



RSP (UK)-Student Help Desk

A Guide for Nepali Students in the UK

Congratulations and Namaste!!

You've embarked on an exciting journey by choosing to study in the UK. This handbook aims to equip you with essential information to navigate the challenges and thrive as a Nepali student.

This handbook provides a starting point for your journey in the UK. With careful planning and resourcefulness, you can make the most of this enriching experience!

By being proactive, resourceful, and adaptable, you can overcome challenges and have a successful and rewarding time studying in the UK.

Challenges to Consider:

- **Job Market:** Competition can be high, especially for recent graduates. Language barriers and lack of local experience might pose initial hurdles.
- **Accommodation:** Finding affordable housing, particularly in major cities, can be difficult. Knowing your rights and options is crucial.
- **Tuition Fees:** UK education can be expensive. Scholarships, part-time work authorization (check your visa), and budgeting is essential.

Survival Tips:

- **Part-time Work:**
- Utilize your part-time work allowance (usually 20 hours per week during term time and full-time during vacations) to gain experience and earn some income. Explore on-campus jobs, cafes, restaurants, or retail stores.

- Your student visa will state whether you are allowed to work and the number of hours a week that you are permitted to do so. It is very important that you do not exceed the working hours stated on your visa as this will result in you breaching your visa conditions and the United Kingdom Visas and Immigration (UKVI) can remove you from the UK. It will also affect future visa applications you may submit to the UKVI.
- Please check the University's website for term dates for your programme of study. The UKVI guidelines for student visa holders who want to work while studying in the UK are as follows:

Pre-Sessional English Programme and Foundation Programmes

- As a student on a Pre-Sessional English Programme or a Foundation programme, you are allowed to work up to ten hours a week during term time full-time during vacation.

Undergraduate students

- As an undergraduate student, you are allowed to work up to 20 hours during term time full-time during vacation.

Master's students

- Students studying for a master's degree can work up to 20 hours a week during term time and full-time during vacation.

PhD students

- If you are a PhD student, you are limited to working no more than 20 hours a week. If your supervisor agrees that you can take holiday during your studies and is happy to provide you with written confirmation of this, you can then work full-time during this agreed break.

- **Scholarships & Grants:**

Research scholarships and grants from the Nepalese government, universities, or private organizations to ease the financial burden.

- **National Job Agencies:**

Register with Jobcentre Plus, a government agency with job postings and career support.

- **Online Job Boards:**

- Explore platforms like **Indeed**, **Reed.co.uk**, and **Totaljobs.com** for job postings across various sectors.

- **Professional Networking Sites:**

LinkedIn is a valuable tool for connecting with professionals and finding job opportunities in your field.

- **Student Discounts:**

Take advantage of student discounts on transportation, entertainment, and shopping.

Strategies for Success:

- **Embrace the Internship Culture:**

Gain valuable UK work experience through internships. Many universities offer career support services to help you find opportunities.

- **Develop Your Skills:**

Hone your English language proficiency and focus on acquiring skills relevant to your field of study. Consider volunteering to build your CV.

- **Network & Build Connections:**

Actively participate in university societies and events. Connect with professionals on LinkedIn. Networking can open doors to future employment.

Finding Accommodation:

- **University Accommodation:**

- Apply for university dorms for a secure and social environment, especially during the first year.

- **Private Housing:**

Look for shared flats or houses through online platforms like SpareRoom, Rightmove, or Zoopla. Consider location, budget, and amenities.

- **Nepali Community Groups:**

Connect with Nepali student communities or online forums for recommendations on housing options. Local Nepali group like NRNA UK and other community associations.

Remember:

- **Planning is Key:**

Research scholarship opportunities, budget effectively, and start searching for accommodation well in advance.

- **Embrace New Cultures:**

Studying abroad is an enriching experience. Immerse yourself in the local culture, make friends, and adapt to new ways of life.

- **Seek Help:**

Don't hesitate to reach out to university support services, student unions, or Nepali community groups for guidance and assistance.

Other Useful Information

First Week

- Collect BRP card from the Post Office
- Apply for a bank letter with college or unverity.
- Register with a doctor or local GP.

Biometric Residence Permit (BRP card)

You will be issued with a 90-day entry permit (temporary vignette) in your passport which will enable you to enter the UK. In addition, you will receive a decision letter outlining the conditions of your immigration leave, which will tell you when and where to collect your BRP card. Once you have arrived in the UK, you must collect your BRP card. You must refer to your decision letter to determine where you will need to go to collect your BRP card.

Opening a bank account

We recommend you open a bank account as soon as you have completed your enrolment. You will need to take proof of who you are and where you live to the bank, for example: Your passport Evidence of your current address, e.g. a letter from the University. This can be requested online or by visiting the Student Information of University Desk. You will receive a cash/debit card after opening a bank account and will be able to withdraw money from cash points (ATMs).

Important Stuffs

It is advisable to carry enough money to enable you to pay for food and other essentials for at least two weeks, as you won't be able to open your UK bank account straight away.

Registering with a doctor

It's important that you register with a doctor as soon as possible, as you won't be able to receive any medical treatment until you do this.

Health

You may have concerns about what to do or where to go when you are feeling unwell. You may need medication or have toothache. Your health and wellbeing are important. If you are studying in the UK for longer than six months you can use National Health Service (NHS) for free, subject to paying the Immigration Health Surcharge. You must register with a doctor as soon as possible so that you can be treated if you get sick. Dentist and Optician services are not covered by the NHS.

Out of hours treatment

If you are unwell in the evening or at the weekend and cannot wait to see your doctor, you can telephone 111 for medical help. The hospital for emergency treatment only e.g. car accident or serious burns, call 999

Keeping safe

Before going anywhere, please make sure you: Do not carry large amounts of cash Do not go to unfamiliar places alone or at night. Keep to well-lit or well-populated areas if travelling at night Know where you are going and your way back.

Culture shock

Culture shock is a reaction to the exciting, but often confusing experience of moving to another culture. Things like the food, the weather, different social behaviour, and the rules and systems in the UK may make you feel uncomfortable, unhappy, or unwell at times. But do not panic, things going to be settled over the time.

Culture and customs

Britain is diverse in its culture. It can however be useful to be aware of a few of our traditional customs. The British are said to be reserved in manners, dress, and speech. UK is famous for politeness, punctuality, queuing, and sense of humour. Basic politeness (please, thank you, excuse me) is expected.

Travel

Travel around England is relatively easy. Bus and train services run all day and into the evening but please check times before you travel.

Student rail and coach cards

The 16-25 Railcard is available for £30* a year. Forms for this can be collected from the Student Information Desk of any university. If you're aged 16-26 or a full-time student, the Young Persons Coach card allows you to save a third on standard fares. The card can be bought at all National Express coach stations.

What is a dependant?

A dependant can be a spouse, civil partner, same sex partner, a child who is either under 18 years of age, or over 18 or already in the UK as a PBS dependant. Please note if your dependant is a child, the child will not be granted a dependant visa unless both parents are applying for visas to stay in the UK at the same time. The exception to this is where one parent is applying for leave and the other is already in the UK. You cannot bring other family members such as parents or siblings to the UK with you as your dependants, although they can come for short visits on a Standard Visitor visa.

Applying for a Dependant Visa

Your dependants must apply either at the same time as you, or after your visa has been granted. The dependant must intend to live in the UK with you for the duration of your studies.

Finances

The dependants of international students are normally given permission to remain in the UK for the same period as the student, on the basis they can be maintained and accommodated without recourse to any public funds, which means that they cannot claim social benefits from the state, such as unemployment benefit or housing benefit. Dependants must demonstrate they have sufficient funds for the visa maintenance requirement as the established presence provision has now been removed. Please note all dependants will be required to pay the NHS Health Surcharge.

Accommodation

If you decide to secure accommodation for yourself and your dependants before you depart for the UK, please be aware that you will not have the opportunity to view the property before taking a tenancy agreement. If you later find the property to be unsuitable for your requirements you may still be liable for any payments until the contract expires.

If you are applying from outside the UK, we recommend that you provide evidence of any accommodation you have booked for you and your family, for example a tenancy agreement. Please note, if you and your family are all applying for your visa from outside the UK, this is not a requirement to apply for the dependant visa.

Education for dependants

If you have children of school age they will be required to attend full-time education. In England, children must be in full-time education from the beginning of the term after their fifth birthday, until the age of 16. Schooling for children aged 16 and under who are in the UK as the dependants of international students is free. Where your child goes to school can depend on where you live, and you will not be able to finalise a school place until you know exactly where you will be living. The local education authority has a duty to provide your child with a place at a school.

What happens to my dependants when I finish my studies?

A spouse or civil partner should intend to leave the UK at the end of the time granted to them to be in the UK as your dependant. Your children should intend to leave the UK at the end of the time granted to you to enter or remain in the UK as a student. If your child is attending a state school, they will not be considered as a 'student' under the immigration rules.

Children born in the UK.

Birth in the UK does not automatically make a baby a British citizen. The baby needs to have a parent with British citizenship or settled status in the UK to be born British. If your baby is born in the UK but is not a British citizen, it is lawful for him or her to remain in the UK without making an immigration application.

Additional Resources:

- **Nepali Embassy in the UK:** <https://uk.nepalembassy.gov.np/>
- **UK Council for International Students (UKCISA):** <https://www.ukcisa.org.uk/>

Living Essentials:

- **National Insurance (NI) Number:** This is crucial for working legally in the UK. You can apply online or by post upon arrival. <https://www.gov.uk/apply-national-insurance-number/how-to-apply>

- **Opening a Bank Account:**

Many banks offer student accounts with benefits. Research and compare options to find the best fit for your needs like **Monzo** and **Revolut**.

Job Hunting Resources:

- **University Careers Service:** Utilize your university's career services for guidance, CV workshops, and job postings.

List of some Nepalese Societies in UK:

<https://uk.nepalembassy.gov.np/nepalese-organizations-uk/>

List of Local Jobs websites:

Southeast London:

1. Exorno:

<https://www.exorno.co.uk/jobs>
**Hospitality, Finance, Customer
service, Admin, Marketing**

Greenwich, SE10 OER

2. Orchid Human Resources

<https://orchidhumanresources.co.uk/contact/>

Greenwich, SE10 OER

3. Corus Consultancy recruitment Specialist

<https://www.corusconsultancy.com/about-us>

Greenwich, SE13 7GS

4. Twin Employment & Training

<https://www.twinemployment.com/uk/>

Greenwich, SE10 9GB

5. Ontrak recruitment & Training

<https://www.ontrakrecruitment.co.uk/contact-us>

Greenwich, SE10 9QF

6. Ace Recruitment

<https://portal.acerecruitments.com/#/home>

Greenwich, SE18 6PF

7. Supreme Employee Solutions

<https://www.supremeemployees.co.uk/>

Greenwich, SE18 6PF

East Midland:

**1. Bradgate Bakery, LE4 1WX,
Leicester,**

www.samworthbrothers.co.uk

Phone: 0116 236 1100

**2. GI Group Leicester, LE1 5JN,
Leicester,**

www.ukgigroup.com

Phone: 0116 254 4400

**3. A La Carte Recruitment, LE1
1DJ, Leicester, Phone: 0116
285 4455,**

4. Staffline (All over UK)

www.staffline.co.uk

5. Blue Arrow Job agency

https://www.bluearrow.co.uk/our-branches/peterborough/?utm_source=GMblisting&utm_medium=organic

**1st Floor, 2 The Broadway,
Peterborough PE1 1RS**

Phone: 01733 342 766

6. Huntress, Peterborough,

Phone: 01733 797 890

<https://www.huntress.co.uk/contact-us/>

West Midland:

Northwest:

1) The Best connection

181 Friargate, Preston PR1 2EJ

<https://m.thebestconnection.co.uk>

01772201777

The Best Connection specialises in supplying flexible workforce solutions to the industrial, driving, retail, warehouse & distribution, food and healthcare sectors throughout the UK.

2) Ocean Care Service Ltd

Sandpits Ln, Blackburn BB1 3NY

<https://oceancareservices.co.uk/>

07796717422

Ocean Care Services is a Nursing and Homecare Service Provider, located in the Northwest of England within the local authority of Blackburn. Our goal is to provide care and support services for the elderly and vulnerable who can no longer fully care for themselves safely.

3) Valeo Snackfoods

Quality House, Vicarage Ln, Blackpool
FY4 4NQ

<https://valeoconfectionery.com/factories-page>

01253600200

4) Proactive Personnel Ltd -
Manchester Recruitment Agency

67 Cheetham Hill Rd, Cheetham Hill,
Manchester M4 4ES

<https://proactivepersonnel.net/location/jobs-in-manchester>

01616618000

Our Manchester team is also home to our specialist nationwide Construction desk, placing temporary and permanent construction staff with major employers across the UK

Northeast:

Other jobs Platform

Tesco Careers:

<https://www.tesco-careers.com/>

McDonald Careers:

<https://people.mcdonalds.co.uk/>

Ocado Group:

<https://careers.ocadogroup.com/>

Jobs at Amazon:

<https://www.jobsatamazon.co.uk/#>
/

Handbook Courtesy: Northampton University



GOOD LUCK

