

MADE  
FROM  
MORE

Your International

4

DE MONTFORT  
ITY  
LEIC — R





Our university is enriched by the friendship and ideas of students and staff from 140 nations, and our global outlook is a natural part of everything we do on campus and beyond.

Your time at DMU will be greatly enhanced by international opportunities linked to your studies, and by the wealth of cultural, community and career opportunities available to you. Our DMU Global international experience programme provides a wide range of exciting overseas, on-campus and online experiences for students, and aims to enrich studies, broaden cultural horizons and develop key skills valued by employers.

Our modern campus is a vibrant and safe place to live and learn, and our great home city, Leicester, is friendly, welcoming and diverse. Leicester has been named the fourth most vibrant city in the UK, putting it ahead of the likes of Bristol, Edinburgh, Leeds and London (Top Cities Vibrancy Report, 2022), as well as one of the top 15 best student cities in England (StudentCrowd 2023).



Leicester is the perfect base for exploring the rest of the UK, with great transport links to destinations such as London and Birmingham.

By studying at DMU, you'll experience teaching that is centred on you. Our innovative new course structure means you study one module at a time instead of many at once. As a result, you can benefit from more time to engage with your learning, faster feedback and a better study-life balance.

Gaining your degree is a stepping stone to landing your dream job, and our award-winning Careers Team is here to open doors for you. Our careers commitment means you can access guaranteed work experience opportunities, flexible support tailored to your needs, placement years that count towards your degree and unlimited digital tools.

DMU has also been ranked in



**Have your documents ready**

## Plan your budget

It's helpful to work out how you will organise your finances while you're studying in the UK. Please see page 11 for more information on the cost of living and bringing money with you.

## Your DMU pre-Induction

Your DMU pre-Induction is an online programme made up of different topics covering your faculty and programme, your teaching and learning environment and the academic and support services available. You will receive an invitation by email to take part in induction.

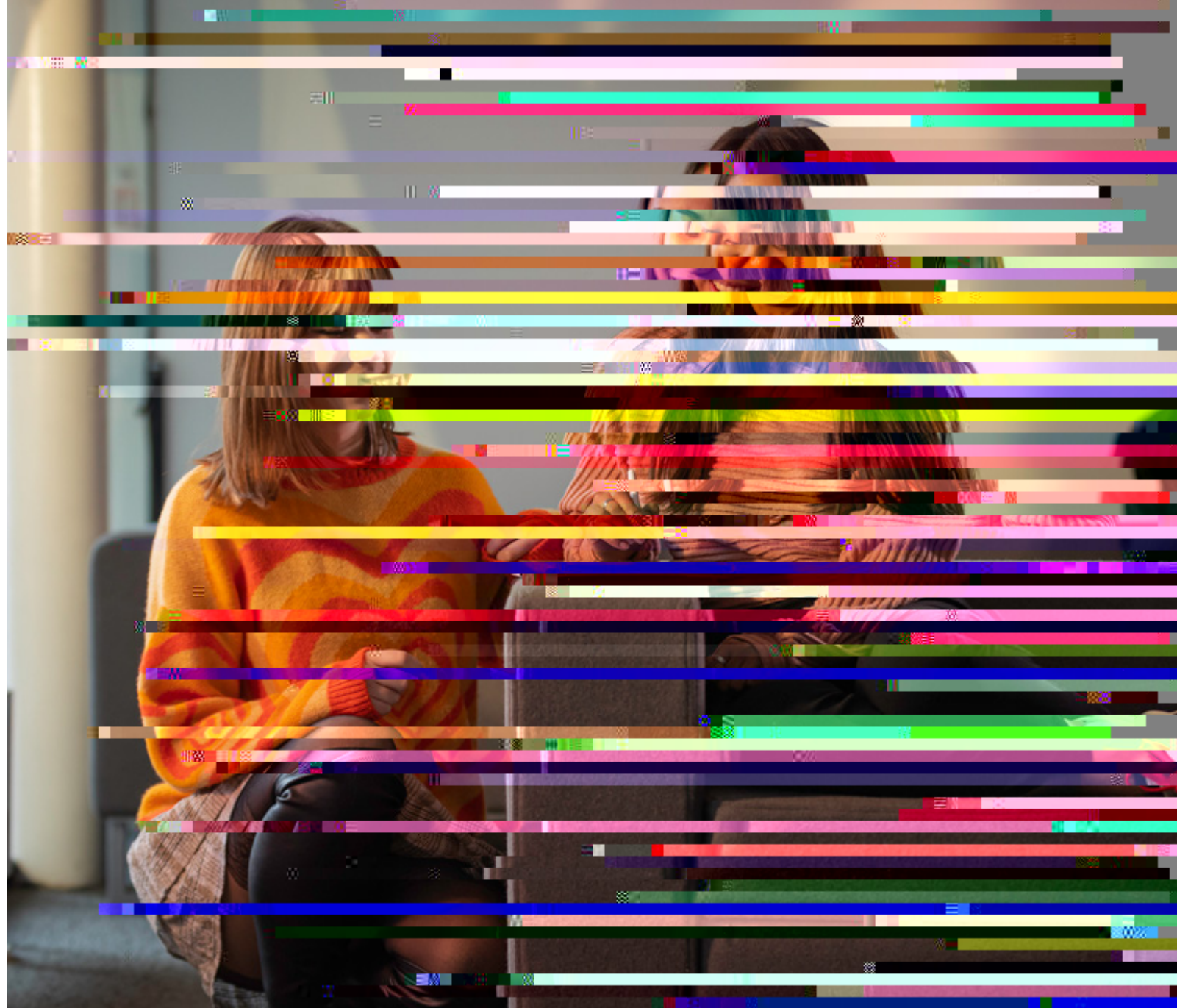
## International Welcome Week

You should aim to arrive in time to join this week of activities and information for international students, which coincides with the start of in-person registration for international students.

Check [here](#) for more information.

## Pack your bags

The weather in the UK can be very changeable and it can be cold in the winter. Take a look at page 13 for more information on what to bring.



# Arrange your



All of our modern student  
accommodation is located on the  
University of Leicester campus



## Accommodation Office

+44 (0)116 257 7577

[accommodation@dmu.ac.uk](mailto:accommodation@dmu.ac.uk)

## Private accommodation

If you choose not to book accommodation through DMU, please make sure you check the total price for your accommodation and consider your options carefully before signing a contract.

You should view properties carefully using our [checklist](#) to make sure the accommodation is suitable. We strongly advise you to read all contractual documentation fully before signing.

Never sign a contract or other documents without reading and understanding what you are agreeing to.

## De Montfort Students' Union (DSU) Advice

DSU Advice provide a [housing checklist resource](#) and advise of important considerations before students sign housing contracts. The service can also provide students with appropriate local housing support service signposting information. We recommend you get advice regarding your contract before signing anything.

## Sulets

Sulets is a lettings agency jointly run by De Montfort Students' Union and the University of Leicester. The staff at Sulets can help you find high-quality, affordable, private rented accommodation close to DMU.

+44 (0)116 257 6303

[sulets.com](http://sulets.com)

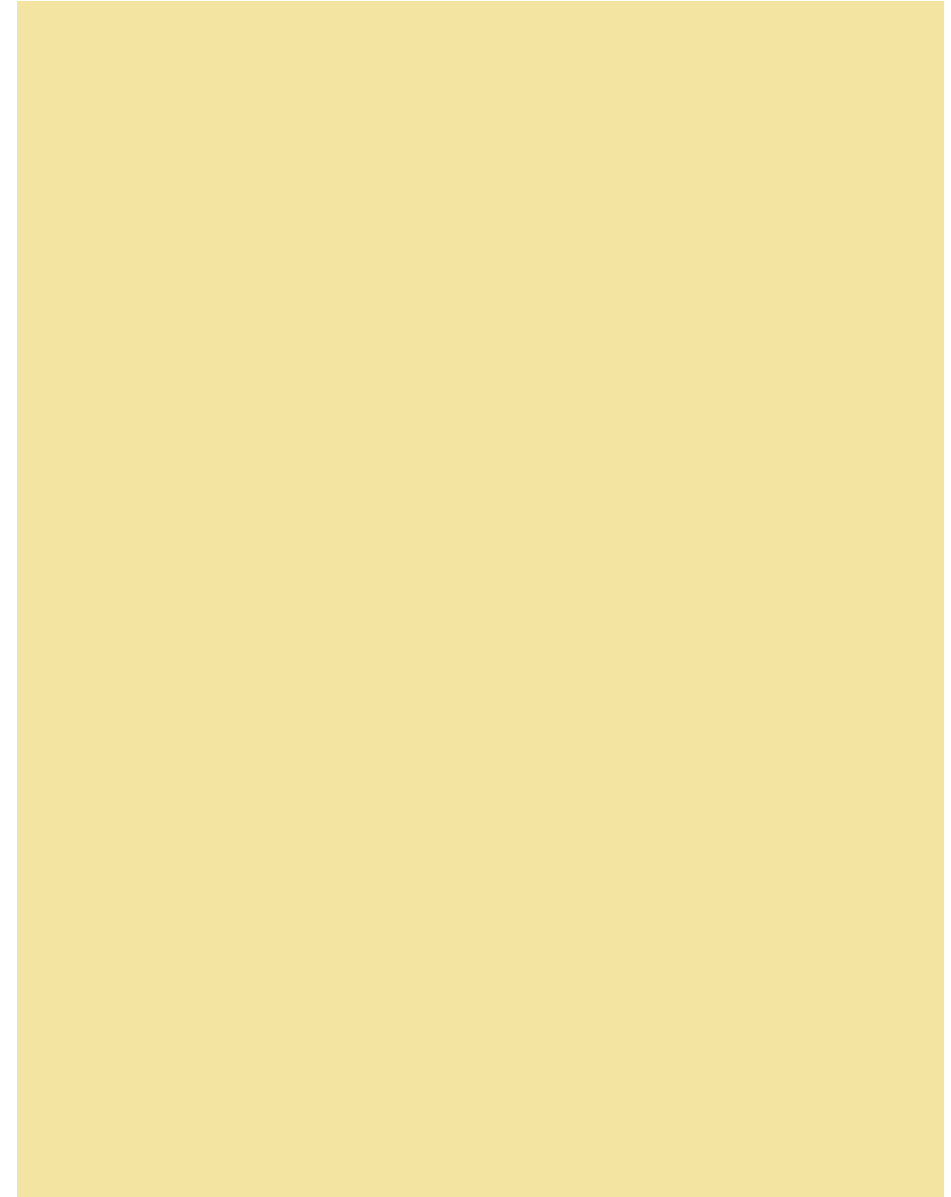
# Plan your



## Cost of living

When applying for a visa to study at a university outside London, the Home Office requires you to show that you have £1,023 for each month of your course to cover your living costs. However, you may find that you need to spend more than this and the [British Council](#) suggest that a student outside London might spend £1,300 per month on living expenses. This would include accommodation, food, clothing, household bills, laundry, entertainment and socialising - but not travel to and from your home country, or your fees. Remember that the exact figure will depend on your own lifestyle, accommodation and priorities.

Guidance for students on the cost of living in the UK is available on the [British Council](#) website. This









# Checking into DMU



## Arriving during office hours

When you arrive at DMU, we recommend checking in at your hall of residence first. Staff are generally available between 9am and 5pm.

## Arrival outside office hours

If you're arriving outside after 5pm or at the weekend, please notify your hall of residence.

On arrival please proceed as follows, depending on which hall you have booked:

## Bede Hall, New Wharf Hall and Waterway Gardens

It's essential that you email [halls@dmu.ac.uk](mailto:halls@dmu.ac.uk) to inform them of your arrival time and date. On arrival, please go directly to your hall, and if there isn't a member of staff available please call DMU security on +44 (0)116 257 7642.

## The Grange, Newarke Point, Castle Court and Liberty Park

Please go directly to your hall. After 8pm contact +44 (0)300 303 1611 to ask for security to give you your keys.

## The Glassworks

Please go directly to The Glassworks. After 5pm contact +44 (0)116 326 6155 to ask for security to give you your keys.

## Newarke Street

Please go directly to Newarke Street, and if there isn't a member of staff available please call them on 07480 843 409.



# Arrivals



## Go through border control

See page 15 for more information about what to expect and how to prepare.



## Explore Leicester

It's useful to look around and find your nearest supermarkets and food shops. See page 25 for information about Leicester.

## Check in to your accommodation

Details about how to check in to your DMU accommodation can be found on page 17.

## Get your DMU ID card and explore the city

Get your DMU ID card and explore the city. See page 26 for more information.

## Contact your family and get connected

Information on how to connect to the internet or purchase a mobile phone can be found on page 21.

## Pay your tuition fees and accommodation fees

Check our [tuition fee payment policies](#) or [contact us](#) if you need further information.



# Get



## Mobile phones

If you want to buy a mobile phone, there are a number of major mobile networks, including O2, Vodafone, EE and Virgin Media. There are two main ways of using a mobile phone: pre-paid mobile phones (often known as pay as you go) and phones supplied through a contract. We recommend shopping around to see which arrangement works best for you.

## SIM cards and phone cards

You will need to purchase a SIM card if you have a pay-as-you-go phone. Popular options are Lyca Mobile and Lebara; you can purchase these online and in shops for a small cost. You can buy special international calling cards at local shops. These are produced by a range of companies, so it might be worth shopping around to find the card which offers the best deal and checking with other students from your home country.

## DMU internet

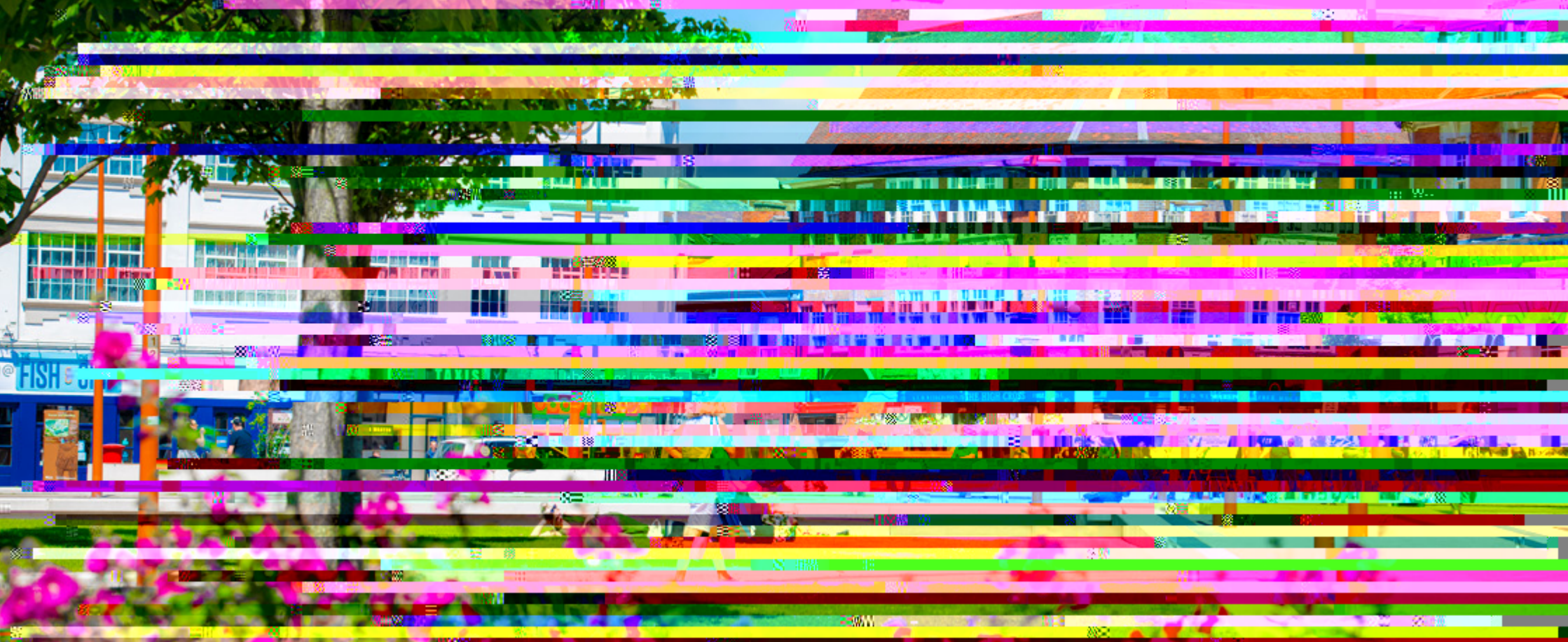
Internet access is included in all DMU-sourced halls of residence and can be booked through the DMU accommodation team. Details of how to connect will be available when you arrive at your hall.

## WiFi on campus

There is a wireless network on campus which allows you to connect to the university network so you can access email, the internet and other services. Once you have registered, speak to your faculty office to get connected.

To get you connected when you first arrive, students can usually access the university's guest WiFi service during the main arrivals period. The International Student Support team can provide you with more information about this.





# Explore

## Shopping

DMU is just a short walk from the lively city centre, where you will find the £350 million Highcross shopping centre, including Apple and John Lewis stores. Leicester's Lanes – a maze of quirky and Instagrammable streets – complements this with a wealth of independent options.

## Countryside and parks

Students can relax in Castle Gardens, a park located next to campus. You can take a walk along the Leicester Line of the Grand Union Canal, which runs through campus and the city. On the outskirts of the city is Bradgate Park, where you can spot deer or enjoy countryside walks.

## Festivals and events

Leicester has a full calendar of festivals and events, such as the Leicester Comedy Festival, UK's longest-running comedy festival, the Caribbean Carnival, and the biggest Diwali celebrations outside of India

## A sporting city

Leicester is a city with sporting achievements to be proud of, and

DMU shares that spirit. Home to Leicester City football club, rugby union's 2021/22 Premiership champions Leicester Tigers, one of the UK's most successful women's hockey clubs, previous British Basketball League champions Leicester Riders and Leicestershire County Cricket Club – sports fans will be spoiled for choice..



# Register with a

## National Health Service (NHS)

The NHS is the UK's state health service. If you are in the UK on a Student visa you are likely to have paid the Immigration Health Surcharge which will allow you to access NHS treatment. Some NHS services are free, including most doctors' consultations. You may have to pay for some services, such as medication and dental treatment. You will need to be registered with a health centre close to your UK address before you can see a doctor.

## General Practitioner (GP) registration

A GP is a community-based doctor. It is important to register with a GP while you are at DMU. You can find a list of GP practices near to [where you will be living](#). If you take regular medication, please bring at least two months' supply with you from your current doctor.

## De Montfort Surgery

De Montfort Surgery is on campus and is an NHS general practitioners' surgery which provides medical care for students and some local residents. If you live within its catchment area you can now [register online](#).

## Health insurance

If you are not entitled to free NHS treatment, you should ensure you have adequate insurance to cover any medical costs. If you already have medical insurance in your home country, please check whether



# Open a UK

## When can I open a bank account?

You will usually need to register on your course before you can open an account, as the bank will need written confirmation from DMU that you are a full-time student.

## What documents will I need to open a bank account?

Banks will normally ask for the following documents:

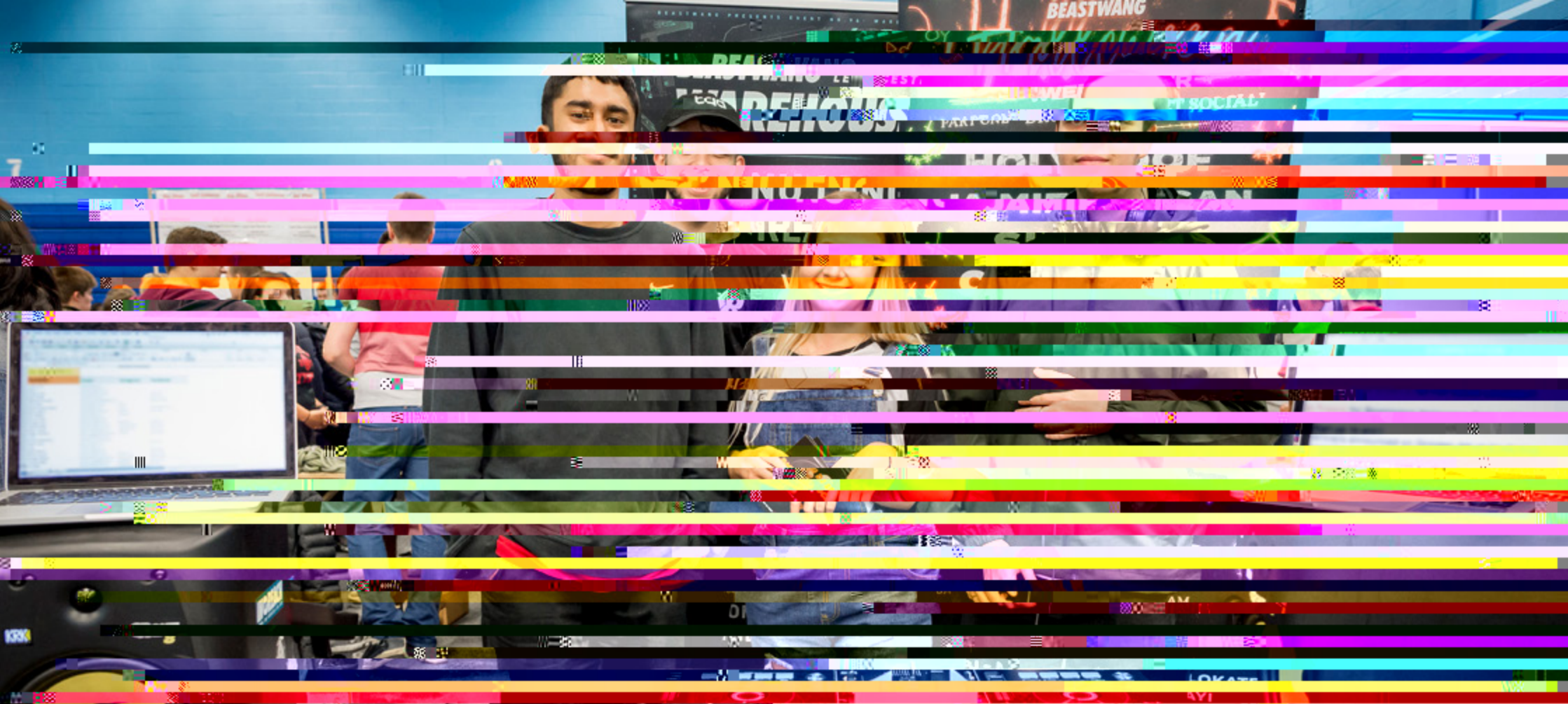
- Proof of identity: usually your passport and your Student visa
- Proof of address: usually this will be a bank letter from DMU

Once you have registered, you should be able to download a bank letter from the [MyDMU app](#) (check the My Documents tile).

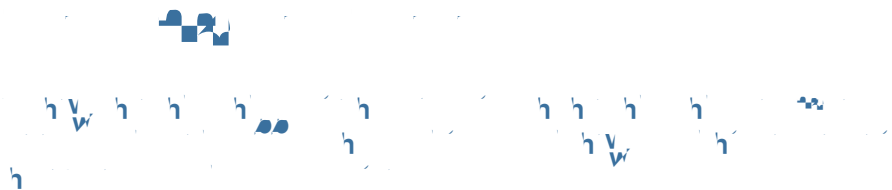
## What kind of bank account can I open?

As an international student, you should be able to open a basic bank account, which will usually provide a cashpoint or ATM card and internet banking. Basic bank accounts are usually free, although some accounts may carry a monthly charge or additional fee for other services. We recommend that you shop around to see which account is right for you. More detailed information about bank accounts is available from [\\_che0.62 scn/GS1 gs-0.01 Tc \(MyD\)-21 \(M\) 4 1 W n2 tion ab](#)





# International



The programme runs from Tuesday 19th to Friday 22nd September. In addition to on-campus activities, the week of events will include practical advice on things such as healthcare, opening bank accounts, and study support. There'll also be campus tours and social events to help you meet other new students, as well as information on how to get involved in student societies

# Meet the International

# De Montfort



## Careers and job search

The DMU Careers Team offers students an exceptional programme of career support and industry experience, including:

- Flexible and personalised career support tailored to your needs, including placement years which count towards your degree on specific courses
- A range of work experience opportunities, including specialist job boards for international students.
- A range of specialist sessions and workshops for international students.
- Unlimited access to digital tools including LinkedIn Learning courses, practice interviews, self-assessments, and instant personalised CV feedback through the Careers Team Skills Hub.
- Lifelong careers support after graduation.

The Careers Team provide support, advice and guidance throughout your time at DMU and beyond. Our dedicated team offers one-to-one sessions and professional networking events to students and graduates, who all get automatic access to [MyGateway](#) – our online careers portal.

## English for academic success at the Centre for English Language Learning (CELL)

As a DMU student, you have access during term time to free English language sessions to enhance both your academic and general English.

The first hour is for academic skills such as academic writing style, referencing, summarising and academic speaking. Self-study videos support these sessions.

## DMU Money Advice

The Money Advice team provides advice and guidance on issues relating to student funding and welfare, including tuition fees, scholarships, funding, bursaries and the processes for these. The team also provides advice and guidance on budgeting and money management.

If you want to discuss your situation in more detail, you can book appointments to review your finances or speak to an adviser about money management or budgeting. Click [here](#) to find out more.

## Study skills

[Prepare for success](#) is an interactive web-learning tool with activity-based resources to help you find out about different aspects of academic life in the UK, and the skills needed for effective study. Once you've arrived at DMU, the [Centre for Learning and Study Support \(CLaSS\)](#) provides resources, materials and workshops to help you develop your learning skills.

There's more information from UKCISA about [UK study skills](#).

## Wellbeing support

The wellbeing team offers a range of services to promote emotional wellbeing, including counselling and Healthy DMU masterclasses. Lots of DMU students access counselling

each year to address a range of issues, such as managing stress or anxiety and confidence building. Counselling can only be accessed if you are in the UK.

## Mental health

The mental health inclusion team provides guidance, appropriate support and practical advice to students whose mental health conditions might otherwise affect their studies.

You can also find more information from [UKCISA](#) about mental health support in the UK.

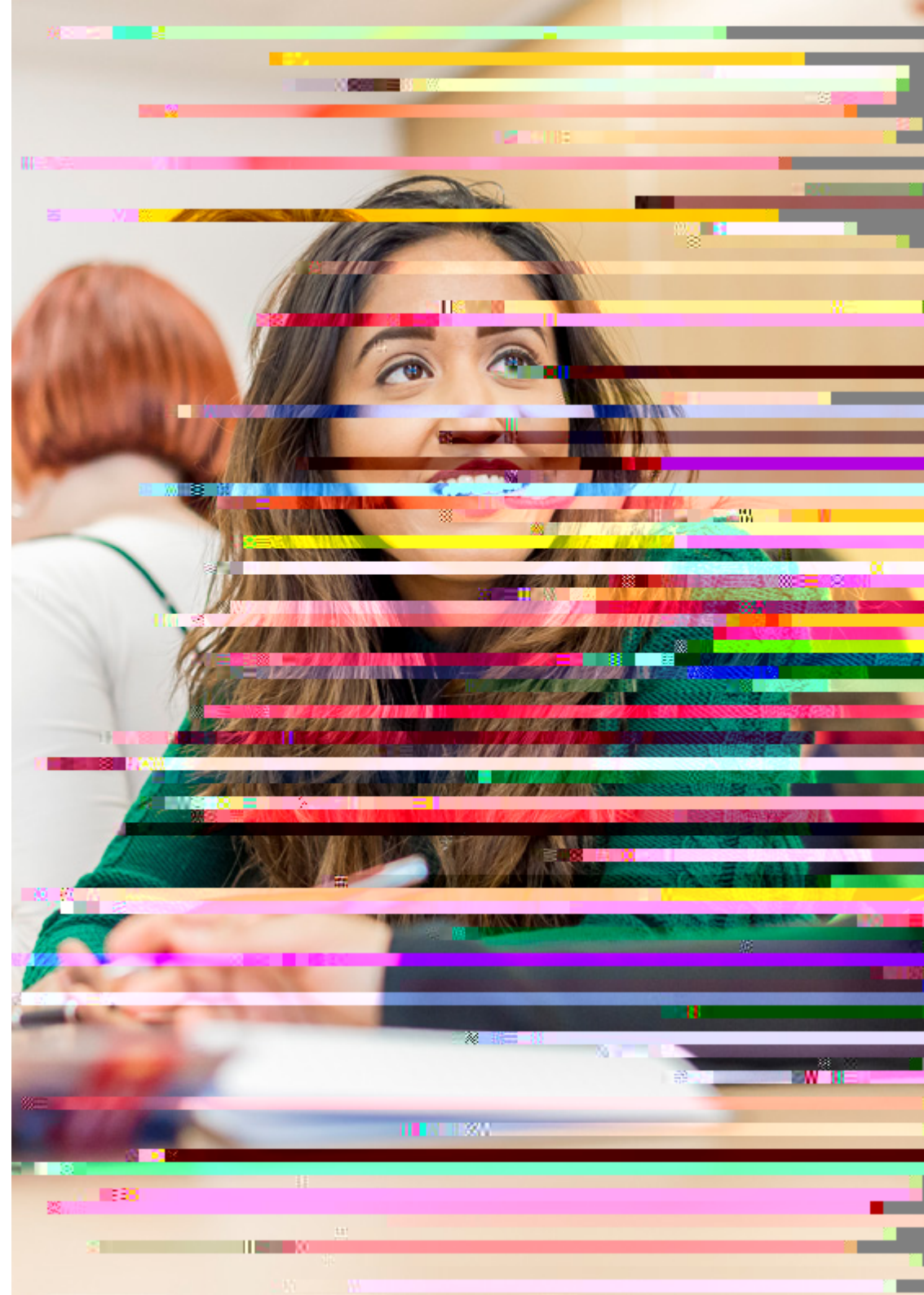
If you have a mental health condition, you can contact the team at [wellbeing@dmu.ac.uk](mailto:wellbeing@dmu.ac.uk)

See page 53 for more information about wellbeing and mental health support.

## Disability advice and support

The Disability, Advice and Support Team welcomes students with a wide range of disabilities, medical conditions and Specific Learning Differences. If you have a disability please contact the team by calling +44 (0)116 257 7593 to discuss your needs. We will require supportive evidence of your disability.

See page 55 for more detailed information.



## Healthy DMU

Healthy DMU is our university-wide approach to health and wellbeing. We're dedicated to creating an environment that focuses on your health and wellbeing to help you to live a healthy, happy and productive life. To support this, we provide you with resources that support your development and studies, and help you to succeed and achieve your potential.

The online Healthy DMU Hub brings together information on a whole range of wellbeing boosting activities, many of which are great fun, and may be things you've never considered.

Wellbeing events take place during term time and you can find out more about our activities [here](#).

## DSU Faith Societies

The De Montfort Students' Union (DSU) offer a wide range of student faith groups which students can join at any time. Search for a society [here](#) or find out more about starting a new group by emailing [dsuopportunities@dmu.ac.uk](mailto:dsuopportunities@dmu.ac.uk). Student societies can book the Chapel, Sharing and Breathing Space for faith-related activity via email at [healthyDMU@dmu.ac.uk](mailto:healthyDMU@dmu.ac.uk).

## OpenFaith

DMU recognises that faith and spirituality can be an important part of our identity.

Faith can support a sense of community on campus and help us to face the challenges of life. DMU [OpenFaith](#) allows students of all faiths and none to explore spirituality and to engage with others with mutual respect.

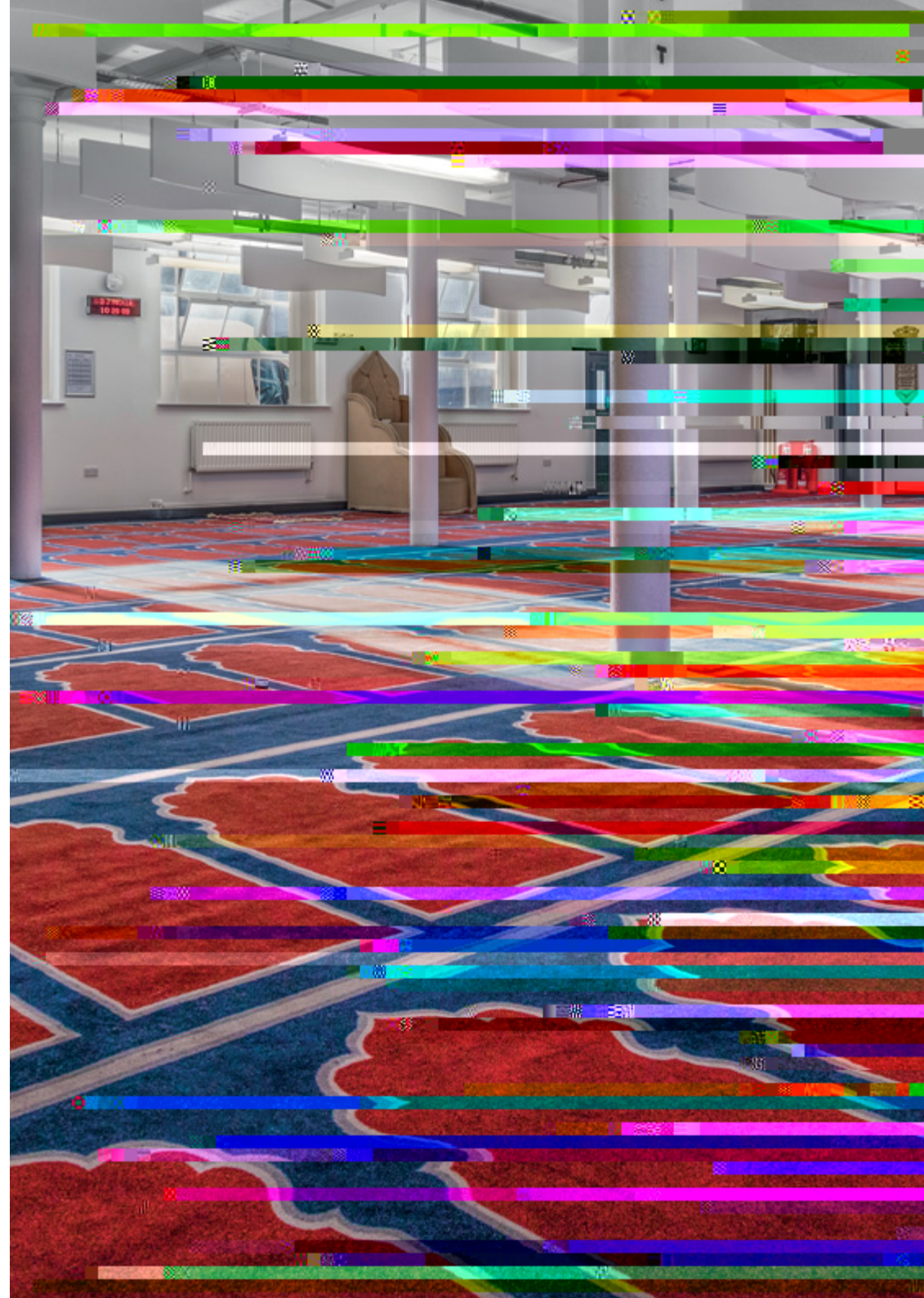
DMU students have access to a variety of events and spaces including the prayer rooms, chapel and Breathing Space. Students can also access support through [volunteer faith](#) advisers who can offer one-to-one support, regardless of your faith and beliefs.

## Muslim prayer rooms

Muslim prayer rooms are located in the Portland Building on campus (PO 00.30-31). Imam Mohammed Laher is the Muslim faith adviser at DMU, providing pastoral care, spiritual support and leading weekday congregational prayers. Mohammed Laher can be contacted via email at [muslimchaplain@dmu.ac.uk](mailto:muslimchaplain@dmu.ac.uk).

## Christian chapel

Our chapel is located in Portland building (PO 00.13) and is open for quiet prayer and reflection. Our Christian faith adviser Father Johannes Arens can be



# The Centre for



CELL has been accredited since 2008 by the British Council for the quality of its English Language teaching, and was awarded nine 'Areas of Strength' in the most recent inspection in 2021, including for teaching and course design. Visit the [CELL](#) homepage to find out more.

## Pre-sessional English courses

Over the years, we've successfully prepared thousands of students from all over the world with our intensive pre-sessional courses, who have then gone on to study their DMU degree. We produce our own in-house materials in 2020 we were awarded a prestigious [Green Gown commendation](#) for the quality of those materials, supporting the United Nations Sustainable Development Goals.

## In-sessional English for Academic Success (EfAS)

As a DMU student, you can access CELL's free self-study materials and join a free one hour group session for academic English, followed by an hour of English Café chat.

Sessions are designed to fit around main degree timetables. You will be able to book a place once you receive your timetable by visiting the EfAS [webpage](#).

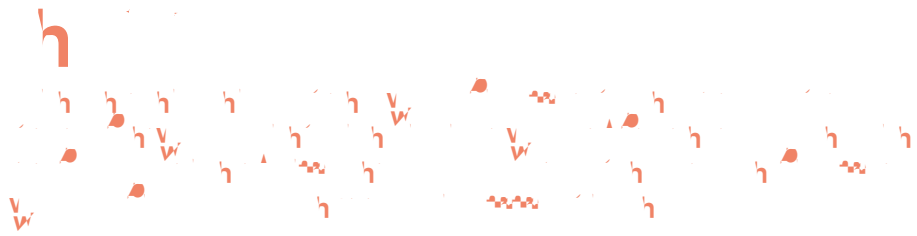
Joining an EfAS course also gives you priority access to one-to-one bookings for your individual assignments, such as essays and report PhDsays anshe , sucL)



# Your Student



# Working





## Volunteering

Many students say [volunteering](#) has changed their perspectives on life and also increased their employability.

Public Engagement at DMU supports students through a range of volunteering initiatives that make a difference, locally and globally. DMU's wide range of partnerships with local community organisations, charities and key civic stakeholders provide opportunities for you to get involved.

It can also be a great way to meet new people, learn new skills and perhaps practice your English. Visit [De Montfort Student Union \(DSU\)](#) to get started and look for volunteer opportunities.

## Hub Social

This informal drop-in event takes place in The Breathing Space and usually runs monthly during term-

# Exploring

## Explore UK Programme

The [Explore UK programme](#) usually runs a different trip each month to towns, cities and cultural centres. In the past there have been visits to Oxford, Cambridge, Liverpool, York, Stonehenge and London. The programme tries to introduce new destinations every year and it's a great way to see the country and make new friends at the same time.

## Travelling around the UK

Leicester is situated in the heart of England and is a great location if you're planning to do some sightseeing in the UK.

## Rail

Leicester railway station is less than a mile from campus. Rail is usually one of the fastest ways to travel around the UK. Leicester is 99 miles (159km) from London and just over an hour by train. It is usually cheaper to travel outside peak times or at weekends. [Student railcards](#) currently cost £30 for a year (or £70 for three years) and will save you a third on the cost of rail tickets.

## Coaches

Travelling by coach is usually much cheaper than the train, although you will find that journeys take longer. [National Express](#) operates a national coach service and has an enquiry and booking office at Leicester's bus station.

A [young person's coach card](#) is  
is  
meettrally one olegna you a and bo(h m (ei8e



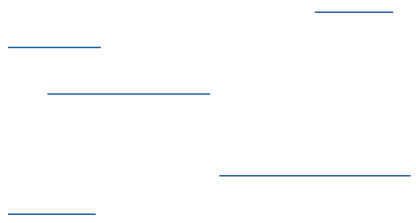
Leicester was recently awarded the prestigious Purple Flag accreditation which recognises the city as a vibrant destination for dining, entertainment and culture, while promoting the safety and wellbeing of visitors and local residents. However, we recommend following these basic precautions to look after yourself and your belongings:

- Always lock your doors and windows if you are going out, whether you are in private accommodation or halls of residence. Never leave your room unlocked, even for a short time.

-

## DMU Security

The DMU security team is available  
24 hours a day, 365 days a year. The



# Mental health and



## Mental health support

Please contact us for advice and support as early as possible with any mental health issues you might be facing. [The Mental Health Team](#) support students with existing mental health conditions and, as well as offering advice and guidance, may be able to arrange additional support, for example:

- [knetiand g\(i\(as hat87 TTJ0ddrshoc\)20 \(k and links to\)-4be facing. \)2 Td\(Tj/Spapey atc also ge g antFEFF0007 BDC \( \)T|EMT BDC t](#)





# Disability



Our disability advice and support team can support you to make the most of your time in Leicester and remove barriers to learning.

There's a great range of support available to you and we can help ensure you're able to access all the relevant and appropriate sources of assistance.

DMU does not discriminate against people with disabilities. Please remember to send any supporting evidence you have to us, as this will also help us to understand your needs.

International disabled students are not entitled to UK government funding for academic support.

In addition to academic support, you'll need to think about the informal support you usually receive from friends and family, and about who will provide this for you when you come to Leicester.

## Before you start

The more information you share with us, the better we can assist you. It's important that you have a discussion with a member of our support teams – this is to ensure that we have a clear picture of the type of support you are going to need when you study with us.

We can work with the accommodation office if you need adapted accommodation, too.

## Types of support

- Handouts and lecture presentations in advance
- DMU Replay (the name of our service for creating classroom recordings) is available for all students in academic-led sessions
- Access to campus-based computers with assistive technology (including text-to-speech, mindmapping and magnification software)
- Equipment loan
- Adapted accommodation
- Individual exam arrangements
- Extended library loans
- Library lift keys

There are different types of non-medical helpers who can assist you, including:

- Mobility support
- Library support workers
- Group study strategy sessions
- Specialist mentors
- Sign language interpreters
- Transcription i.e. braille



793 9.28194602[(793 9.2816134 8.66T34775134 4lc-]8532375337670335n9n 3 1r0360 14r1.T9 41849 91

irsmiglaaybice-@2(mesaculeks t/mse. 93s )JTJ /T0 Tw -1.086 -2.5 0.A.2 Tdc-1.2oda any Of dme. ac-1.2c

## Get to know us

Hear the latest from the DMU community on our social media channels. When you apply, you can join our '2023: Applying to DMU' Facebook group to ask us any questions and connect with other DMU applicants looking to study at the same time.