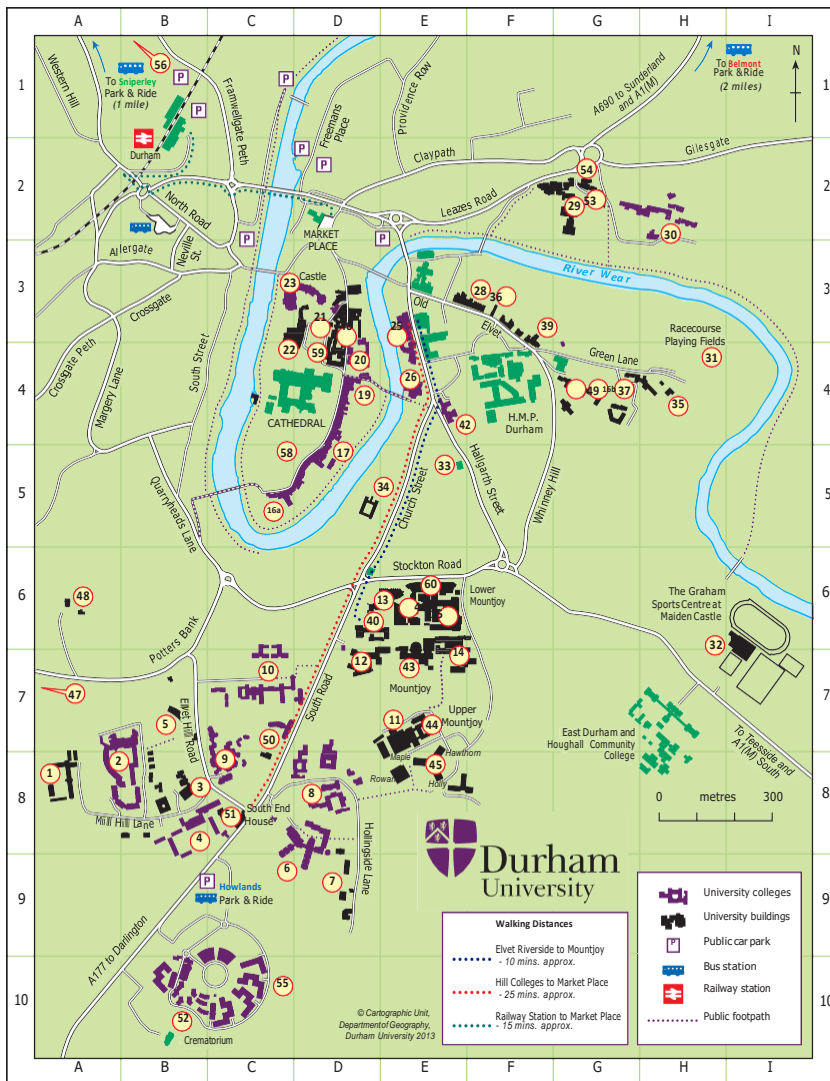
Departmental Coordinators can be found here:

[www.durham.ac.uk/international/studyabroad/contacts/Accommodation Office](http://www.durham.ac.uk/international/studyabroad/contacts/AccommodationOffice)

www.durham.ac.uk/accommodation.office

Student Immigration Office

www.durham.ac.uk/immigration



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Please note that the University's website is the most up to date source of information regarding courses and facilities and we strongly recommend that you always visit the website before making any commitments.

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