

TEF Gold

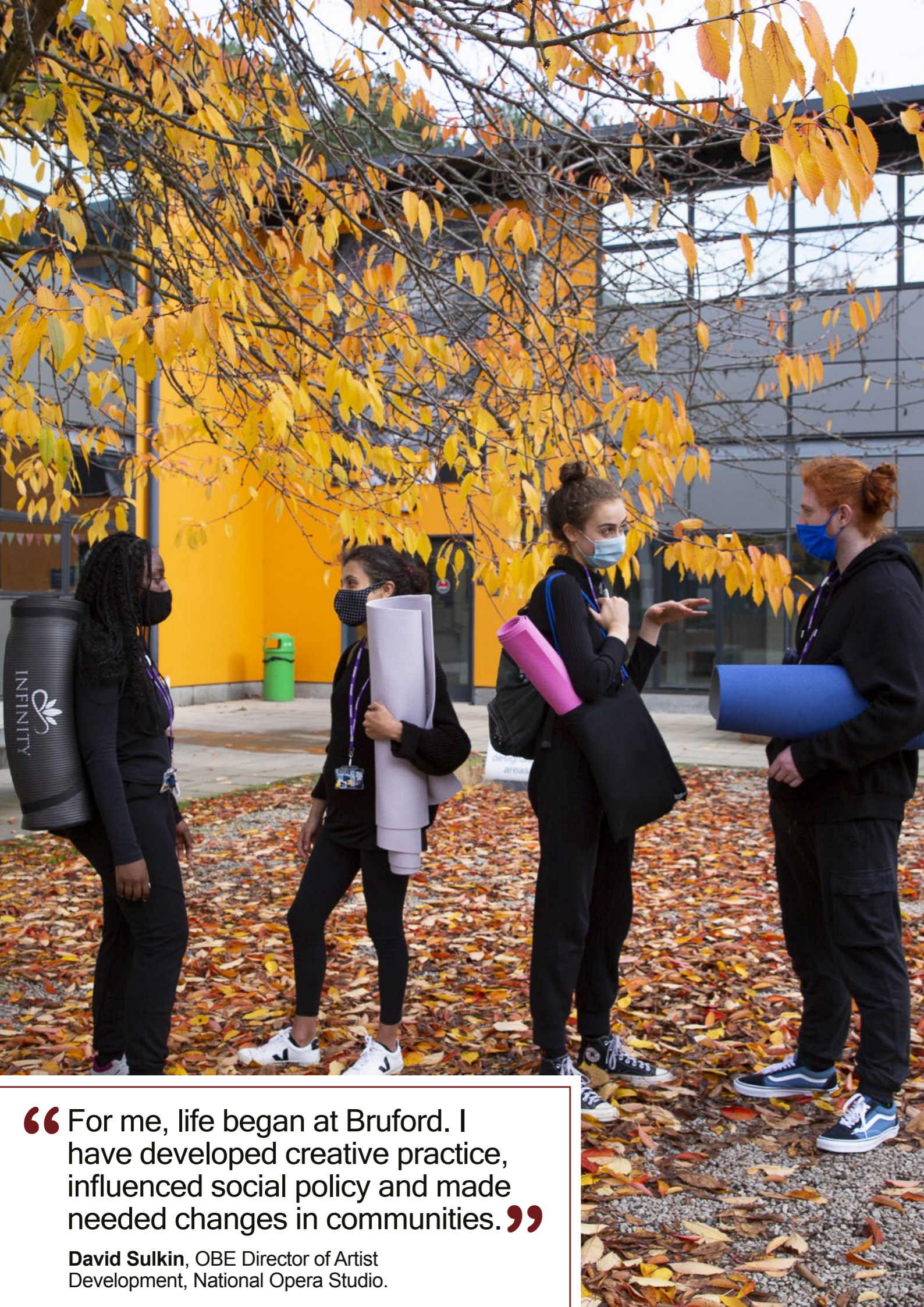


London's
International
Drama School

**Rose
Bruford
College**

of Theatre
& Performance

International Guide



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Rose Bruford College of Theatre and Performance is London's International Drama School. We welcome students from around the world for both BA and MA/MFA degree study in performance, design, management and technical arts and short-term courses, summer schools and foundation courses. We use theatre training to help build global communities and relationships. We have links throughout the world in Europe, America and Asia.

We currently host students from over 45 different countries. We will train you to see the world stage as your future workplace. You will work alongside students and practitioners from all over the world and benefit from our links with international partner institutions on student and staff exchanges, collaborative projects and wider research initiatives.

“For me, life began at Bruford. I have developed creative practice, influenced social policy and made needed changes in communities.”

David Sulkin, OBE Director of Artist Development, National Opera Studio.

Getting to Rose Bruford College

By taxi

It is cheaper to pre book a taxi than to use the 'black taxis' that wait outside the airport. We are not able to recommend taxi companies, but students have found that Jemma Cars are reliable and provide a good service: +44 (0)20 8300 7000 and in addition Abba Dart who can be contacted on: +44 (0) 20 8300 1982.

By rail, tube or bus

Travel to central London either by train (from Gatwick), underground or 'Tube' (from Heathrow) or bus (from Heathrow). Ask at any information point or look at a map and make your way to one of the following stations with trains to Sidcup: London Charing Cross (near Trafalgar Square), London Waterloo East (can be challenging to find on your initial visit) or London Bridge and take a Southeastern train to Sidcup station. The journey takes approximately 30 minutes. A good app to consult for train times and journey planning is the one available from TFL (Transport for London). All UK transport services have a 'journey planner' function. Any Journey Planner will also tell you about any problems or delays. When taking the train to Sidcup be alert for the stops at Mottingham and New Eltham, after which is Sidcup.

You can travel by means of an Oyster card or an all-day travelcard, travelcards can be purchased at the station or from a newsagent. Oyster cards are the best value as you keep paying to charge them up and you get discounts. Always remember to swipe in and swipe out with your Oyster card or else you risk being charged for the full length of any trip; very expensive. See page 4 for the Oyster application process.

Walking to RBC campus from Sidcup Station

Exit from the platform on which you arrive and walk down the slope to Station Road. Turn right at the bottom of the slope onto Station Road, walk past the shops and a Co-op supermarket,

cross over by the traffic lights and keep left walking past Holy Trinity Church on your right. You will see a green boarding for Rose Bruford College across the road. Then turn right, at the next junction into Burnt Oak Lane, following the road round to the right until the second sharp bend where you will see the College entrance on your right. The College is a 10 minute walk from the station. In time, you will learn how to walk through the park to save time during the day but we advise using Burnt Oak Lane after dark as the park is unlit.

By car

A2 London – Dover, A20 London – Channel tunnel. Follow turn-off for Sidcup. You can set a SatNav to the College postcode: DA15 9DF

Local buses

These bus routes pass within walking distance of the college: 51, 160, 229, 233, 269, 286, 492. Student Services will have maps in their offices. TFL Journey Planner and various London transport apps are great to use. If you miss the last train back to Sidcup from London after midnight, there is a Night Bus [N21].

From Gatwick Airport Train

Train to London Bridge Station - Train to Sidcup Station - 2 minute walk to Christopher Court or 10 minutes' walk to Rose Bruford College. Travel Time: 1 hour 15 minutes Cost: £18 approx. Buy tickets ahead of visit: <https://www.thetrainline.com/>

Taxi

Taxi from Gatwick Airport to Sidcup, DA15 9DF using Uber Travel Time: 1 hour. Cost: £50 approx. Book ahead of visit: <https://get.uber.com/>

Heathrow Airport Train/Tube

Heathrow Underground to Charing Cross Station - Train to Sidcup Station - 2 minute walk to Christopher Court or 10 minutes' walk to Rose Bruford College. Travel Time: 1 hour 45 minutes. Cost: £10 approx. Buy tickets ahead of visit: <https://www.thetrainline.com/>

Taxi

Taxi from Heathrow Airport to Sidcup, DA15 9DF using Uber Travel Time: 1 hour 30 minutes. Cost: £70 approx. Book ahead of visit: <https://get.uber.com/>

London City Airport Train

DLR to Woolwich Arsenal - 51 bus to Halfway Street Old Farm Road West - 4 minute walk to Christopher Court or 9 minutes' walk to Rose Bruford College. Travel Time: 1 hour. Cost: £5 approx. Book ahead of visit: Use your Oyster card to travel which you can top up online: <https://oyster.tfl.gov.uk/oyster/link/0004.do>

Taxi

Taxi from London City Airport to Sidcup, DA15 9DF using Uber Travel Time: 1 hour Cost: £40 approx. Book ahead of visit: <https://get.uber.com/>

Stansted Airport Train

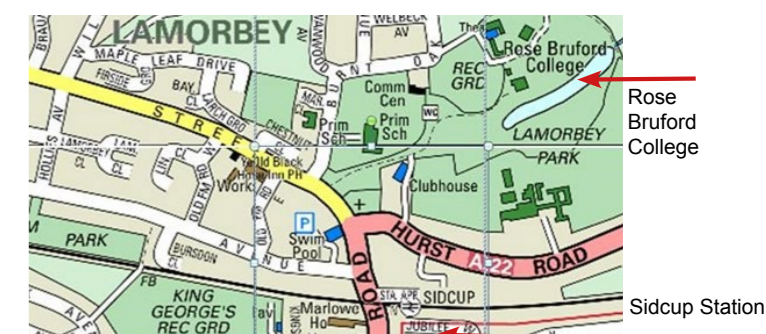
Train to London Liverpool Street - Central line tube to London Cannon Street - Train to Sidcup Station - 2 minute walk to Christopher Court or 10 minutes' walk to Rose Bruford College. Travel Time: 2 hours 15 minutes. Cost: £26 approx. Book ahead of visit: <https://www.thetrainline.com/>

Taxi

Taxi from Stansted Airport to Sidcup, DA15 9DF using Uber Travel Time: 1 hour 10 minutes. Cost: £40 approx. Book ahead of visit: <https://get.uber.com/>

Airport Transfer

We would recommend booking an Uber taxi through the mobile app or reserving a coach transfer from <http://www.nationalexpress.com/home.aspx>. Alternatively, you can use a taxi from the taxi rank outside the airport but ensure you negotiate the price before you get in the taxi.



Oyster card

The majority of people who use public transport pay for journeys using the Oyster Card. Oyster is a plastic smartcard which can hold pay as you go credit, travelcards and bus & tram season tickets. You can use an Oyster card to travel on bus, tube, tram, DLR, London Overground and most National Rail services in London, please contact the tube station for more details.

Standard oyster cards can be purchased from any station on the tube network. There is a £5 returnable deposit charge to buy one.

You may wish to buy the 18+ Student Oyster Card. This will allow you to get student rates on weekly and monthly passes. You can apply here: www.tfl.gov.uk/fares-and-payments/adult-discounts-and-concessions/18-student In order to get student discount on single journeys or day tickets you will need to purchase a '16-25 Railcard' www.16-25railcard.co.uk. Even if you are over 25 you can get this discount card as long as you are a full time student. Once you have this card you can then combine it with your Oyster. This will allow you to use your Oyster and enjoy the full range of student discounts from just one card.

Student Visa

There will be a new Graduate immigration route from summer 2021. The route is for students with a Tier 4 or Student Route Visa who will complete a degree in or after the summer of 2021. Undergraduate and master's degree students will be able to apply to stay in the UK for a further two years. **Click to visit the UKCISA website** to find out more about international student advice & guidance and working after studies.

The process and conditions for attaining a student visa are subject to frequent changes. Please refer to www.gov.uk/browse/visas-immigration/student-visas for the most up to date and accurate information and use the information presented in this document as a guide.

Student Visa

Please check the website below to confirm whether you require a Tier 4 Student Visa to study in the UK. www.gov.uk/check-uk-visa. You must apply for a student visa before the start of your course. Please apply online here: www.gov.uk/study-visit-visa/apply Please read this webpage carefully to see what documents you need to provide as part of the application process.

Documents to present at immigration

Please ensure that you bring a copy of your official Rose Bruford offer letter with you to show to immigration officials. You should also bring a bank statement in your name that shows you have enough money to support yourself during your studies. Based on UKVI guidelines, we recommend that you have sufficient funds to pay the first year's tuition fee less any deposit paid (ensure that you have evidence that you have paid your deposit). You should also have sufficient funds to cover your living expenses. UKVI requires students to have £1,344 for each month to study up to a maximum of 9 months. So for a full year programme you should have £1,344 x 9 = £12,096.

This information is correct as of December 2020 and subject to change, please check <https://www.gov.uk/government/publications/points-based-system-student-route> for the most up-to-date figures.

Student Route Visa

If your course is longer than 6 months and you are not a UK national and do not have Settled or Pre-Settled status via the EU settlement scheme, then you will need to apply for a visa via the Student Route.

Conditions of the visa

- You can work up to 20 hours a week during term time
- You can work an unlimited number of hours during holidays
- Non-attendance may mean being reported to the UK Visa and Immigration department and having your visa revoked. Attending all of your classes is of utmost importance
- You must keep us informed of any changes to your contact details (address, telephone number etc.)
- You may need to register with the police on arrival. It will clearly state this on your visa if this is the case.

How to apply

Here is the basic process:



£18,000 tuition plus £12,096 for living costs, making a total of £30,096. Evidence needs to be in the form of a bank statement that shows the required funds being available for at least 28 consecutive days. The bank statement cannot be older than 30 days from the point at which you make your Student visa application.¹

¹This is the international fee for undergraduate students. Please see website for postgraduate fees.

² The earliest we can issue a CAS is 6 months before the course start date.

³ Failure to do so can result in a financial penalty or at worst have your permission to leave revoked.

⁴ The location of the Post Office to collect your BRP from will be written on your visa approval letter

Credibility checks

When you make your application you may be asked to undertake an interview, either in person, or on the telephone.

If as a result of this interview the Home Office is not satisfied that you are a genuine student, or you cannot speak English to the required standard the application will be refused. If you are asked to undertake an interview but do not attend without reasonable explanation being given, your application will be refused.

Documents to show at the border

You should carry documents relating to your studies in your hand luggage. Border officials may ask to see the following: CAS statement; offer letter; financial documentation to prove you can support yourself. These are essentially the same documents you will have used in your visa application and you may be asked to present them again as a final check.

Bank account

To have a UK bank account you need to provide the following information to the bank of your choice;

- ID: Passport
- Proof of address or letter of study confirmation from Rose Bruford College

You have various banks to choose from in the local area, if you visit the link below you can compare the banks that are right for you!

<https://www.moneyadvice.service.org.uk/en/articles/price-comparison-sites-guide>

Your confirmation letter will confirm the following details:

- Student Name
- Student ID
- Programme Name
- Current Year of Study
- Study Start and End Date
- Rose Bruford College License Number

You can retrieve this letter from the Student Services team.

Student Services Manager
020 8308 2637

Tiffany Banks
Student Services Officer
020 8308 2623
Tiffany.banks@bruford.ac.uk

Banks and local post offices will also exchange currencies for you. Some international students can get various forms of cash cards to pre-load and bring with them for use, especially for short stays. Using credit cards when travelling abroad may incur extra charges so read the small print.



Mobile phone

If you want to use your home country mobile phone in the UK then you have two options:

- Buy a 'global' SIM card that can work in multiple countries and offer reasonable international rates. World Sim is one company that offer this type of SIM www.worldsim.com/roaming-sim/
- Buy a UK SIM to put into your phone. You can get free pay as you go SIM cards from all phone providers as long as you top up at the same time.
https://www.carphonewarehouse.com/mobiles/pay-as-you-go.html?intcmp=HP_QUICKLINKS_PAYG_011216
- However, your phone will need to be 'unlocked so that it works on any network and will also need to be compatible with the GSM frequency band. CDMA phones which are common in the U.S, for example, will not work here. This is quite technical so you may want to check with your mobile phone company exactly what phone you have.

If you are here for longer then it's sensible to buy a UK phone. You have two options here as well:

- Buy a phone outright and then top up your SIM card with more credit when it runs out, or get a 'SIM only' contract where you pay a fixed amount each month for the duration of the contract and get a certain number of inclusive minutes and data.
- Buy a phone on contract. You pay a fixed amount each month for anything from 12 months to 36 months, and get the handset for 'free' (although in reality you are paying for it across a long period of time rather than upfront) and get inclusive minutes and data.

Getting a contract may be difficult if the mobile phone company insist on doing a 'credit check'. Not having any credit history in the UK may mean that a company may be more reluctant to give you a contract. Speaking to a customer service representative in the shop and explaining that you are an international student is your best chance of getting a contract phone. Buying a product online will most likely result in a refusal as a computer system cannot make allowances.

Health - Registering at a local doctors surgery

Whether you are here for one month or one year we would recommend you register with a local doctors surgery, known in the UK as a GP (General Practitioner). You should also have travel or health insurance from your home country.

If you follow the link below and enter your postcode into the 'Services near you' GP box, it will show you all local GP Surgeries.
www.nhs.uk/Pages/HomePage.aspx

Your health is important so make it a priority!

To register you will need the following information:

- ID: Passport or driving license
- Proof of Address: 2x utility bills
- A letter (in English) from your home GP describing any ongoing health issues or medication you may be on and will need when you are here.

If you are here less than three months you still need to provide the information above to the GP but you will be registered as a temporary resident.

IMPORTANT: Ensure that you bring enough medication with you to cover any short stay.

In case of emergency, the following services are free of charge for everyone:

- Emergency treatment in any Accident and Emergency department
- Emergency treatment in any NHS Walk-in Centre providing Accident and Emergency type services
- Treatment for certain infectious diseases
- Compulsory psychiatric treatment
- Family planning services (sexual health)



The National Health Service (NHS)

The NHS is a public funded system that provides health care for residents in the United Kingdom (UK).

Who is entitled to free health care treatment from the NHS?

You are entitled to free necessary treatment from the NHS if you are either:

- A full time student from any country on a course for more than 6 months and have paid the Immigration Health Surcharge (IHS)
- You have been approved settled or pre-settled status under the EU settlement scheme
- From a country which is not from the European Union (EU) that has a bilateral agreement

More information and a list of countries with bilateral arrangements can be found at the department of health www.nhs.uk.

Will I need health care insurance?

If you are not covered by any of the above it is advisable to ensure you have adequate health care insurance as payment will be necessary if you receive any health care in this country.

The following services are free of charge for everyone:

- Emergency treatment in any Accident and Emergency department.
- Emergency treatment in any NHS Walk-in Centre providing Accident and Emergency type services.
- Treatment for certain infectious diseases.
- Compulsory psychiatric treatment.
- Family planning services (sexual health).

How do I register for health care?

To access health care you will need to register with a General Practitioner (GP) doctor – Please see page 10.

Once you have registered with a GP/health centre you will be sent an NHS card. This is proof that you are registered for NHS treatment. If you have not received the card within two months of registering, contact the health centre who will advise what you should do. The card will be sent to the address you provided so it is essential that you notify the health centre if your address changes. When you receive the card, keep it safe and take it with you if you visit the health centre, dentist or hospital.

Will I have to pay to register?

- Registration is free
- You can only be registered with one GP/health centre at any time

If you are exempt from NHS Charges and require hospital care you will need to provide your passport, visa, NHS card and proof of attendance at university.

Health care for family or friends visiting from abroad

Family or friends visiting from abroad should take adequate health care insurance if they are not eligible for a European Health Insurance Card.

If you require more specialised or hospital services you will need to be referred by a GP. The College does not have any designated medical staff on campus but selected staff are trained to administer first aid and are qualified to deal with accidents until further medical help arrives.

See Student Services if you require any special help, like counselling. All matters are kept confidential.

Emergency Health Care

Urgent care service

Fast access to health advice, emergency contraception and minor injuries such as cuts, sprains and small fractures.

Queen Mary's Hospital

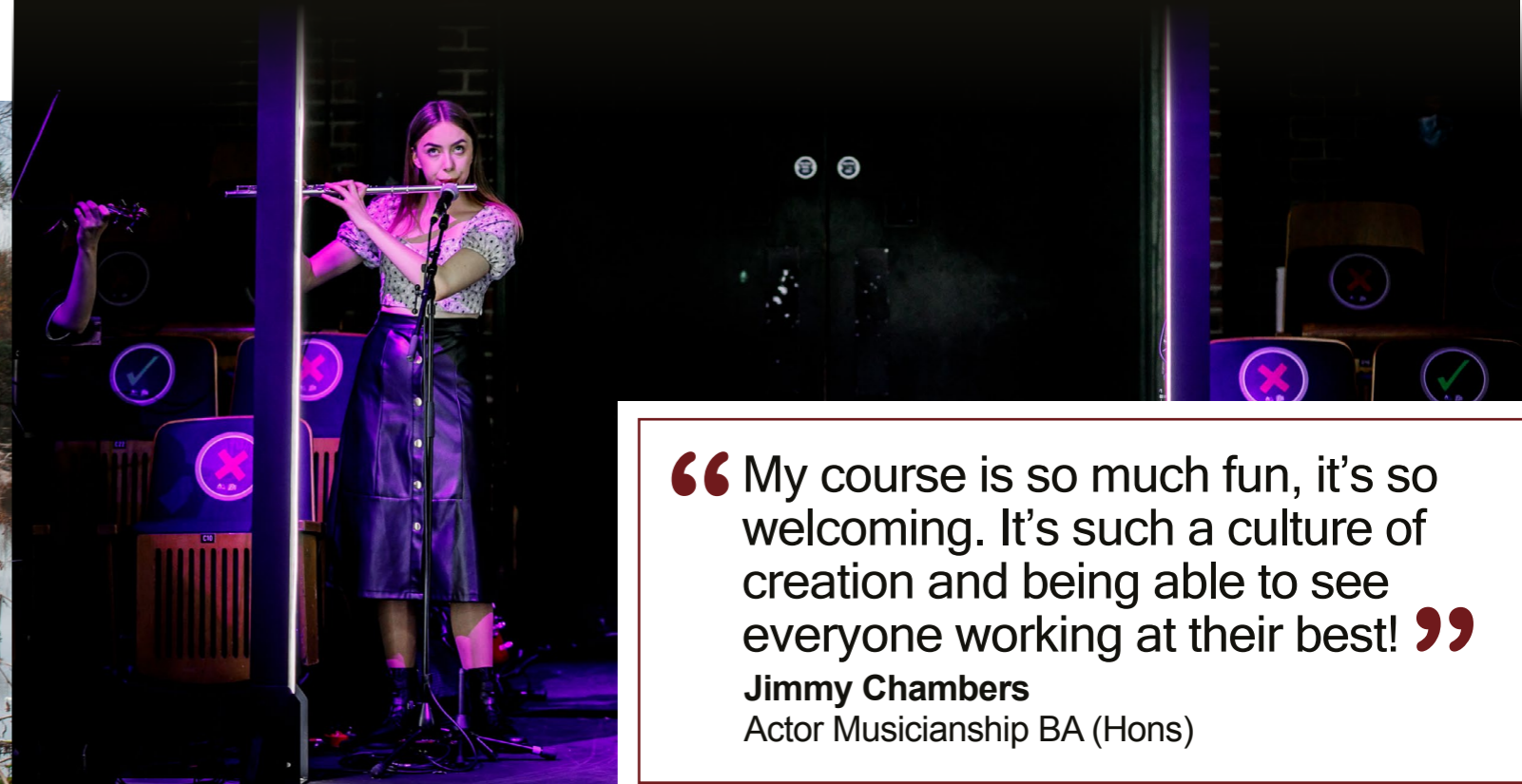
Frogna Avenue, Sidcup, Kent, DA14 6LT
Tel: 020 8302 2678

A&E (Accident and Emergency)

These services are appropriate for broken bones, deep tissue wounds, or emergency conditions.

Queen Elizabeth Hospital

Stadium Road, London, SE18 4QH
Tel: 020 8836 6000



“ My course is so much fun, it's so welcoming. It's such a culture of creation and being able to see everyone working at their best! ”

Jimmy Chambers
Actor Musicianship BA (Hons)

Accommodation

Christopher House Student Residence

Our 168-ensuite room student residence 'Christopher Court' opened for the 2015/16 academic year.

Students can reserve a room by clicking on this link <https://www.studentliving.sodexo.com/student-accommodation/london/christopher-court/>

In 2021-22 rooms will cost £195 per week for a 3ft (single bed) and £200 per week for a 4ft (small double bed). The rooms will be offered on a self-catered basis, with shared kitchens for every 6 students. Rooms are allocated on a first come first served basis. The cost of the room includes; 24/7 friendly staff and security, energy and water bills, fast and reliable broadband.



Private Lets

The price of a one bedroom flat is approximately £850 a month plus bills, while a room in a shared house costs around £250- £400 a month plus bills. In addition to the guidance set out in this document, we highly recommend that you understand the legal implications of certain types of joint tenancy agreements. Useful information can be found from these sources:

www.gov.uk/private-renting

www.accommodationforstudents.com/info/student_guides.asp

Lettings fall loosely into three categories:

- agreements made via an estate agency
- agreements made directly with private landlords
- homestay

Agencies

There are a number of estate agents in Sidcup and the surrounding area that you can use to find a flat, or occasionally a room in a shared house. Type in 'estate agents' and 'Sidcup' into any search engine and you will find details of local agencies.

Additionally there are national websites (listed below) that act as portals for most major agencies and have quick and easy search facilities:

www.rightmove.co.uk and www.zoopla.co.uk

Guarantors and Deposits

It is standard practice for agencies and landlords to ask for a month's rent upfront in addition to 4-6 weeks' rent as a deposit. As an international student, however, there may be more substantial initial costs. You will be asked to pay far more than a month's rent upfront, or alternatively, provide details of a 'guarantor' who is a resident in the UK. A guarantor is somebody who promises to pay the rent if you default on payment.

Legally, all landlords must pay your deposit into a Tenancy Deposit Scheme, which secures your deposit and strengthens your position as a tenant. Do not sign an agreement with any landlord or agency who do not abide by this law. You can read more here:

www.gov.uk/tenancy-deposit-protection/overview

Direct with landlords

Landlords renting whole properties and individual rooms often advertise on the web. The advantage compared to agents is that there are usually no extra fees to pay. Some of the sites listed below also list tenant to tenant lets, although a landlord will usually be involved in the process.

<http://student.spareroom.co.uk>

<http://uk.easyroommate.com>

<http://www.friday-ad.co.uk>

Please note that none of the websites mentioned in the document are officially endorsed by Rose Bruford College and are for guidance only. Please exercise caution, and be particularly careful when landlords ask for substantial sums of money upfront without first seeing a contract and having a good amount of information about the property to hand.

Homestay

The college may be able to put you in contact with a local family or individual who let rooms in their own houses to students on a short term basis. With this type of arrangement you are essentially living with your landlord. This is not official college accommodation, although we ensure they meet a basic minimum standard and have spoken to the owners about what to expect when hosting international students. Please email tiffany.banks@bruford.ac.uk to see if any of our hosts have vacancies.

Facebook

Find potential housemates by joining the accommodation facebook groups:

General Group:

<https://www.facebook.com/groups/152346541639648/>

MA Group:

<https://www.facebook.com/groups/1000658023346457/>

Foundation Acting Group:

<https://www.facebook.com/groups/1713506535562544/>

Student Pad

<http://www.brufordstudentpad.co.uk/>

Accommodation

Rose Bruford College's accommodation website provides students with access to student housing provided by private landlords. The college ensures that any landlords advertising through student pad hold relevant up to date safety certificates. There is also information on the site about contracts, deposits and procedures as well as providing an accommodation search facility. Please email student@bruford.ac.uk for the password to the site.

You can also use the student pad message board to communicate with current Rose Bruford students. Find empty rooms in shared student houses, or advertise that you are looking for a room.

www.brufordstudentpad.co.uk/MessageBoard



Other Accommodation Websites

International Student House

www.ish.org.uk/

Student Block Student Block

www.studentblock.co.uk/

Spare Room

www.spareroom.co.uk/flatshare/



Payment of tuition fees

Full Time International Students

Methods of Payment for Tuition Fees

Fee Payable:

Payment in full

Full payment at the start of the academic year via:

- banker's draft or bank transfer
- or through online transfer via Flywire <https://www.flywire.com/pay/bruford>

An initial deposit of £4,000 GBP and two instalments

50% of the balance of fees (after deposit paid) due by September 30th and the remaining balance by the 1st February via:

- banker's draft or bank transfer
- or through online transfer via Flywire <https://www.flywire.com/pay/bruford>

Bank transfers

Bank transfers can be sent direct from your bank to Rose Bruford College's bank account, details are as follows:

HSBC Bank plc
38 High Street
Dartford
Kent, DA1 1DG
United Kingdom

Account Name: **Rose Bruford College**

Account Number: **81393669**

Sort Code: **40-19-04**

IBAN: **GB69HBUK40190481393669**

SWIFT BIC or BIC8 code: **HBUKGB4B**

BIC 11 code: **HBUKGB4128K**

The full name of the student and programme details paid must accompany payments. Please note that it can take up to two weeks to receive a bank transfer, therefore please make sure that you send the money in plenty of time to be able to meet any deadlines.

Bank charges may be deducted from the payment received into the College's bank account and you will be responsible for any underpayment of tuition fees as a result of this. In order to avoid underpayment of tuition fees you must arrange for the bank charges to be paid at the time of transfer from your own bank account.

Any further queries, please contact the Finance Office, finance@bruford.ac.uk

Homesick?

- Reassure yourself that your feelings of homesickness are quite natural and will almost certainly pass. Homesickness affects both male and female students.
- Consider whether frequent contact with home helps you feel better, or makes you feel worse, and adjust your contact accordingly.
- Decide whether it's helpful to go home at weekends or in the holidays. Some students find this makes adjusting to university and forming friendships harder in the long run. If you feel it will help you have the option to video call home using Skype, Teams or Zoom.
- Think carefully about how often you phone home. If you are in constant contact with home (especially via a mobile phone) this could cut you off from other people around you, and make it harder to establish links here. Sometimes it is parents who are finding it hard to let you go.
- Make an effort to join clubs and societies, and to make at least one or two friends. Remember you may not look homesick or lonely on the outside - others will be feeling the same too.
- Try to establish a routine. The busier you are, the less chance you will have to miss home.
- Volunteer to help with something. People are always grateful for a helping hand.
- Sometimes it helps to share feelings of homesickness. Think about talking to someone - another student, personal tutor, international officer or a member for the student services team.
- Sharing your feelings may help you get through the worst period. If, after taking these steps, your homesickness still persists, you may wish to contact the student services team for more support.

Student discount

The TOTUM (NUS Extra card) is a great way to get discounts and save some money!

How to Apply

To apply go to the TOTUM website:

<https://www.totum.com/>

It is £12 a year which is a speck on the money you can save!

iPhone and Android TOTUM App

With over 170 student discounts from The Co-operative Food to Amazon to ASOS to Odeon, it can be hard to keep track of all the great places you can save money with your TOTUM (NUS Extra card) when you're out and about, unless you have the App!

With the TOTUM App, you can see exactly how and where you can save money in an instant no matter where you are!

Whether you're hitting the shops or heading out for a bite, simply check out the app to find the best places to go to save £££s with your TOTUM (NUS Extra card).

Download the TOTUM App via your app store or google play.

Average cost of living in London

Restaurants	Avg.
Meal, Inexpensive Restaurant	£15.00
Meal for 2, Mid-range Restaurant, Three-course	£55.00
Combo Meal at McDonalds or Similar	£5.00
Domestic Beer (0.5 litre draught)	£4.50
Imported Beer (0.33 litre bottle)	£4.00
Cappuccino (regular)	£2.61
Coke/Pepsi (0.33 litre bottle)	£1.20
Water (0.33 litre bottle)	£0.96
Markets	Avg.
Milk (regular), (1 litre)	£0.94
Loaf of Fresh White Bread (500g)	£0.96
Rice (white), (1kg)	£1.56
Eggs (12)	£2.26
Local Cheese (1kg)	£6.81
Chicken Breasts (Boneless, Skinless), (1kg)	£7.00
Apples (1kg)	£1.87
Oranges (1kg)	£1.81
Tomato (1kg)	£2.15
Potato (1kg)	£1.16
Lettuce (1 head)	£0.94
Water (1.5 litre bottle)	£0.97
Bottle of Wine (Mid-Range)	£7.00
Domestic Beer (0.5 litre bottle)	£1.52
Imported Beer (0.33 litre bottle)	£1.51
Pack of Cigarettes (Marlboro)	£9.50
Transportation	Avg.
One-way Ticket (Local Transport)	£2.80
Monthly Pass (Regular Price)	£130.00
Taxi Start (Normal Tariff)	£3.20
Taxi 1km (Normal Tariff)	£3.30
Taxi 1hour Waiting (Normal Tariff)	£35.00
Gasoline (1 litre)	£1.40
Volkswagen Golf 1.4 90 KW Trendline (Or Equivalent New Car)	£18,000.00
Clothing And Shoes	Avg.
1 Pair of Jeans (Levis 501 Or Similar)	£63.02
1 Summer Dress in a Chain Store (Zara, H&M, ...)	£31.64
1 Pair of Nike Shoes	£66.28
1 Pair of Men Leather Shoes	£78.60

For a complete list please visit www.numbeo.com/cost-of-living/in/London

Personal safety

Staying safe

For your own personal safety, read the following information carefully:

- If you have a cheque book and cheque card, keep them in separate places. Do not leave them on view in your room
- Do try to avoid being out on your own – particularly after dark. If you are coming back late at night, come back in a group, preferably by taxi
- Do avoid taking shortcuts along dark alleys, deserted streets, through parks. Use only well-lit busy roads
- Do cover up expensive jewellery and equipment e.g. iPods, mobile phones, laptops;
- Do keep your mobile phone in a safe place. Check who is around before you use it and avoid drawing attention by using a loud ring tone
- Don't carry important documents such as your passport unless you need them. Passports can be difficult to replace
- Don't leave your room/accommodation without closing all windows and locking the door. It is also a good idea to move expensive items out of view of the window or to close your curtains when you go out
- If you use a bicycle, always lock it up when you leave it and make sure it is included in your insurance

Cash care

When you open a bank account, the security of your cash, cheque book and cash cards is very important. Please be aware of the following:

- Don't carry large amounts of cash around or leave it in your room. You should deposit all cash into your bank account
- When you use a cash dispenser (ATM or 'hole in the wall') go in daylight when possible. After dark take extra care and try and limit the amount of money you withdraw. Do not count your money in public
- Keep your cards, PIN numbers and cheque book in separate places. If any of these are lost or stolen, call your bank immediately to cancel them
- Remember your PIN - never write it down. Keep a note of the bank telephone number in case your cheque card or cheque book is lost or stolen
- Do not leave your bag, wallet or purse unattended anywhere (for example in a café, shop, the library or car)
- Never ask anyone to use your card to get cash for you. They may withdraw more than they give you back – and they would know your PIN number
- Report any theft of your cash and/or cheque cards to the police immediately. Then make sure you let your bank know using the emergency number they provide for lost/stolen cards so that your card can be cancelled.



Local amenities

Local to the college you have the following places for groceries:

Morrisons

1 Jenner Close
Sidcup
020 8309 4780
www.morrisons.co.uk

The Co-operative

124 Station Road
Sidcup
020 8300 0197
www.co-operative.coop

Iceland Foods Ltd

96-98 High Street,
Sidcup
020 8300 5837
www.iceland.co.uk

Lidl

Footscray High Street
Footscray
Sidcup
0800 977 7766

Tesco Express

4-6 Station Road,
Sidcup
0845 026 9060
www.tesco.com

Waitrose Ltd

1-3 High Street
Town Centre,
Sidcup
020 8309 5722
www.waitrose.com

In and around Sidcup there are various places to visit and things to do!

To get some ideas go to:

- www.visitlondon.com/discover-london/london-areas/places/sidcup
- www.visitgreenwich.org.uk/

There are also lots of events run by the Student Union for you to participate in.

Important contacts

We are here to support you and ensure you have the best possible student experience, please don't hesitate to get in touch with us.

Tiffany Banks

Student Services Officer
020 8308 2623
Tiffany.banks@bruford.ac.uk

ESOL Support

(English to Speakers of Other Languages)
020 8308 2693

Lelah Woolley

Dyslexia Support/Study Support
020 8308 2693
Lelah.Woolley@bruford.ac.uk

Ros Platton

Specialist Support & Equality Officer
020 8308 2610
Ros.platton@bruford.ac.uk

Sally East

Director of Finance & Operations
020 8308 2606
Sally.East@bruford.ac.uk

Carol Morley

Study Support
020 8308 1718
Carol.morley@bruford.ac.uk



