



Welcome to your UK & Ireland High School Programme

IT'S TIME TO GET READY...

Your high school programme in the UK is approaching. Here you can find all the information you might need before you start your programme.

PRE-DEPARTURE CHECKLIST

TRAVEL DOCUMENTS - Make sure you have your passport, visa documents (if you enter the country on a student visa), Educatius Parental Travel Form, and PCF.

INSURANCE DOCUMENTS - You need to be informed of what your insurance policy covers and who to call should you need to make a claim. If you own a European Health Insurance Card, please bring this with you.

MONEY - All students must travel to the UK with access to funds. A bank card or similar is important. Services such as Travelex and similar pre-paid cards can be used also. We recommend that students set up a Revolut account for use during their programme. More information can be found here: <https://www.revolut.com/>

KEEPING MONEY & DOCUMENTS SAFE WHILE TRAVELLING - Money and travel documents should stay with you when you're travelling, so you can be confident that nothing will go astray. We suggest that you keep any valuable gadgets like your tablet or laptop in your hand luggage where they're less likely to get stolen or broken during transit.

If you're travelling on public transport, keep your expensive belongings with you and don't leave them unattended or on the floor. If it's a long ride and you think you might fall asleep, wrap your bag around your arm or leg, put it underneath you or use it as a pillow so it can't be messed with without waking you up first.

Top tip: a cross-body purse or money belt is a practical way to keep your money, credit cards and passport safe when traveling abroad. For women travellers, there are even bras available with pockets designed specifically to keep money stashed away.

Take pictures, scans or photocopies of important travel and insurance documents and email yourself any tickets or reservations essential to your journey.

It's also a good idea to have a photocopy of your passport in your luggage. And leave a copy with your emergency contact back at home, along with details of your itinerary. While a photocopy can't be used in place of your real passport, it can make it easier to get a replacement.

Finally, we suggest packing a spare set of clothes, toothbrush, basic travel size toiletries and any medication in your hand luggage to ensure that should your luggage be delayed you will have everything you need for the first 24 hours.

WEATHER & CLOTHES - Please be aware that in the UK temperatures can get quite low in late autumn, winter, and early spring. You will experience a humid climate with abundant rainfall, so please pack appropriate clothes. It is recommended that students bring an umbrella and a good raincoat. A thick, warm coat in the winter is essential. Remember you might be walking to the train station in the early morning or waiting at a bus stop in the cold. Consider also: a woollen hat, gloves, and a scarf. In spring and early summer, it may still be a little cold in the morning and evenings. Students should consider buying slippers and fleece tops for around the house while in the UK.

Please do not pack more than you need. Check the website of the airline you are travelling with for the permitted weight and size of your luggage. Please be aware that if you arrive in the UK with significantly more luggage than recommended, there will be issues with fitting this into your transfer which can result in additional costs.

HEALTH ISSUES & MEDICATION - If you have been prescribed any medications, please store these into your hand luggage and not the check-in bag. If from the point of submitting your application until the arrival day you have been diagnosed with any health issues that, or prescribed any new medication, please inform your agent as soon as possible so they can let us know.

MOBILE PHONE - You will need a UK number for a number of reasons, including being easily contactable by your host family, your friends and your school. Also many bus passes are now etickets which are only downloadable to a UK mobile number. If you can, get a dual sim card unlocked phone so you can keep your international number and have a UK one on the same phone. You can order a free sim card at www.giffgaff.com and have it sent to your host family's address.

LAPTOP - Please bring with you a laptop or tablet together with a socket adaptor. For United Kingdom the associated plug type is G, which is the plug that three rectangular

pins in a triangular pattern. United Kingdom operates on a 230V supply voltage and 50Hz.

ADAPTORS - Power sockets are different in the UK so you will need to bring an adaptor with you. Bringing more than one is a good idea if you have several electrical items.

TOWELS - Your host family will provide towels.

HAIR DRYER/STRAIGHTENERS if you use them you must bring your own.

TOILETRIES - It is advisable that you bring your own toiletries, however, these can also be purchased once in the UK if you want to save space in your check-in luggage. It is a good idea to pack some travel size toiletries in your hand luggage in case of emergencies (ex. If checked in luggage is lost).

A GIFT FOR YOUR HOST FAMILY – You don't have to do this, but a small gift or food item from your hometown or country will be appreciated.

TRAVELLING TO THE UK - We advise students to arrive in the UK by themselves and not accompanied by their parents. If parents insist on travelling with the student, they must drop the student at the requested airport for their pre-arranged transfer.