

Pre-arrival Pack for Exchange, Erasmus+, ISEP and IVSP Students

September 2022



Welcome to Bradford!

We're really looking forward to welcoming you to Bradford and showing you around our great campus. Within this booklet is a range of information to help you prepare for your time with us, and make the most of your experience here.

If you have any further questions, please feel free to get in touch:

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Contents

This page	<ul style="list-style-type: none">■ Welcome■ Contents■ Term dates 2022/23
Page 3	<ul style="list-style-type: none">■ Safety and Wellbeing■ Accommodation
Page 4-5	Inbound exchange student testimonials <ul style="list-style-type: none">■ Incoming exchange students' impressions of Bradford.
Page 6	Checklist <ul style="list-style-type: none">■ Before you arrive■ When you arrive
Page 7	Frequently asked questions <ul style="list-style-type: none">■ Getting to the Bradford■ Induction and Welcome Meeting
Page 8	Frequently asked questions <ul style="list-style-type: none">■ Shopping■ Banking■ Getting around
Page 9	Frequently asked questions <ul style="list-style-type: none">■ Student life
Page 10	ERASMUS+ KA107: International Credit Mobility

Semester dates 2022/23

Please ensure you arrive for the compulsory Welcome Induction for Exchange, Erasmus +, ISEP and Visiting Students on the week of the 19/09/2022 (TBC)

www.bradford.ac.uk/term-dates/

Studying Abroad at the University of Bradford: Wellbeing and Culture

Your health, welfare and safety is our number one priority at the University of Bradford. When you study abroad, your routine, culture and reactions of people around you are no longer familiar. The process of recognising, understanding, and adapting to these changes is called culture shock. In our normal environment much of our behaviour, like gestures, tone of voice, how we wait in lines (or don't wait), and interact, rely on collectively understood cultural cues. However, we don't actively pay attention to these - they're our unspoken norms. In a new country, we become more aware of these cultural subtleties because they are different from our norms. You may not literally be shocked, but this act of feeling disoriented and processing new ways of life, attitudes, and cultural norms is a culture shock. For more information about culture shock, please see:

www.gooverseas.com/blog/how-to-deal-with-culture-shock-while-studying-abroad

The University of Bradford has a dedicated team to help you

Your first contact point is the International Opportunities Team; we are here to advise and support you. Find our contact details on page 2.

If you are feeling unwell, with anxiety or any other symptoms that might cause you concern, you can reach out to the University of Bradford counselling service. There is telephone help and support available via the Counselling and Mental Health Service (unibradford.ac.sharepoint.com/sites/counselling-service-intranet), you can also email (counselling@bradford.ac.uk) or register with them directly. For more information, please visit www.bradford.ac.uk/counselling.

Accommodation

You will need to arrange your own accommodation for when you arrive in Bradford. The Green is the University of Bradford's on-campus accommodation and is available

for incoming exchange students staying for one semester or a full year. The Green is located just a few minutes from the main campus buildings and library, as well as a short walk from the city centre.

How do I book my accommodation?

For students staying the full year, you can book your accommodation directly on www.wearehomesforstudents.com/student-accommodation/bradford

What if I have a problem with my accommodation?

Any queries about accommodation should be sent to thegreen@wearehomesforstudents.com and copy studyabroad@bradford.ac.uk into the email.



My experience - Exchange students in and around Bradford



"Centenary Square is a place that can't be missed in Bradford with the City Hall. All the more when it is blessed in sun!"

Quentin A. Ballue,
Sociology and Criminology Master's student,
Institut d'études politiques de Toulouse, France



"I made friends literally from all over the world and learned how other people live, how they think and what they experienced"

Anastasia Gavristovia
Economics student,
Plekhanov Russian University of Economics



"I am now the new version of myself, more independent in my choices, more considerate to different circumstances before deciding, and more responsible."

Fai Hatham Al Sarairoh
Engineering student,
Mutah University, Jordan



"During Halloween I carved a pumpkin for the first time! It turned out very nicely. People passed by and everyone loved my creation"

Olga Zueva,
Business & Management student,
Plekhanov Russian University of Economics, Russia

My experience - Exchange students in and around Bradford



"When i'm reminded of my time here I will think of the Green consumed by the morning light, bright green grass in December and Little Germany in the cold light"

Sofia Sharygina,
Psychology student,
Saint-Petersburg State University, Russia



"The Uk is where you can live all the different seasons, vibes, and experiences; cathedrals, canals, beauty of the nature, hikes and museums"

Dana Ibrahim
Engineering student,
Al Hussein Technical University, Jordan



"After the first month I started to discover so many activities in the city of Bradford like piano, archery paintball, football, and much more"

Jawad Ahmad Al-Obaidi
Computer Science student,
Amman Al-Ahliyya. Jordan



"I have already visited many cities in England, for example, Liverpool, Whitby, Leeds, Manchester, York, London, etc. and each of them amazed me in their own way"

Pavel Sumskiy
Peace studies student,
Dostoevsky Omsk State University

Checklist

BEFORE YOU ARRIVE:

- ❑ Check that your passport is valid for at least six months after the start of your course. If not, apply for a new one as soon as possible.
- ❑ Check if you need visa: www.gov.uk/check-uk-visa
- ❑ Arrange accommodation - once you have the offer letter, please visit our website: www.bradford.ac.uk/accommodation/
- ❑ Book flights - remember you need to be here for the Induction Day
- ❑ Online enrolment (look out for the pre-enrolment email).
- ❑ Book onto our free airport pick-up service: www.bradford.ac.uk/visas/new-students/your-journey-to-bradford/planning-your-journey/airport-pick-up-booking/
- ❑ Submit module choices.
- ❑ Make sure you have purchased the necessary insurance to study abroad
- ❑ Check your banking and financial arrangements.



WHEN YOU ARRIVE:

- ❑ Finish your enrolment and collect your student card during Welcome Week. Students on Student Visa need to have an original copy of their transcripts, as well as proof of English language requirement (if needed) for enrolment.
- ❑ Attend the compulsory exchange Induction Day. The programme will be sent to you by the end of June
- ❑ Get your arrival certificate signed (if required by your home university).
- ❑ Book onto one of the IKEA trips to buy home essentials. For more information about dates and tickets, contact the international student adviser.
- ❑ Come along to one of the day trips (Skipton and Bolton Abbey, Saltaire, Haworth, and York). For more information and to buy tickets, contact the international student adviser.
- ❑ Register for the Bradford Student Health Service: www.bradfordstudenthealth.co.uk
- ❑ Sign up with the Students' Union: www.bradfordunisu.co.uk
- ❑ Take part of Freshers' Week events. Many different events happening on and off-campus, as well as your chance to find out information about student sports and societies.

Inbound Exchange, Erasmus+, ISEP and Visiting Students

Getting to Bradford

Leeds Bradford and Manchester Airports:

The University of Bradford offers a free pick-up service for students arriving from **these two airports only**. This service needs to be booked in advance and the International Opportunities Team will email all students about how to arrange this.

For more information, please visit: www.bradford.ac.uk/international/journey

Liverpool John Lennon Airport:

Train services run from Liverpool Airport Bus Station to Bradford Interchange on a regular basis. Journey time is approximately 3 hours and tickets are available from around £35. Coach travel with National Express is also available; journey time is between 4 and 6 hours and costs around £15 for a single trip. **Pick-up is not available from this airport.**

Train services to Leeds run from London Kings Cross on a regular basis, where you can change for a train through to Forster Square. Use the London Underground (Piccadilly Line) to get from the airport to Kings Cross. This service runs every 10 minutes with a journey time of around 1 hour.

www.heathrow.com/transport-and-directions/underground

Please see the following websites for more information:

National Rail: www.nationalrail.co.uk/default.aspx

National Express: www.nationalexpress.com/en



Welcome and Induction

All incoming exchange students **must attend the Welcome and Induction meeting**. Other Welcome Week events include academic inductions and Freshers' Fair. You will be told which academic inductions you should attend and when these will take place. In addition to the general Faculty inductions, you will have the opportunity to meet with your Departmental Exchange Coordinator either on the Incoming Induction Day or during the Welcome Week.



Your first few weeks in Bradford

Shopping and Banking

How can exchange students get kitchen and other equipment for their accommodation.

- There will be several trips to IKEA for new students during the first weeks of the semester. For more information and to buy tickets, visit the International Student Information Point during the welcome and induction week

Will students need to open a bank account in the UK?

- Having an UK Bank account can be useful during your time in the UK. In most cases, it is a quick process and you can do it online. For example, you might consider opening a bank account in one of the following:
 - Monzo Bank: www.monzo.com
 - Revolut Bank: www.revolut.com
 - Starling Bank: www.starlingbank.com
- We suggest that you bring some cash (around £300), or traveller's cheques, so that you can meet your everyday expenses until your bank account becomes active. For more info: www.bradford.ac.uk/international/arrival/

Getting Around

What about transport?

The city centre is walking distance from the main campus. But there are a number of ways you can get around:

- Buses - You can travel locally with a FirstDay bus ticket from £4.60.
- Travelling Outside Bradford - Bradford Interchange is the main train and coach station; from here you can catch trains and coaches to various cities across the UK.
- There are also shuttle buses to and from Leeds/ Bradford Airport from £3.80 one way (www.flyingtigerbus.co.uk)
- In addition, there are buses (www.nationalexpress.com) and trains (www.nationalrail.co.uk) between Bradford and Manchester Airport.



Are there discount cards for students?

- Yes, national and regional travel passes are available for students and young people. You can get a 16-25 or 26-30 Railcard (www.railcard.co.uk) for rail travel within the UK, and an MCard for bus and rail travel within West Yorkshire Railcard (www.m-card.co.uk)



Student Life at Bradford

Student Life

What is the Students' Union?

The Union provides representation, academic support and advice and welfare advice. You can join sports clubs and societies here. Most students' social events are free to join. For more info: www.bradfordunisu.co.uk

Does the Students' Union offer day trips and events?

Yes, you can click the link below to see the types of trips that nominated students can take part in: www.bradfordunisu.co.uk/events

What different societies and sports clubs does Bradford have?

Check the Bradford Student's Union Website where you can search for clubs and societies to join: www.bradfordunisu.co.uk/getinvolved

Can I get help with my Academic English?

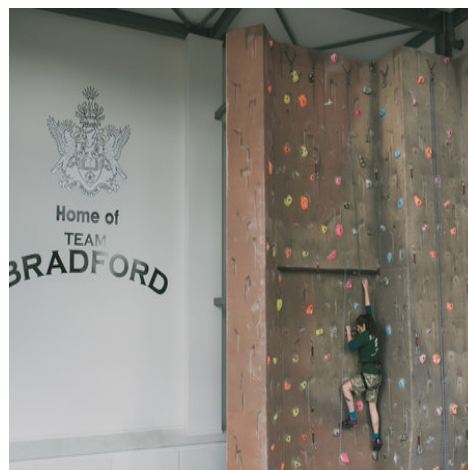
Yes, there are free academic English classes and workshops running throughout the year to help you with specific and general areas you may be struggling with. You can find more information here: www.bradford.ac.uk/languagecentre/support-during-studies/

Health and wellbeing

Unique Fitness and Lifestyle sports centre - features a gym with a pool, a sports hall, climbing wall, and physiotherapy and beauty therapy services. www.bradford.ac.uk/unique/

Student Health Centre - provides a confidential and comprehensive service of health care, with access to specialist facilities. Students who live in the practice area can register with one of the doctors and make full use of the service: www.bradfordstudenthealth.co.uk

Counselling Service - our discreet and friendly counsellors are here to help, and there is nothing too big or too small to talk through with them. www.bradford.ac.uk/counselling



Erasmus+ KA107: International Credit Mobility



Overview

The Erasmus programme started in 1987 and has been an exchange scheme used by universities within Europe for over 30 years. More than three million European students have participated in this EU exchange programme since its inception.

Erasmus+ KA107 International Credit Mobility was opened by the European Commission as part of the 2014-2020 Erasmus+ programme, extending Erasmus exchanges to countries outside Europe.

University of Bradford and Erasmus KA107 – International Credit Mobility

In 2018, the university successfully received funding for its first ICM exchanges. This academic year we are delighted to welcome our second intake of KA107 exchange students. Our university intends to implement 300 student or staff exchanges with the following partner universities and countries:

- Brazil: Universidade Federal do ABC; Universidade Federal do Rio Grande do Norte; Universidade de Sao Paulo
- Canada: Manitoba University
- China: Beijing University for Chemical Technology; Wuhan University of Technology; University of Petroleum
- Egypt: Arab Academy for Science, Technology and Maritime Transport; Mansoura University; Tanta University; University of Cairo
- Jordan: Al-Ahlyya Amman University; Al-Balqa Applied University; Al-Hussein Technical University; Al-Zaytoonah University of Jordan; Mutah University; Petra University; University of Jordan
- Kosovo: Universum College
- Palestine: Hebron University
- Russia: Dostoevsky Omsk State University; ITMO University; Plekhanov Russian University of Economics; Saint Petersburg University; Tomsk