



LSI PORTSMOUTH
International House
Portsmouth



**30+ AND EXECUTIVE
STUDENT PRE-ARRIVAL
GUIDE**



CONTENTS

Welcome to LSI/IH Portsmouth	3
Before you leave home	4
Arriving in the UK	5
Getting here	6
Visas & ETA	7
Your first day at school	8
Your learning experience	9
Leisure time	10
Accommodation	12
Life in the UK	13
UK Laws and Rules	14
Health and Safety	15
Travel Information	16
Portsmouth	17





WELCOME TO LSI/IH 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.



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?
- 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:

- 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.

Please see this link for information about using the e-gates at Border Control:

<https://www.gov.uk/government/publications/coming-to-the-uk/faster-travel-through-the-uk-border>

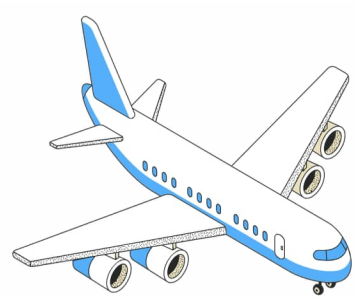
KEY QUESTIONS AT IMMIGRATION

- 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:

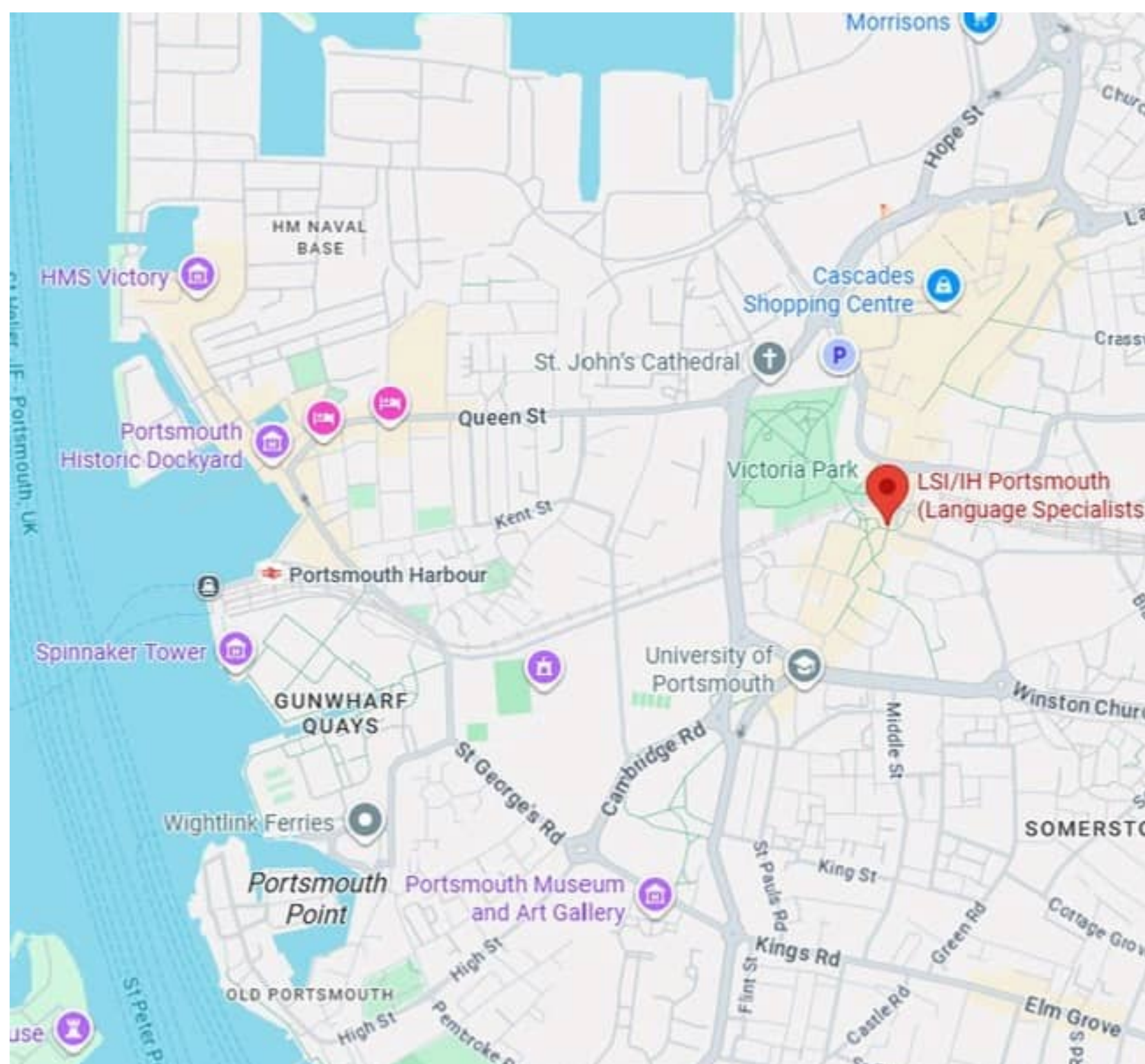
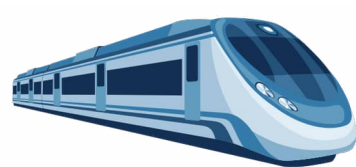
From Gatwick approx 2. hours
From Heathrow approx 3.5 hours
approx £14-£22
www.nationalexpress.com/en

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



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 (see below) 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.

**To check if you need a visa, please visit:
<https://www.gov.uk/check-uk-visa>**



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 and check in at reception. They will give you a folder that includes paper, a notebook for vocabulary and more information about the school.

FIRST DAY TIMETABLE

- 08:30:** Relax in the lounge and have a complimentary coffee/tea.
- 08:40:** A member of staff will come to greet you and show you the class lists, before taking you to your classroom.
- 08:45:** First class starts
- 10:30:** Breaktime - you can go to the student lounge on the 2nd floor, if you are having lunch with the trainers, you can sign up at this time
- 10:45:** Second class starts
- 11:45:** Go to the students' Lounge where you will be met for a tour of the school and introductions to key staff members.
- 13:00:** Afternoon electives start.
- 14:15:** Afternoon coffee break.
- 14:30:** Back to class for the second afternoon elective - school finishes at 3.45pm



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

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-curriculum 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: Bath, Oxford, Brighton, London, Bournemouth, Arundel Castle, Winchester, Stonehenge & the Isle of Wight.

For the executive Social Programme, see notices on the 2nd floor and for details of the General English programme, head to the student's lounge.





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 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)**



For a more independent experience, we have partnered with a fantastic student's residence Crown Place, to offer self-catering accommodation to our students. This residence is 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 2 minutes' walk from the school, close to the train station and in the main city centre – so a perfect jumping off point for your study abroad holiday! The residence offers:



- **Single occupancy bedrooms with a private bathroom**
- **Access to your own 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

If you would prefer to stay in a hotel while you are here, we can recommend the Queens Hotel, which is just a 20 minute walk from LSI/IH Portsmouth, with excellent views of the gorgeous Portsmouth seafront.

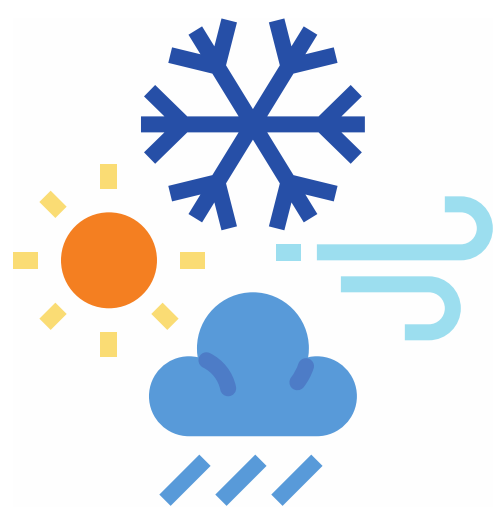
Queens Hotel: <https://queenshotelportsmouth.com/>



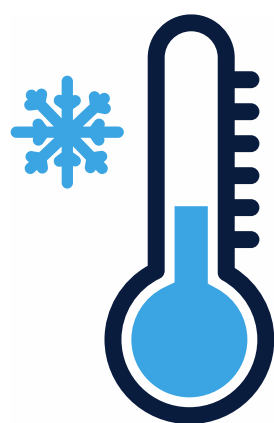
For further information regarding all accommodation options, please visit our website (<https://www.lsi-portsmouth.co.uk/accommodation/>)

LIFE IN THE UK

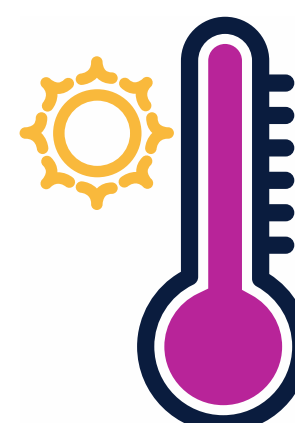
Here is a little information regarding life in the UK, which we hope will help you adjust to living in Portsmouth!



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 by card in the UK - so you don't need to carry a lot of cash around 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!



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.



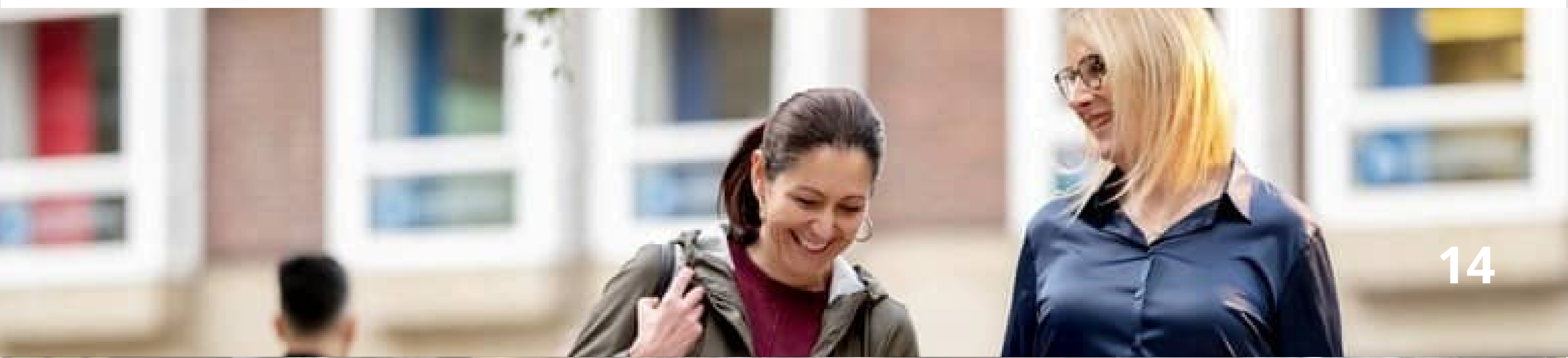
For breakfast, people usually eat toast or cereal. At lunch, the majority of people eat sandwiches/salad and dinner is the biggest meal of the day!



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 are illegal. Drug use can result in prosecution and you may be sent back to your country.
- It is illegal to smoke cigarettes/e-cigarettes and vapes 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.)





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.



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 needs be) - they will try to organise an emergency dental appointment for you within 24 hours.

For all information regarding costs please go to our website!

TRAVEL INFORMATION

Bus journeys in Portsmouth cost about £2-£2.50 for a single ticket. On most bus routes, buses come every 5-15 minutes. More information on how to plan your journey can be found on the websites of local bus providers below.

www.firstgroup.com/ukbus/hampshire

www.solentgo.co.uk

www.megabus.com

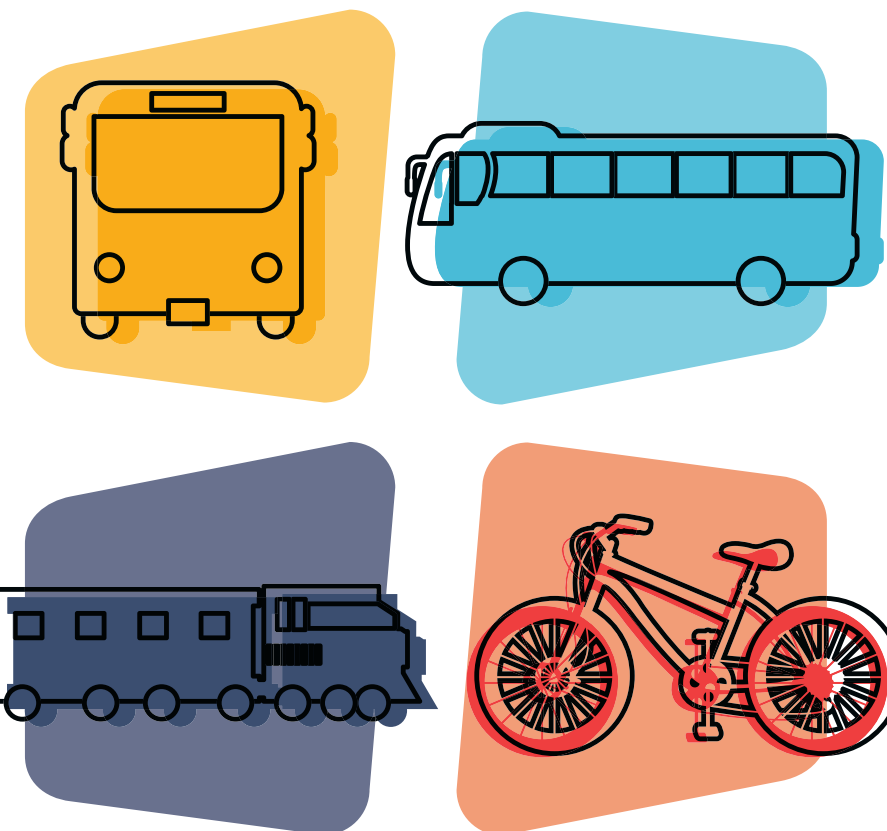
Information on coach, train and ferry journeys can be found by following these links:

www.nationalexpress.com

www.nationalrail.co.uk

www.thetrainline.co.uk

www.wightlink.co.uk



Remember, once you're at LSI/IH Portsmouth you can come and ask Student Services all of your travel questions!



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!

