

International Students' Welcome Booklet



LUSUMA
Leicester University Students' Union Medical Association



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**Welcome to Leicester Medical School,
your committee is here for you!**

A message from Suvarna, your President of LUSUMA



Hi all,

Mahoosive congratulations for getting accepted at LMS (Leicester Medical School). It promises to be an exciting 5-6 years ahead and LUSUMA is eager to be a part of this too! Being an International student coming to a new place to start a completely new journey can be understandably daunting. However this guide should help equip you with some important nuggets of information to make the experience feel less overwhelming. It lays out important considerations and areas Leicester has to offer you when you join. LUSUMA's role is to support you in any way academically and in regards to student-

life. We'll be organising events throughout the year to help you mingle with your new cohort and get stuck in with Leicester's University life, so keep your eyes peeled for our socials to be clued up with what's going on at any given point. It's important to note that this guide has been made by fellow International students, so the tips and tricks really are unique and specific to you all. We're so excited to meet you come September so be sure to wave us down if you see us!

LUSUMA love,
Suvarna xoxo

A message from Sam, your Vice President of Welfare, Academics and Sponsorship



Hi, I am Sam Kebbe, LUSUMA's new VP of Welfare, Academics and Sponsorship for the year. Within my role, I will be drawing on my experiences at Leicester and as a graduate to ensure that I support my committee members as best as I can, liaise with our sponsors, help organise revision sessions and produce academic resources, and ensure our committee organises the best events for our members.

Well done for getting into Medical School! I look forward to meeting you in September. Until then, have a great summer, and if you have any questions, feel free to reach out to anyone on committee using the contacts page at the end of this document.

All the best,
Sam.

A message from Aboli, your Diversity & Inclusion Officer



Hey guys I'm Aboli, LUSUMA's new diversity and inclusion officer – congrats, you've made it to Medical School!

My role is to make sure the Medical School is diverse to all and that everyone feels included during their time here. Sober socials are also organised by me, which are great opportunities to make lots of new friends (minus the alcohol 🍷). I aim to ensure we feel prepared to approach and treat patients as future doctors, regardless of race, gender, sexual orientation, culture or belief.

Medical school is a journey not a destination. Enjoy your 1st year, make new friends and try to take part in as much as you can.

If you have any questions at all, please feel free to contact me by emailing diversityandinclusion@lusuma.com or alternatively through insta [@aboli_487](https://www.instagram.com/aboli_487)

Wishing you the best
Aboli :)

A message from Amy, your Welfare Officer



Hi everyone, my name is Amy, and I am LUSUMA's welfare officer this year. This is my second year on committee, and my role is to look after all things welfare such as:

- Regular Coffee and Cake mornings where you can stop by to talk about any worries, ask questions, and talk to committee :)
- Sober socials such as painting sessions, LGBT+ socials and lots of fun activities to get to know each other when you start.
- Lots of support when exams start, with exam de stress socials!
- LUSUMA's 'Agony Aunt' – please reach out with any worries and concerns that you don't feel comfortable asking directly!

Here are some tips to look after yourself in Fresher's week:

- Enjoy going out and meeting people but make sure to look after yourself too. Try to eat 3 meals even if you wake up late - you have to fuel yourself for the night out to come ;)
- Don't worry about taking a night in to rewind and rest, resting is just as important as taking advantage of all the fun going on in INTROWEEK
- Lots of people find Intro Week quite overwhelming – if you need a chat at any point, please feel free to message me or Agony Aunt and we will do our best to help out :))

That's all from me for now, I hope you enjoy the rest of your summer and can't wait to meet you all in September!!

Amy Healey, Welfare Officer

Checklists:

Just so you get a general idea and are prepared, here is a checklist to make sure you have stuff done before you come to Leicester:

- Apply for a Tier 4 Student Visa (which you can only do once you have your CAS after you have become a firm offer holder). More information on this at: <https://www.gov.uk/tier-4-general-visa>.
- Register with the University
- Pay your tuition fees
- Sort out accommodation (you will hopefully have applied already, or you should do so as soon as possible)
- Carry your confirmation of acceptance (CAS) letter from the University , unconditional letter from UCAS and reference letter from UKVI with you when travelling here.
- Book flights so you can get here on time
- Make use of the free University shuttle from Heathrow Airport to University. <https://le.ac.uk/study/welcome/your-next-steps/plan-travel/airport-collection-service>
- Obtain any prescriptions from your current doctor that you may need to continue when you get to Leicester
- Look up banks in the UK (this will be in the International welcome book from the University too). More information is found later in this booklet.
- A UK bank account is necessary to set up a contract with a UK phone service provider.
- Ensure you have enough money in cash with you to last you a couple of weeks (opening a bank account may require a little bit of time)
- Bring all your health records with you, and all evidence of all the immunisations you have.



And so you're prepared for one of the best weeks you will ever have, here is a checklist for INTROWEEK (more information to follow):

- ID!
 - Second form of ID (passport, driving licence etc)
 - Passport photo (electronic) to join some of the societies
- Cash for the week
 - Pyjamas (for Tuesday's PJ pub crawl)
 - Sports Gear (for Thursday's Sports night)
- Any documents the Medical School or the University may have asked you to bring
 - Formal attire (for Friday's Fresher's formal)
 - Excitement and your best smile!

Travelling to Leicester

Most or all of you will be flying into the UK. There are plenty of ways to get to Leicester as it is in a fairly central part of the country. Although Leicester itself doesn't have an International airport of its own, there are several cities nearby with available airports and transport options to get you to Leicester. On this page you will find some travel guides and suggestions. This, however, is not an exclusive list. You may be travelling to an airport that we have not mentioned here, but based on our experience, these are the main airports you will likely fly into...

London Heathrow Airport

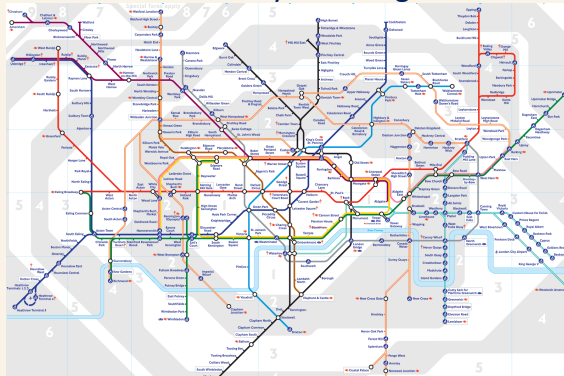
Most International flights arrive at London Heathrow airport. There are a few different ways to get from Heathrow to Leicester:

- The National Express coach service can take you from the terminal you land at straight to St. Margaret's Bus station in Leicester city centre. The journey lasts about two and a half hours. Be sure to book your bus ticket in advance through the National Express website, as tickets on your day of travel may be quite pricey.



- Trains travelling all day between London St. Pancras International Station (in Central London) to Leicester railway station are also available. The journey is approx. 1 hour long. Tickets can be purchased at the station, but we recommend buying them in advance on the Trainline app (be sure to purchase a 16-25 railcard in advance to benefit from 1/3 off national rail travel).

Please note that you will need to make the journey from Heathrow to St. Pancras and this can be done using the London Underground (Piccadilly line, 1 hour) or via the Heathrow express train (half an hour to Paddington station, change onto the Circle or Hammersmith & City lines to get to St Pancras).



London Gatwick Airport

- Some International flights can take you to London Gatwick airport if you choose it over Heathrow. A 3-and-a-half-hour coach National Express coach ride can take you to Leicester.
- You may choose to use trains/underground instead. To do this, use the Trainline app to purchase a ticket from Gatwick to St. Pancras International, and then from there to Leicester.

Birmingham International Airport

- National Express Coach to Leicester is available, but you will have to change coaches at Birmingham Coach station.
- Alternatively, trains are available from this airport to Leicester.
- You may choose to use a Taxi service From Birmingham to Leicester as road travel time is up to an hour, however, this may be the priciest option here.

Manchester International Airport

- National Express Coach journey will take up to 4 hours.
- Trains are also available from Manchester to Leicester (there may be 1 to 2 changes at other stations along the way). The journey will last 2 to 3 hours.

East Midlands Airport

- Trips between the Europe and the UK (such as connecting flights from further away) are available although long-haul trips are not generally available. However, if you are flying into this airport, you will be near Leicester and have a multitude of transport options available as outlined above.

Remember you can also check the following websites for more information to get to Leicester and around the UK:

National Rail UK: <http://www.nationalrail.co.uk/>

National Express UK: <http://www.nationalexpress.com/home.aspx>

Transport for London: <http://www.tfl.gov.uk/>

The University's dedicated travel info page: <https://le.ac.uk/study/international-students>

Or use Google Maps to orientate yourself and explore some options.



Banking in the UK

Having a bank account is vital to managing your expenses in the UK and paying your tuition and accommodation fees. As an International student, the process is slightly different to that which local/domestic student would need to do. It can often be a slight hassle setting it up because of the extra documentation needed.

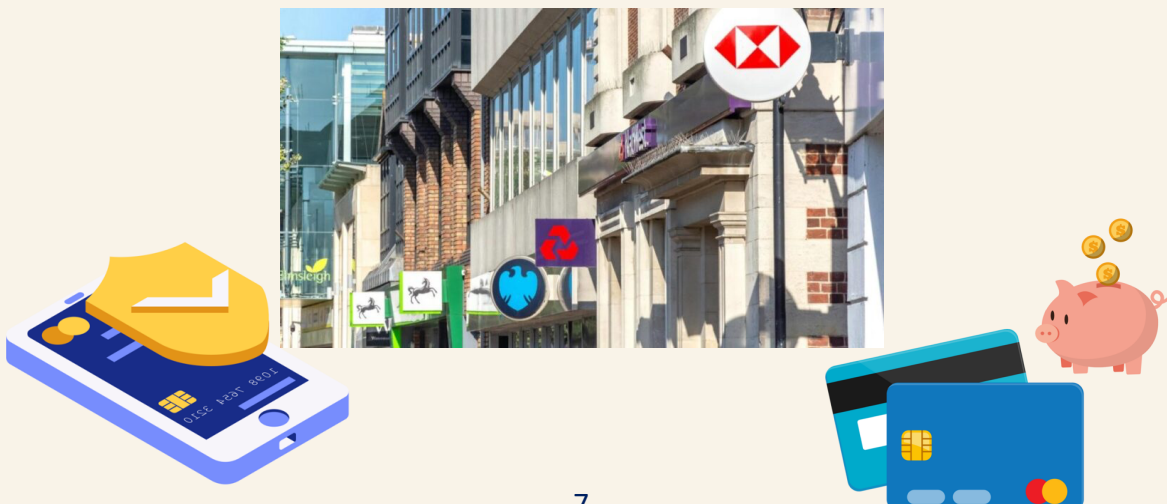
What will I need to open an account?

- Your passport.
- A letter from the University addressed to the bank you would like to open an account with (note: please ensure that name on the letter and passport are the same). This letter is called a bank letter and you can request this letter as part of your Visa Checkpoint during registration or you can visit the Information Hub at the David Wilson Library once you are fully registered.
- Evidence of your financial statement
- A letter from the University confirming you are a student at Leicester and your term time address. This letter is often called a Certificate of Registration and you can request this letter as part of your Visa Checkpoint during registration or you can visit the Information Hub at the David Wilson Library once you are fully registered.
- Your unconditional letter from UCAS.

Banks in the UK:

There are many banks with which you can open an account. The University will also provide you with more information in their International Students' welcome book. Remember to look up and research bank accounts to see what works for you and see if your bank at home has a branch in the UK that might make the process easier.

- **HSBC** – you will be able to set up a basic current account and their main branch is in the city centre by the clock tower.
- **Santander** – offers a specialised International student account.
- **NatWest** – offers specialised international student accounts and again, there is a branch in the city centre.
- **Lloyds** – offers an NUS card for student discounts and free overdrafts.
- **Barclays** – offers an International student account.
- **Monzo** – an online bank with excellent banking services that do not require you to visit a branch.



Finding and Applying for Jobs in Leicester

National insurance number:

In order to apply for any job in the UK, you would need to apply for a national insurance number. This can be done online at : <https://www.gov.uk/apply-national-insurance-number/how-to-apply>. Please bear in mind that the process may take a few weeks to complete.

University jobs:

With regards to finding a job when you arrive, we highly recommend looking for University-based jobs. The University has a scheme to recruit new student ambassadors every October. They also have ResLife, which recruits new members around April/May. You can also sign up to become a medical student ambassador during semester 2. All of the above roles use Unitemps to communicate with you – this is a website that provides employment services, so you can search for other jobs on there too. For more information, check out the following link which directs you to the part-time jobs area of the University website: <https://le.ac.uk/enterprise/development/recruit-our-students/recruit-new-talent/part-time-jobs>.

Jobs in Leicester:


If you don't want to work on campus, you can walk into any nearby restaurant or cafe and drop off your CV – it never hurts to try! You can also sign up to online tutoring through various websites such as <https://tutorful.co.uk>.

Finally, there is the option of working as a Healthcare Assistant (HCA) within the NHS. Throughout your first year at Leicester Medical School, you will be required to complete the necessary online and in person training for the role. At the end of the year, you will be put in touch with the relevant administrative staff to guide you through applying for the job. One thing that will make the application process easier is when you carry out your DBS check for Medical School, sign up to the DBS update service as soon as possible. This will avoid undergoing a second DBS check when applying for working as an HCA.

Quick reminders:

Undergraduate Students on a Student/Tier 4 visa at the University of Leicester are restricted to working no more than 15 hours per week during the published University term dates and are permitted to work full time during published vacations.

To support you in your search for employment, the University can provide you with a Certificate of Employability which confirms that you are a student at Leicester and the number of hours you are able to work whilst studying. You can request this letter as part of your Visa Checkpoint during registration or you can visit the Information Hub at the David Wilson Library once you are fully registered.

A logo consisting of a stylized orange outline of a house with a chimney on the right side. The text "Accommodation in Leicester" is written in a bold, black, sans-serif font inside the house shape.

Accommodation in Leicester

There is a wide range of accommodation available at Leicester, found at <https://le.ac.uk/study/undergraduates/accommodation>. Overall, there are three types/locations for accommodation.

The Village accommodation

There are many different options of halls of residence within the Oadby student village, available as single bedroom, single bedroom with an en-suite bathroom, and studio flats.

These halls are:

- John Foster Hall
- Gilbert Murray Hall
- Stamford Hall
- Beaumont Hall
- Digby Hall

These halls are about a 40-minute walk away from University campus, a 15-minute cycle, or a 20-minute bus ride. This year, students will receive a free pass to use on the Oadby-campus shuttle bus valid for intro week and the rest of the year so they can reach event meeting points and classes with ease. Most freshers will end up choosing Oadby as it is a hub for student socials. These halls are also surrounded by greenery which is a welcomed change from busy city life. Indoor and outdoor communal spaces are available such as benches, sofas, a pub and more!



The City Accommodation

The University also offers halls of residence that are more central to the city. These are:

- Opal Court – situated down the road from the Medical School and just a two-minute walk to campus.
- Nixon Court – situated at the end of University Road, 5 minutes away from campus.
- Brookland Road – five minutes from campus
- Freemans Common – newest accommodation complex, also five minutes from campus.

These options are perfect for students who favour the city living lifestyle and want the University at their doorstep. Communal spaces with seating, study booths, and games are available in these accommodation complexes.



Private Housing in the City

Alternatively, you may not want to board with the University. If this is the case, you can organise a tenancy for your own or a shared apartment, flat, or house in the city itself via lettings agents or student housing companies. Your next home is only a Google search away!

- Check real estate agencies such as 'right move' or 'zoopla' to organise a viewing.
- Student accommodation services such as 'Sulets' or 'The Aspen' offer great rooms that are close to the Medical School

After signing your tenancy, here is what to do:

- Visit <https://www.gov.uk/apply-for-council-tax-discount> for council tax exemption
- Set up water and energy bills with the relevant provider for your property. Ask your landlord who the provider is and then set up your bills by creating an online account or calling the companies directly (expect to be on hold for a while via the phone).
- A 6-month tenancy is recommended to start with if possible. This allows you to settle into your new home and make sure it is a good fit for you before committing to stay for a long time.
- Get a TV licence if you use your TV for freeview (live channels or playback). You do not need a TV if you only use Netflix, Disney+, or Prime video. Visit the following website to buy your license and for more information:
https://www.tvlicensing.co.uk/?&WT.mc_id=mec_Search_Brand&gclid=CjwKCAjws7WkBhBFEiwAli1681YP9kD_vT3Msqjm6oHT9y8WU0phYKn1Mn4bn8IYr_n0AYGo_XCuCRoCl1QQAvD_BwE&gclidsrc=aw.ds

We find that the best way to give you some insight into living in student accommodation is through student testimonials. Here are three past International students' experiences of living in each of the three options presented above.

EXCLUSIVE INTERVIEW

Ryan Chen's take on The Oadby Student Village

My time spent living in the Oadby Student Village coincided with some of the best memories of my life! Situated away from campus, yet not too far, it offers a quiet and peaceful abode from the hustle and bustle of school life. While there is a dedicated shuttle bus from the village to campus, some students choose to cycle, and some even walk (which takes about 40 mins). Most students share a flat with 4-5 other flatmates, that comes with a communal living room and kitchen - I, otherwise, took a single studio flat. We purchased our groceries by heading to the nearby ASDA Oadby Superstore, which is just a 20-minute walk away, that sells literally everything you might need (pro tip: hitch a ride from a friend who has a car!). Alternatively, there are also various reasonably priced take-out restaurants nearby and even one of my favourite pubs, The Lord Keeper of the Great Seal! These are all about 25 minutes by foot from the village, and are great ideas for eating out when you feel like it.



On most days, there are various social events organised by the University's Residential Life Team (ResLife), formed by a group of students just like us! Till this date, I've lost count of the times spent bonding with my friends over Pub Nights, Pizza Nights, Weekend Breakfasts etc - even a global pandemic couldn't derail that!

Moving abroad as an International student might seem daunting at first - it did to me, and that's absolutely alright. The Oadby Student Village houses several other International students too, so you're definitely not alone! One thing I strongly recommend is to put yourself out there and make as many friends as you can, International or not! You'll soon realise that there are others in the same shoes as you are, and you might even forge strong friendships too! (which I definitely have).

Tomini Fashina on living in The Oadby Student Village



I absolutely loved living in Oadby Student Village. It is very truly the student hub of the University of Leicester and quite unique to other universities wherein the majority of freshers are in one place but still detached from the main uni campus. With regards to transport, if you are feeling fit and fresh, you can walk to and from uni everyday which is about a 35-40 minute walk (25 if you pace it). You can also cycle as it's a short 10 minute journey. I decided to pay the small cost to take the bus but it proved so valuable as you have unlimited transport during term time

between Oadby, the city centre, and the University. In terms of socialising in the village, you'll always find some medics (and hopefully other students) hanging out and having drinks in the village hub and Beaumont. The village pub is well known for the well-priced pints and cheesy pizzas resulting in all the students nestling there on a Friday and Saturday night! I lived in the Pavillions in John Foster (shout out to Gumley) which isn't as social and connected as the other halls but it proved great anyway because it's self-catered accommodation and the kitchens are well-sized and well-equipped. Lastly, in terms of being an International student, at first the prospect of University in another country sounds incredibly exciting but once crash-landing into Oadby and watching your parents drive away, the reality can be quite daunting. Fortunately, the various activities organised by the student village definitely makes University feel like home (or even better). There are at least 3 events put on each night! Moreover, the close-knit group of medics you'll all form during and after INTROWEEK definitely makes University the best experience of your youth as you'll have friends who live with you, party and socialise with you and (hopefully) study, learn and grow with you.

City Living at Freeman's Common, Aashna Das' experience

In my opinion City Living was the best decision I could have made for my first year. Uni was just a ten minute walk away, as was the LRI and this is especially helpful considering Medicine involves daily 9 a.m. starts. Morrison's and the City Centre (including all the clubs) were quite easily accessible, which makes travelling both by train and bus a lot easier as well. Being an International student, every semester end entails lugging large suitcases to and from the train station, so it being close by was a large plus point for me.



My accommodation was self-catered which was a personal preference. This gave me a lot of independence over my meals and meal times. Oadby does however have a lot more social events, and so it is easy to feel a little left out sometimes. My first year experience was made significantly better by the fact that I was International. It's enjoyable to interact with people whose ideologies and cultures are wildly different from yours (and you discover you have a hilarious accent most of the time). Be ready for all kinds of questions, some more intelligent than others. But people in Leicester are very friendly. Make the most of INTROWEEK and talk to as many people as possible, since this is when friendships are formed. My advice would be: keep an open mind and you will enjoy yourself thoroughly. There's a niche for everyone in our little city!

Mohammed Askari Mujtaba answers our questions on living in private accommodation



How was the experience of living in the city as opposed to going into halls?

Living in the city for my first year at University was not my first choice, but it was a choice that I am glad I made and I rate it very highly as a memorable experience. However, living in the city for your first year does mean that you have added responsibility in paying your bills, managing landlord visits, preparing food, but I felt the opportunity allowed me to get to

grips with the added responsibility in my first year rather than take it on in my second year where you might not have that brace period you need to get accustomed. The confidence which comes from living independently actually ended up aiding my studies as it made me a more organised person! Living in the city meant that I was much closer to the city centre and the University's main campus than those who were in halls and it allowed me to explore the city and get to grips with life outside of Oadby. It also helped knowing that I wasn't reliant on a bus schedule to get back to my accommodation as getting to University was a 15-minute walk that I would look forward to every morning. Since Leicester is a pretty small city, you will always be surrounded by students no matter where you live. This helped me a lot since coming into Leicester as an International student living off campus, I got to know students not only from different courses in different years, but I got to know students from De Montfort University as well. Commuting in Leicester will never be a problem. Everything is pretty accessible if

Overall how was it and what were the positives and negatives of this experience?

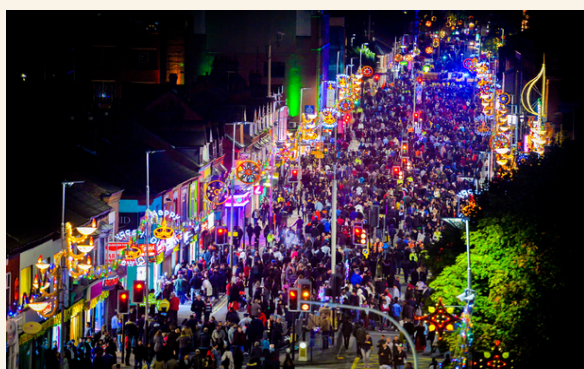
Honestly, the only disadvantage I faced of living in the city was that I wasn't a familiar face to a lot of people in my batch. You do end up making really good friends, but at the end of the day it depends on how you recognise yourself with the friends that you do make. For me, it was never about getting to know every single person in my year but I was always looking to find a good bunch of friends. I didn't find this too much of a disadvantage since I got to meet a lot of people for medic sports that takes place over the weekend. Although, cricket and squash were the only sports near the main campus so I guess another negative was not being able to go and play tennis or the other sports I enjoyed playing. The best part though was that I lived pretty close to Opal court, and I made a lot of friends there and we would meet up for revision sessions, go out for a meal or just chill in the common room. A few of us would also walk up to University for lectures together so the worry of walking in alone or not finding your friends to sit with was (thankfully) never an issue. It was overall a very positive and enjoyable experience and living in the city helped me take on responsibilities much sooner than my friends, made me more versatile and has given me a unique experience in my fresher year compared to my friends living in halls. If any of you are considering living in the city, I would definitely recommend it and I promise you, you will have a memorable experience!

Out and about in Leicester

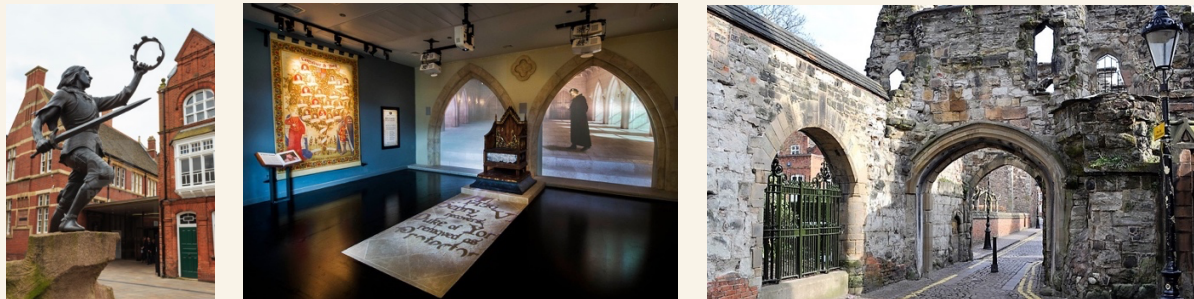
Leicester is one of the most multicultural cities you can come to and, according to the 2011 census, it is “the most diverse city in the East Midlands region”. The city is a melting pot of different ethnicities, cultures, and religions. As an International student, you may be apprehensive about settling into a new country and way of living, but one thing that may reassure you is that Leicester is very welcoming. Many International students often say that although they may have felt homesick at first, the transition to life in Leicester was a swift one and they settled in with ease.



It is home to the largest Diwali celebrations outside of India, a spectacle worth attending. The celebrations take place along the ‘Golden Mile’, an area in the city that is lined with Indian restaurants and shops. During the festivities, fireworks are set off all over the city. It also hosts the largest Caribbean festival outside of London with large parades annually.



Keen interest in history? Leicester is home to the burial ground of King Richard III, whose remains were famously uncovered beneath a car park in 2012. Leicester University's archaeological students were instrumental in the discovery and preservation of his remains, which are now re-buried in the Cathedral. The visitor's centre has lots of information and artefacts about the last English King to die in battle, so it is worth checking out.



Leicester is dotted with restaurants offering a wide array of cuisines including Chinese, Japanese, Thai, Indian, Italian, Portuguese, and even Turkish and Lebanese. Needless to say, there is also an amplitude of pubs serving British classics such as fish and chips, sausage and mash, full English breakfasts etc. New restaurants are constantly opening along or around London Road, as well as ethnic supermarkets including Chinese, Korean and Polish stores. If you're a foodie, you'll definitely be spoilt for choice in Leicester. We couldn't just include 1 or 2 pictures in this booklet, so we went a little overboard... go ahead, feast your eyes:



Public transport in Leicester is very well established, especially for University students who benefit from shuttle buses running from the Oadby student halls to campus, the hospital, and to town. Taxis are also available and are very affordable, especially if shared between friends. Feel free to ask other students for their recommendations of which companies to use. Mobile taxi services such as Uber and Bolt are also available.

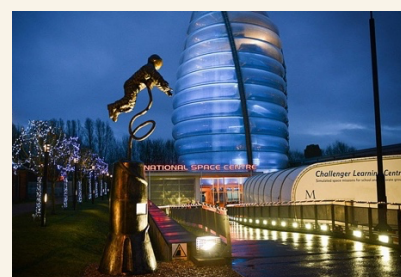
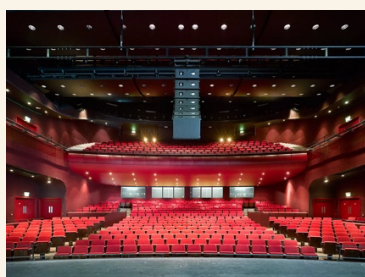
The city centre is about a 20-minute walk from University; with a bus pass you can get there quicker. The clock tower indicates the middle of the city centre. It is surrounded by areas to shop and eat. Highcross shopping centre is one of the largest shopping malls where you can find a large selection of clothes, accessories, electronics, books and more. Haymarket shopping centre is right next door offering a similar selection. Leicester Market is the biggest outdoor covered market in Europe and is excellent for fresh produce at a bargain price from Monday-Saturday.



If you're a rugby or football fan, Leicester has lots to offer with Tiger Stadium only a ten-minute walk from the Medical School. Leicester City Football Club were previously known as "the most unsuccessful football team in FA cup history" until they won the English Premier League in 2016, beating 5000-1 odds. The city is proud of this achievement, so don't be surprised to find cocktails named after the players in bars e.g., the Vardy bomb.



The Curve theatre has many independent plays and events for you to attend if you're interested in the latest contemporary arts. If you are a movie buff, then you'll be delighted to know that Showcase cinemas is located in the city centre, along with other movie houses (Odeon and Vue) located in other areas of Leicester. Further north of the city centre is also the National Space Centre dedicated to space and astronomy – a great day out, and only a bus journey away. If you're into music or like to party, then Leicester is great for a student's night out at the student union's very own O2 academy, and other great bars and clubs in town! There are also some LGBTQIA+ bars and clubs available such as Rainbow and Dove, and Helsinki nightclub which even host fabulous drag shows. Overall, the city is bursting with things to do and activities to suit any and all interests.



Leicestershire isn't just about the city; it has a great countryside too. To the east of Leicester is the county of Rutland with Rutland Water, which is one of the largest artificial lakes in Europe. There are many water sports available as well as fishing, birdwatching, and hiking trails to explore. Bradgate Park to the North is a very popular picnic spot too. Abbey park, located just outside the city centre, is another great place to go for a walk, relax, and unwind.



There's plenty more to see just outside of Leicestershire. Enjoy a day trip or weekend away to cities like Nottingham, Birmingham, and maybe even London, which are all easily accessible by coach and train. You may even choose to venture up north to Manchester, Newcastle, York, or visit cities in Scotland too. Taking a break and seeing somewhere new is a great way to explore the best of the UK.

For more information on things to do and places to visit, here are a few good websites for you to look at:

Go Leicestershire: <https://www.stayplayexplore.co.uk/goleicestershire/>

Visit Leicester: <http://visitleicester.info/visitleicester.aspx>

International students' welcome day

As International students, you'll be invited to come to Leicester a bit earlier than the rest of your cohort, just to give you a bit of extra time to settle in. This is a great chance to get to know each other and the city before everything gets a bit more hectic! The Medical School will have planned their own welcome for you; this will involve being greeted and introduced to the Medical School staff, lunch on campus followed by city and campus tours. The campus tour will be led by the University of Leicester's student ambassadors, whilst the city tour will be led by LUSUMA committee members and the International student representatives for your year. During this tour, your guides will point out sites they recommend you visit during your time at Leicester from one International student to another, so it's definitely something you should keep your eyes peeled for! At the end of the Medical School's formal introductions, some of our committee members will organise a special something on the evening of the 15th of September, to make your first introduction to Leicester extra special. This will be an opportunity to get to know each other a bit better and ask any outstanding questions.

INTROWEEK

Medics INTROWEEK will be one of the best weeks of your University experience... during which you will have the chance to meet everyone in your year, and other students in older years. It takes place before classes begin and includes a whole host of events; some to look forward to are our annual PJ pub / grub crawl, medic sports night where you have the chance to meet our sports teams, laser tag and trampolining events, and the fresher's formal. It's a whirlwind experience designed to help you make new friends and settle into Medical School. The University-wide welcome week events take place the following week! This means you will have another opportunity to go out and enjoy the best that Leicester has to offer and meet more people from other courses. LUSUMA committee members will of course be present at all events and will be easy to spot, dressed in navy and turquoise striped rugby shirts. Don't hesitate to come up to any of us to say hi and have a chat; we look forward to meeting as many new students as possible and are here to support you in your transition to Leicester Medical School. For details, dates, times, and venues for all our INTROWEEK events, be sure to check out your Fresher's welcome booklet as well as regular social media posts toward the start of term. Check out <https://www.lusuma.com> for more information on what we're all about.



The University campus and Medical School

Although you will be taken on a campus tour before starting University, we wanted to provide a whistlestop guide to some of our favourite places on campus. Here are some University buildings that you will come to know very well during your at Leicester. We have included pictures of these buildings so that you may recognize them easily during your first few weeks of term.

First and foremost: The Student's Union, also known as the Percy Gee Building. Percy Gee is located on University Road and is a great place to meet, work and relax in between classes. It includes many cafés and food stalls for you to choose from and spacious study areas for you to make use of. The four-floor building also features a computer cluster, media centre, and a performance studio for you to enjoy. Lastly, the O2 academy (events venue) is also part of Percy Gee.



The David Wilson Library

If you walk off University Road, up past Percy Gee, and cross the courtyard, you will come across the David Wilson Library. This is another great place to study as it includes thousands of textbooks, computer clusters on every floor, communal study spaces, silent study areas, and group study rooms with whiteboards and large monitor screens which you can book online. A café is open on the ground floor, so you don't need to go too far for a study break and snacks. The library is open 24/7 throughout the year (with few exceptions for holidays). The Information Hub is located on the ground floor of the library just past the Café entrance. You can visit the Information Hub for letters, including bank letters, Certificates of Registration and Certificates of Employability, replacement student ID cards and to pay your tuition or accommodation fees. You can also visit the Hub for advice on how to use the library, borrow journals and books or to book student Welfare, Careers and Unitemps appointments and to request Visa and immigration support. More information can be found here: <https://le.ac.uk/library/using/information-hub>.



The Fielding Johnson Building

This building holds the largest lecture theatre on campus. For large assemblies, meetings, and lectures, such as those that will take place in the first few weeks of term, the Medical School will host its students in Fielding Johnson's South Wing, in the Peter Williams lecture theatre. To find this building, walk straight ahead past the Students' Union main entrance.



The Maurice Shock Building

Fun fact: this building used to be the University's old Medical School and is now home to biosciences students. In your second semester of year 1 and throughout year 2, you will study human anatomy through full cadaveric dissections. These take place in the dissecting room located on the lower ground floor of the Maurice Shock Building. The building itself is on the intersection of University Road and Lancaster Road, just opposite the current Medical School.



And finally: The Medical School, also known as the George Davies Centre.

The Medical School is Located at the top of Lancaster Road. It will be your base for the first two years of your course otherwise known as phase 1 during which pre-clinical teaching takes place. Here you will meet many of your classmates, interact with professors, clinicians, and clinical teaching fellows. Every day, you will attend lectures and group work tutorials in this building. The 'GDC' as we call it, includes a computer cluster, teaching rooms, some communal study spaces and study pods, and a café located on the ground floor. The LUSUMA office is also located here so if you ever see anyone of us in there, feel free to pop in for a chat. The GDC provides a friendly study environment, and we are sure you'll grow to love it as much as we do.



Final Tips/FAQs

- Attend the Internationals' welcome on September 15th – it's a great way to meet other International medical students and make new friends!
- Make sure you attend all INTROweek events too - it's a great opportunity to meet everyone in your cohort and to relax and have fun before lectures start.

Useful contacts

Here are some contact details you may need to use for information, advice, or help:

University contacts:

- Medical admissions: +44 116 252 2969/2966/2985/3015; medadmis@leicester.ac.uk
- Phase 1 team: phase1@leicester.ac.uk
- Library Information Hub: +44 (0)116 252 2448; studentservices@le.ac.uk

LUSUMA Committee members:

- Suvarna Netke (President): +44 7521 976384; president@lusuma.com
- Sam Kebbe (Vice Pres of Academics, Welfare, and Sponsorship): +44 7508 230097; vpaws@lusuma.com
- Jemima Ball (Vice Pres of Sports and Societies): +44 7713097333; vpss@lusuma.com
- Kiana Haji Sabagh (Treasurer): +44 7958 922313; treasurer@lusuma.com
- Jasmine Hulme-Kenny (Secretary): +44 7427 894701; secretary@lusuma.com
- Aboli Joshi (Diversity and Inclusion Officer): +44 7486952732; diversityandinclusion@lusuma.com
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- Anshul Ramavath (Sports Secretary): +44 7379 230311; sportssec@lusuma.com
- Tiffany Powell (Graduates and Mature Students Representative): +44 7415 330172; gradrep@lusuma.com
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- Maya Korpál (Social Secretary): +44 7413 402196; social@lusuma.com
- Alice Travers (Ball Secretary): +44 7951 098082; balls@lusuma.com
- Gurudutt Kamath (Ball Secretary): +44 7436 601866; balls@lusuma.com
- Mel Sarkar (Charity and Volunteering Officer): +44 7944 556511; charityofficer@lusuma.com
- Zahid Nisrin (Media officer): +44 7479 907462; mediaofficer@lusuma.com
- Jasmin Bullock (Alumni and Elective officer): +44 7860 243828; aerep@lusuma.com
- Amir Saadatnia (Webmaster): +44 7848 048544; webmaster@lusuma.com

Other useful contacts:

- Samaritans 24/7 confidential support service: 116 123 (national telephone)
- Police: 0116 222 2222
- University of Leicester main switchboard: 0116 252 2522
- Accommodation Office: 0116 252 2428
- ABC Taxis: 0116 255 5111
- Swift Fox Cabs: 0116 262 8222
- Emergency Police, Ambulance or Fire Brigade: 999
- Non-life-threatening medical help from the NHS: 111

We hope you're looking forward to the years ahead – they are going to be brilliant. We can't wait to see you in a few weeks' time!

- *Your 2023-2024 LUSUMA committee.*