

## Before reaching the UK

### Things to bring with you to the UK

- Passport with entry Visa (stamped in passport). Make sure your passport for at least 6 month and some free pages; it is good to plan and request for a new passport if these are needed.
- Recent passport size photograph
- A letter from your NHS Board or Trust confirming your offer of employment
- Degree certificates (originals)
- Reference letter from your bank in your own country to help you get a UK bank account
- Driving licence and if possible International Driving Permit
- Backup copies of essential documents (Passport, Passport photograph etc)
- SIM card- Getting an international roaming plan with internet that will last for the initial period as you settle in or buying a sim card which are available at most Airports/Train Stations.
- Money- A Forex (Foreign exchange card) with the UK currency (£- GBP) or an international bank card.

Most transactions are now made through card payment/ contactless payment with some only accepting card payments such as Transport for London.

You can bring cash with you too; however, this is not advisable to bring a large amount.

- Electronics- You may also need to buy an adaptor plug for the UK. The electricity supply in the UK is 240 volts.
- Weather specific clothing – Depending on when you expect to arrive, you may need appropriate clothing for the first few days until you can shop from various retail outlets within the UK. An umbrella is always a good thing to have when in the UK!
- It may be handy to pack some basic food items/ toiletries (home comforts) to consume before you manage to venture out and do your first food shop in the UK.
- Bring specialised cooking utensils with you which you may not be able to source in the UK, although you will probably find these online (retailers like Amazon/ e-Bay and you will also find stores which cater to food products/utensils from your home country).

## After reaching the UK

### Traveling to your accommodation from the Airport

Public transport (Will depend on how much luggage you bring along with you)

- 1) Bus ( Example National express)- Can accommodate luggage ( may have an additional fee based on pieces of luggage)
- 2) Train ( Example Heathrow express)- Usually have space for luggage
- 3) Tube (the underground train or metro network in London)

Or hire a cab

- Black Cab or standard taxis in UK - Hire on site and pay cash or card
- Uber or Bolt or app based taxis / private cab companies (the latter is sometimes referred to as 'minicabs') – Order online and go to the pickup point mentioned on the app

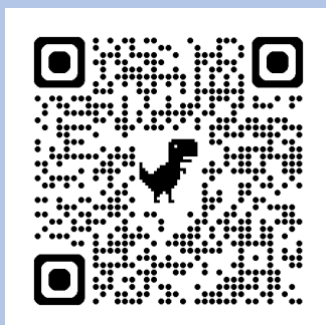
### Initial Accommodation offer from ELFT is for the first 8 weeks

Relocation support is available- <https://www.elft.nhs.uk/working-for-us/international-recruits>



### Once you have settled in at your accommodation

Collect Biometric Residence Permit within specified time. For more info- <https://www.gov.uk/biometric-residence-permits>



### **Get yourself a mobile number**

Identify a network which suits your needs (for e.g. if you need to make international calls). Some examples are - Three, Vodafone, Lebara, Lycra and O2.

You can get a Pay-as-you-go SIM (pre-paid account) or get a contract for a SIM (or a SIM and phone if you would like).

You can have a SIM card delivered to your address from all major networks or buy one in most shops near you.

Switching networks is relatively easy in the UK and you can retain your number when you move networks.

### **Broadband and Entertainment**

Using comparison websites find the best deal for you-

<https://www.moneyhelper.org.uk/en/everyday-money/budgeting/price-comparison-sites-guide>



If you watch BBC iPlayer or live television you will need to apply for a TV licence-

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



## Transport

The public transport system is convenient and inexpensive to get around.

Local taxi services / Uber services are also an option.

If you have a driving licence and wish to drive in the UK, please check if it can be exchanged when you move to the UK (For e.g., an EU driving licence can be exchanged for a GB licence)

If it can't be exchanged, you can use your driving licence to drive for 12 months from arrival to the UK. You will need an international Driving Permit (especially if the licence in your home country is not written in English).

Please use this tool to check what you will need to do- <https://www.gov.uk/driving-nongb-licence>



You can also consider the green option of walking or cycling if appropriate.

Cycle to Work Scheme- Tax-free benefit that allows staff to buy bikes and other cyclist equipment, on the understanding that it is to be used mainly to get to and from work, or for work-related purposes. Go the section on Staff benefits for more info

## Opening a bank Account

This is a very important step once settled.

To open a UK bank account you will need

- Proof of income and employment (your job offer letter should suffice)
- Proof of a home address- Use temporary address
- Proof of identity - Formal photographic ID (usually a passport).
- Proof of residency- Biometric Residence Permit

Monzo, an online only bank, currently does not require proof of address.

It is relatively easy to switch bank accounts, often with a switch bonus

Helpful article written by a recruitment agency called Doctors Relocate-

<https://www.doctorsrelocate.com/living-in-the-uk/opening-a-uk-bank-account/>

## Looking for Accommodation for after 8 weeks:

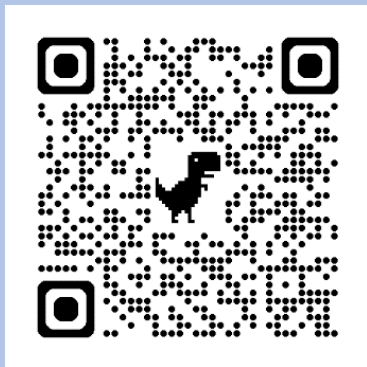
- For rented accommodation, it is advised to do your research while in your home country to get an idea. Ensure to check the distance between accommodation and hospital sites.
- Useful App's / Websites to visit for this include: Right move, Zoopla and Spareroom

Please note that it can take some time between searching and finalising your chosen place of stay –do factor this time in when planning.

Currently there is quite a large demand for rented accommodation so earlier you start the better.

If you have children, also research the area's nurseries, childminders or schools.

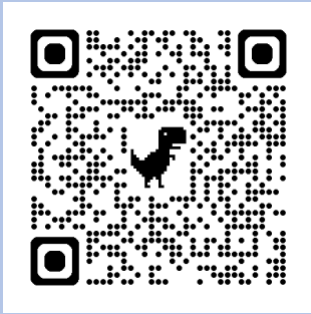
Educational institutions are rated on Ofsted  
(<https://www.gov.uk/government/organisations/ofsted>)



Additionally, you could use tools like <https://www.locrating.com/>



Expenses related to one's accommodation will be rent/mortgage, utilities (Electricity, Water, gas) and council tax (<https://www.gov.uk/council-tax>)



### Emergency Services for living in the UK

There are three emergency services you need to familiarise yourself with in order to make your time in the UK as safe and enjoyable as possible: The Police Service, The Fire Service and the Health Service. All 3 Services can be contacted by dialling 999.

When you call 999 you will be asked which of the three services you would like to be connected to.

- The Police Service: The following links provides details of which situations are appropriate for the use of the 999 number, which situations should be dealt with by using the non-emergency 101 number and which situations should be reported to your local council.

<https://www.met.police.uk/contact/af/contact-us-beta/contact-us/>

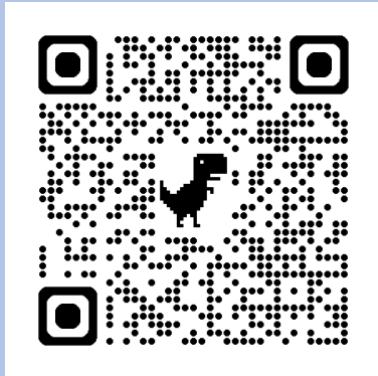


- The Fire Service: Call 999 for the fire service in the event of being caught in or witnessing a fire. The following link provides information on the process of calling the fire service in the case of an emergency and general fire safety advice. <http://www.fireservice.co.uk/safety/dialling999>



•The Health Service: Call 999 and request the ambulance / health service when you are / witness someone in a life threatening situation. The following link out lines this process as well as detailing other health services which should be utilised in a non-emergency situation, such as going to an NHS Walk-in centre or making your own way to a local A&E department. Calling the 999 ambulance service does not guarantee that you will be seen any quicker than other emergency patients at the hospital.

<http://www.nhs.uk/NHSEngland/AboutNHSservices/Emergencyandurgentcareservices/Pages/Ambulanceservices.aspx>



## Registering with a General Practitioner (GP)

All medical care in the UK usually goes through the GP (except emergency care which will be via the hospital). It is advisable to register yourself with a GP at the earliest. Do not wait to fall sick to register with a GP.

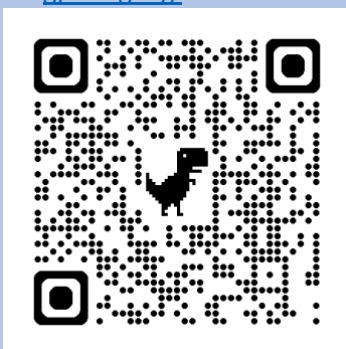
There are no charges for registering or availing any services at GP practice.

You will be paying for your prescriptions but there are some exemptions to it.

You should call 999 for medical emergencies only or self-present to the nearest Emergency Department (ER) (also referred to as Accident and Emergency or A&E).

You could call 111 instead when you need medical help and advice when not in a life-threatening situation.

For help on how to register with a GP- <https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>



## Registering with a Dentist

Unlike medical treatment there is no need to register with a dentist in the same way as with a family doctor because you are not bound to a catchment area. Simply find a dental practice that's convenient for you, whether it's near where you live or work, and phone them to see if any appointments are available.

You can research the dentists that are available in your local area which are accepting NHS patients – please remember that some dentists do not accept the NHS patients.

You may have to join a waiting list or contact multiple practices or be treated as a private patient before you find a NHS dentist with capacity to accept new patients.

Click on the following link for details on how to register:

<http://www.nhs.uk/NHSEngland/AboutNHSservices/dentists/Pages/find-an-NHS-dentist.aspx>





## Places to eat:

You can explore your area and you will find a wide variety of food and hopefully food from your home country too!

You can always order in as well on Uber Eats, Deliveroo or Just Eat.

## Food shopping

**Apart from the local grocers, these are the supermarket chains**

- Sainsbury
- Aldi
- Asda
- Tesco
- Morrison's
- Lidl
- M&S
- Waitrose
- Co-op
- Iceland

Most of them have online delivery options.

## General Shopping

While you can find a wide variety for your home and garden at supermarkets there are some specialist stores such as IKEA, B&Q, Screwfix, Homebase, Wickes, H&M Home, Dunelm etc.

## Places to see

- Free Entry- Trafalgar Square and National Gallery, British Museum, Science Museum
- Popular parks- Hyde Park, St James' Park, Regent's park
- Other sightseeing places- Oxford Street, Camden Town, Buckingham Palace, Piccadilly Circus, Westminster Abbey, Covent Gardens, London eye, London Zoo, Kew Gardens
- You can search for all of these on TripAdvisor. Also join social groups for London like Secret London on Facebook.

## Discounts

- Railcard- for train tickets discount
- Bluelight card - for restaurants and shopping discounts at £4.99 for 2 years it is well worth it.
- Outlet malls – for discounted branded shopping
- NHS Tickets for good - cheap tickets for shows and events (<https://nhs.ticketsforgood.co.uk/>)
- If you are planning to join a gym ask whether they have an NHS discount as some offer special rates for NHS staff.
- Look out for stores advertising NHS discounts. For example, Nando's offers a 20% discount if you show your NHS badge
- Loyalty cards - Most major stores (including supermarkets, chemists and restaurants) have loyalty cards with special discounts and / or which allow you to earn points that can be redeemed for vouchers or discounts.
- Supermarkets, e.g. ASDA and Morrison's, have loyalty programmes that can be linked to yours NHS email or Bluelight card that allow you to benefit from extra offers and points.