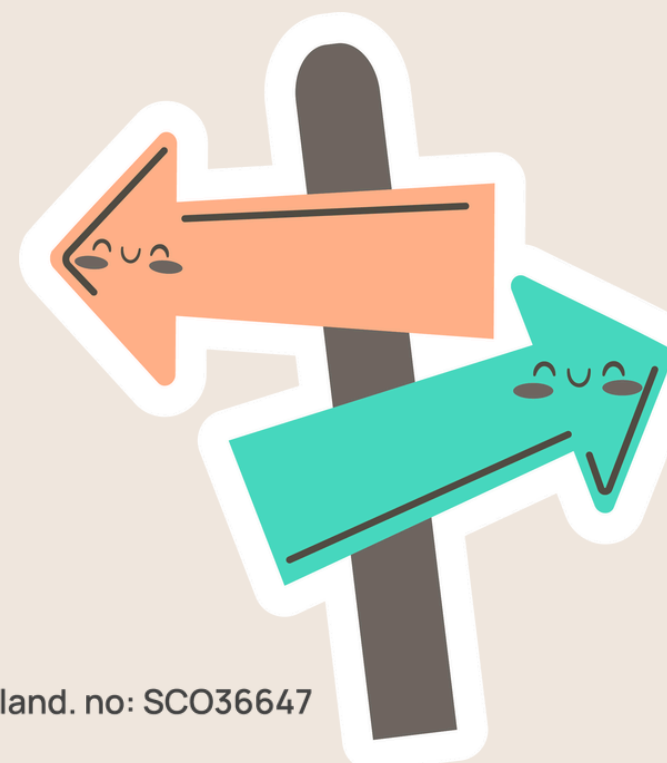


ABERTAY
STUDENTS'
ASSOCIATION



INTERNATIONAL STUDENTS GUIDE TO SCOTLAND

SWIPE



FIRST FEW DAYS CHECKLIST

GET THESE DONE AS SOON AS POSSIBLE



GET READY FOR THE COLD

Prepare well for Scotland's weather. Especially if you are not used to the cold.

☐

GETTING A UK PHONE NUMBER

If you are staying in the UK for more than a year, getting a UK phone number will make your life a lot easier.

☐

REGISTER WITH A GP

In order to see the doctor, you will need to be registered with a GP. Don't be stubborn, register just in case.

☐

GET A UK BANK ACCOUNT

Having a UK bank account will be convenient. If you plan on applying for part-time jobs, then having a UK bank account is a must.

☐

ACCOMMODATIONS

Start thinking about where you will live during your studies. Will it be in student accommodations or do you prefer a private flat?

☐

GET YOUR NIN

If you are planning on applying for part-time jobs, you will need to apply for a national insurance number (NIN).

☐

AT UNI CHECKLIST



HOW TO FIND PART-TIME JOBS

In university, there are many opportunities for you to get part-time jobs as a student.



USING THE ABERTAY LIBRARY

The library has so much to offer but many students miss out because they just don't know.



SOCIETIES & SPORTS CLUBS

Get involved! Join societies and/or play sports. If none of the societies appeal to you, start your own!



STUDENT OFFERS & DISCOUNTS

Since Dundee is a city full of students, many shops and local businesses offer student discounts.



GRADUATE VISA

What after graduation? The dreaded question...



EXPLORING THE COUNTRY



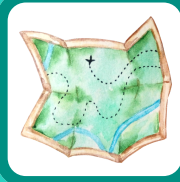
SCHENGEN VISA

The E.U. is only a couple of hours away from the UK and is easy to access once you have your Schengen VISA!



SCOTLAND MUST-SEES

University is not only about studies. Since you are in a new country, make time to explore the different things this new place has to offer.



DUNDEE MUST-SEES

Dundee is a big city so make sure to not miss any of these fun activities or places to view!



TRANSPORTS

Transport can be complicated to understand when in a new country, don't miss this slide to know about all the best tips to travel at a cheaper price in Scotland!



VOLUNTEER IN DUNDEE

University is not only about studies. If you are interested in meeting new people and helping the community, think about volunteering!



GET READY FOR THE COLD

Scottish winters are cold and wet so make sure to pack accordingly!



Buy a waterproof jacket, not just a warm one.



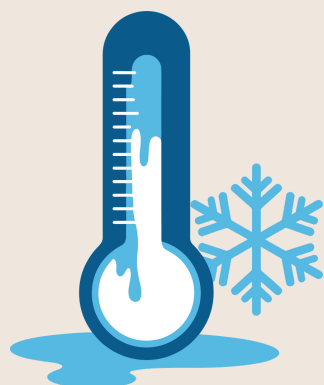
Layer your clothes instead of wearing one thick layer. Inside buildings tend to be warmer than outside.



Pack warm socks for your flat.



Finding out if heating is included in your accommodation bill is important. This will let you know if you'll have to budget for it each month.



GET A UK PHONE NUMBER

The main mobile networks are:



Visit the store, or the provider's website to research the plans available.



Look for student-exclusive plans as they usually have added benefits and are sometimes cheaper.

If you're only staying for only 1 year getting a new SIM card isn't a necessity. However, the longer you stay in the UK the better and more convenient it will be for you to have one.

REGISTER WITH A GP (DOCTOR)

Now that you are here, you need to register with a GP!



Choose a GP close to where you live. You can research this by using the NHS GP directory at <https://www.nhsinform.scot/scotlands-service-directory/gp-practices/> or on our website!



Complete the Registration Form:
Contact the GP to find out how they'll receive your application as this varies by practice. Some prefer email, while others are done online.



Confirm your registration:
If your registration is successful, you'll be notified by telephone or email.



GET A UK BANK ACCOUNT

A bank account is needed for rent, wages and generally paying for stuff!

TOP PICKS FOR INTERNATIONAL STUDENTS



Go to website for the bank of your choice.



Select the account type that is best for you. It may be helpful to visit the bank to ask about the account types.



Fill out the online application

Your student status letter is available through OASIS on your My Abertay Dashboard.



Bring your supporting documents to the bank's branch near you to confirm. These include: passport, student status letter, proof of address.



Wait for your debit card in the mail!

ACCOMMODATIONS

Here are some tips for flat hunting.



Always view the property before paying if possible.



Read the contract carefully and check what bills are included.

WHERE TO LOOK FOR FLATS



STUDENT ACCOMMODATIONS

- Telephone House (new)
- Mezzino Dundee
- iQ Parker House
- Keiller Court
- Stanley Studios
- Meadowside Court
- Campus Apartments (helpful if you already have flatmates)



PRIVATE FLATS & HOUSES

Most students live in private flats after halls. For cheaper prices you can look at renting flats or houses with your friends or join a flatshare.

Have a look at websites such as:

- Zoopla,
- RightMove
- SpareRoom
- TSPC

GET YOUR NIN

To work in the UK you will need a
National Insurance Number.



Apply at <https://www.apply-national-insurance-number.service.gov.uk/apply/welcome>



It usually takes 4 weeks to be created.

So, don't forget to apply for it before or while you apply for jobs.



You will need:

- a passport
- a photo of yourself holding your passport (this is done during the application process using a smartphone, tablet or computer)
- photos of other identity documents
- This is an online process, no local office visit is needed.

FINDING PART-TIME JOBS

Students often work in retail, cafes and hospitality



Check for jobs on campus first:
<https://www.abertay.ac.uk/about/working-at-abertay/jobs/>



If you are more interested in getting part-time jobs, placements or internships; use websites such as:

- LinkedIn
- Target Jobs
- Handshake



Attend part-time, volunteer and careers fair held during the year by the career's team to find a variety of jobs.

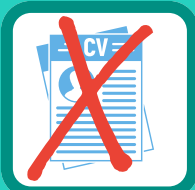
CV YAYS & NAYS

Having a well formatted CV is important for getting a job!



Do:

- Keep you CV to one or two pages
- Use clear headings and simple language
- List part-time work and volunteering
 - Align these with the impact you have made in the role
- Adapt the content of your CVs to the jobs you are applying for



Do not:

- Write massive paragraphs
- Do not include photos or age

Check your CV with the Abertay Careers Service



Don't have time to book a meeting with the careers service? Use the Abertay Careers CV360 tool.
<https://abertay.careercentre.me/CV360>



USING THE LIBRARY'S PRINTERS

The printers might seem intimidating, but they are easy to use!



Go to abertay.uk.uniflowonline.com



Add money to your wallet by selecting “Add funds”.



From the sidebar menu on the left of your screen select “Start Printing”.



In the section that says send file via drag and drop, select “browse” and add the file you need printed from your computer or phone.



Log into the printer by scanning your student card or by using your Uniflow Pin Code (you will have received an email).



Select “Secure Print” then “Print Jobs”.

The notch on the side of the printers is a stapler.

SOCIETIES AND SPORTS CLUBS

During your studies, you can enjoy a multitude of extracurricular activities!



As an Abertay Student you are automatically part of the Abertay Students' Association.



We're here to represent you, provide support and advice, put on events (freshers being our main event) and provide services such as Abertasty, our free food pantry or our free period products and condoms!



ABERTAY SOCIETIES

View and join Societies at Abertay
https://www.abertaysa.com/groups?parent_link=societies-menu-wrapper



ABERTAY SPORTS

View and join Sports and/or Gym
<https://www.abertay.ac.uk/life/abertay-sport/>



You can also start your own society and sports club if you can't find what you like!

STUDENT OFFERS

Free buses if you're 22 under
with the Young Scots Card!



Fill this form to receive your NEC (National Entitlement Card)



Other student offers websites include:

- StudentBeans.com
- Young Scots Card
- Too Good to Go
- Myunidays.com



Other local shops and supermarkets offer student discounts. Make sure to ask.



It is also worth getting the Lidl Plus card and a Tesco club card, for reward points and other perks. You can get these via their websites and apps.

GRADUATE VISA (FUTURE PLANNING)

This visa is for after you finish your degree.



You must apply from inside the UK at <https://www.gov.uk/graduate-visa/apply>



The decision takes 8 weeks.



Start your process early in case of delays.



You'll need to prove your identity. How you do this depends on where you're from and the type of passport or resident permit you have.



If you are successful, you'll get an eVisa. Your decision email or letter will instruct you on how to access it.



A Graduate visa lasts:

2 years if you apply on or before 31 December 2026.

18 months if you apply on or after 1 January 2027.

3 years If you have a PhD or other doctoral qualification.

SCHENGEN VISA (TRAVEL IN EUROPE)

This visa is for short trips in Europe.
The UK is not in the Schengen area.



The rules depend on your nationality. However, applications usually start online and appointments are done in Edinburgh or London.



Complete the application for the country you plan to visit first. Example, Schengen Visa France.



Once you have gotten the visa, you can travel to any other country in the Schengen area, after the country you applied for of course.



TOP PLACES IN DUNDEE

For fun activities:



- Block10 (bouldering)
- Tenpin (bowling, laser tag etc)
- Dundee Rep Theatre
- Heather's Street food
- Escape Dundee
- Cake or Dice (board game cafe)
- V&A Dundee for free exhibitions
- The DCA (cheaper movies); Cineworld; Odeon

To explore Dundee:



- City Centre
- Broughty Ferry for Seaside Walks
- The Law
- Waterfront
- Perth Road (food, shops and coffees)
- Magdalen Green and Baxter Park





TOP PLACES IN SCOTLAND



- Edinburgh for history and festivals
(The Fringe Festival in August)
- Glasgow for shopping and concerts
- St. Andrews for beaches and walks
- the Highlands for nature trips
(suitable with a friend and transport)

→ Groups like Friends International organises trips like these for international students.



TRANSPORT



BUS

If you are under 22 in Scotland you can travel for free on all buses traveling through Scotland!

To access free travel you will need to apply to get your NEC (National Entitlement Card).

You can apply at <https://getyournec.scot/nec/>

To apply, you will need:

- a proof of identity (passport, driving licence etc)
- a proof of address (council tax bill or bank statement)
- a recent digital photo showing your head and shoulders

Companies you will probably use the most are:

- Xplore & Stage Coach for Dundee
- Flixbus and Ember for longer distances (Ember is £9 one to go from Dundee to the airport)



TRAIN

Trains are usually a bit more expensive than buses unless you buy a railway card for £35 a year (or £80 for three years), which will give you a 30% discount on all journeys.

For long journeys they are often more comfortable and have a better view than buses (especially if you go from Edinburgh to Aberdeen).

You can buy your railcard at <https://www.railcard.co.uk/>

If you are over 25 but are a full time student, you should still be able to apply to the 16-25 railcard.

You will need to complete a Mature Student Application Form to prove that you are still in full time study





VOLUNTEER IN DUNDEE

Another great way to get involved in your new community is to volunteer for your local groups!

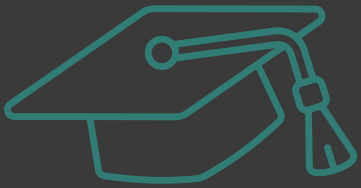
During your time at Abertay and in Dundee, you will have the opportunities to get involved with lots of different activities such as ASA Societies, Sports Clubs, Part-Time Jobs, University and ASA events.

For this you can look through the Dundee Volunteer & Voluntary Action website to see if any offers spark interest, or on the Restless website.



Volunteers are always needed and are great opportunities to meet new people, in different fields than yours while helping others who need it.





@abertaysa

FOLLOW THE ABERTAY STUDENTS' ASSOCIATION FOR MORE INFO

STAY IN THE LOOP

