



LSI PORTSMOUTH
International House
Portsmouth



PRE-SESSIONAL ENGLISH

STUDENT PRE-ARRIVAL

GUIDE

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WELCOME TO LSI/IH PORTSMOUTH

LSI/IH Portsmouth (Language Specialists International) was established in 1985 and is accredited by the British Council in the UK for the teaching of English as a foreign language. We offer high-quality and competitively priced courses to suit all abilities and many different academic and professional needs. We run courses in General English, IELTS & Cambridge Exam Preparation, Professional and Business English, University Pre-Sessional Courses. We are located in Portsmouth - a lively and historic university city on the beautiful south coast of England.



Checklist

Before you leave home ask and answer these important questions!

- ☐ Is my passport valid?
- ☐ Have I got the visas I need?
- ☐ Have I arranged somewhere to stay and do I have the address?
- ☐ Do I have enough money for my time in the UK?
- ☐ Have I organised transport to my accommodation and informed LSI/IH Portsmouth of my arrival?
- ☐ Do I have the phone number of my embassy in the UK?
- ☐ Have I sent a photo of myself for my student card?
(email info@lsi-portsmouth.co.uk)
- ☐ Have I packed a plug adapter for my electronics?
- ☐ Have I packed suitable clothes?
- ☐ Have I bought travel insurance?
- ☐ Do I have enough money to get to my host family or LSI/IH Portsmouth when I arrive?
- ☐ Have I told LSI/IH Portsmouth/my homestay about my arrival time?
- ☐ Have I packed my laptop/tablet for the course?
- ☐ Do I have the LSI Portsmouth emergency phone 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://lsi-portsmouth.co.uk/about/useful-info-before-arrival/>) 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/IH Portsmouth
- Proof that you have paid your school fees
- Proof that you have enough money to support yourself while you are here.



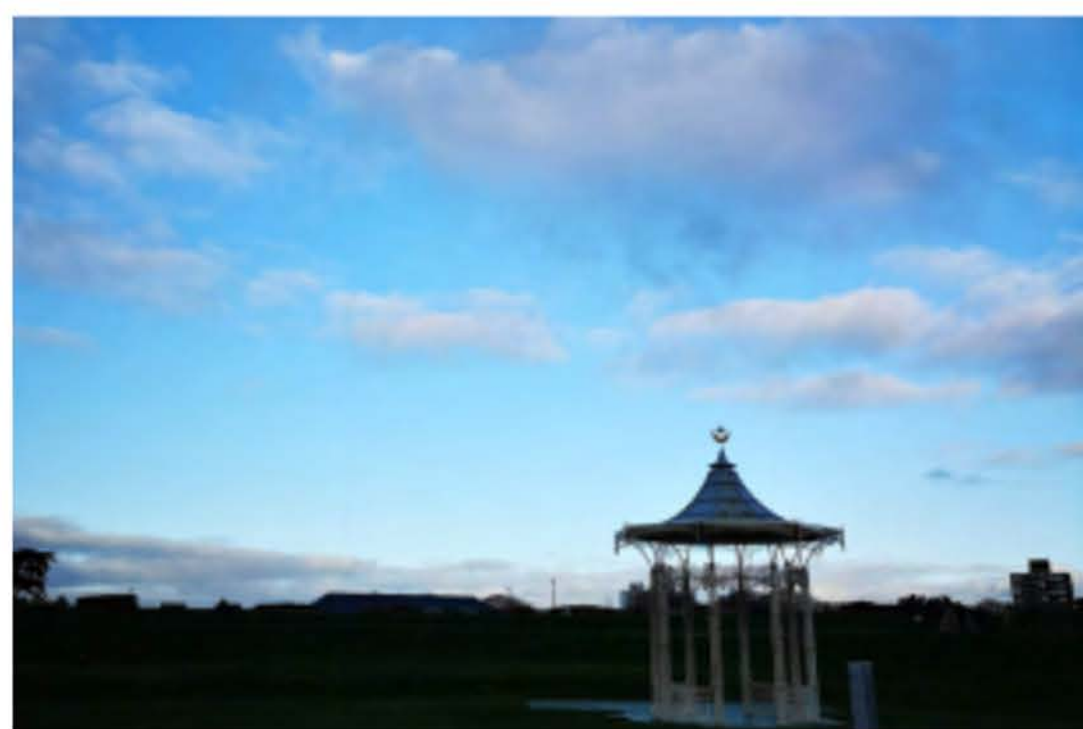
Remember: short-term students should not use the e-gates. If you are a short term student, you still need to see a Border Force Officer to receive a stamp in your passport.



KEY QUESTIONS AT IMMIGRATION

- What is your name? / What's your name? / What's your first name?
- What's your family name? / What's your last name? / What's your surname?
- 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 your 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 is your address in 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 at the heart of the vibrant university area. Portsmouth is also well-situated to visit London, which is just 90 minutes' away by train, and 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



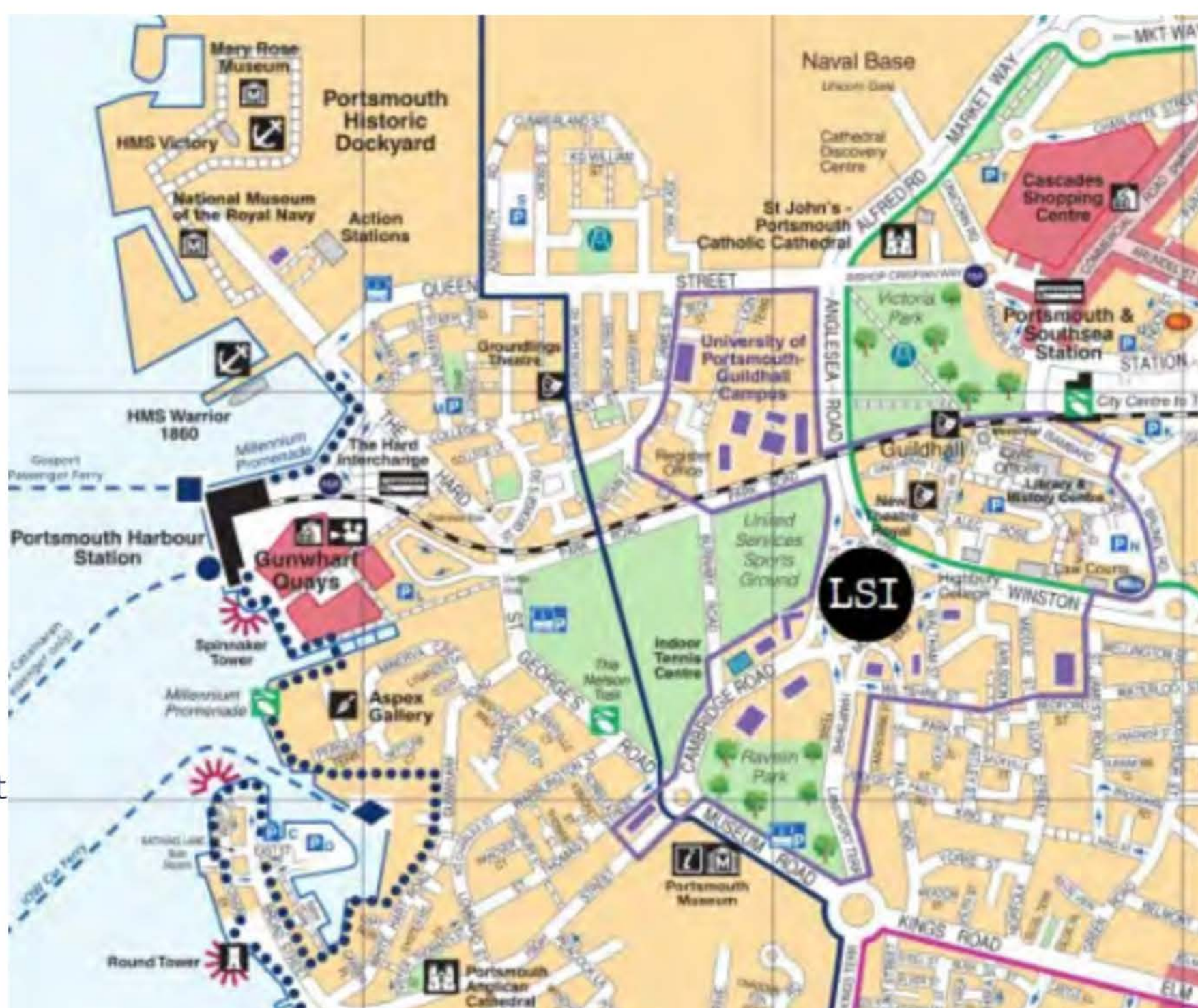
By Train:

From Gatwick approx 1.5 hours
From Heathrow approx 2 hours
(+ shuttle bus to Woking station)
From Southampton Airport
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 Airport
approx 40 minutes'
approx £90-£160.00



From Portsmouth Intl. Port:

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

VISAS & ETA (ELECTRONIC TRAVEL AUTHORISATION)



LSI/IH 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.

Most visitors now require either a visa or Electronic Travel Authorisation (ETA) to travel to the UK. The type of document you need will depend on your nationality and the length of your course.

Please ensure you check the [gov.uk website](https://www.gov.uk) for the most up to date visa and immigration advice and allow sufficient time to make the necessary arrangements ahead of your trip to the UK.

YOUR FIRST DAY AT SCHOOL

On your first day, please arrive at 8.30am and check in at Reception on the 6th floor. They will give you a folder, paper and notebook for vocabulary. Don't forget to bring your laptop and your charger to school.

FIRST DAY TIMETABLE

08:30: Meet the Student Services team. Connect to the WiFi, make sure your Teams is working and that you can log in to your school email account

09:00: Listen to a presentation about the course and find out what you will learn, what the rules of the course are and what you need to do to pass

10:00: Have a tour of the school.

10:15: Morning break - you can go to the student lounge on the 6th floor - coffee costs £1.00 from Student Services.

10:30: Do a reading test and a listening test so that we can assess your strengths and weaknesses.

11:45: Lunch break - you can bring lunch with you to school and eat on the 2nd floor or you can go to one of the nearby cafés.

13:00: Afternoon classes start.

14:15: Afternoon coffee break.

14:30: Back to class for the second afternoon lesson.

15:45: School finishes.



ENGLISH COURSES



LSI/IH Portsmouth offers a wide variety of English courses for you to choose from! Detailed information regarding our courses/prices can be found on our website

OUR COURSES:

General English (<https://www.lsi-portsmouth.co.uk/general-english-courses/full-timegeneral-english/>)

General plus Business (<https://www.lsi-portsmouth.co.uk/general-english-courses/general-english-plus-business/>)

Exam Preparation (IELTS, Cambridge, OET)
(<https://www.lsi-portsmouth.co.uk/english-exam-courses/>)

30+ English (<https://www.lsi-portsmouth.co.uk/general-english-courses/english-for-adultsover-30/>)

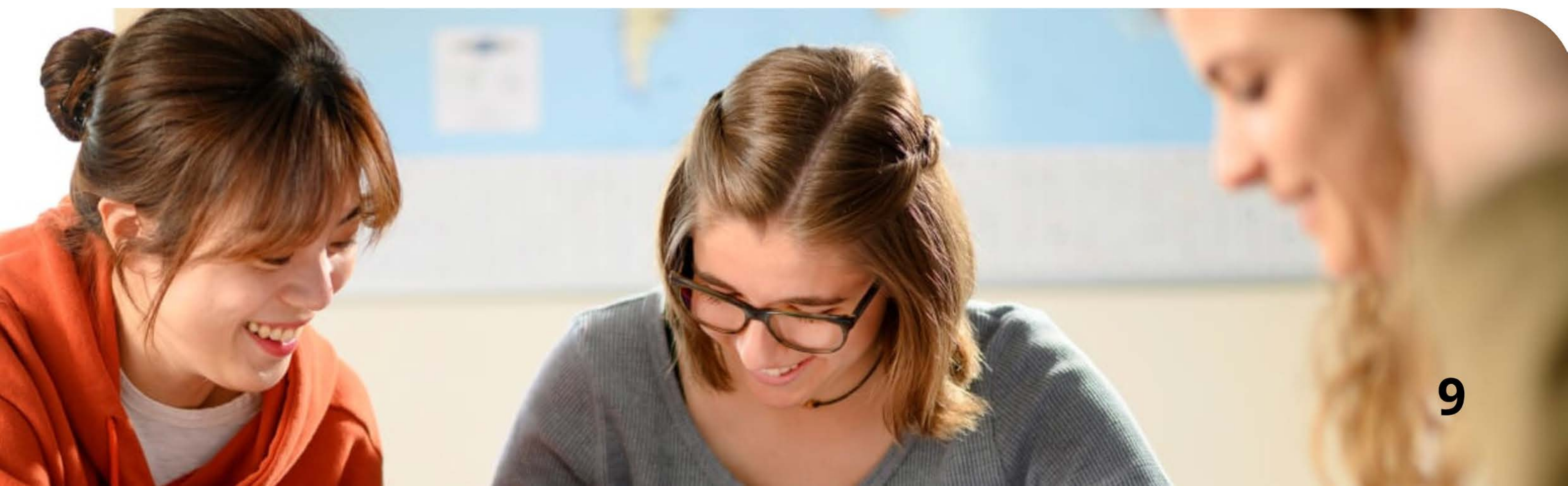
University Preparation (<https://www.lsi-portsmouth.co.uk/university-preparationcourses/>)

English Teacher Training (<https://www.lsi-portsmouth.co.uk/english-teacher-trainingcourses/>)

Business English (<https://www.lsi-portsmouth.co.uk/business-english-courses/>)

Specialist English (<https://www.lsi-portsmouth.co.uk/specialist-english-courses/>)

Private lessons



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 8th floor.

Read books/magazines/newspapers in English.

Listen to podcasts/the radio/TV in English - this will help improve your listening and overall understanding.

Try to organise a language exchange with a native speaker.

Join local sport groups/clubs.

Participate actively in class and take on board any advice from your teacher.



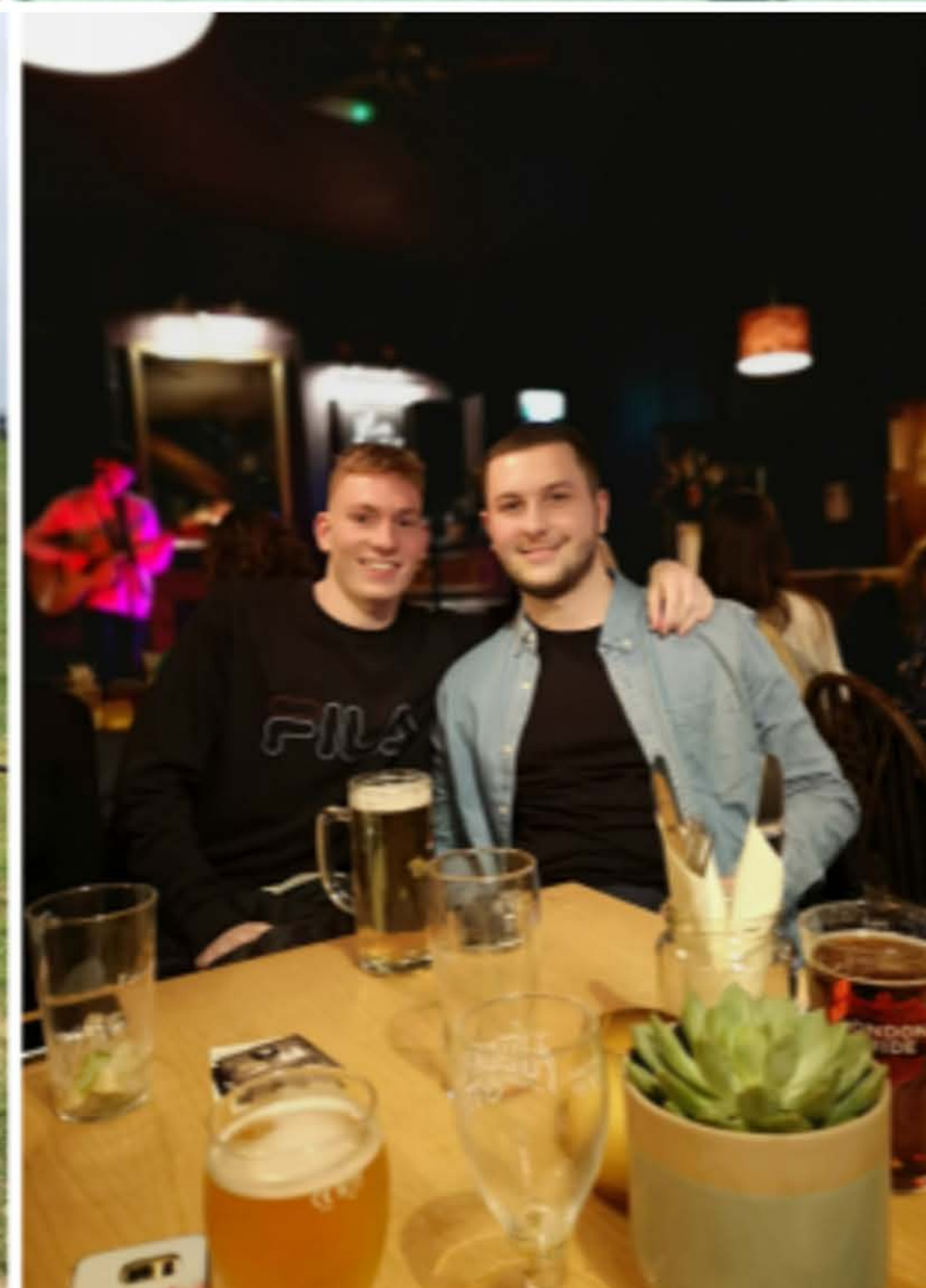
LEISURE TIME

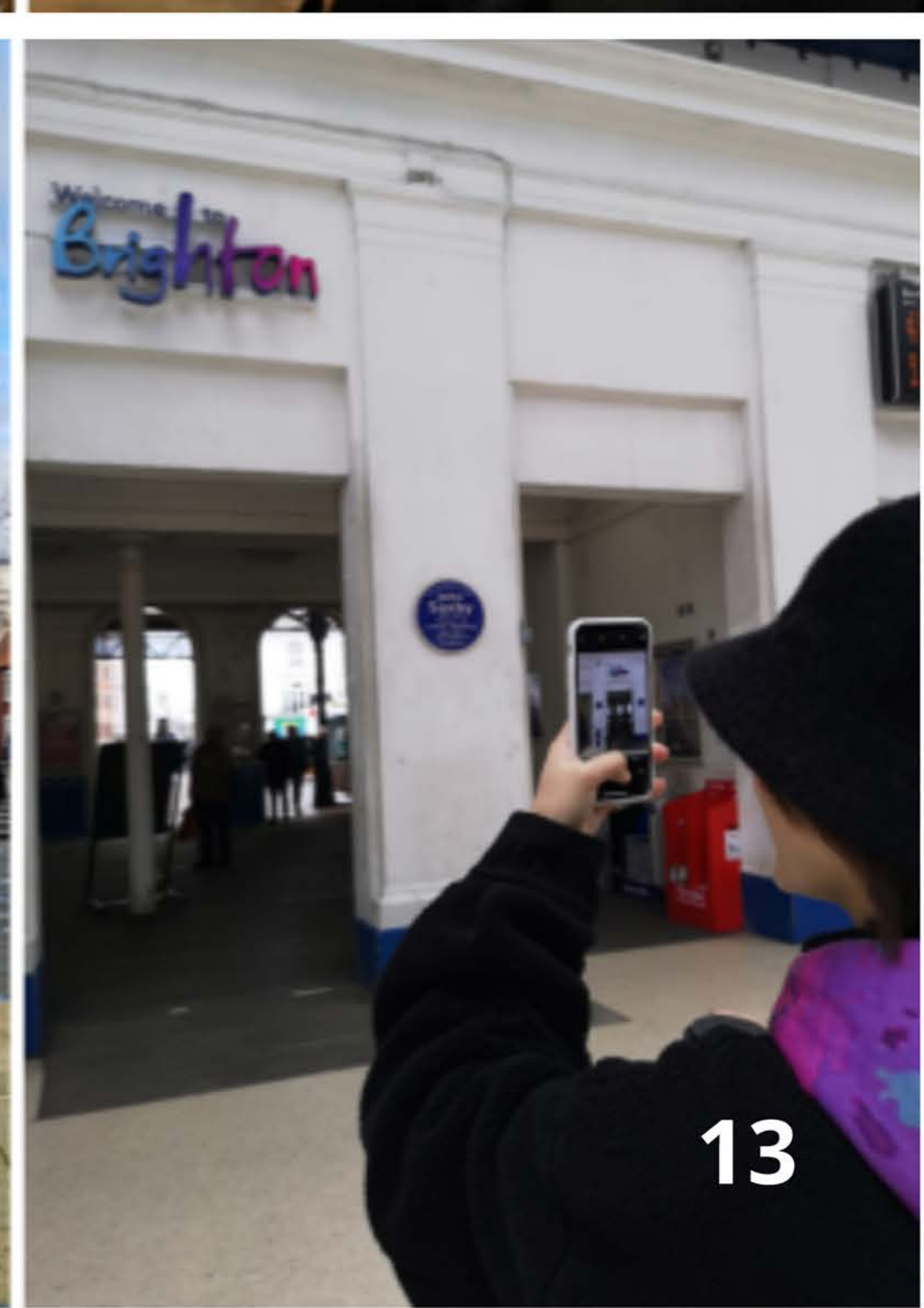
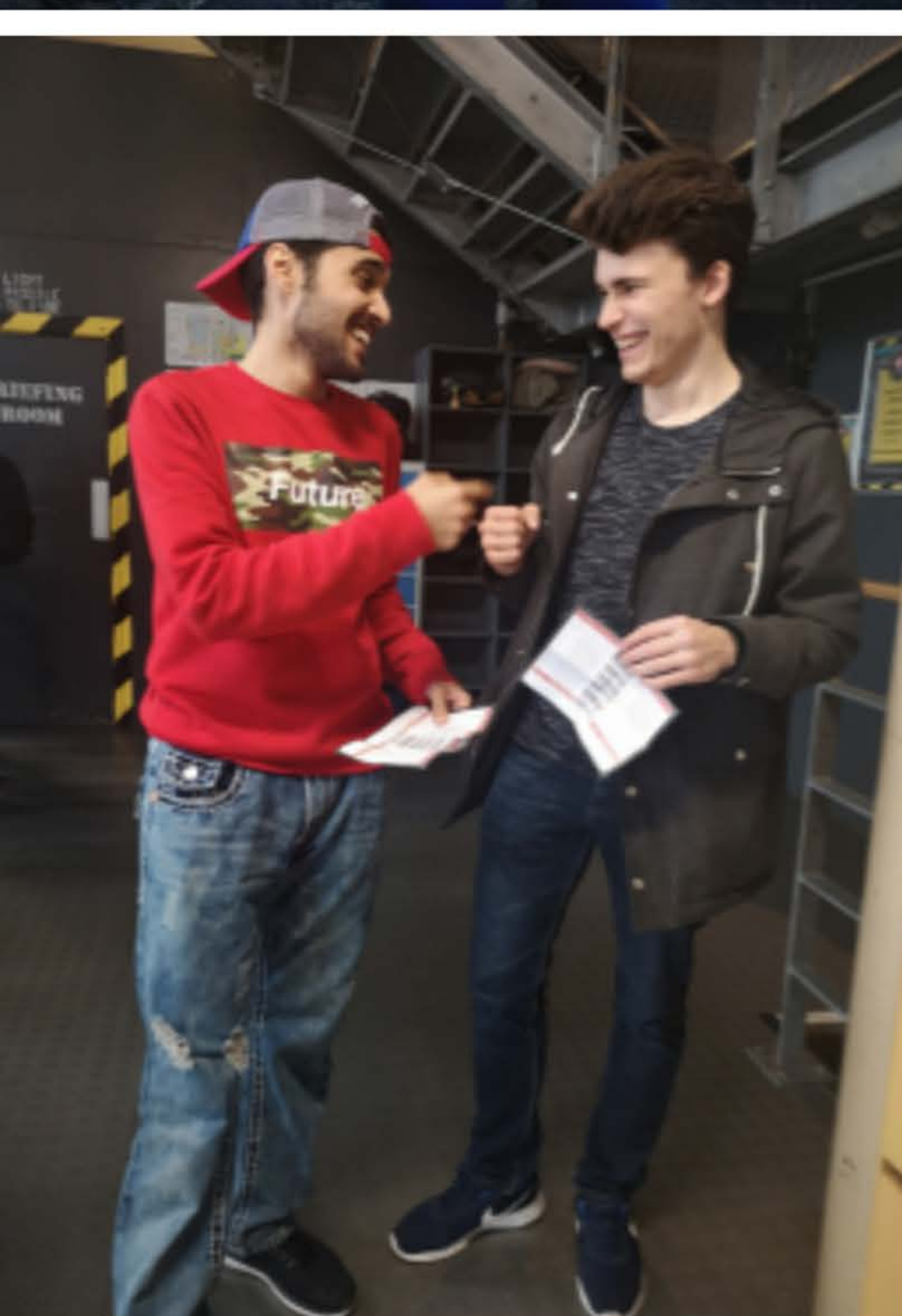
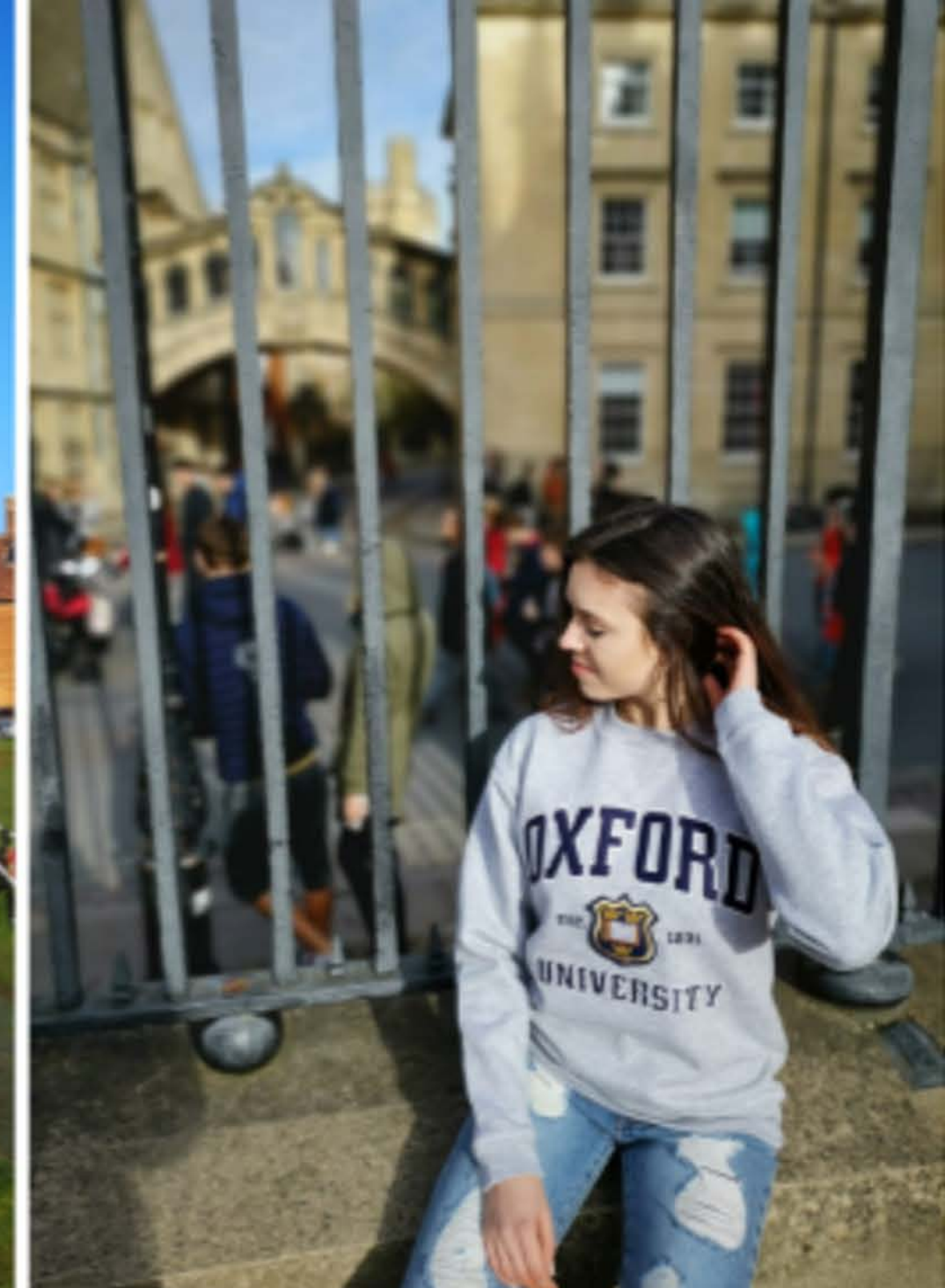
We know how important it is to have fun as well as learn English whilst at LSI/IH Portsmouth. We therefore have a full-time Student Services Team whose job it is to make your time spent studying in Portsmouth as enjoyable as possible.

Join our extra-curricular activities organised throughout the week and every Saturday! The social programme we offer is full and varied and includes weekly sporting events, nights out, cultural and educational activities.

Our Saturday trips include visits to: Bath, Oxford, Brighton, London, Bournemouth, Arundel Castle, Winchester, Stonehenge & the Isle of Wight. Find out more on the 6th floor student lounge or on our website. Find this month's social programme calendar here: <https://www.lsi-portsmouth.co.uk/social-programme/>







ACCOMMODATION



At LSI/IH Portsmouth, we offer homestay and self-catering residences. All information regarding accommodation can be found on our website.

Staying in a homestay is the ideal way to improve your English and learn more about British life and culture. All our homestays are organised by the school, and many have been hosting our students for many years!

- **Single study bedroom (doubles available on request)**
- **Breakfast and dinner during the week and all meals at weekends**
- **Bed linen and towels provided**
- **Laundry done weekly**
- **Typically between 15 to 30 minutes' walking distance (maximum 45 minutes)**



For a more independent experience, we have partnered with the fantastic student residence; Crown Place, to offer self-catering accommodation to our students. These residences are also home to University Students as well as LSI/IH Portsmouth students, so there is plenty of opportunity to meet lots of new friends. The residence is within 10 minutes' walk from the school, close to the train station and in the main city centre – so a perfectly situated for your study abroad holiday! The residence offers:



- **Single occupancy bedrooms with a private bathroom**
- **Access to your own private kitchenette.**
- **Bed linen and kitchen utensils provided**
- **Laundry facilities (at an additional cost to use)**
- **Communal spaces for meeting friends**

Please note that this accommodation is not managed by LSI/IH Portsmouth

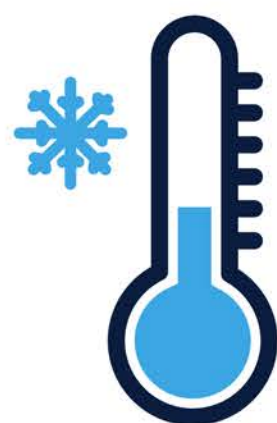
For further information regarding all accommodation options, please visit our website (<https://www.lsi-portsmouth.co.uk/accommodation/>)

LIFE IN THE UK

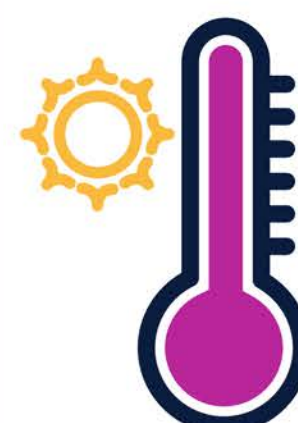
Here is a little information regarding life in the UK, which we hope will help you to adjust to living in Portsmouth!



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!



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



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



AVERAGE PRICES

Coffee/tea in a café - £3-£5

Meal out - £12-£20

Pint of beer £5-£7

Glass of wine £4-£7

Soft drink £2-£3

Bottle of water £1.50

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



You can pick up a sim card from Student Services. They will also be able to help you set it all up. Its much better for you to have an English number while studying here!



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

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



UK LAWS AND RULES



The laws in the UK may be different from the laws in your own country. We want you to be safe whilst you are studying with us, so it is very important to obey the laws in the UK. Here is some information about the things which we think you need to know:

- All non-prescription drugs (that you cannot buy over the counter- OTC) are illegal. Drug use can result in prosecution and you may be sent back to your country.
- It is illegal to smoke cigarettes inside public buildings e.g. restaurants and bars. It is even illegal to smoke outside in certain areas.
- It is against the law to carry any weapon, including knives or self-defence sprays.
- It is illegal to offer money to a police officer.
- Driving a car without tax, insurance or an international driving licence is illegal. If you want to hire a vehicle whilst you are with us, please speak to Student Services.
- Remember, that in the UK, we drive on the left side of the road. Take extra care when crossing roads!
- It is illegal to rent a flat and stop paying before the end of the contract period. Please speak to a member of the accommodation team or Student Services team if you need advice before signing any legal documents.

A full copy LSI/IH Portsmouth's school rules can be found on our website (including attendance, behaviour, holidays, course refunds etc.)



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 homestay/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. You can download the "Uber" App or call Aqua Cars on +442932 654321 to book a taxi.
- Cars and buses travel on the left in Britain.
- Always have the number of a friends, your homestay 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 one to the school is the Uni-City Medical Centre on Commercial Road.**



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 to 10:00pm, weekends and Bank Holidays 8:00am-10:00pm - this is for minor injuries - eg. eye problems, cuts, burns, sprains.



Lalys Pharmacy - (1 Guildhall Walk, Portsmouth PO1 2RY) 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 (you can ask to speak in your native language if you need to) - they will try to organise an emergency dental appointment for you within 24 hours.

For all information regarding costs please go to our website!

USEFUL WEBSITES

Travel

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

www.nationalexpress.com

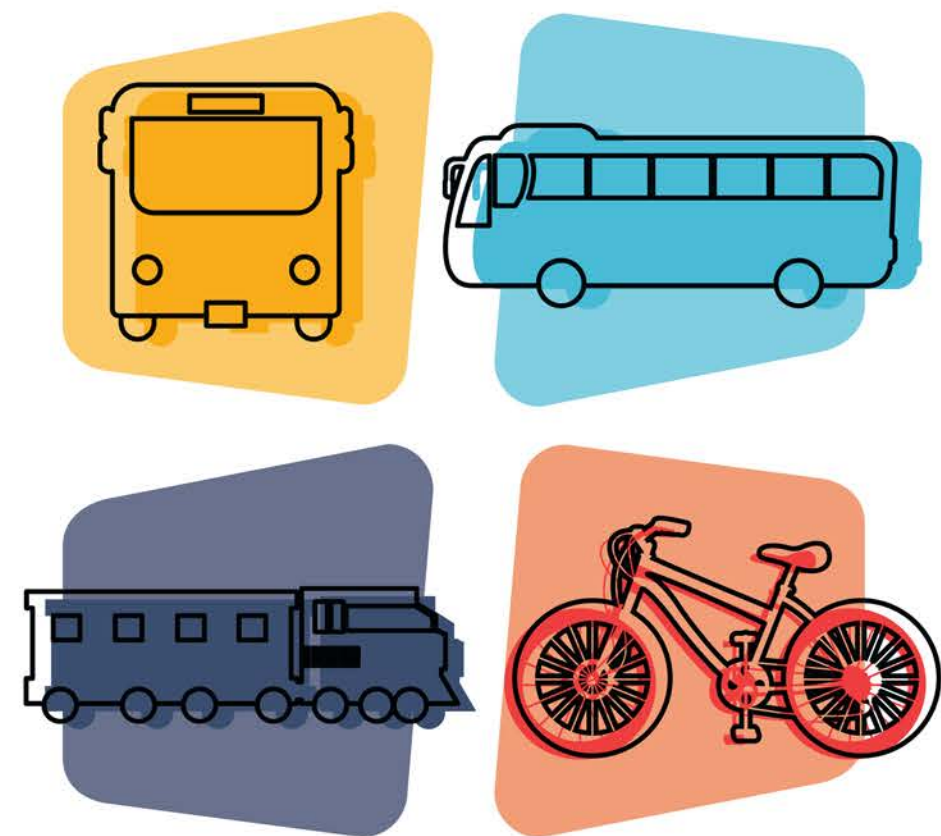
www.megabus.com

www.nationalrail.co.uk

www.thetrainline.co.uk

www.wightlink.co.uk

www.solentgo.co.uk



Remember, once you're at LSI/IH Portsmouth you can come and ask Student Services 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/IH 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 look forward to welcoming you here!

