

NTNU Pre-Arrival Information

This information will help you prepare for your arrival to the UK and to Brunel. It includes details about your arrival and accommodation, and information on what will happen in the first few days. Please read it carefully as it contains lots of important information to help you make your arrival easier, and to ensure you enjoy your stay at Brunel University.

What to Bring

You should always check the Luggage Weight Restrictions of your Airline before packing. Important items to bring are:

- Warm clothing
- Waterproof clothing and an umbrella
- Suitable shoes for walking
- Towels and Toiletries (e.g. toothbrush, toothpaste, soap, shampoo)
- Pens and Paper for Learning
- If you are on regular medication, bring a sufficient supply of your medication
- You will need to bring an adaptor for your electrical equipment

In your hand luggage please ensure you bring:

- Your passport with valid visa
- Aeroplane Ticket
- Brunel University Offer Letter
- Travel Insurance
- Medicine (with a letter from your doctor)
- Glasses/ Contact lenses if required
- A small amount of money in UK Sterling
- Jumper or coat as it could be cold.

Arrival at Heathrow

After you have collected your luggage at the airport, make your way to the Information Point at the terminal. You will be met by four Brunel students who will be holding up signs saying 'Welcome NTNU Students'. You will then be shown to the two coaches that have been organised to bring you to Brunel University. You will be staying in the Isambard Complex. You will be required to carry your own luggage to the halls of residence but don't worry, it's not very far.

We will provide you with a small breakfast snack in your halls when you arrive.



Accommodation/Key Collection

We will have your keys and your accommodation contract (which you will need to sign and return to us) ready for The Isambard Complex was completed in September 2008. The complex is located at the west end of campus and consists of 17 different blocks with several flats. Each flat of 10 rooms will share a large communal kitchen. All bedrooms are fully furnished and have their own wash room with a shower, toilet and wash basin. Every room has a data point for connecting to the University network system. There are washing machines and dryers located on the ground floor of your halls of residences.

Items in Bedroom	Items in shared kitchen
• Bed with Mattress	• Ironing board and iron
• Bedside Cabinet	• Dustpan and Brush
• Notice Board	• Mop and Bucket
• Wardrobe	• Kitchen Table
• Desk and chair	• Kitchen bin
• Bookshelf	• Cooker
• Bedding (1 duvet and cover, 2 pillows and cases, 2 sheets ,1 under blanket)	• Cooking equipment (Pots, Pans, Plates, Cutlery, Cups)
	• Freezer
	• Fridge
	• Food Storage cupboards
	• Kettle



Isambard Complex



Internet Access

After your enrolment on Monday you will be given a computer username and password. There will be an internet access point in your room which you can connect your laptop to if you like. Alternatively, there are various locations around the campus where you can access the internet. For example, there are computers in the library and in the John Crank building which is open 24 hours a day.



Campus Facilities

The campus has a wide variety of facilities to offer including the library, sports centre, bars, bank, shops, various eating and coffee shop outlets and launderettes.



Further Information

Entry into halls is via university ID swipe cards which will be given to you when you arrive. CCTV is on each staircase and entrance and there are security patrols. Communal rooms are cleaned everyday Monday to Friday, and fresh linen can be collected once a week from Concourse hall.



Departure

On the day of your departure, please vacate your room by 10am. Please make sure you have all your luggage with you.

Money

Please make sure you have some cash (Pound Sterling) with you for your expenses over the first few days e.g. telephone calls, bus or underground tickets meals, etc.

You will be able to change currency and travellers cheques at a bank or Bureau de Change, which are open longer than banks but have higher charges. Banks are normally open between 9:30am – 4:30pm Monday to Friday. Some may open on Saturday mornings.

We recommend you bring approximately £100 per week for living expenses.

Medical and Travel Insurance

Please make sure you have travel and medical insurance before you leave. If you have not taken out insurance for you and your personal belongings we strongly recommend that you do so.

While you are at the University, please do not leave valuables unattended either in the classrooms or elsewhere. The university cannot be held responsible for any loss of property.

Electrical Items

Voltage in the UK is 240 volts with a three-pin plug, so you will need an adapter to use your own electrical items in the UK.

Ideas for your Weekend



Brunel University is located in the London Borough of Hillingdon. The main attraction in Hillingdon is Uxbridge Town Centre. To get to Uxbridge, you can get a bus from the University, or you can walk which will take around 20 minutes. Please see details of the bus stops on the map attached. There are two big shopping centres in Uxbridge and several smaller shops on the high street.

The Chimes Shopping Centre:

There are 76 stores ranging from high street brands to specialised boutiques. The various stores offer women's and men's clothing, shoes, bags, toiletries, jewellery, electrical equipment and entertainment products. Within the shopping centre, there is also a selection of 11 restaurants and cafés.

www.thechimes.uk.com

The Mall Pavilions Shopping Centre:

This shopping centre offers a wide variety of stores ranging from clothes stores to book shops, hair-dressers and card stores. There are also 8 cafés and small food places. Every Wednesday, there is an arts and crafts market in the Pavilions. The stalls sell products from the local area.

www.themall.co.uk/my-mall/uxbridge/default

Odeon Cinema

Take a trip to the Odeon Cinema in Uxbridge. With 9 screens, there is always a wide variety of movies on offer. Cinema tickets cost £8.20 or £6.90 if you show your student card. To check what movies are on visit www.odeon.co.uk/fanatic/film_times/s137/Uxbridge

London



Although London has been called one of the most expensive cities in the world, there are plenty of things you can do for free. For example:

Art Galleries:

Tate Modern and Tate Britain are excellent national art galleries housing some of the finest artworks in the world. Tate Modern focuses on contemporary art while Tate Britain displays British Art from the sixteenth century to the present day. The closest underground station to Tate Modern is Southwark. For Tate Britain, get off at Pimlico. Both galleries are by the river Thames and there is a 'Tate to Tate' Boat which takes you from one Tate Gallery to the other. Tickets cost £3.35. For more information, visit www.tate.org.uk. Other major London art galleries include the National Portrait Gallery (nearest station is Leicester Square, www.npg.org.uk) and the National Gallery (nearest station is Charing Cross, www.nationalgallery.org.uk).

Museums:

In the Museum of London, you can learn about the history of London from Roman times to today. The nearest underground station is Barbican, www.museumoflondon.org.uk.

Buckingham Palace:

The Queen's Guard changes in the Forecourt inside the gates of Buckingham Palace at 11.30am every day in the summer. Get there early and view the spectacle from outside the front gates. Nearest underground stations are St. James Park and Hyde Park Corner.

South Bank:

Take a walk along the river Thames on the South Bank. You will be able to see the London Eye, Tate Modern, Shakespeare's Globe Theatre, and Tower Bridge. Get off the tube at Westminster Station and walk along the River Thames.

Street Performers:

At Covent Garden Market, there are street performers to entertain you every afternoon. Good acts can get big crowds and some even make you join in! The underground station is called Covent Garden, but you can also walk from Leicester Square. There are also many great performers along the South Bank.

Westminster Abbey:

You can see inside Westminster Abbey for free. The Abbey choir sings the Evensong. The Choristers of the Choir are educated at Westminster Abbey Choir School and are all extremely talented. Evensong is at 5pm on Mondays, Tuesdays, Thursdays, and Fridays, plus at 3pm on Saturdays and Sundays. The nearest underground station is Westminster.

Parks

Hyde Park is one of London's finest historic landscapes covering 142 hectares. With over 4,000 trees, a lake, a meadow, horse rides and more it is easy to forget you're in the middle of London. The nearest underground station is Hyde Park Corner.

Regent's Park is another great spot to enjoy the summer. It covers 166 hectares and includes stunning rose gardens with more than 30,000 roses of 400 varieties. Nearest underground station is Regent's Park.

St. James's Park is at the very heart of London and covers 23 hectares. There is a beautiful large lake where you can watch ducks, geese and pelicans. The park is close to Buckingham palace, which is also a must see! The nearest underground station is St. James's Park.

Bus Tour:

A bus tour is a great way to get to know London. You will be able to see and experience London from a comfortable bus, and hop on and off whenever you see something you like. The main departure points are Marble Arch, Piccadilly Circus, and Trafalgar Square. You can buy your tickets directly at the Bus stops and it also includes a free pass for the River Thames cruise. The cruise departs from Westminster (Big Ben), and stops at the Tower of London and Greenwich Piers where you can get off if you like. For more details see <http://www.theoriginaltour.com/>.

Greenwich:

Greenwich is a world heritage site in the south of London. Besides interesting historic buildings and famous architecture, there is a lovely arts, crafts and food market every Saturday and Sunday from 10am to 5.30am. You can get to Greenwich by taking the river cruise from Westminster Pier or the London Eye Pier.

City Places to visit:

Leicester Square, China Town, Piccadilly Circus and Covent Garden are all within walking distance of each other. There are lots and lots of restaurants, shops, theatres, cinemas, comedy stores and so on. These places are busy all day and night and are a great spot to experience the multi-cultural character of London.

Shopping:

London is great for shopping! The main shopping area is Oxford Street and Regent Street (nearest station is Oxford Circus). These two streets combined offer over 2 miles of non-stop shopping. Soho and China town are also great for shopping and offer some more alternative shops (nearest station is Leicester Square). Camden Town is another area that is full of colourful markets and shops. Camden Lock Market and Camden Stables Market are well known for their wide range of fashionable and alternative clothes and art works. The nearest tube station is Camden Town.

On a rainy day, you might prefer shopping inside. Westfield Shopping Centre is the largest shopping centre in Europe, with over 265 shops from over 15 countries. The shops range from unique, high quality boutiques to popular main stream shops. If shopping makes you hungry, there are over 50 cafes, restaurants and take away places at Westfield to choose from. The shopping centre is served by 4 different tube stations; Shepherd's Bush, White City, Wood Lane and Shepherd's Bush Market.

At the weekend, shops are usually open from 10 or 11am until 5 or 6pm.

Eating and Drinking

Uxbridge and London have a wide variety of restaurants, pubs and bars on offer. There are thousands of places to eat in London and the surrounding area so you will be spoilt for choice! The prices can range from very low budget to extremely expensive. Generally, pubs tend to be cheaper than restaurants. Although many people go to the pub to have a drink, it is completely normal to just have a meal and a soft drink. If you go out in the evening, remember to bring your passport. Most bars and pubs will check you are over 18 years old, and for some places you need to be over 21 years.

Uxbridge:

There are lots of places to eat in Uxbridge. For traditional English pub food, go to the Metropolitan Pub, the Fig Tree or the Slug and Lettuce. There are also several Italian restaurants such as Ask, Pizza Express and Nona Rosa. There is a Portuguese restaurant called Nandos, a French place called Auberge, and an Asian Buffet called Tai Pan. You can also get some quick take-away food at McDonalds, KFC, Subways and many other Burger and Kebab places.

London:

The best places to look for food in London are Leicester Square and Covent Garden. There you will find Steak Houses, English Pubs, and Italian, Spanish and Mexican Restaurants. China Town is only a short walk from Leicester Square. There you will find lots and lots of Chinese restaurants. But there are many more places all over London. For example, the O2 Centre at Finchley Road station offers Chinese and Portuguese food as well as Burgers and Sushi. The area around Angel Station also offers a wide variety of food. Camden Town is also worth a visit. There are English, French, Greek, Italian, Japanese, Thai, Spanish and Portuguese Restaurants.

Picnic:

On a nice summer's day, many people have a picnic in one of the many parks in London. You can buy picnic food in Tesco or Sainsbury in Uxbridge, take a blanket with you and spread out on the green grass in Regent's Park, Hyde Park or anywhere you like. Suitable food for a picnic would be sandwiches, fruit, sausage rolls, biscuits, cakes, crisps and other snacks. Make sure you take some water or juice with you to keep refreshed. For more information, visit: <http://www.royalparks.org.uk/docs/PicnicGuidelines.doc>.

Travelling to London

The easiest way to travel to London is to go to Uxbridge and get the 'tube' from there; this is the London Underground. There are two lines that you can take. The metropolitan line runs from West London to East London, and the Piccadilly Line serves West and Central London. Please see the London tube map in your pack for more information.

During the week the first tube into London leaves Uxbridge at 5.11am, and tubes run at regular 10 minute intervals until 23.50pm. Coming back from London, the last train towards Uxbridge leaves Baker Street at 00.43am.

At the weekend the first tube into London leaves Uxbridge at 5.39 and the last tube returning to Uxbridge from Baker Street is at 00.43am. To help you plan your travel journey, go to www.tfl.gov.uk. Here you will be able to enter the date and time you want to travel and the quickest route will be shown to you.

When you go into London for the day, you can buy a 1 Day Travel Card for zones 1 to 6. This allows you to travel for the whole day and you can get on and off the tube as many times as you like. The cost of the 1 Day Travel Card is £7.50.



Sunday daytime plan

On your first day in the UK, you will have free time to explore the Brunel campus and the local town, Uxbridge. There are two convenience stores on campus where you will be able to buy a range of groceries such as bread, milk, fruit, and pasta among other things. The stores also sell some toiletries, electrical equipment, travel cards and medicine. On Sundays, the 'Campus Store' is open from 9:30am to 5pm and 'Cost Cutter' is open 10am to 2pm.

In Uxbridge, there are two main shopping centres in Uxbridge – The Pavilions and The Chimes. Here you can buy clothes, electrical equipment and toiletries. The main supermarkets for food shopping are Tesco and Sainsbury. Uxbridge is a short bus ride away or you can walk which takes around 20 minutes.

There are plenty of food places to eat around the University and Uxbridge. Within walking distance of Brunel you can find Jack's Fish and Chips Shop, The Vine and The Malt Shovel. As already mentioned above, there are plenty more restaurants in Uxbridge town centre.

Schedule for Monday

Enrolment will start at 10am on Monday 20th July. We will give you information on where to go when you arrive on Sunday.

A Message from your teachers

Dear Students,

Thank you for choosing Brunel International Pathways and Language Centre (Brunel IPLC) for your Summer course. I am really looking forward to meeting you and working on the specially designed programme with you.

The course will be taught by myself and four other teachers, who are also looking forward to working with you. The course has been designed to give you as much information as possible about British culture whilst at the same time improving your English fluency and accuracy. There will be a wide variety of lessons and a number of outings, which I'm sure you will enjoy.

I wish you a very enjoyable and rewarding time with us at Brunel.

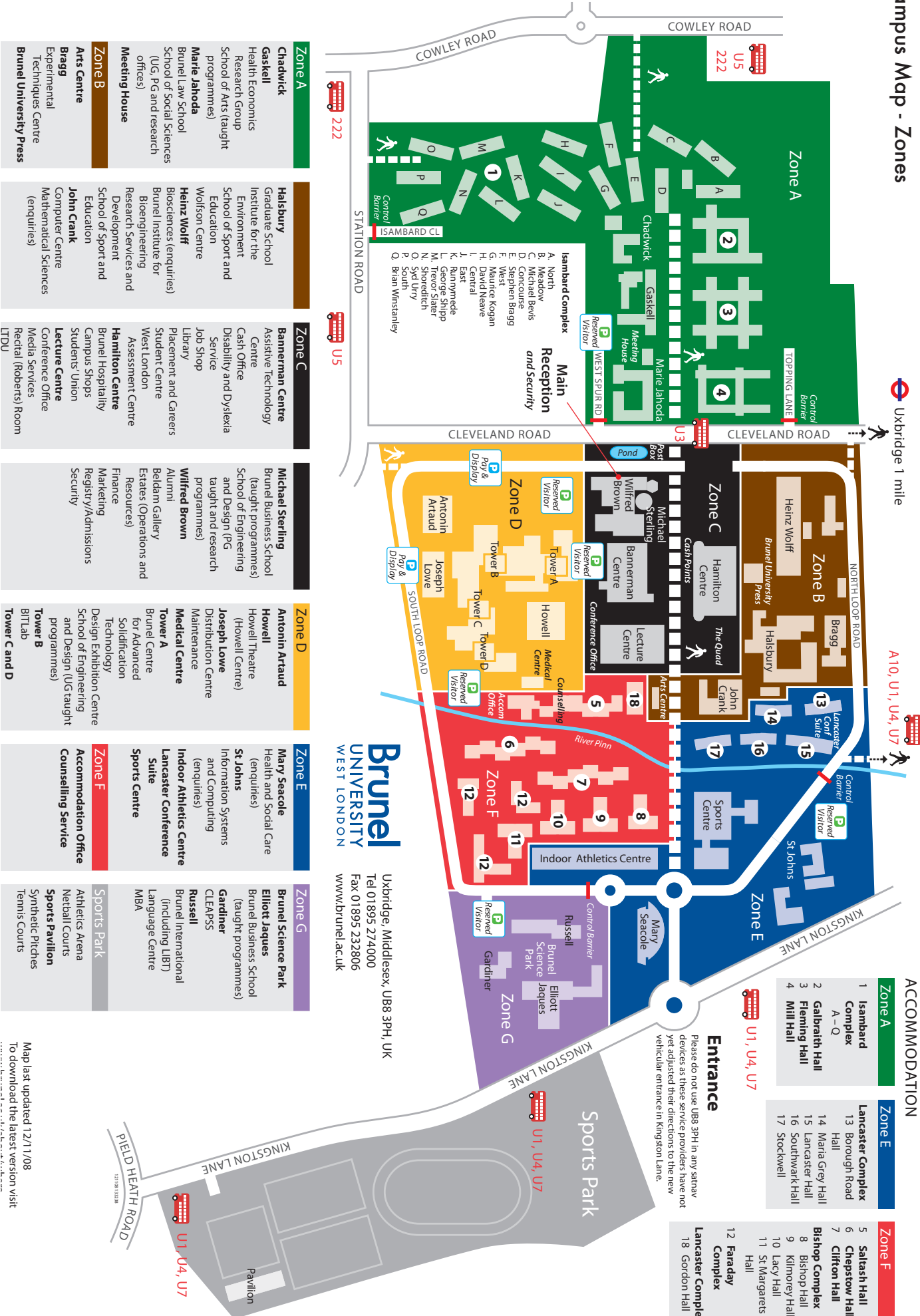
Yours sincerely,

*Shelagh Cohen
Programme Leader*

Campus Map - Zones



A10, U1, U4, U7



ACCOMMODATION

- | Zone A | Zone E | Zone F |
|------------------------|--------------------|----------------------------------|
| 1 Isambard Complex A-Q | 5 Salkash Hall | 12 Faraday Complex |
| 2 Galbraith Hall | 6 Chepstow Hall | 18 Lancaster Complex Gordon Hall |
| 3 Fleming Hall | 7 Clifton Hall | |
| 4 Mill Hall | 14 Maria Grey Hall | |
| | 15 Lancaster Hall | |
| | 16 Southwark Hall | |
| | 17 Stockwell | |
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Entrance
Please do not use UB8 3PH in any satnav devices as these service providers have not yet adjusted their directions to the new vehicular entrance in Kingston Lane.

Zone A

Chadwick
Health Economics
Research Group
School of Arts (taught programmes)
Marie Jahoda
Brunel Law School
School of Social Sciences (UG, PG and research offices)
Meeting House

Zone B

Arts Centre
Bragg
Experimental Technological Centre
Brunel University Press

Zone C

Bannerman Centre
Assistive Technology Centre
Cash Office
Disability and Dyslexia Service
Job Shop
Library
Placement and Careers Student Centre
West London Assessment Centre
Hamilton Centre
Brunel Hospitality
Campus Shops
Students' Union
Lecture Centre
Conference Office
Media Services
Recital (Roberts) Room

Zone D

Michael Sterling
Brunel Business School (taught programmes)
School of Engineering and Design (PG taught and research programmes)
Wilfrid Brown
Alumni
Beldam Gallery
Estates (Operations and Resources)
Finance
Marketing
Registry/Admissions
Security

Zone E

Mary Seacole
Health and Social Care (enquiries)
St Johns
Information Systems and Computing (enquiries)
Indoor Athletics Centre
Lancaster Conference Suite
Sports Centre

Zone F

Accommodation Office
Counselling Service

Zone G

Brunel Science Park
Elliott Jaques
Brunel Business School (taught programmes)
Gardiner
CLEAPSS
Russell
Brunel International (including LIBT)
Language Centre
MBA

Sports Park

Athletics Arena
Netball Courts
Sports Pavilion
Synthetic Pitches
Tennis Courts

Zone H

Halsbury
Graduate School
Institute for the Environment
School of Sport and Education
Wolfson Centre
Heinz Wolf
Biosciences (enquiries)
Brunel Institute for Bioengineering
Research Services and Development
School of Sport and Education
John Crank
Computer Centre
Mathematical Sciences (enquiries)

Zone I

Isambard Complex
A. North
B. Meadow
C. Michael Bevis
D. Concourse
E. Stephen Bragg
F. West
G. Maurice Kogan
H. David Neave
I. Central
J. East
K. Runnymede
L. Reunite Shop
M. Theodore
N. Shoeditch
O. Syd Ury
P. South
Q. Brian Winstanley

Brunel University
WEST LONDON
Uxbridge, Middlesex, UB8 3PH, UK
Tel 01895 274000
Fax 01895 232806
www.brunel.ac.uk

Map last updated 12/11/08
To download the latest version visit
www.brunel.ac.uk

A guide to the Isambard Complex

The Isambard Complex is the newest and largest block of accommodation on campus. It includes all of the studio accommodation for couples as well as a large number of en suite rooms.

You will be given your keys once you arrive at Brunel from the Airport. You will also be given a residency agreement which you will need to sign and give back to us.

