

KEITH B. TAYLOR GLOBAL SCHOLARS PROGRAM ORIENTATION BOOK



St. George's University
THINK BEYOND

Grenada, West Indies

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WELCOME

Letter from the Dean of Students, St. George's University

On behalf of the Office of the Dean of Students, I wish to congratulate you on your acceptance to the St. George's University Keith B. Taylor Global Scholars Program. As a medical student pursuing advanced educational, research, and professional opportunities, we are here to facilitate your transition to campus life.

As part of welcoming all new students, Northumbria University and St. George's University have organized an extensive orientation program. A formal reception on campus is arranged for all students; for students arriving by air, this includes reception and transportation to the campus from the airport. I encourage all students to participate in walking tours of the campus, familiarizing yourself with the many opportunities provided to you.

We encourage you to not only work hard, but make time to socialize and play. A balance of all three will help ensure your academic and professional success as well as providing a pleasurable and rewarding campus experience.

Wishing you all success!

C.V. Rao, PhD

Dean of Students, St. George's University



St. George's University

THINK BEYOND

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Letter from the Director of Student Services, Northumbria University

A very warm welcome to you as you prepare to come study at Northumbria University in the city of Newcastle upon Tyne.

As you begin your preparations to join us, the staff at Northumbria University are getting ready to receive and welcome you.

It is important to us that your experience as a student at Northumbria University is a worthwhile and enjoyable one. During your time here, you will come into contact with new people, new surroundings, new cultures, and the joys and rigors of academic study.

This journey also brings with it some exciting challenges. We are here to help you meet these challenges, from your arrival through to the successful completion of your coursework and helping you to make decisions about your future. We have put together this information booklet to help you identify the different ways in which you can access guidance and support during your time here.

We very much value the contribution you and other international students bring to the life and work of the university community, and I offer you my best wishes for a successful and happy time here at Northumbria.

Levi Pay
Head of Student Support & Wellbeing, Northumbria University



IMPORTANT WEBSITES AND CONTACT INFORMATION

St. George's University	sgu.edu
Northumbria University	northumbria.ac.uk Tel: +44 (0) 191 232 6002
Entry Clearance (Visas) for Students	ukvisas.gov.uk
Newcastle International Airport	newcastleairport.com Tel: 08718821121
Heathrow Airport	baa.co.uk/main/airports/heathrow Tel: 08443351801
London Transport	tfl.gov.uk
Trains in the United Kingdom	nationalrail.co.uk or thetrainline.com
Newcastle City Council	newcastle.gov.uk
British Council Studying in the United Kingdom	educationuk.org
Insuring Your Possessions	niche.endsleigh.co.uk
Advice for International Students	ukcisa.org.uk
NHS Direct (24 Hours)	Tel: 08454647 (being phased out); 111 (new)
National Health Service	nhs.uk
Meningitis Trust	meningitis-trust.org
Faculty of Health and Life Sciences Telephone Number	Tel: + 44 (0)191 227 4721
Northumbria University Student Support and Wellbeing Services	northumbria.ac.uk/ssw Tel: +44 (0) 191 227 4127
KBTGSP Emergency Number	Tel: +44 (0) 798 247 1181
KBTGSP Office Number (9:00 am–5:00 pm GMT)	Tel: +44 (0) 191 227 4854

ORIENTATION

Orientation is a time to get acclimated to your physical surroundings, and it is also a perfect time to meet other new students, upperclassmen, faculty, and staff. It is a time for making new friends and familiarizing yourself with all of the great opportunities that await you as you begin your medical education.

Whether you are new to the United Kingdom or are a citizen with a lifetime of British experience to share with new friends, please plan on participating in the many activities planned to welcome you to the campus. These activities will introduce you to the wonderful community that exists at both St. George's University and Northumbria University, and serve to demonstrate which areas will permit you to explore your own individual interests and talents, enriching your experience, as well as the experiences of those around you.

It is mandatory to attend all events, as indicated on the schedule, as important information will be presented that all students are responsible for knowing. Transportation and/or directions will be provided to facilitate your participation in all necessary events.

Orientation Office/Academic Office

The Orientation Office is located at Drill Hall on the City Campus of Northumbria University. Upon arrival at your dorm, an Orientation Welcome Pack will be in your room. This will contain literature on the local area, Northumbria University, and other important informations so do make sure you read through it. A light snack will also be in your room upon your arrival. Please consult the orientation schedule for exact locations for the current term.

Before arrival on campus, be sure to check your student self service account to ensure that you have been cleared for registration check-in. If you have not been cleared, please go to the Academic Office at the Drill Hall on City Campus for assistance. You must be clear of any holds before proceeding with registration.

Convocation

All students are required to attend the University Convocation. This assembly welcomes new members of the University community and introduces them to the University deans, administrators, and student support services. These are the offices responsible for academic, financial, and institutional policies and procedures.

White Coat Ceremony

Each term, a White Coat Ceremony is held for the School of Medicine. This ceremony marks students' entry into the noble profession of medicine. You should wear professional attire for this occasion.



Please aim to arrive in time for the University's Meet and Greet Program. The Meet and Greet Program offers new international students assistance on arrival to Newcastle and free transport to their accommodation. In order to participate in the Meet and Greet Program, you must advise your admission counselor of your travel plans.

PRIOR TO ARRIVAL ON CAMPUS

1. The following items must be returned to the Office of Admission:
 - a. Deposit
 - b. Housing form
 - c. Acknowledgement of Admission form
 - d. Pre-Registration materials, which will include:
 - i. Electronic Honor Code
 - ii. Electronic Entering Student Questionnaire
 - iii. MCAT Release Form, if applicable
 - e. Missing admission documentation such as official final transcripts and official test results.

2. Financial Aid Package: All required paperwork for loans and/or scholarships must be completed and returned as soon as possible to ensure proper allocation of funds. If you have outstanding financial aid issues, they must be cleared prior to arrival on campus.

3. Follow the payment schedule according to monies due until loans are approved.

The Office of Student Finances and Office of Financial Aid are two separate offices and perform two distinct functions.

 - a. Students with questions about bills, payments, or refunds should direct inquiries to:

Office of Student Finances
University Support Services, LLC
3500 Sunrise Highway; Building 300
Great River, NY 11739
Telephone: +1 (631) 665-8500, ext. 9 1289
Facsimile: +1 (631) 665-7098
Email: billing@sgu.edu
 - b. Students who have other inquiries about the cost of attendance, loans, or scholarships should direct inquiries to a financial aid counselor at:

Office of Financial Aid
University Support Services, LLC
3500 Sunrise Highway; Building 300
Great River, NY 11739
Telephone: +1 (631) 666-9485
Facsimile: +1 (631) 666-9162
Email: faid@sgu.edu

4. Enroll in or waive the SGU sponsored student health insurance plan.
5. Submit completed health history forms according to instructions on the website.

For those traveling by air, train, or bus to Newcastle:

6. Travel Plans: Please contact your admission counselor with airline, flight number, date, and time of arrival. If arriving by train or bus, please provide trip details, including departure and arrival details in Newcastle. Arrangements will be made to meet, greet, and transport you from Newcastle International Airport, as well as train and bus terminals.
7. Passport: A passport is required. If you do not have a passport, you should apply immediately. Non-US citizens and permanent residents intending to travel to the United States for vacation or travel purposes should obtain visas for return to the United States.
8. Entry Clearance: In all cases, if you are coming to study in the United Kingdom, and you are not an EEA national, you should obtain entry clearance (visa) as a student from your nearest British Embassy, High Commission, Consulate, or online at visa4ukfco.gov.uk.

You will need to demonstrate that:

- You have been accepted for a full-time program of study (you will need an original up-to-date offer letter from the University)
- You are able and intend to follow the program of study (you may be asked questions on why you want to study in the United Kingdom, as well as details about the course)
- You have enough money to pay University fees and living expenses (you will need bank statements, and/or sponsorship documents, plus evidence of any payments for your tuition that you have already made)
- You intend to leave the United Kingdom at the end of your studies (you may be asked questions about the benefit your studies will have on your return home)

9. In certain cases, you may also be asked to provide a health certificate.
10. There is a fee charged for extending the period for which your visa is issued. You should try to ensure that your visa covers the full period of your intended stay in the United Kingdom.
11. If you are traveling to the United Kingdom via Amsterdam or another international airport outside of the United Kingdom, you may need a 'Transit' visa. Please check with the embassy of the 'transit' destination in your home country regarding whether or not you will require a visa.
12. The University supplies students with verification of enrolment (bona fide student letters). Bring this letter with you; you may need it.

**Please ensure that you have been given a STUDENT visa;
mistakes often cannot be rectified once you are in the United Kingdom.**

13. You should keep some items with you in a folder in your bag or carry-on luggage. Do not put these items in your checked luggage, as during heavy travel periods your luggage may take a detour. Additionally, many of these items are required at check-in for your flight (Please see Pre-Departure Checklist).

15. Luggage: All airlines have guidelines for the number, weight, shape, and size of carry-on and checked baggage.

Make sure your carry-on does not exceed the size limitations. You will be charged for additional weight.

- American Airlines has a “box embargo,” meaning that nothing can be brought in a cardboard box; find a duffel bag or some other luggage to put the box into.
- British Airways considers a purse or laptop case a piece of hand luggage. If you have an additional carry-on, you will need to put your purse or laptop case inside of it to board the plane.
- Remember to contact the airline of your choice for details before leaving for the airport. Call the particular airport of departure for this information. General airline numbers may not provide accurate information.
- Contact the British Embassy, High Commission, or Consulate in your country to find out what you can and cannot bring into the United Kingdom (for example, foodstuffs) or find information for travelers entering the United Kingdom at hmrc.gov.uk/customs.

Don't forget to check with the airline for specific regulations concerning baggage limitations.

PRE-DEPARTURE CHECKLIST

Make sure you have made all arrangements for:

- Immigration (includes obtaining passport and any visas that may be required)
- Travel
- Money to cover both short-term and long-term expenditure
- Health insurance coverage
- Chest x-ray (if applicable)
- Record of vaccination history
- Medical/dental check-up
- Travel insurance
- Personal belongings insurance (although this can be arranged upon arrival)
- Passport photos, a few of which will be required at the start of term
- Banking: Ask your home bank about transferring money and obtain a reference letter from them; this may help you in setting up a UK bank account

In your hand luggage (labeled with your name and address in Newcastle), pack the following items:

- Your travel tickets
- Passport, as well as any student and transit visas necessary
- ID from your home country bearing your home address
- University letter (original) of unconditional acceptance into a full-time program of study
- Confirmation of your accommodation including full address and telephone number
- Documentary evidence that you can meet the cost of your program of study and your living expenses (for example, evidence of a scholarship, sponsorship, or banker's draft)
- Travel insurance documents
- Evidence of a recent medical check-up and chest x-ray (if recommended on the application for your visa)
- Cash in notes and coins for buying bus, train, and metro tickets; Traveler's checks or credit/debit cards to use while waiting to set up a bank account
- CPR/First Aid certification cards, if applicable (If you are currently CPR/First Aid certified, be sure to bring your cards with you. Certification is required for all medical students. Certification is provided by the School within the first couple of weeks in the term, but a fast track alternative is offered for students with current certification.)
- Any prescription medications, with a letter of explanation from your physician

Upon arrival in Newcastle, you will be met and taken to your accommodation.

- Ring the emergency number (07982 471181) if you are delayed
- Let your family and friends know of your safe arrival
- Attend the orientation program

PREPARATION, TRAVEL, AND ARRIVAL

At the Airport

Most international students enter the United Kingdom via Heathrow or Gatwick Airport. We recommend that you travel by air onto Newcastle International Airport if you land at one of these airports. It is also possible to fly to Newcastle via an international airport such as Amsterdam, Paris or Berlin.

At passport control, you will need to show your passport, your entry clearance (visa), your offer letter from the University, and possibly your bank statements. Please ensure that these documents are in your carry-on luggage. You should explain to the immigration officer on duty that you are entering the United Kingdom to study and show him/her evidence in the form of your offer letter. The immigration officer may request that you undergo a medical examination and chest x-ray. This is a formality and nothing to get too concerned about.

Allow plenty of time for onward connections to Newcastle; there are often queues at passport control. Once you arrive in Newcastle and have gone through customs, you will be greeted by the Orientation Team members of Northumbria University and accompanied to your accommodation.*

If you encounter travel difficulties while en route, call the following emergency number: 07982 471181

If you have any questions before leaving, please call your admission counselor:

US/Canada: 1 (800) 899-6337, ext. 9 1210

United Kingdom: 0800-1699061, ext. 9 1210

All others: +1 (631) 665-8500 ext. 9 1210

Registering with the Police

The sticker or stamp that the immigration officer or entry clearance officer puts in your passport will also tell you whether or not you have to register with the police. Currently nationals of the following countries or territories are required to register with the police:

Afghanistan, Algeria, Argentina, Armenia, Azerbaijan, Bahrain, Belarus, Bolivia, Brazil, China, Colombia, Cuba, Egypt, Georgia, Hong Kong, Iran, Iraq, Israel, Jordan, Kazakhstan, Kyrgyzstan, Kuwait, Lebanon, Libya, Moldova, Morocco, North Korea, Oman, Palestine, Peru, Qatar, Russia, Saudi Arabia, Sudan, Syria, Tajikistan, Tunisia, Turkey, Turkmenistan, United Arab Emirates, Ukraine, Uzbekistan, and Yemen.

If you are required to register with the local police, please come to the Academic Office in Drill Hall or visit an international student advisor in Student Services where you will receive more information on how to do this.

Note: Registration is within seven days. The form is available from the Academic Office.

**If, due to a miscommunication, someone does not meet you at the airport, take a taxi to your accommodation address (Winn Studios Residence, 17 Stoddart Street, Newcastle upon Tyne. NE2 1AN) and save the receipt.*

WHAT TO PACK

Most of the items listed below are widely available in Newcastle at reasonable prices. You may choose to pack some or all of these items, particularly if there are specific brands that you prefer from home.

School Supplies

- Sturdy backpack (Something that can survive four months of hauling heavy textbooks around)
- Notebooks, pens, paper, highlighters, 2-inch binders, colored pens, pencils (no. 2 for exams), index cards, three-ring binders and three-ring hole punch if you prefer (usually only two-ring binders are sold in the United Kingdom)
- Ear plugs for studying and sleeping (These may also be purchased at Boots the Chemist or most pharmacies)
- Day planner
- Personal calculators with square root function (Expensive calculators are unnecessary for undergraduate, graduate, veterinary medical, and medical students)
- Medical students need lab coats and scrubs

Clothing

- Adequate wardrobe for four months of campus life
- Comfortable walking shoes, sneakers, rain boots, flip-flops for showering at the gym
- Warm coat, light jacket, waterproof jacket
- Plenty of layering pieces (Sweatshirts, sweaters, and so forth)
- A jacket/tie or dress/skirt for the White Coat Ceremony
- Professional attire during clinical skills or when representing the University at events
- Dress is casual in Newcastle; however, people do get dressed up to go out on the weekends

Daily Health Care

For those coming from outside of the United Kingdom:

- Be sure to have your Health History form completed and submitted to the Student Health Records Department six weeks prior to registration;
- If you are on any medication, it may be wise to bring enough to last through the semester (Particular medications you require may not be covered under the NHS);
- Contraceptives are available through the NHS, although you will need a prescription (It is advisable to bring sufficient supply with you if you want to stay with your particular brand);
- If there are over-the-counter products that you prefer, bring them with you (Brands in the United Kingdom have different names; for example, Tylenol is called Paracetamol).

Important Miscellaneous Items

Most personal care items, electronics, and housewares listed below are available in Newcastle and are reasonably priced. In order to comply with luggage restrictions, you may prefer to purchase these items upon arrival. If you decide to bring electrical equipment with you, make sure it can be compatible with UK standards: 240 volts, 50 hertz, three-pin square plugs.

- Hangers, a laundry bag (many students use a duffel bag as both luggage and a laundry bag)
- Power strip/surge protector
- Transformer: For those coming from North America, transformers are essential (The 220 voltage in the United Kingdom will destroy electrical appliances designed for 110 voltage use. Please note that when purchasing a transformer overseas, "UK" voltage differs from "European" voltage.)
- Socket converter: Sockets in the United Kingdom are three-pin square sockets
- Sunglasses
- Travel clock
- Telephone, if you are planning to have one installed (Most students now buy a cellular phone once they arrive in the United Kingdom)
- First aid kit and clippers*
- Sewing kit (scissors,* needle, thread, buttons, pins, and so forth)
- Contact lens supplies or extra pair of eyeglasses/prescription sunglasses
- Specific or preferred brands of toiletries, health, and beauty aids (such as razors,* shampoo, and so forth)

Family Packing

Remember to pack rainproof and warm clothing, including hats, gloves, and scarves. Baby needs are reasonably priced in Newcastle.

Sport and Recreational Items

Most sporting facilities are available at Sport Northumbria on the NU campus, and sporting equipment is available for rent. Athletic shoes are recommended. Rollerblades are not recommended due to cobblestones and uneven pavement.

**If traveling by air, do not carry any sharp items, including nail clippers or aerosol sprays in carry-on luggage; they will be confiscated at the airport. Liquids should be packed in luggage which is going into the hold, not cabin luggage.*

WELCOME TO NEWCASTLE AND THE UNITED KINGDOM

The United Kingdom is made up of four individual countries: England, Scotland, Wales, and Northern Ireland; each have their own unique heritage and culture. The United Kingdom has a total population of around 63 million people, around 53 million of whom live in England.

The official language in the United Kingdom is English, although Welsh and Celtic languages are still in use in certain areas. The United Kingdom is a multicultural society; it is not uncommon for a wide variety of world languages to be used in the home and on the street. English has a number of regional accents, with the 'Geordie' accent being widely used in the Newcastle area. Don't worry about this; your ears will soon adapt to the different sounds.

Newcastle is a relatively small but culturally and economically thriving city surrounded by some of the most beautiful countryside in England.

More than 40,000 students already live here (that's about one in seven of the population), which makes students pretty important in the scheme of things.

It's students who make Newcastle such a vibrant, modern, youthful city, renowned for its nightlife, sport, entertainment, shops, and, last but not least, its friendliness.

City Center

Newcastle is one of the finest classical cities in Europe, with large areas of the city center made up of buildings listed for their architectural and historical significance. Just over the River Tyne, Newcastle's neighbor Gateshead is home of the Angel of the North, the Millennium Bridge, Baltic Center for Contemporary Art, and the world famous Sage Gateshead.

With several theaters, including the Theatre Royal, home to the Royal Shakespeare Company for a season every year, cinema complexes, classical music, and dance venues, there's plenty to do and see. For film fans, the Tyneside Cinema has earned its national reputation as a leading venue for alternative films.

Music venues include the City Hall, Metro Radio Arena, and Sage Gateshead music center, an outstanding facility for all kinds of live music and a pioneering center for music education.

Nightlife

Newcastle has lots of bars, restaurants, pubs, and clubs, from the glamorous Quayside and the City Center where you can find the glass-fronted Gate development, home to a multiplex cinema, and a multitude of restaurants and bars, to trendy Osborne Road in Jesmond, a perfect place to sit outside in the summer and enjoy a glass of wine. There are plenty of restaurants and coffee shops to suit all tastes, cultures, and bank balances. Grey Street—as featured in numerous national adverts—has a fantastic variety of pizzas, pastas, and other great restaurants.



Life Science Center

An innovative exhibition combined with working laboratories aims to educate visitors in the origins of life, DNA, and the human body in a fun, educational, and entertaining way. The center is making a major contribution to the public understanding of science to raise young people's interest in science education and assist schools in the region in developing inspirational science for their students.

Festivals

Newcastle is a city of festivals and entertainment, with local events all year round. There are festivals for comedy, dance, film, literature, and jazz, which includes the Free Festival of street entertainment and the Irish Festival.

Sports

Sports fans can look forward to football, rugby union, international athletics, professional tennis tournaments, basketball, ice hockey, and first-class cricket. The city hosts the Great North Run, Europe's biggest mass-participation road race with 30,000 runners turning out every September. Of course, there is also St. James' Park, home of Premier League football club Newcastle United.

Shopping

If it's retail therapy you're looking for, Newcastle has one of the most varied and successful shopping centers in the United Kingdom, which includes great British brands such as Topshop, River Island, All Saints, among hundreds of others, and Gateshead's enormous Metro Centre is just across the River Tyne.

**All types of food are available in Newcastle.
You will find a wide range of grocery stores,
from gourmet specialty shops to large discount supermarkets.
The most popular stores are Tesco, Morrisons, Sainsbury's,
and Marks and Spencer.**

LOCAL TRANSPORT INFORMATION

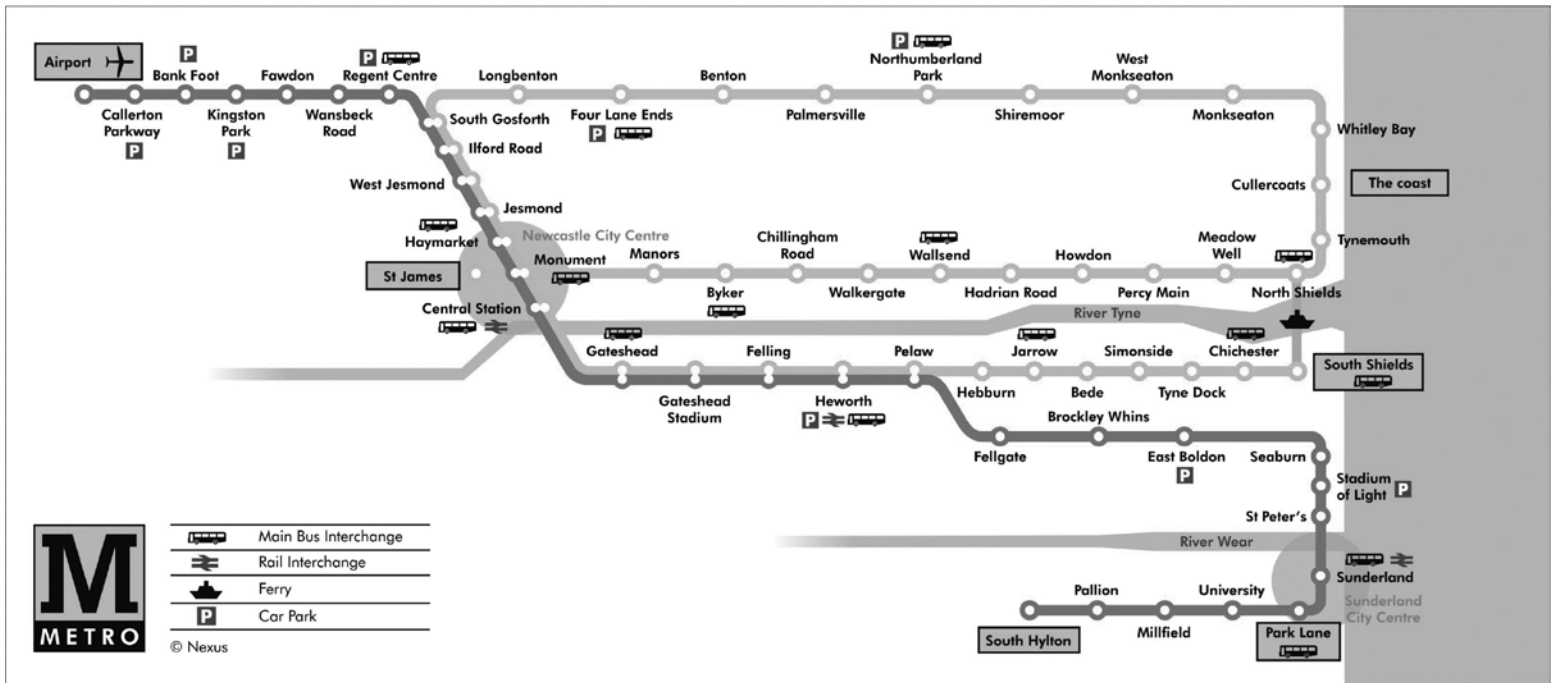
The Metro is Tyne and Wear’s own light rail system with 60 Metro stations serving Newcastle, Gateshead, Sunderland, North Tyneside, and South Tyneside.

Metro stations are conveniently located for easy access around Tyne and Wear, situated in the heart of both Newcastle and Sunderland City Centers. There are also Metro stations located near the main university/college campuses, and many of the students’ accommodations and student areas.

The Metro is fast, frequent, and a great value, especially for students. There are various ticket options for students, but perhaps the most cost-effective is the Metro Student Card that is available to buy per semester, entitling students to unlimited travel, either within the Newcastle and Sunderland areas, or the whole system, depending upon the chosen option.

Metro Student Cards are available from any Nexus Travelshop. Call Traveline at 08712002233 for all passenger transport information.

Metro and bus information can be found at nexus.org.uk/metro/guide.



ABOUT NORTHUMBRIA UNIVERSITY



Northumbria University is a large metropolitan university, first established as a polytechnic institution in 1969, and inaugurated as a university on September 1, 1992. There are just over 32,000 students, of which 3,300 are overseas students.

History

Newcastle Polytechnic was formed in 1969 from the amalgamation of three regional colleges: Rutherford College of Technology, the College of Art Industrial Design, and the Municipal College of Commerce. These colleges had origins which were deeply rooted in the region. The practical and vocational training needs of local industry had stimulated the development of relevant post-school education as far back as the 19th century.

Building on these firm foundations, Newcastle Polytechnic became one of the leading institutions of its type in the United Kingdom. It became a major center for the initial training of teachers with the incorporation of the City College of Education in 1974, and subsequently the Northern Counties College of Education in 1976.

In 1976, Newcastle Polytechnic, which already offered nurse training, began occupational therapy and physiotherapy training. In 1995, the incorporation of the Bede, Newcastle, and Northumbria College of Health Studies was transferred into the University.

A book providing a detailed account of the history of Northumbria University has been published by Northumbria University Press. *Rutherford's Ladder: the Making of Northumbria University, 1871-1996* charts the history of Northumbria University and the academic institutions from which it was created.

Newcastle City Center Campus

The City Center Campus site houses the administrative center of the University, the main library, the Students' Union Center, and the Student Services Center, as well as the bulk of teaching accommodation.

The City Center campus was the location for an exciting research project, funded with grants from the European community and from industry. The entire south-facing facade of the Northumberland Building has been clad with solar panels. The panels are intended to provide a significant portion of the building's power needs. This experimental use of potential alternative power sources for city centers is the northern most of its kind in Europe.

The University has contributed considerably to the regeneration of Newcastle's City Center, having refurbished a variety of old buildings adjacent to or close to its City Campus. These include student accommodation at Garth Heads, Art Conservation housed in Burt Hall, the state-of-the-art IT and teaching facilities in the Trinity Building (a deconsecrated church), and Drill Hall. Another example is the old Dental Hospital, a 19th century building which was renamed Sutherland Building and houses University offices.

Coach Lane Campus, Newcastle

The suburban campus at Coach Lane, about three miles east of the center, was the home of the Northern Counties Teacher Training College. The new £18-million campus provides learning and teaching facilities for approximately 5,000 students from the University's teaching, health, and social work-related courses.

The new campus, located on a 27-acre site, incorporates teaching and seminar rooms, staff accommodation, and the Learning Resources Center, within which library and computing systems will be fully integrated.

The buildings, which blend well into the open space environment of the locality, are predominantly three-story with some two-story sections. Solar shading is provided to southerly-facing facades to reduce heat gain, and some areas of glazing have been reduced to minimize traffic and pedestrian noise. The buildings are designed to be heat-efficient and environmentally friendly. The surrounding area has been attractively landscaped.

Carlisle Campus

In 1992, the University expanded into Carlisle via a partnership agreement with the City Council, when the Carlisle Campus was opened. The resulting refurbishment of listed city center buildings was awarded the British Urban Regeneration Association's Best Practice Award for 1995. Students in Carlisle studied programs in business and management, social sciences, and humanities. In September 2004, ownership of this campus was transferred to the University of Central Lancashire.

UPON ARRIVAL ON CAMPUS

Registration Check-In

Before departing for the UK, you should have viewed your Self Service Student account to see if you have clearance for registration check-in. If you have holds on your account, please follow the instructions provided by the Office of the Registrar.

You will be provided with pre-registration forms that must be completed and submitted prior to arriving on campus. If you have not done this, you will need to bring these forms with you to check in.

At registration check-in, your clearance status will be verified. Once you are cleared to complete your registration, you will be given instructions regarding collection of your textbooks.

If you have a physical or learning disability for which you may seek special consideration during matriculation at St. George's University, you must bring appropriate documentation of this condition with you at the start of term to make an application to the Dean of Students for accommodation. For further guidance regarding this process, academic accommodations at St. George's University and the supporting documentation requirements, please visit sgu.edu/disabilities.

You will need to enroll onto the Northumbria University DipHE Medical Sciences program following instructions provided by Northumbria University. In addition, you will have your photo taken for a Northumbria University Student ID that will also be used to produce a St. George's University School of Medicine Student ID. The St. George's School of Medicine ID will be provided to you within a few weeks from the start of the term. All enrolment takes place in the Northumbria University Library (see your Orientation Schedule for specific details).

HEALTH

Health Insurance

All St. George's University, students must maintain continuous and adequate health insurance, and must confirm coverage if they opt to waive out of the SGU sponsored program. Students can purchase health insurance privately or they can purchase the school-sponsored health insurance policy offered through Worldwide Expatriate Association (WEA). Although students can utilize the UK National Healthcare System, it does not fulfill the requirement for enrollment in St. George's University. NHS coverage is not comprehensive; for example, the NHS does not cover pre-existing medical conditions or out-of-country medical expenses. Students may enroll in the University plan, which offers comprehensive, affordable health insurance providing a wide range of protection, including major medical insurance and air ambulance coverage, or enroll in any other program which provides them with comparable protection. All plan information and instructional information is posted under the Student Services section of MySGU on the SGU website.

Registering with a General Practitioner

You should register with a local General Practitioner (GP) as soon as possible after you arrive and have a permanent address. Following registration you will be sent an NHS medical card with an NHS number and you should take this with you whenever you see your doctor.

The Saville Medical Group, 7 Saville Place, and Lloyd-Jones and Partner, University Medical Center, Claremont Road are both adjacent to City Campus; however, you might prefer to find a GP nearer to where you live.

You will be supplied with a list of local GP in your Welcome Packet, as well as information about local hospitals, walk-in centers, dental practices, and opticians.

To register, visit the practice during consulting hours, and bring your passport and a letter from the University confirming that you are a full-time student.

When you are there, find out what times the surgery is open, and whether you need to make an appointment or can just drop in. There should also be an out-of-hours number which you can ring if you need medical attention. A doctor will only visit you at home if you are too ill to leave your bed.

Out-of-Hours Service

Telephone: 111

Emergencies

In a medical emergency, you should either telephone for an ambulance by dialing 999 (the call is free), or get someone to take you to the nearest hospital. Accident and emergency services are free in the first instance.

NHS Direct

NHS Direct is a 24-hour nurse-led telephone service that is free and run by the NHS. It provides information on diagnosis and treatment of common conditions, as well as gives advice on what to do if you're feeling ill and not sure what to do. NHS Direct can also give you details of local services from late-night pharmacists to emergency dentists.

NHS Direct

Telephone: 08454647 (being phased out); 111 (new)

Walk-in Centers

Walk-in centers are nurse-led walk-in medical centers; no appointment is needed. Drugs may be prescribed and you may also be referred to a specialist, if necessary.

Westgate Walk-In Centre

Westgate NHS Walk-In Centre, Westgate Road, Newcastle upon Tyne, NE4 6BE

Open 8:00 am to 8:00 pm seven days a week

Telephone: 0191 282 3000

Molineux Street Walk-In Centre

Molineux Street, Byker, Newcastle upon Tyne, NE6 1SG

Open 8:00 am to 8:00 pm Monday through Friday

Telephone: 0191 275 5862

Prescription Medicines

If the doctor decides you need medicine, he/she will give you a prescription. Take the prescription to a chemist's shop where there will be a pharmacy. You can expect to pay a fixed amount of £7.85 for each medication.

Community Pharmacy

Community pharmacies are open longer than your GP. They are often open on weekends, and may be open late at night or on a bank holiday. Pharmacists are qualified medical professionals and can give you advice about common symptoms, medicines, and healthy living.

Dentist Services

You can register with a dentist in the same way you register with a GP. Find a dentist, ring them to check that they offer NHS treatment, and ask them to add you to their list. You can contact NHS Direct or visit the website to find out which dentists in your area are accepting new patients. (Note that some dentists only accept private patients who pay for the full cost of their treatment.)

You need to make an appointment in advance, and you must notify the receptionist if you cannot keep your appointment, otherwise a cancellation fee may be charged. Almost everyone in the United Kingdom has to pay something toward the cost of dental treatment, even for regular check-ups. If you are eligible for NHS treatment, you can receive your dental treatment at a reduced rate.

Optician Services

Cost of an eye test varies. There are many special offers from booking online for a free test to a traditional optician who can charge up to £17.

Meningitis

While in the United Kingdom, you should be aware of a medical condition called meningitis. It is a rare but serious illness, caused by inflammation of the lining of the brain, and can occur among young people.

While you should not be too concerned about meningitis, you should take the precaution of familiarizing yourself with the most common symptoms.

Further information on meningitis and its symptoms will be given at the International Induction.

For more information, please go to the Meningitis Trust website, as listed in Important Websites on page 4.

Prenatal Care and Delivery

Pregnancy tests are available through family planning and GP services in Newcastle. Home tests can be purchased at large supermarkets and the chemist.

Prenatal and maternity care is arranged through your GP, who will refer you to a midwife, and schedule regular hospital check-ups.

Delivery and obstetrical emergencies are handled in the hospital.

Pregnant individuals seeking air travel may be turned away by an airline after the seventh month of pregnancy due to increased risk of premature labor. If you will be leaving the United Kingdom for delivery, plan ahead. Call your airlines about current regulations regarding the transport of pregnant passengers.

Sexually Transmitted Diseases

If you begin a sexual relationship, make sure you understand the risk of catching sexually transmitted diseases and how to reduce that risk. This is important for both men and women. Some sexually transmitted diseases can be easily treated with antibiotics, but HIV/AIDS can be life threatening, so make sure you follow advice for reducing the risks. You can get confidential advice and information from your doctor or specialist drop-in clinics.

AIDS Advice Terence Higgin's Trust's National Helpline

Open 10:00 am to 10:00 pm Monday through Friday; 12:00 pm to 6:00 pm Saturday and Sunday

Telephone: 0845 122 1200

Newcastle GUM Clinic

Newcastle Sexual Health Centre and Gum Clinic, New Croft House, Market Street East, Newcastle upon Tyne, NE1 6ND

Telephone: 0191 229 2999

Drugs

In the United Kingdom, it is illegal to use controlled drugs except under medical supervision.

If you do use illegal drugs, however, and you develop a problem with substance misuse, please contact one of the following resources for confidential advice:

Turning Point

Telephone: 0207 481 7600

Frank

Telephone: 0800 776600

Website: talktofrank.com

North East Council on Addictions

Website: neca.co.uk

Alcohol

Anyone over 18 years old can legally buy and consume alcoholic beverages in the United Kingdom.

If you think you might have a drinking problem, you should seek assistance from:

- your student counselor
- your doctor
- Alcoholics Anonymous (Telephone: 0808 802 1221)
- www.neca.co.uk
- www.alcoholconcern.org.uk

Mental Health

When you are away from support networks of family and friends, problems can become harder to deal with. At times of change, you can become subject to new and unfamiliar feelings that are not always good, and can be painful or frightening. It is important that you learn how to cope with the ups and downs of university life in a foreign country, but also know when to seek support from others.

You may be dealing with something which is temporary or associated with a particular circumstance, such as study stress, or you may have more ongoing long-term difficulties for which you are already receiving treatment. Whatever it is, you don't have to go through it on your own. One of the major problems of mental health and emotional problems is the feeling of isolation, but there are a number of people who are available to help you:

- Guidance Tutors: academic members of staff appointed as individuals you can go to if you are experiencing difficulties with your studies
- The University has a Student Support and Wellbeing Centre, located on the ground floor of the Northumberland Building on City Campus. The Student Support and Wellbeing Centre is there to provide you with a range of different types of advice and support, including counselling and mental health support. The Student Support and Wellbeing Centre is open on weekdays—from 9:00 am–5:00 pm (Monday to Thursday) and 9:00 am–4:30 pm (Friday). More information about the services available can also be found at northumbria.ac.uk/ssw.

CONTACTS AND LINKS OUTSIDE OF THE UNIVERSITY

Mental Health Matters Helpline

6:00 pm–6:00 am, 7 days a week

Telephone: 0845 601 2457

MINDinfoLine

Telephone: 0300 123 3393

Website: mind.org.uk

Samaritans UK National Helpline

Samaritans UK National Helpline offers emotional support through a telephone helpline, email response service, and face-to-face service located at 15 Portland Terrace, Jesmond.

Telephone: 0845 790 9090

Telephone: 0191 232 7272 (Newcastle Branch)

Website: samaritans.org.uk

Keeping Healthy

The best way to stay healthy is to eat sensibly, exercise regularly, and make sure you get enough sleep. Try to eat something from each of the following categories every day:

- fresh fruit, vegetables
- bread, potatoes, rice, noodles, pasta
- protein (such as beans, lentils, eggs, fish, or meat)
- dairy (such as milk, cheese, yogurt, or fortified soya products)

Try to get some exercise several times a week. Practice your favorite sport or learn a new one. If you do not like sports, try an exercise class, go dancing, or go for a long walk.

Traveling to a new country with a different climate and different food can cause small health upsets. You may develop minor illnesses such as coughs and colds, but don't be alarmed; such problems are easy to treat. Make an appointment to see your doctor if you are concerned, or speak to a pharmacist and remember to explain any changes in lifestyle that might be affecting your health.

Health Care Checklist

- Register with a doctor and dentist as soon as you can.
- Ask your doctor to immunize you against meningitis.
- Eat a balanced diet and get regular exercise.
- If you are worried about your health, talk to your doctor or student counselor.
- Arrange any necessary insurance, either before you leave home or as soon as you get to the United Kingdom.

BANKING

Opening a bank account should be one of your first priorities after settling into your accommodation. It is important to discuss with your bank at home how to transfer funds into your UK bank account, as there can be delays when clearing a personal check drawn on a bank outside the United Kingdom. You will also need to find out how much you can bring into the country in cash or traveler's checks and choose which will best suit your needs while remembering the risk involved with carrying large amounts of cash. Make arrangements well in advance.

The four major UK banks are LloydsTSB, Nat West, HSBC, and Barclays, but there are others like the Royal Bank of Scotland and Yorkshire Bank. They compete for student accounts, so it's best to explore the incentives of offers from each before making a decision. Bank opening hours vary but all are open Monday through Friday from 9:00 am to 4:30 pm, some are open Saturday mornings and all are closed on Sundays. Money can be changed at a Bureau de Change, usually at a travel agent or in a store like Marks and Spencer which is open on Sunday. There are also many cashpoint machines (ATMs) in the United Kingdom where you have access to cash 24 hours a day.

Opening a Bank Account

Student Services publishes a leaflet for international students entitled Opening a Bank Account.

You may find that some banks in your country have links with a UK bank which will simplify the transfer of money and enable you to use a cashpoint; however, it is unlikely that you will be able to open a bank account prior to your arrival in the United Kingdom.

To open a bank account in the United Kingdom, you will need a passport and proof of your UK address. You will be given a form in your Welcome Pack to complete for an 'introductory bank letter', please complete the form and return it to the Academic Office. Banks will ask for confirmation of your address in your home country. Please note that PO Box addresses or agent's addresses are not acceptable. Check that you can transfer funds into the account from outside the United Kingdom, and if you have a credit card, ensure it can be used in the United Kingdom as it's unlikely that a UK bank will issue you with one.

Most banks will offer international students only basic banking services, such as paying in and withdrawing cash, and paying bills by direct debit or standing order. You will be given a cash card so that you can withdraw money from a cashpoint but only if you have available funds; credit will not be available. If you require more than this you will need to find a bank that is prepared to extend what is on offer. Investigate different options carefully and then shop around to find the bank that offers the most advantageous deal.

If you enter the United Kingdom with a large sum, it will be of benefit to open a deposit account on which interest is paid gross, free of tax. A form will need to be completed to ensure that tax is waived and the bank should be able to provide this. You can then transfer funds from this account into a current account when necessary.

HOUSING

Winn Studios Residence

KBTGSP students will be housed together in the Winn Studios Residence building, which opened in September 2011. All entering students, with few exceptions, are required to live in University housing for their entire year in the UK. Married students may be exempt with authorization from the housing office.

Only a five- to 10-minute walk from the City Campus and a scheduled stop on the Northumbria University bus service (providing free travel to all students and staff between the two Newcastle campuses), Winn Studios Residence is a seven-story apartment building with lift access to all floors that incorporates many green and energy-saving techniques.

KBTGSP students have individual bedrooms in self-contained apartments (flats) for groups of four to 10 students each with own en suite: shower, toilet and wash hand basin. All bedrooms are furnished with a small double bed (4ft x 6ft 3in), a drawer unit, wardrobe, desk, desk chair, bookshelves and full-length mirror.

Each flat has a shared kitchen/living room equipped with cooker, fridge/freezer, sink, workspace and cupboards, breakfast bar and stool or table and chairs, sofas, and a coffee table. An iron, ironing board, toaster kettle, vacuum cleaner, mop and bucket, and dust pan and brush are provided. Residents are responsible for cleaning and need to provide their own cooking equipment, crockery, and bedding.

There is a launderette and cycle store on-site. The housing fee includes fuel costs and possessions insurance*. Each room has individual electric panel heaters on manual two-hour timers and each flat has an electricity sub-meter. Meter readings will be taken periodically. The University reserves the right to levy further electricity charges where consumption is excessive.

Students can connect to the Internet in their room via a cable. The basic level service is included in the rent and upgrades can be bought from the service provider. Further information can be found at studentcom.co.uk.

Information regarding the Winn Studios Residence is available on the Northumbria University website at northumbria.ac.uk/brochure/facilities/acc/halls.

Alternative Housing Options

In the event you are eligible to live off campus, the KBTGSP Housing Liaison can advise you regarding alternative housing options. This housing is not sponsored by the University and students are cautioned to be aware of liability when entering into a rental agreement.

*For more information see cover4students.com/blockhalls.

CAMPUS LIFE AND SERVICES

Students' Union

The Students' Union is an organization run by students which represents students on a range of issues. The Students' Union building is the base for many social activities, special interest societies, and events. Based in the heart of the city campus, the main Students' Union building offers a variety of places to eat, bars, and shops.

Every student registered at the University has the right to join the Students' Union free of charge, and in doing so, will receive a Students' Union card, offering many discounts in bars, restaurants, shops, and attractions.

The Sports Center

'Sport Northumbria' coordinates a huge range of exercise and sporting opportunities on and off campus. The Sports Center itself is well equipped with sports halls catering to many sports, from table tennis to five-a-side football and use of fitness suites.

To learn more about 'Team Northumbria,' visit nusportcentral.com.

Student Support and Well Being

The University has a Student Support & Wellbeing Centre, located on the ground floor of the Northumberland Building on City Campus. The Centre is there to provide you with a range of different types of advice and support, including:

- counselling and mental health support
- disability and dyslexia support
- advice about financial issues
- international student support and advice, such as advice on your visa or about living in the UK.

The Student Support and Wellbeing Centre is open on weekdays—from 9:00 am–5:00 pm (Monday to Thursday) and 9:00 am–4:30 pm (Friday). You can also access these services by talking to a member of staff at the Coach Lane Library. More information about the services that are available can also be found at northumbria.ac.uk/ssw.

The Student Support and Wellbeing teams also organise two specific projects which you might be interested in:

- One Planet is an exciting programme of events and activities for all students organised jointly by Student Support and Wellbeing and the Students' Union. Visit mysu.northumbria.ac.uk/studentactivities/oneplanet1 for more information.
- Friends International is a student friendship project and a volunteer opportunity which aims to help new international students make friends with students from all over the world. For more information, visit northumbria.ac.uk/sd/central/stud_serv/sws/friendsint

Library

The main University library is on the City Campus, but there is also a library at Coach Lane, catering to the programs based there. The libraries offer a wide range of services.

For more information, visit northumbria.ac.uk/sd/central/library.

IT Services

Northumbria leads the way in information technology after being named the United Kingdom's 'Most IT-Enabled Organization' in the Computing Awards. It offers:

- Up-to-date Faculty IT labs with specialist facilities and printing in every lab
- Up-to-date open access IT areas that open early, close late, and are available on weekends, giving you access to a wide range of standard software including Microsoft Office, statistical software, and bibliographical tools
- Informal IT areas in the Students' Union, cafes, and Library Learning cafes
- Wireless Network: free, no registration process to connect your laptop to the University network and the Internet, 'hotspots' all over the campus, wireless printing facilities
- Wireless laptops for loan-use anywhere in the libraries
- Your own Northumbria email account
- A lot more than email with a system based on Microsoft Outlook
- Ample space on a server to store your files
- Online Library Catalogue: See what books are available, what you've borrowed, and when it's due back
- NORA: your library search engine for high-quality academic databases and e-journals selected to support your studies
- Nomad IT access points in foyers for quick checks of your email, timetable information, and so forth
- Work at home with the remote access service
- Help with IT person-to-person and by phone, email, text message, and online

ISoc

ISoc, the Society for UK and international students, is one of the many societies you can join at Northumbria. The Society is open to all students and organizes trips and events throughout the year to bring students from diverse backgrounds together.

Karaoke, film evenings, trips to London, the Roman Wall, and Alnwick Castle where the Harry Potter movies were filmed are just some of the activities which have been organized by ISoc. Why not join them? It costs just £5 to join. More information on ISoc will be given during orientation.

DAY-TO-DAY LIFE IN THE UNITED KINGDOM

Part-Time Work

St. George's University prohibits students from taking on paid work due to the intensive nature of study in the medical program.

Married Students with Dependents

If you have a husband or wife with you, and he/she holds a dependent's visa, and your visa is for 12 months or more, your husband or wife will be allowed to work, providing you are not prohibited.

Day-to-Day Expenses

Day-to-day living costs vary from one individual to another, but you should ensure that you are fully able to support yourself in the United Kingdom, which may be more expensive than your own country.

What to Expect

A single student is likely to need approximately £600 per month for basic living expenses such as rent, food, and travel. Married students should allow approximately £760 per month with a further £120 per child if necessary. Prices will vary according to where you shop and what your individual requirements are, but the following examples may help you to budget for your stay:

Annual Expenses

Stationery	£40
Ring binder	£2
File dividers	£1
Lined paper pad	£1.50
Pens	£1
Correction fluid	£1.25
Highlighter	£1
Hole punch	£2
Stapler	£2
Clothing	£100–£300
(Depending on how much you bring.)	

Daily Expenses

Newspaper	25p–£1
Magazines	60p–£3.50
Paperback book	£5–£10
Cigarettes	£7+
Inexpensive restaurant meal	£6.50–£12
Meal on campus	£1.50–£5
Coffee	£1.50
Tea	£1.50
Soft drink	£1.20
Spirits per measure	£2
Beer per pint	£3
Wine per glass	£4+
Cinema ticket	£5.50–£8
Theatre ticket	£10–£30
Concert ticket	£5–£30

Shopping in Newcastle and Gateshead

Newcastle has excellent shopping facilities, catering to all budgets and requirements. Most large stores are open seven days a week (9:00 am to 5:30 pm Monday through Saturday with late-night shopping until 8:00 pm on Thursday, 10:00 am to 4:00 pm on Sunday). The Metro Centre in Gateshead has extended hours of operation Monday through Saturday and similar opening times on Sunday.

In the United Kingdom, shops tend to be referred to by the type of goods they sell. The following list is a useful guide:

Supermarkets: The main products are food, drink, and household goods. Prices are competitive, particularly if you choose specific brand goods. The leading supermarket chains are Tesco, Asda, Morrisons, and Sainsbury's with Lidl and Aldi selling a more limited stock but often very cheaply.

Markets: Main products can be anything from fresh fruit, vegetables, and meat to clothes, household goods, and children's toys. They are often held outdoors and usually are cheaper than supermarkets. A good indoor market in the town center is the Grainger Market (off Grainger Street, near the Monument Metro Station) which is open every day except Sunday. A market is held on the Quayside every Sunday. This is a good place to buy clothes and household items.

Department Stores: Large stores on several floors selling everything from clothes, shoes, and handbags to toiletries, gifts, furniture, cooking utensils, and electrical goods. Some also sell food (like Fenwick and Marks and Spencer).

Household Goods Shops: Useful if you are looking for cushions, curtains, and bedding. There are a number of household goods shops in the city center such as Primark, BHS, John Lewis, and Next, all of which sell clothes and shoes, too.

Clothes Shops: An enormous range to suit every budget, most of which can be found in Eldon Square, Northumberland Street, New Bridge Street, and Grainger Street. Shop around and take advantage of sales where you can find large reductions. You can also find bargains at designer outlets like the Royal Quays at North Shields, only a Metro ride away.

Second Hand Shops: Newcastle has a number of second-hand shops selling clothes, books, furniture, toys, and small gifts. Another source of second-hand goods is the classified ad section of the local papers, *The Evening Chronicle* and *The Journal*. There are also a number of charity shops in the city selling second-hand goods to raise funds for good causes (for example, Oxfam and Help the Aged).

Corner Shops: Small shops, often in residential areas, which sell a selection of food, drink, and household items. Their hours of operation are usually longer than those of shops in the city so they can be invaluable if you forget to buy or run out of something.

Some other interesting food shops you might like to visit are as follows:

- Brighton Oriental Food Store in Fenham, about three miles out of the city, sells halal meat, spices, tropical vegetables, and maize flour.
- HiYou Oriental Food Emporium 104–108 Newgate Street Newcastle has a good range of Japanese, Korean, Filipino, and Thai food. It also has a 70-seater deli serving a wide range of food.

- China Town in Stowell Street is worth a visit; in addition to the restaurants, there are good supermarkets selling Chinese foodstuffs.
- Holland & Barrett in Eldon Square, sell whole foods, soya products, health foods as well as natural supplements, vitamins, etc.
- The Grainger Market (as mentioned above).

Currency

The unit of UK currency is the pound sterling. The Euro may be accepted in larger stores in the United Kingdom.

Driving in the United Kingdom

In order to drive a car in the United Kingdom, you must ensure that you have the following:

- an MOT certificate if your car is three years old or more to prove that it's roadworthy
- adequate car insurance coverage
- a current excise license – road tax
- a valid driver's license

Wearing seat belts is compulsory for all passengers and drivers. Driving under the influence of drugs or alcohol is strictly forbidden. If you require any more information about driving in the United Kingdom, visit the following website:

DVLA website

www.dvla.gov.uk

Driver's License

You may drive on your driver's license from your own country for up to 12 months from the date you first enter the United Kingdom. If you require a license beyond that time, you must, during the first 12 months you are in the United Kingdom, apply for a provisional license, sit a UK driving test, and get a UK license. Please note that there are variations to this rule for certain nationals; please check with an international student advisor in Student Services upon your arrival.

Television License

If you use a television or any equipment that can receive a TV signal, such as laptops and mobile phones, you need to buy a TV license. Check tv-l.co.uk for details about how and where to pay, because if you are caught without a license you can receive a fine of up to £1000 (not including legal costs). Detector vans regularly check houses to which no license is issued. The current cost of a license is £145.50 for a color television and £49.00 for black and white.

Telephones

Public telephones in the United Kingdom are either coin- or card-operated. If using a card-operated telephone you need a credit card or a special phone card. Phone cards can usually be purchased from news agents, post offices, and supermarkets.

Most students find that cell phones are convenient and an affordable way to keep in touch with family and friends. There are a number of packages available depending on your usage and requirements.

Pay-Monthly Plans: Different monthly tariffs vary in price and usage, and are offered by mobile phone networks or service providers. A contract is signed, usually for a minimum period of 12 months, and bills are issued monthly.

Pay-As-You-Go Plans: Credit is bought in advance, either direct from the network or in the form of top-up cards which can be purchased at news agents, high street shops, and supermarkets. Once used up, more credit is bought to 'top-up' the phone, so no contracts or bills are involved.

There are many telecommunications shops in Newcastle, where you can shop around to find a tariff plan that suits your needs. Shops such as Carphone Warehouse and Phones 4U can advise on the best service.

Smoking in the United Kingdom

Since July 1, 2007, smoking is prohibited in all public places, including most parts of Northumbria University.

RELIGION

All of the major world faiths are worshipped in the large and diverse city of Newcastle upon Tyne.

Chaplaincy and Faith Advice

The chaplains and faith advisors offer pastoral and spiritual support to students and staff of different faiths, philosophical beliefs and value systems. Everyone and anyone within the University is welcome to contact the team, who are also available to individuals who want to talk to someone in confidence, offering a non-judgmental and independent listening ear.

The chaplains also organise events and activities each semester, such as lunches, trips and discussion groups, as well as opportunities for prayer, worship, and spiritual exploration. The team can also provide information on local places of worship—churches, synagogues, mosques, temples and Gurdwaras—as well as contact details for the University’s student faith societies.

For more information about the Chaplaincy and Faith Advice team, please visit northumbria.ac.uk/sd/central/stud_serv/chaplaincy or email sv.chaplaincy@northumbria.ac.uk

After you arrive at Northumbria University, you are also very welcome to visit the Chaplaincy and Faith Advice Centre on Floor 4, Wynne Jones Building, City Campus.

Religion in the City

Below are some of the places of worship in the city:

BAHA’I

Local Spiritual Assembly of Baha’is

30d Victoria Square
Newcastle upon Tyne, NE2 4DE
Telephone: 0191 273 8011
gatesheadbahais.org.uk

BUDDHIST

Newcastle Buddhist Centre

Third Floor, 9-11 Carloli Square
Newcastle upon Tyne, NE1 6UF
newcastlebuddhistcentre.org

CHINESE

Chinese Community Center and Temple

Stowell Street
Newcastle upon Tyne, NE1 5QN
Telephone: 0191 261 8583

GREEK ORTHODOX

St. Andrew’s Church

Newgate Street
Newcastle upon Tyne
Telephone: 0191 251 3632

There are many Anglican, Baptist, Presbyterian, Methodist, and Pentecostal churches in the city. Please contact the Chaplaincy for further details.

Telephone: 0191 227 3284
sv.chaplaincy@northumbria.ac.uk

ROMAN CATHOLIC

The Catholic Chaplaincy

14 Windsor Terrace
Newcastle upon Tyne, NE1 7RU
Telephone: 0191 239 9527
catholicchaplaincy.org

HINDU

Hindu Temple

172 West Road

Newcastle upon Tyne

Telephone: 0191 273 3364

hindutemple.co.uk

ISLAM

Newcastle Central Mosque

Elswick Road

Newcastle upon Tyne

Telephone: 0191 226 0562

newcastlecentralmosque.com/

JUDAISM

The United Hebrew Congregation

The Synagogue

Graham Park Road, Gosforth

Newcastle upon Tyne

Telephone: 0191 284 0959

northeastjewish.co.uk

SIKH

Sikh Temple

Tindal Close

Newcastle upon Tyne, NE4 5SA

Telephone: 0191 273 8011

St. George's University,
University Centre, Grenada, West Indies
c/o University Support Services, LLC, The North American Correspondent
3500 Sunrise Highway, Building 300
Great River, New York 11739



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