



30+ STUDENT PRE-ARRIVAL GUIDE



LSI PORTSMOUTH
International House
Portsmouth

CONTENTS

Welcome to LSI Portsmouth	3
Before you leave home	4
Arriving in the UK	5
Getting here	6
Visas	7
Your first day at school	8
Your learning experience	9
Leisure time	10
Accommodation	12
Life in the UK	13
Our mobile app	14
Health and safety	15
Useful websites	16
Portsmouth	17

LSI PORTSMOUTH



WELCOME TO LSI PORTSMOUTH

LSI Portsmouth (Language Specialists International) was established in 1985 and is accredited by the British Council for the teaching of English as a foreign language. The school is located in Portsmouth, a lively and historic university city on the beautiful south coast of England. Here at LSI Portsmouth, we offer a range of General English courses exclusively for adults over 30. The programme is very flexible and consists of core morning classes, which all students have, and then optional afternoon electives so you can choose the course that best suits you, your language needs and your personal preferences. These lessons, together with the social activities at lunch and in the evening, also give you the opportunity to practise your social English and enhance your inter-cultural awareness.

BEFORE YOU LEAVE HOME



Have you got everything you need? Before you leave, ask & answer these important questions!

CHECKLIST

- Is my passport valid?
- Have I got the visas I need?
- Have I arranged somewhere to stay?
- Do I have enough money for my time in Britain?
- Do I know how to get to LSI Portsmouth when I arrive in Britain?
- Do I have the telephone number of my country's Embassy in Britain?
- Do I have enough money to get to LSI Portsmouth or host family when I arrive?
- Have I told LSI Portsmouth/my host family about my travel arrangements and arrival times?
- Do I have the address of my host family/accommodation?
- Have I packed an adapter?
- Have I packed suitable clothing?
- Have I bought travel insurance?
- Do I have the LSI Portsmouth emergency number? +44 (0)7803 392476



ARRIVING IN THE UK

IMMIGRATION

When you arrive in the UK, you will need to come through immigration. Please try to be prepared for this. Remember, you will need:

For more information about visas and to check whether you need one to study, please see our 'visas' section (<https://www.lsi-portsmouth.co.uk/about/useful-info-before-arrival/visa/>) on our website. Here you will also find some helpful tips from the UK Border Force for coming through immigration.

- To show your passport
- A visa (if you have one)
- Your acceptance papers from LSI Portsmouth
- Proof that you have paid your school fees
- Proof that you have sufficient money to support yourself while you are here

 Remember: Short term students should not use the e-gates. If you are a short term student, you still need to see a Border Force Officer to receive a stamp in your passport. 

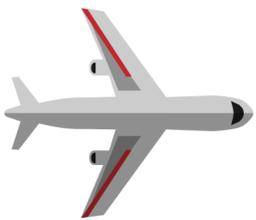
KEY QUESTIONS AT IMMIGRATION

- What is your name? / What's your name? / What's your first name?
- What's your family name? / What is your last name?
- What is your date of birth? / When were you born?
- How long are you staying? / How long do you intend to stay?
- What is the purpose of your visit? / Why are you here?
- Have you got a letter from the school/college?
- Do you have a letter from the school/college?
- Have you paid the school fees? / Are your school fees paid?
- Have you paid a deposit?
- Have you got a return ticket? / Do you have a return ticket?
- Where will you stay? / Where are you staying?
- What's your address in the UK?
- Is this your first visit to the UK?
- Have you been to the UK before?
- Do you intend to work in the UK? / Will you be working in the UK?
- Are you planning to get a job here?
- Have you got enough money to live on? / Do you have enough money for your stay?

GETTING HERE



Portsmouth is a lively and historic university city by the seaside. It has lots to suit different tastes and interests, making it a great city in which to learn English. Our English language school is right in the heart of the vibrant university area. Portsmouth is also well-situated to visit London, which is just 90 minutes away by train, and is approximately 75 minutes from both Heathrow and Gatwick Airport, 20 minutes from Southampton Eastleigh Airport and only 10 minutes away from the Portsmouth International Port.



London Gatwick Airport
London Heathrow Airport
Southampton Eastleigh Airport



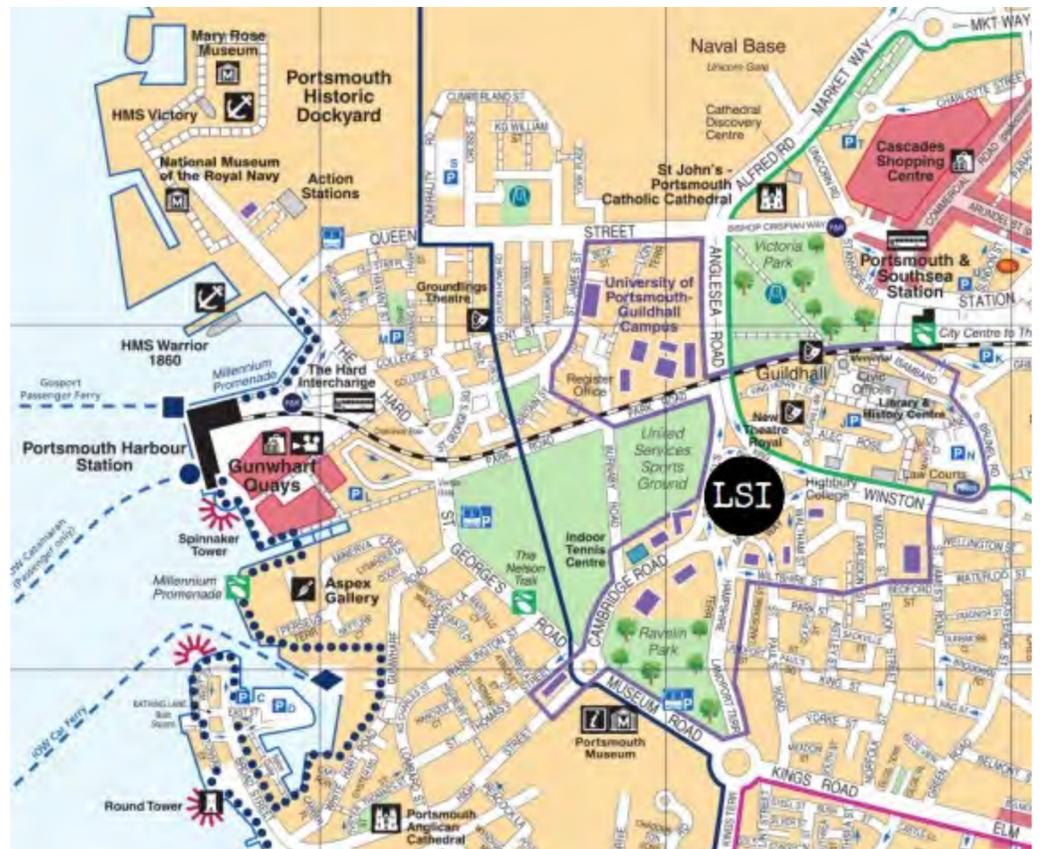
By coach
From Gatwick: approx. 2 hours
From Heathrow: approx. 3.5 hours
approx. £14 - £22
www.nationalexpress.com/en



By train
From Gatwick: approx. 1.5 hours
From Heathrow: approx. 2 hours
(+ shuttle bus from airport to Woking station)
From Southampton Airport Parkway:
approx. 1 hour
approx. £10 - £35
www.nationalrail.co.uk
www.thetrainline.com



By taxi
From Gatwick: approx. 1.5 hours
From Heathrow: approx. 1.5 hours
From Southampton: approx. 40 minutes
approx. £70 (from Southampton) &
£135 (from Gatwick/Heathrow)



From Portsmouth International Port

By taxi: 10 minutes into Southsea
By bus: approx. 20 minutes
approx. £5 - £10
www.firstgroup.com

VISAS



LSI Portsmouth is a Tier 4 Sponsor, licensed by UK visas and immigration to enrol international students under Tier 4 of the points based system. We cannot allow students to study with us unless they have the correct type of visa, valid for the whole duration of their course.

To check if you need a visa, please visit: www.ukba.homeoffice.gov.uk/visas-immigration/do-you-need-a-visa

Different countries come under 3 immigration categories:

EEA Including students from the EU, Switzerland, Iceland, Liechtenstein and Norway. For these students, you do not need a visa to live or study in the UK and you can work whilst you're here.

NON-VISA NATIONAL

This includes countries such as South Korea, Japan, Brazil and Taiwan. For these students, you can either get a visa before you arrive, or on arrival in the UK (depending on the type of visa you apply for). Remember, do not go through the e-gates at immigration. Go to speak to a person directly so you can get a visa stamp in your passport!

VISA NATIONAL

This includes countries such as China, Saudi Arabia, Thailand and Turkey. Students from these countries must apply for the visa before travelling to the UK.

SHORT-TERM STUDENT VISA

Short terms student visas are valid for either 6 or 11 months. You cannot work in the UK if you have this type of visa and it cannot be extended. Please check the requirements of this visa and whether you need to register with the police. If you have any questions, you can check with reception on arrival.

GENERAL STUDENT VISA (GSV OR TIER 4)

This type of visa is suitable for students who are staying for more than one year and/or planning to go to University in the UK.

This visa cannot be extended in the UK but Government-sponsored students studying for more than 6 months can bring dependants.

For more information on visas, please visit our website:
<https://www.lsi-portsmouth.co.uk/about/useful-info-before-arrival/visa/>

YOUR FIRST DAY AT SCHOOL

On your first day, please arrive at 8.30am to check in at reception and complete some paperwork. They will give you a folder which will include paper, dividers, a notebook for vocabulary and more information about the school.

FIRST DAY TIMETABLE

- **08.40:** Relax in the Executive coffee lounge and a member of staff will come to greet you.
- **09.00 – 10.15:** Have a test to determine your English level and your needs (at very busy times of the year and for students staying only one week, we try to test you before arrival. Therefore, you may start classes immediately at 8.45am).
- **10.15 - 10.30:** Presentation of the 30+ course and tour of the school.
- **10.30 - 10.45:** Coffee break - if you are joining lunch with the teachers, you will choose from the menu during this time.
- **10.45 - 12.00:** Join the remainder of the morning class.
- **12.00 - 13.15:** Lunch break – if you are joining exec lunch, head to 113 next door. If not, there are many cafe/restaurant options nearby.
- **13.15 – 14.30:** Afternoon classes start. 30+ has a number of different options (see <https://www.lsi-portsmouth.co.uk/general-english-courses/english-for-adults-over-30/>), so you may be free to explore Portsmouth and surrounding areas if you are only studying 'Core'. If not, some or all of your afternoon time is in class.
- **14.30 – 14.45:** Afternoon coffee break.
- **14.45 – 16.00:** Back to class for your second afternoon lesson. School finishes at 16.00.

REMEMBER!

On day one, your classes start at 10.45am, unless we tell you otherwise. Every school day after this, your classes will start at 8.45am

On your first day, there are also Welcome Drinks at 4pm - just meet the teacher in reception!



YOUR LEARNING EXPERIENCE



Recommendations for improving your English:

- Come to class everyday. If you cannot come one day, make sure you ask your teacher for any worksheets.
- Take part in the social programme - it's there to give you the opportunity to practise your English outside of class.
- Make the most of the study centre on the 3rd floor.
- Read books/magazines/newspapers in English.
- Listen to podcasts/the radio/TV in English - this will help improve your listening and overall understanding.
- Participate actively in class and take on board any advice from your teacher.



LEISURE TIME

We know how important it is to have fun as well as learn English whilst at LSI Portsmouth. We therefore have a full-time General English social programme organiser, as well as two Executive social programme organisers whose job it is to make your time spent studying in Portsmouth as enjoyable as possible.

As a 30+ student, you can join both our General English social programme and our Executive programme, which include weekly sporting events, nights out, cultural and educational activities, along with Saturday excursions.

Our Saturday trips include: Bath, Oxford, Brighton, London, Bournemouth, Arundel Castle, Winchester, Stonehenge & the Isle of Wight.

For the Executive social programme, see notices on the 5th floor and for details of the General English programme, head to the 2nd floor.





ACCOMMODATION



At LSI Portsmouth, we offer homestay families, self-catering student residences and a wide range of quality hotels. All information can be found on our website!

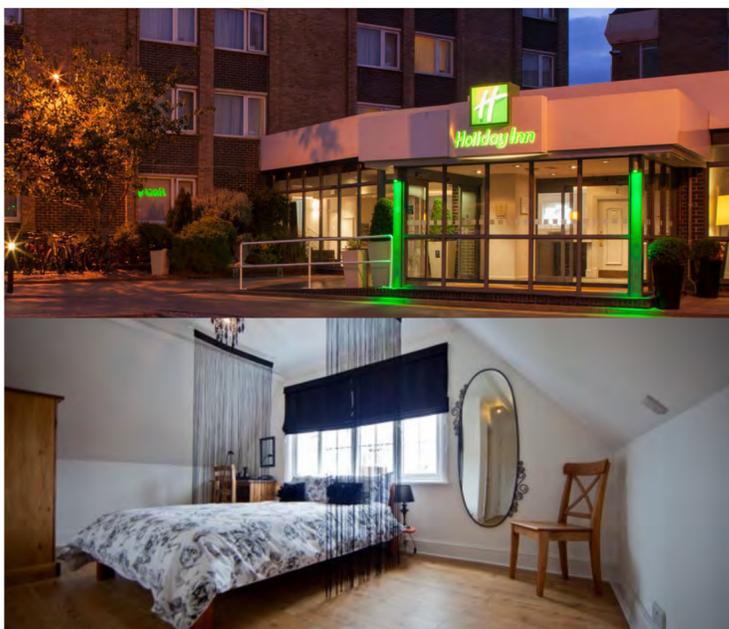
Staying with a homestay family is the ideal way to improve your English and learn more about British life and culture. All our accommodation is organised by the school and many of our families have been hosting our students for years.

- Breakfast and dinner during the week and all meals at weekends
- Bed linen and towels provided
- Laundry done weekly
- Private bathroom available on request (depending on availability)
- Typically between 15 to 30 minutes' walking distance (maximum 45 minutes)



We also offer more independent accommodation. Our self-catering student houses are located just 3 minutes' walk from school. Both of the houses are exclusively for LSI Portsmouth students only and have live-in House Managers to look after everything, keep things organised and make sure it's a happy place in which to live.

- 20 bedrooms split between 2 houses
- In each room - double bed, wardrobe, chest of drawers, desk, private shower & wash basin
- Communal kitchen-dining rooms
- Additional kitchenettes
- Separate laundry room with washing machine and tumble dryer



If you would prefer to stay in a hotel while you are here, we can recommend some good places. Prices vary from place to place depending on the season and availability, so always check with them first before booking.

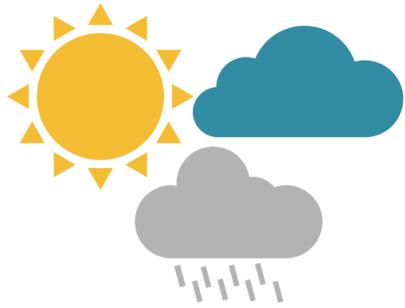
G! Boutique Hotel is a stylish hotel not far from the beach, run by Allan Gray, one of the original founders of LSI Portsmouth, and his family. (<https://www.g-boutiquehotel.co.uk/>)

Holiday Inn is a modern Portsmouth hotel with a restaurant, close to the city-centre shops, historic landmarks and LSI Portsmouth (https://www.ihg.com/holidayinn/hotels/gb/en/portsmouth/pmehp/ho_teldetail)

Further information regarding all accommodation options can be found on our website.
(<https://www.lsi-portsmouth.co.uk/accommodation/>)

LIFE IN THE UK

Here is a little information regarding life in the UK which we hope will help you adjust to living in Portsmouth.



The weather can change quickly in the UK, so it is recommended that you wear several layers so you can take them off or put them on as the weather changes.



Most people pay by card in the UK so you don't need to carry a lot of cash around with you!

Dec – Feb: 2.C to 9.C

Mar – May: 5.C to 17.C

Jun – Aug: 12.C to 22.C

Sept – Nov: 6.C to 19.C

AVERAGE PRICES

Coffee/tea in a cafe **£3 - 4**

Meal out **£12 - 20**

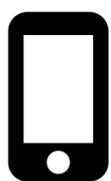
Pint of beer **£4**

Glass of wine **£4**

Soft drink **£2 - 3**

Bottle of water **£1.50**

Buying lunch out (sandwich etc.) **£5 - 6**



You can pick up a sim card from reception. They will also be able to help you set it all up. It's much better for you to have an English number while studying here.



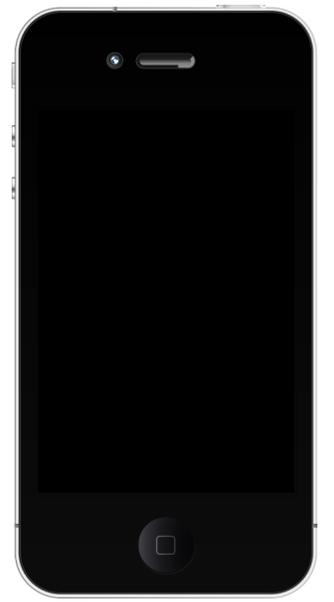
Portsmouth is very well connected by public transport - you can easily travel by train, coach or even ferry. We recommend an app called 'Citymapper' if you are planning on travelling to London. This makes it so much easier to get around/use the underground.



For breakfast, people usually eat toast or cereal. At lunch, the majority of people eat sandwiches/salad and dinner is the biggest meal of the day.

OUR MOBILE APP

Before you arrive, why not download our app?
Just search 'LSI Portsmouth' on the App/Google Play store and download it for free! Read about all our app features below:



APP FEATURES

- English listening practice - podcasts, radio stations (including music and news), videos etc.
- IELTS, Cambridge and BULATS exam practice.
- General English practice - links to recommended websites!
- Social Programme calendar - keep up to date with activities and meeting points!
- Important contact numbers.
- Direct link to LSI Portsmouth blog - improve your reading skills and vocabulary!
- Link to our Google Reviews - feel free to leave your own!

Available on the
App Store

Available on
Google Play

STAY SOCIAL WITH US!



Isiportsmouth



@LSIPortsmouth



Isiportsmouthblog

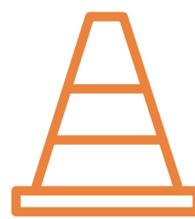


@LSIPorts



**language-specialists-
international**

HEALTH AND SAFETY



Portsmouth is considered a safe city and it is extremely rare for any student to suffer serious problems. However, as in every city all over the world, it is important to follow some basic guidelines to make sure you do not put yourself at unnecessary risk.

- **Tell your host family/housemates where you are going/when you expect to come back home.**
- **Don't carry a lot of money/valuables around with you.**
- **Use well-lit, busy roads and avoid short cuts through dark, quiet areas.**
- **Don't carry your passport unless absolutely necessary.**
- **Always try to go out with people you know and trust.**
- **Take a taxi home when travelling home late at night and only share taxis with people you know.**
- **Cars and buses travel on the left in Britain.**
- **Always have the number of a friend, your host family or the school to call in an emergency.**



To find the nearest doctor to where you live, please visit www.nhs.co.uk. The closest ones to school are **Guildhall Walk Healthcare Centre** and **The University Surgery** (addresses can be found on our website).



Queen Alexandra Hospital - open 24/7. Only go to the hospital if it is an emergency and you feel very unwell or have seriously injured yourself. If you need urgent medical help, you should call an ambulance – 999
St Mary's Treatment Centre - open Monday to Friday 7.30am-10:00pm, Weekends and Bank Holidays 8:00am-10:00pm. This is for minor injuries – e.g. eye problems, cuts, burns, sprains.



Lalys Chemist - A pharmacist can advise you about non-prescription medication and help with minor concerns. They may also recommend that you see a doctor.



If you urgently need to see a dentist, dial 111 – this will put you through to an operator who will tell you where the nearest dentist with available appointments is. Please ask Reception if you need help with this.

For all information regarding costs please go to our website!

USEFUL WEBSITES

TRAVEL

<http://www.firstgroup.com/ukbus/hampshire/>

www.nationalexpress.com

www.megabus.co.uk

www.nationalrail.co.uk

www.thetrainline.co.uk

www.wightlink.co.uk

www.hovertravel.co.uk

www.solentgo.co.uk



Remember, once you're at LSI Portsmouth you can come and ask the Social Programme Organiser all of your travel questions!

OTHER

www.lsi-portsmouth.co.uk (for all the information you need while studying with us!)

www.nus.org.uk/

At LSI Portsmouth you will receive a student card which you can use during your course. You can get discounts at local attractions including Portsmouth Historic Dockyard, The Spinnaker Tower, The D-Day Story and more!



PORTSMOUTH



Ideally situated on the south coast of England, the UK's only island city is dynamic, vibrant and packed with great reasons to visit. With a student population of over 20,000, there's always something happening here. We have several concert halls, theatres and museums along with lots of beautiful outdoor spaces for you to explore. From Southsea Castle to the Spinnaker Tower, Gunwharf Quays to Portsmouth Historic Dockyard, there's something for everyone. We can't wait to welcome you here!

