

January Orientation Day – list of useful hyperlinks

Introduction and Welcome

- [How to order a lateral flow online](#)

Summary of Key Support Services

- [Financial Advice](#)
- [Immigration Advice](#)
- [Help with University rules and regulations](#)
- [Replacement documentation](#)
- [Letter Requests](#)
- [Choose a GP](#) close to your home or studies or register with the [Medical Centre](#) in Talbot House
- [How to open a bank account](#)
- [Request a letter](#) from AskBU via 'Help & Advice' section on [student webpages](#)

Introduction to support for Study Skills, IT and Languages

- Sign up for a workshop in the Study Skills Area of Brightspace or the SUBU Events Page or [here](#)

Workshop 1 - Culture Shock and British Culture

- [BU webpage for cultural transition information](#)
- [UKCISA website for Culture Shock information](#)

Workshop 2 – Saving Money and Cooking on a Budget

- [Student budget calculator](#)
- [£1 meals](#)
- [Student vlogs](#) on cooking and budgeting
- [Healthy and cheap menu ideas from other students](#)
- [Food shopping in Bournemouth](#)
- [African food stores in Bournemouth](#)
- [Asian food stores in Bournemouth](#)

Careers support, part-time job opportunities and skills development at BU.

- [Right to work](#)
- [Up-to-date Immigration Rules and guidance](#)
- [Student friendly guidance and information](#)
- [BU specific guidance and information](#)
- [Careers webpage](#)
- Apply for a National Insurance [number](#)
- How to write [A UK style CV](#)
- [Search for careers workshops and webinars](#)