



**Northumbria
University**
NEWCASTLE



northumbria
students' union



WELCOME TO NORTHUMBRIA

A GUIDE FOR INTERNATIONAL STUDENTS - 2025/26

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WELCOME

WELCOME TO NORTHUMBRIA

I understand that arriving at a new University, in a new city, in a new country can sometimes feel overwhelming. That is why I am absolutely delighted to have the Students' Union and our fantastic Sabbatical officers here ready to make you feel right at home at Northumbria.

The Students' Union play a key role in creating a supportive environment for all our students. They host a wide range of engaging activities and events throughout the year for you to take part in, supporting and enriching our fantastic student experience.

We are constantly working to improve your time at University. This means offering more work and study opportunities, helping you develop essential skills, and ensuring that you feel part of our vibrant and inclusive student community.

Thank you for choosing Northumbria. We wish you huge success in your studies and hope that you have a wonderful experience during your time with us.

Professor John Woodward
Pro Vice-Chancellor International



WELCOME

WELCOME TO YOUR STUDENTS' UNION

Welcome to Northumbria Students' Union aka NSU. As a Northumbria student you're automatically a member of NSU and part of a thriving international community, with students from across the globe making up around 20% of the student population here.

NSU also offers various extracurricular activities, clubs and societies to enhance your uni experience. Volunteering is a great way to meet new friends and make connections with others who have similar interests or backgrounds. Whatever you choose to do, I can't wait to welcome you to Northumbria Students' Union!

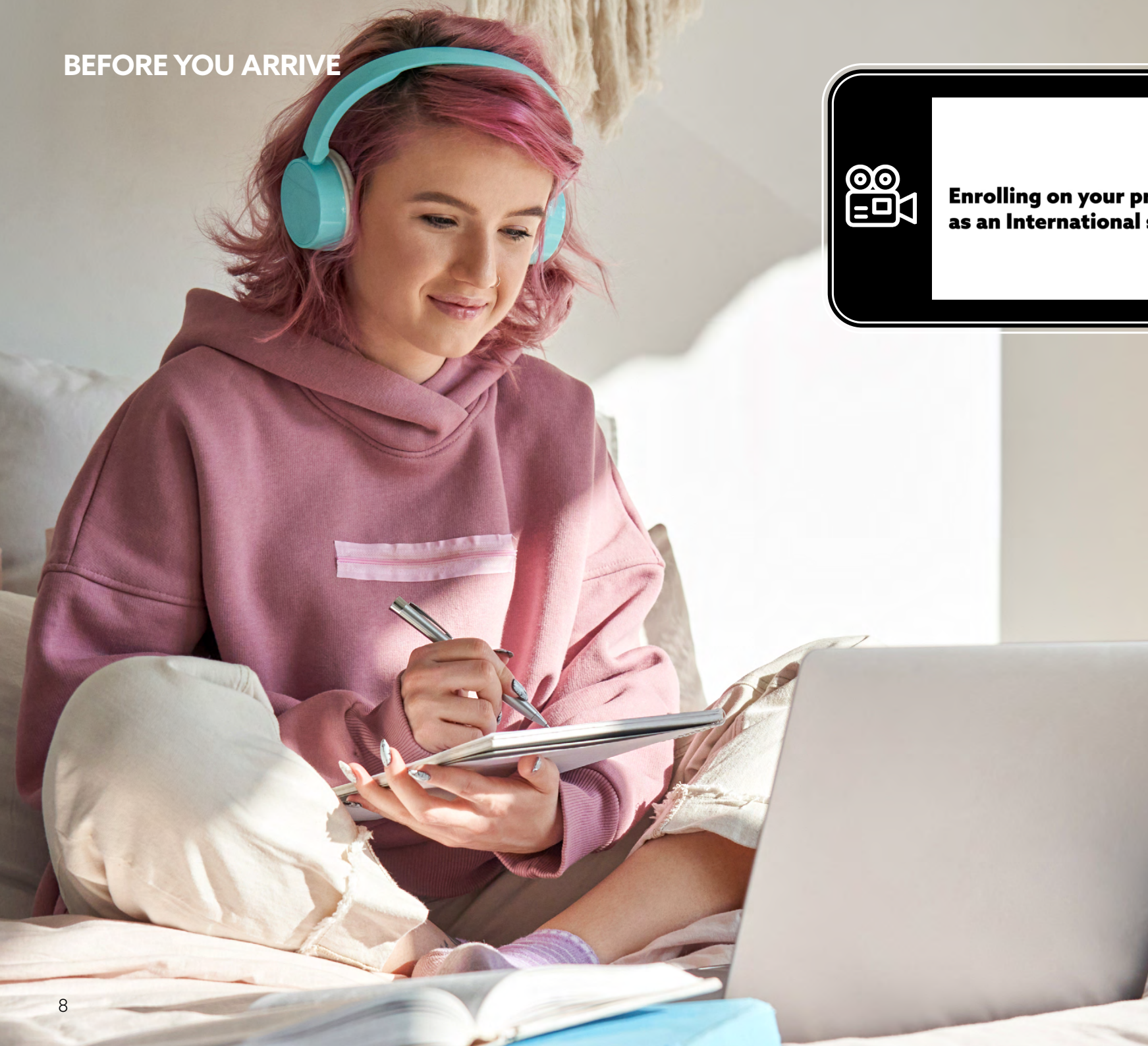
Mary Udeze
NSU President 2025/26





BEFORE YOU ARRIVE

BEFORE YOU ARRIVE



BEFORE YOU ARRIVE

ESSENTIAL ACTIONS



BEFORE YOU ARRIVE

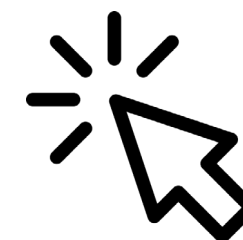
FORGOTTEN YOUR USERNAME OR PASSWORD?
Please use the **IT Chat** available 24/7.



EVISA

PROVING YOUR IMMIGRATION STATUS

Create a [UK Visas and Immigration \(UKVI\) account](#) and [access your eVisa](#) share code which is required to enrol.



ENROL

STEP 1 OF 2 PRE-REGISTER

Click the 'Enrol' link in your [Student Portal](#) and follow the online enrolment instructions.



FEES

PAYING YOUR TUITION FEES

Access Ask4Help Online on your Student Portal to find information about [paying your tuition fees](#).



KNOWLEDGE

YOUR STUDENT PORTAL

Get to know your [Student Portal](#) to help you navigate Northumbria.



DIGITAL

START YOUR IT INDUCTION

Get ready to [learn the basics](#) of all the apps, digital tools and software needed to help your studies.



WELCOME

WELCOME GUIDE

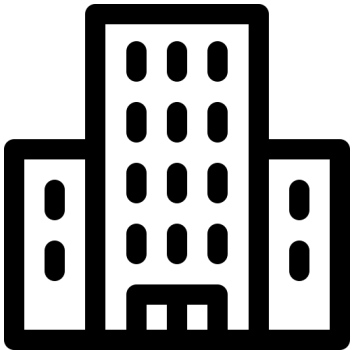

Read your [campus Welcome Guide](#) and this [International Welcome Guide](#) to get off to the best start.

ACRONYM JARGON BUSTER

Starting university is exciting—but at times, it can also feel like learning a new language. From UG to SLC, campus life is packed with abbreviations and acronyms that might leave you scratching your head.

Our Jargon Buster is here to help you quickly decode the most common terms you'll hear around campus, in emails, and in lectures. Whether you're figuring out how to get to the NSU or wondering what your tutor meant by "check your VLE," we've got you covered so that you can focus on what really matters—settling in and making the most of your university experience.

You can also view a list of **University building codes and numbers** in Ask4Help Online on your Student Portal.



GENERAL

- HE** = Higher Education
- NU** = Northumbria University
- UG** = Undergraduate
- PG** = Postgraduate
- PGT** = Postgraduate Taught
- PGR** = Postgraduate Research
- DL** = Distance Learning
- UCAS** = Universities and Colleges Admissions Service

ON CAMPUS

- CC** = City Campus
- CCE** = City Campus East
- CLC** = Coach Lane Campus
- NUL** = Northumbria University London
- SU** = Students' Union
- NSU** = Northumbria Students' Union



TEACHING AND LEARNING

- FT** = Full time
- PT** = Part time – can also mean Personal Tutor
- VLE** = Virtual Learning Environment (Blackboard)
- PL** = Programme Leader
- AI** = Artificial Intelligence



FINANCE

- SLC** = Student Loans Company
- SFE** = Student Finance England
- SAAS** = Student Awards Agency Scotland
- SFNI** = Student Finance Northern Ireland
- SFW** = Student Finance Wales
- ELCAS** = Enhanced Learning Credits Administrative Service



SUPPORT AND WELLBEING

- GP** = General Practitioner (Doctor)
- SAP** = Student Accessibility Plan
- SpLD** = Specific Learning Differences
- DSA** = Disabled Students' Allowance
- SE** = Short Extension
- PEC** = Personal Extenuating Circumstances
- CHOC** = Change of Circumstances



DAY TO DAY LIFE

The British Council have created a free online course **Prepare to Study and Live in the UK** to help you get ready for life in the UK.

They also have a free course specifically about mental health and wellbeing **Managing Your Wellbeing When Studying in the UK**.

We've also highlighted a few topics below that we think you'll find useful:

WHAT WILL THE WEATHER BE LIKE IN NEWCASTLE?

Newcastle has cold, rainy winters and mild, relatively rainy summers. Weather can be unpredictable, and you may experience four seasons in one day.

Winter days are short with daylight from around 8am to 4pm. The weather is cloudy, humid, and windy, with frequent rain and occasional snow. The coldest nights can drop to -7°C (19°F).

Summers are mild or cool, with highs of around 19°C (66°F). Heatwaves rarely reach Newcastle. Days are long with daylight from around 5am to 9pm.

In winter you will need:

- A warm waterproof coat
- Warm waterproof shoes or boots
- Scarf, hat and gloves
- An umbrella

In summer you will need

- A light jacket or raincoat
- An umbrella
- Sunscreen
- Sunglasses

Check the current weather forecast.

WHAT ARE THE RULES AROUND SMOKING AND VAPING?

In the UK, **smoking is prohibited in all enclosed workplaces, public buildings, and on public transport.**

On Campus, smoking, including the use of electronic cigarettes or vapes, is not permitted in any part of the premises with the exception of the designated smoking shelters.

CAN I DRIVE IN THE UK?

Newcastle is a compact city, so it is easy to get around on foot or by public transport. It is also ideally situated to visit many sights in the UK by train and coach, so driving a car is not a necessity.

If you do plan to drive in the UK you will need to consider many factors such as insurance, tax and an MOT for your vehicle, as well as whether your licence is valid in the UK. For more information please see the **UK Council for International Student Affairs (UKCISA).**

CAN I DRINK THE WATER?

Yes! Tap water in the UK is among the best in the world and is the most popular drink for people at home.

There are water fountains located around campus for you to use.

WHERE CAN I GET FURTHER SUPPORT?

You can get specialist advice from the University about moving to the UK through **Ask4Help Online** on your Student Portal. If you do not have access to your Student Portal please use the **contact form**.

You can also contact the Students' Union **advice centre**.



WHAT TO BRING

ESSENTIAL ITEMS AND DOCUMENTS



PACKING CHECKLIST

- ☐ Warm clothes, including a waterproof winter coat (if you don't have winter clothes you will find lots of shops in Newcastle City Centre)
- ☐ Gadgets (mobile phone, charger, universal adapter and laptop or tablet if you have one)
- ☐ Things that remind you of home such as family photos, favourite books, a cuddly toy
- ☐ Essential toiletries only - you will be able to purchase larger items from local shops
- ☐ Any prescribed medication to last until you have registered with a local GP/doctor

DOCUMENTS CHECKLIST

- ☐ Passport
- ☐ Driving License
- ☐ Your visa decision letter or email
- ☐ Short term (30 day) visa vignette (if applicable)
- ☐ UKVI account and eVisa details
- ☐ Plane ticket (or ticket for ferry/train)
- ☐ Your letter of acceptance from Northumbria which includes your Confirmation of Acceptance of Studies (CAS) number
- ☐ Evidence that you have enough money to support yourself while studying in the UK, for example recent bank statements, or proof of scholarship or sponsor's letter
- ☐ Vaccination certificates and x-ray certificate (if required)
- ☐ Accommodation confirmation
- ☐ It is safer to use a debit or credit card instead of carrying a lot of cash. However, it is a good idea to keep a small amount of cash with you for small purchases or emergencies.
- ☐ Original or certified copies of academic documents (e.g. previous results, International English Language Testing System (IELTS))
- ☐ Photocopies of documents (to keep as backup)

Whether you plan on staying in University or private accommodation, once you have your arrangements in place it's time to start preparing what to bring with you.

Use our helpful checklists detailing what important documents and items you'll need to pack, so that you have everything you need once you arrive here.

FURTHER INFORMATION

You can find out more information on preparing for your arrival on the [UK Council for International Student Affairs \(UKCISA\) website](#).

RESTRICTED ITEMS

Remember not to bring **restricted entry products** when travelling into the UK.

YOUR LUGGAGE

Be mindful of what you pack, as excess baggage fees can be costly. It's also wise to consider buying travel insurance to cover any potential loss or damage to your luggage.

WHAT ABOUT BEDDING, TOWELS AND OTHER NECESSITIES?

You will need to pre-order bedding and towels for your arrival as they will not be supplied in university accommodation or private rental accommodation. You can order items in advance via [UniKitOut](#). Use promo code **NORTHUM10** for a 10% discount.

Alternatively, you can purchase beddings and towels from many shops in Newcastle City Centre.

STAYING IN UNIVERSITY OWNED ACCOMMODATION?

Visit the [accommodation FAQs](#) to find out what you will need to bring.

STAYING IN PRIVATE ACCOMMODATION?

Check with your landlord or provider first before packing any household items.



BEFORE YOU ARRIVE

PLAN YOUR JOURNEY

Once you have secured your place on your course, obtained your visa and confirmed your accommodation, you should arrange your journey to Newcastle.

Air: If you can, you should buy a plane ticket to Newcastle International Airport. The airport is located 15 minutes taxi ride from **Newcastle City Campus**, or 35 minutes by Metro (underground train).

We also offer a Meet and Greet Airport Transfer Service for students arriving to study in September 2025. The service is available for flights arriving before 9pm (21:00) BST and must be booked at least 7 days in advance. For further information and to book please visit **Meet and Greet**.

If you fly to an alternative airport, you will need to plan your onward journey to Newcastle via a domestic flight, **train** or **coach**.

Rail: You can travel to the UK by train on the **Eurostar** from mainland Europe. Eurostar terminates in London so you will need to plan your onward journey to Newcastle by plane, train or coach.

Sea: There are several **ferry providers** offering sailings to the UK from mainland Europe. You will need to plan your onward journey from the port to Newcastle by plane, **train** or **coach**.

The nearest port to Newcastle is North Shields, a 20 minute taxi ride or 35 minute journey by **bus transfer**. Ferries arrive from Amsterdam daily.



BEFORE YOU ARRIVE

IMMIGRATION SUPPORT

Most international students require a student visa to study in the UK. Determining if you need a visa is straightforward - just visit the [UK government's official website](#).

Your visa will normally enable you to reside and study in the UK for the duration of your course.

For a step-by-step guide to the process please visit the [British Council website](#).

If you require further advice about immigration, please visit the [Accessing International Student Support](#) article in Ask4Help Online in your Student Portal. If you are unable to access your Student Portal, please use this [contact form](#).



BEFORE YOU ARRIVE

MONEY AND FUNDING

Make sure your finances are in order and that you have sufficient funds to cover tuition fees and living expenses. **Managing your Money in Ask4Help Online on your Student Portal** has lots of information to help you.

Start arranging money transfers as early as possible, especially if your country imposes restrictions on the amount of money that can be transferred abroad.

You may be able to get help to fund your studies through a scholarship or grant from your government or other organisation. For information about funding, bursaries and scholarships at Newcastle Campus, please visit the **Tuition Fees, Scholarships and Funding web pages**.



BEFORE YOU ARRIVE

PREPARING TO STUDY

Studying in the UK may be different to studying in your home country. Learning about different aspects of academic life in the UK before you arrive can help you feel confident starting your studies.

The **UK Council for International Student Affairs (UKCISA)** provides information about what to expect and what is required for all students studying in the UK.

Northumbria University Library have also created a **Preparing to Study** guide for students.

Once you have enrolled, you can use your University username and password to access your **reading list**. For programmes starting in September 2025, reading lists will be available from 1 September. Please note, it may take up to 48 hours following enrolment to access University systems.



BEFORE YOU ARRIVE

ARRANGE YOUR ACCOMMODATION

With over 55,000 students calling Newcastle home, demand for student accommodation is high. It is therefore essential to secure accommodation before you arrive.

We provide a variety of housing options for our students, all conveniently situated on or near the campus. University accommodation is highly sought after, so we encourage you to book early. Find out more via the article [Applying for accommodation](#) in [Ask4Help Online](#) on your Student Portal.

For those who prefer private housing, we recommend checking out the [housing advice](#) section of the Northumbria Students' Union (NSU) website for guidance.



BEFORE YOU ARRIVE





WHEN YOU ARRIVE

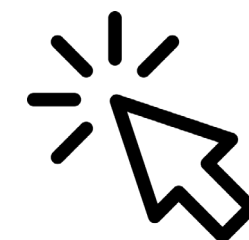
WHEN YOU ARRIVE

Upload your visa documents and eVisa share code as soon as you arrive in the UK.

Visa verification may take up to 5 working days. Once enrolled, you will receive a confirmation email. After this, allow up to 2 working days to access your timetable, systems, and collect your Smartcard.

WHEN YOU ARRIVE

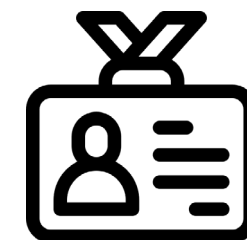
ESSENTIAL ACTIONS



ENROL

STEP 2 OF 2 COMPLETE YOUR ENROLMENT

Upload your **visa documents** and **eVisa share code** (if applicable) for verification.



SMARTCARD

COLLECT YOUR SMARTCARD

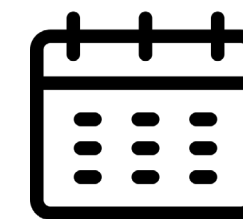
Access information on how to collect and use your **University Smartcard**.



DUO

INSTALL MULTI-FACTOR AUTHENTICATION (MFA)

To access university systems, download the **DUO** app on your mobile phone. You will receive an email with instructions to complete the setup.



TIMETABLE

ACCESS YOUR TIMETABLE

Once you are fully enrolled you can **access your timetable**.



WELCOME

GET INVOLVED

Take part in Welcome Week events and activities and attend your programme induction.

WHEN YOU ARRIVE














IMPORTANT

Make sure to complete your **mandatory Consent and Bystander training** when you arrive.

WHEN YOU ARRIVE

WELCOME WEEK ACTIVITIES

Once you **arrive in the UK** it can take up to 5 working days to verify your visa and a further 2 working days before you can access your timetable and collect your Smartcard. If you are unable to access your timetable by Monday 22 September please contact Ask4Help.

W/C 15 SEPTEMBER	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
<div>19 SEPTEMBER <u>International Student Welcome and Tea Party</u> - 15:00 - 17:00 Domain, Students' Union, City Campus</div>	<div>22 - 26 SEPTEMBER Programme induction sessions at City Campus and Coach Lane Campus. <u>Check your timetable</u> for dates, times and locations</div> <div>22 - 24 SEPTEMBER NU Support Services Fair, Upper Sports Hall, City Campus - Coach Lane students invited too - drop in between 11:00 - 15:00, or <u>check your timetable</u> for your scheduled slot</div> <div><div><div>22 - 23 SEPTEMBER <u>SU Freshers' Fair</u> - 10:00 - 16:00, Students' Union, City Campus</div><div>24 SEPTEMBER Big Fair: <u>Societies and Volunteering Fair</u> - 10:00 - 16:00 Students' Union, City Campus</div><div>25 SEPTEMBER Students' Union <u>Societies and Stalls Fair</u>, Coach Lane Campus</div></div><div>24 SEPTEMBER Big Fair: <u>Northumbria Sport</u> Students' Union, City Campus</div><div>22 SEPTEMBER - 3 OCTOBER <u>Smartcard Collection</u>, weekday drop-in 10:00 - 16:00 Study Skills 1, Student Central, City Campus</div><div>FROM 23 SEPTEMBER <u>Smartcard collection</u> at Ask4Help Desk, Coach Lane Campus Library (non DBS students at Coach Lane Campus only)</div></div>				
<div>FROM 15 SEPTEMBER <u>Students' Union Activities</u></div>	<div>22 - 24 SEPTEMBER <u>Be Part of It Freshers' Week Marquee</u> The Quad, City Campus</div> <div>22 - 29 SEPTEMBER <u>Be Part of It Welcome Activities</u> The Quad, City Campus</div> <div>25 SEPTEMBER <u>CV Writing Support and Wellbeing Activities</u> Marquee The Quad, City Campus</div>				

WHEN YOU ARRIVE

WHAT IS WELCOME WEEK?

At the beginning of term, Northumbria University along with your Students' Union (NSU), host a series of events for new students known as Welcome Week.

These activities are designed to help you familiarise yourself with the campus, meet new people, and settle in.

WHERE AND WHEN DO THE EVENTS TAKE PLACE?

Once you have **enrolled**, you will be able to access your induction week timetable (and teaching timetable) through your **Student Portal within 2 working days**.

If you are studying a Pathway Programme you will be provided with your induction timetable separately.

Your induction timetable will show you what activity or event is taking place, the time and location.

IS IT COMPULSORY?

It is essential that you attend Welcome Week. Participating helps you navigate the campus, access essential resources, and build a strong support network, ensuring a smooth start to your academic journey. It also provides detailed insights into your

programme, fostering connections and enhancing your study skills for success.

Attendance is compulsory for all academic related activity such as your University Welcome events and Programme Induction.

MY VISA IS DELAYED, WHAT IF I MISS WELCOME WEEK?

Please aim to arrive in the UK the week prior to Welcome Week so that you can get settled and complete your enrolment. However, we know due to visa processing times this is not always possible.

If you are not going to be able to arrive in time for Welcome Week, please contact us via the article **Arriving on campus for Newcastle Campus students** in Ask4Help Online on your Student Portal and we can discuss your options with you.


Please note that you **MUST** enrol before your enrolment deadline date.

If you miss Freshers' Week you can still join any of the societies and events run by the Students' Union. Please visit **mynsu.co.uk** or go into the Union to ask how you can get involved.

There's also a lot going on in your first few weeks at Northumbria. From fun events and social activities to sports and careers support, it's the perfect time to get involved and start making new friends. Make sure to check your timetable and visit the Students' Union, Northumbria Sport, Careers, and Be Part of It websites to see what's on.

Plus, don't forget your Student Portal is your go-to place for all the latest news, updates, and events. Be sure to check your dashboard regularly so that you don't miss a thing!


UNIVERSITY EVENTS

**24 OCTOBER**
Late Arrival Welcome Event - 15:00 - 17:00
Domain, Students' Union, City Campus

PATHWAY STUDENTS

**6 OCTOBER**
Northumbria Pathway Programme Induction Week

NORTHUMBRIA SPORT

**27 SEPTEMBER - 5 OCTOBER**
Northumbria Sport - Big Week of Sport/ Squad selections

**6 OCTOBER**
Northumbria Sport - JustPLAY Semester 1 activities begin


**15 OCTOBER**
Northumbria Sport - Intramural leagues begin


CAREERS AND EMPLOYMENT

**30 SEPTEMBER**
Part Time Jobs Fair
Domain, Students' Union

COACH LANE CAMPUS


**24 - 25 SEPTEMBER**
Uniform Fitting for specific Health and Wellbeing programmes
Clinical Skills Centre 013
Please check your timetable and ensure that you attend your designated session

**23 - 26 SEPTEMBER**
DBS Checks including Smartcard collection for specific Health and Wellbeing programmes.


Please check your timetable and ensure that you attend your designated session

**23 SEPTEMBER**
Coach Lane Occupational Health Vaccinations for specific Health and Wellbeing programmes. Check emails for details

BE PART OF IT

**13 OCTOBER**
Be Part of It Semester 1 activities begin

ESSENTIAL INFORMATION

As well as enrolling onto your programme there are a number of practical tasks you will need to complete as soon as possible.

OPENING A BANK ACCOUNT

You should consider opening a UK bank account when you arrive in the UK. This will make it easier for you to send and make payments. Please see the article Opening a UK bank account and requesting a bank letter in Ask4Help Online on your Student Portal for further information. Most UK banks offer student bank accounts. It is worth looking round for one which has the best rates for international transfers.

What documentation will you need to set up an account?

- Current passport
- Valid Visa (for those from outside the European Union)
- Bank statements from your bank in your home country
- Evidence that you are a current student
- Proof of address in the UK or abroad

ARRANGING YOUR COUNCIL TAX, TV LICENCE AND UTILITIES

Depending on your accommodation you may need to pay additional bills on top of your rent such as:

- Council Tax
- TV Licence
- Utilities such as water, electricity, gas and broadband
- Contents insurance

Check with your landlord as some bills may be included in the price of your rent. Please see the article Getting started at Newcastle Campus in Ask4Help Online on your Student Portal for further information and guidance.

If you are staying in University owned accommodation (Glenamara House, Lovaine Hall, New Bridge Street, Trinity Square and Winn) your rent includes all of your utility bills, basic contents insurance and Wi-Fi.

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 information please see the article Understanding council tax exemptions and requesting a council tax certificate in Ask4Help Online in your Student Portal.

APPLYING FOR A 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 number (abbreviated as NI) to your employer. Please see the article Applying for a National Insurance number in Ask4Help Online on your Student Portal.

REGISTERING WITH A DOCTOR/GP

It is essential that you register with a local doctor's surgery, so that you can see a doctor - often called a "General Practitioner" or "GP" - when you need to. Please register as soon as possible, do not wait until you are unwell! Please follow the step-by-step instructions in the article Registering with a doctor/GP article in Ask4Help Online on your Student Portal.



WHEN YOU ARRIVE

DUO MULTI-FACTOR AUTHENTICATION (MFA) AND UK SIM CARDS

To keep your University account safe, we use a security app called **Duo**. This app helps protect your account by asking you to confirm your identity when you log in—usually by tapping a notification on your mobile phone or device.

What you need to do:

- After you enrol on your course, you will get an email from Duo - "no-reply@duosecurity.com".
- Follow the instructions in the email to **download the free Duo Mobile app** to your mobile phone or device.
- Set it up as soon as possible so you can access University systems.

IMPORTANT INFORMATION ABOUT SIM CARDS

If you are arriving from outside the UK, you may need to get a UK SIM card for your phone. If you set up Duo before changing to a UK number, you will need to contact **IT Chat** to update your Duo account.

UK SIM CARD OPTIONS:

You can choose between two types of mobile plans:

Contract: A 12-month plan that usually requires a UK bank account.

Pay As You Go: More flexible—you pay only for what you use. No contract or bank account needed.

Suppliers include:

- EE: shop.ee.co.uk
- O2: o2.co.uk
- Giffgaff: giffgaff.com
- Three: three.co.uk



WHEN YOU ARRIVE

GET THE SAFEZONE APP

SafeZone is a free app for Northumbria University students, which connects you directly to the University's security team when you need help at City or Coach Lane campuses, as well as at Bullocksteads sports ground.

If you are off campus it will offer to connect you to the emergency services. To download the SafeZone App, please follow the guidance in the article **Using the SafeZone App** in Ask4Help Online on your Student Portal.

Northumbria University's security team monitor SafeZone 24 hours a day.



WHEN YOU ARRIVE

TRANSPORT AND FINDING YOUR WAY AROUND

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 driver 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.

Travelling on Stagecoach Buses? Buy a **Uni Rider pass** which can help you save money.

If you're using the Metro, you can get a **student Pop Card** which will give you discounts on travel.

You can also buy a **Network One ticket for Students and Young People**. This covers you on both the bus and metro.

Be sure to shop around to find out which travel pass is right for you.

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 three months in advance to get the best deals. You will probably also want to invest in a **16-25 Railcard**, which will save you a third on all rail fares!



WHEN YOU ARRIVE

TRAVELLING TO CAMPUS

Newcastle is a compact city with road and rail connections to towns and villages across the north east. Plan your journey to campus using the links below:

- [On foot](#)
- [Public transport](#)
- [Cycling](#)
- [Parking on campus](#)
- [Alternative parking near campus](#)

You can also **travel for free** on the Stagecoach number 1 bus between City and Coach Lane campuses using your Smartcard.



HELP AND SUPPORT

We hope that you have a smooth journey to the UK and you are happy in your new home. However, we understand that sometimes problems arise and you may need help. At Northumbria University, our frontline student support service, Ask4Help, is here to support you throughout your studies. Whether you need information, advice or guidance, Ask4Help connects you with expert support:

- **Mental Health and Wellbeing** – specialist support to help manage stress, anxiety, and other mental health challenges.
- **Accessibility** – ensuring students have equal access to educational opportunities by providing support for students with physical conditions, health conditions including mental health, specific learning differences such as dyslexia and ADHD and neurodiversity.
- **Inclusion** – practical support for student carers, care leavers, estranged students and Sanctuary Scholars.
- **Finance** - from scholarships and funding options to budgeting advice, we're here to help you navigate financial concerns.
- **Faith and Spiritual Care** - support for students from all faiths and beliefs, offering spiritual care and community connections.
- **Welfare** - to access information, advice and guidance around general welfare issues, including keeping safe at University.
- **International** – specialist support for international students including visa and immigration advice.
- **Career and Employment Advice** - the Graduate Futures team provide assistance with career planning, job searches, and employment skills to set students on the path to success.
- **Study Skills** - resources and guidance to help you excel in your academic studies including referencing, time management and essay writing.



GET IN TOUCH WITH ASK4HELP:

Online: Access support through **Ask4Help Online** on your Student Portal. Available 24/7, you can search for and browse help and support articles. For further support, submit an enquiry using the enquiry box at the end of the article and a specialist member of staff will get back to you.

Phone: Call us on **+44(0)191 227 4646**.

In person: Visit us in Student Central, City Campus Library or the Ask4Help Desk at Coach Lane Campus Library. Please see our **campus maps** for location information.





GETTING SETTLED

ACADEMIC LANGUAGE SKILLS

SPECIALISED SUPPORT FOR INTERNATIONAL STUDENTS.

Here at Northumbria University, we understand that studying in another environment can be challenging.

To support international students, a specialised module is included in every full-time degree programme, providing 2 hours of weekly support during your first year of study.

Our Academic Language Skills (ALS) tutors are trained in intercultural awareness and have personal experience studying, living, and working in different countries. They are dedicated to providing the best support possible.

ALS aims to:

- Help you understand and adapt to the UK academic environment
- Improve your academic and communication skills to succeed in your studies
- Provide feedback on your performance to identify your strengths and areas for improvement
- Guide you through university assessments and expectations

Offer personalised learning experiences to help you feel more connected and involved in your studies

You can learn more about the Academic Language Skills module in **Ask4Help Online** on your Student Portal.



WORKING IN THE UK

Working alongside your academic studies is a good opportunity to gain valuable work experience as well as earn some additional money.

Provided you have the correct visa, you will be allowed to work part-time while studying in the UK. You must check your visa conditions carefully and seek clarification if you are unsure. You can find out more and request support from an adviser through the article **Working on a Student visa** in Ask4Help Online on your Student Portal.

PROVIDING CONFIRMATION OF YOUR RIGHT TO WORK.

Your employer may request that you provide a right to work share code and a letter from the University to confirm that you are allowed to work alongside your studies. Please follow the instructions in the article **Working on a Student visa** in

Ask4Help Online on your Student Portal to find out how access your right to work share code and generate a letter for your employer.

NATIONAL INSURANCE

You must have a National Insurance number if you want to work in the UK at any time during your studies.

If you have an eVisa, you might have a National Insurance number already. You can find it by logging into your **UK Visas and Immigration (UKVI) account** to view your eVisa .

If you do not have a National Insurance number, you must apply for one as soon as possible if you plan to work. Please follow the guidance in the article **Applying for a National Insurance number** in Ask4Help Online on your Student Portal.

FINDING A PART-TIME JOB

The **Careers and Employment section** of Ask4Help Online on your Student Portal has lots of information to help you find and secure a part-time job while you study.

To find part-time job opportunities you can:

- Visit Jobs Online and Careers Online to find current part-time job opportunities.
- Seek support with job applications and interview techniques from a career specialist.
- Find out about upcoming jobs fairs where you can meet recruiters and employers.

GETTING SETTLED

YOUR STUDENTS' UNION (NSU)

Northumbria Students' Union or NSU for short, is an independent organisation that works with the University.

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

Your **SABB Team** are six students, elected by you in the student 'Lead Northumbria' elections to run your NSU. They sit on both Student Council and the Board of Trustees and represent you. The SABB Team fight full time for students' rights nationally and within the University.

There are **100+ societies** from Indian, Chinese and African and Caribbean to Dance and Snow Sports plus 35 sports clubs. To make sure everyone can get involved NSU offers societies that cost as little as £1 to join! If there isn't an existing society that interests you, you can always start your own.

To find out more about NSU visit: mysu.co.uk



GETTING SETTLED

NORTHUMBRIA SPORT

We are Northumbria Sport, the sport and physical activity arm of Northumbria University. We are committed to student wellbeing and ensuring students can access a wide variety of sport and physical activities within our two impressive sport facilities and specialist external facilities for sports such as equestrian or golf.

Sport Central based at City Campus, boasts a state-of-the-art gym, studio, six lane 25m swimming pool, sauna, steam room, four sports halls and climbing wall.

Coach Lane Sports Ground based at Coach Lane Campus has a sports hall, four grass football pitches as well as three multipurpose artificial pitches, which accommodate a range of sports such as American Football, Hockey, Lacrosse, Football, Rugby Union, and Rugby League.

We cater for all – from those who are looking to try a new sport for the first time, to student athletes seeking a competitive edge. We offer opportunities in over 35 different Sport Clubs, Intramural Leagues and a completely FREE Just PLAY programme open to all students of all abilities. Our programmes are student centred, and we have volunteering and internship opportunities available in roles including club committees, coaching, marketing, strength and conditioning and much more.

Our dedicated website, app and social media channels highlight the range of activities on offer and how you can get involved.

Visit the Northumbria Sport website or download the NU Sport app today to start your active journey today: northumbriasport.com



STUDENT LIFE

INTERNATIONAL EVENTS

NSU hosts events throughout the year to help build community amongst students on campus.

Whether you're looking to get involved with British cultural holidays such as Halloween and Christmas or you're looking to find a little piece of home whilst at uni, NSU host events for holidays including Holi, Chinese New Year, Thanksgiving and so much more - many of which are led by students in our international societies.

Find our more by visiting the [NSU website](#).

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, there are some great opportunities to help enhance your CV and have fun at the same time.

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.

As well as accessing help and support through **Northumbria University** you can choose to access independent support through Northumbria Students' Union (NSU).

The **NSU Advice Team** has highly trained, experienced and friendly staff offering free, confidential advice with academic, housing and wellbeing issues.

MAKE A CHANGE

Programme Reps are volunteers within Northumbria Students' Union. They form part of the NSU representation structure and act as a way for students to feedback about their experiences, whether that be academic or social.

Programme Reps can actively make a positive impact on their fellow students by getting involved in research and feedback opportunities and additional student engagement activities with NSU.

If you would like to make a positive impact and represent your fellow students, you can easily become a Programme Rep by speaking with your Programme Leader. You can also get involved with other opportunities within the representation system and through academic societies! Contact the Student Voice Team to find out more: su.reps@northumbria.ac.uk.

LARN YERSEL GEORDIE

(TEACH YOURSELF GEORDIE)

Newcastle is famous for having friendly and helpful locals known as Geordies. Living in the Northeast, you might hear some words you haven't heard before. Here are some local Geordie words that you might come across and also what they mean!

Whey aye man = Yes of course

Howay man = come on or hurry up

Pet, hinny = affectionate terms like love or dear

Toon = Newcastle City Centre or Newcastle United Football club

Toon army = Newcastle United fans

Canny = nice, good or pleasant

Bairn = child

Geet, Propa = very

Gob = mouth

Radgie = angry person

Scran, Bait = food

Iz = me

Class, Mint = really good

Doon = down

Neet = night

Alreet = okay, or used as a greeting like how are you?

Wor = our

Gan = going or go

Hoy = throw, or pass

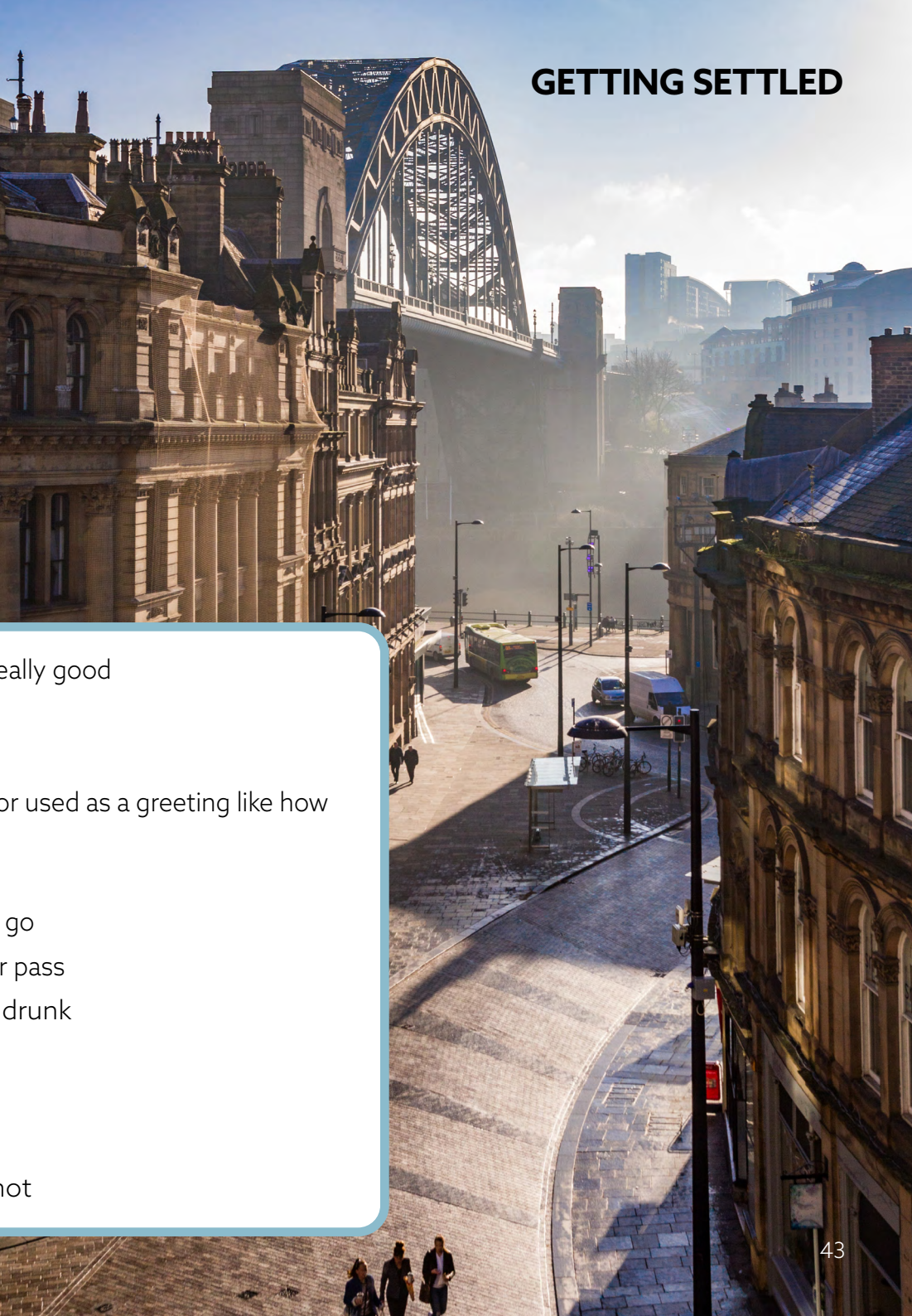
Mortal = very drunk

Nee = no

Owa = over

Dee = do

Divvint = do not



EXPLORING THE AREA

International students living in Newcastle often enjoy spending time at movie theatres (cinemas) like Cineworld, located in the Gate, Newcastle, where they can watch movies and relax.

Another favourite spot is Lane7, which offers bowling and other games, making it a great place for socializing and entertainment. On weekends many students head to the city centre to enjoy a round of mini golf, experience an escape room or enjoy the vibrant nightlife in pubs and clubs.

When it comes to dining, Newcastle boasts a variety of restaurants catering to diverse tastes. Indian Aneesa's Buffet Restaurant is a popular choice among those craving Indian cuisine. There are also numerous restaurants serving dishes from other countries, ensuring that international students can enjoy a taste of home in Newcastle.

For a change of view, students often visit nearby beaches like Tynemouth or Whitley Bay, which provide beautiful coastal views and a relaxing atmosphere. For more information visit our **Life in Newcastle** web page and the **Get into Newcastle** website.



COST OF LIVING

Managing your finances is an important life skill. With the cost of living on the rise, this can be a daunting prospect, but it shouldn't hold you back from getting the most out of your time at university.

Because we understand that everyone's budget and financial position is different, you can access tailored support and further resources to help you along the way in [Ask4Help Online](#) in your Student Portal.

In addition NSU want to support all students through the current cost of living crisis in the UK, whether that's providing food via a free on-site pantry, offering free sanitary products in the buildings, a laptop loan scheme, free access to microwaves and hot water and subsidised meals in Greenhouse Coffee and Habita.

Find out more about how you can access [NSU cost of living](#) support and the [NSU Food Pantry](#).



SUPERMARKETS AND GROCERY STORES

One of the initial challenges for international students in Newcastle is finding grocery stores that cater to their specific cultural and dietary needs. Fortunately, the city offers a range of supermarkets and specialty stores. These stores provide international students with the essentials they need, from fresh produce and meat to spices and specialty items, making it easier to prepare familiar meals and feel more at home in Newcastle.

AFRICAN AND NIGERIAN STORES:

Wazobia African Food Store: A popular choice for African food products.
Address: 119 Shields Rd, Newcastle upon Tyne NE6 1DN

Najeb Continental Supermarket: Offers a range of African groceries.
Address: 405 Westgate Rd, Newcastle upon Tyne NE4 6PB

Jollof Foodstore: Specialises in Nigerian food items.
Address: 399 Westgate Rd, Newcastle upon Tyne NE4 6PB

EAST ASIAN STORES:

HiYoU Supermarket: A well-stocked store with a vast array of Chinese groceries and other Asian products.
Address: 108 Newgate St, Newcastle upon Tyne NE1 5RQ

Make sure to visit [ChinaTown](#) in Newcastle too, you'll find restaurants, supermarkets, shops, cafes, travel agents, housing agents and much more.
Address: Stowell St, Newcastle upon Tyne NE1 4YB

SOUTH ASIAN STORES:

Brighton Food Store: Offers a wide selection of Asian groceries and halal meat.
Address: 14-18 Brighton Grove, Newcastle upon Tyne NE4 5NR

Newcastle Halal super Store: Known for its variety of Asian products and halal meat options.
Address: 16-30 West Rd, Newcastle upon Tyne NE4 9HB

YOUR STUDENTS' UNION

Find out more about how you can access [NSU cost of living support](#) and the [NSU Food Pantry](#).



Northumbria
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NEWCASTLE

The information given in this guide is for guidance only. In compiling it, the University has taken every care to be as accurate as possible, but all information is subject to change. It is not to be taken as imposing upon the institution any obligation to provide, or to continue to provide, any course, service or amenity described herein. Date of publication, August 2025.