Welcome to Mayflower College

Mayflower College has been welcoming international students to Plymouth since 1988.

Mayflower College is located in the historic Hoe area of Plymouth, next to a park and just 40 metres from the sea. The tranquillity and natural beauty of the area creates a perfect atmosphere for relaxation and study.

Mayflower College is a small, friendly organisation where you will receive a highly personalised, caring and professional service. Our courses are accredited by the British Council and we are members of English UK – so we are regularly inspected to ensure the highest all-round quality.

Mayflower College is also an IELTS exam centre and provides preparation courses for the exam.

Coming to study in the UK is an exciting experience and we hope that during your stay here you will improve both your English and enjoy living in the city of Plymouth.

If you have any requests, questions or a problem about your course, your homestay accommodation or anything else, please ask. For more details about who to contact please go to the ‘Staff at Mayflower College’ section of the handbook.

Each week you will be asked for feedback but don’t feel you have to wait – If you have a problem or question we want to help!

We hope you’ll enjoy your time at the Mayflower College!

Best wishes,

Jill Tyler
General Manager
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Staff at the Mayflower College

Who’s who at Mayflower College?

Jill Tyler
General Manager

Steve Voysey
Director of studies

Lee Higgins
Assistant Director of studies
(Student progression & tutoring)

Paul Read
Assistant Director of studies
(Academic quality & IT)

Laura Smith
Student Services
(Junior Welfare)

Naomi Summerton
Student Services
(Junior Welfare)

Lucy Train
Student Services & welfare
(Accommodation for Juniors)

Neil Vogler
Student Services & welfare
(Accommodation for Adults)

Fatima Ousy

Office

Café

Teachers

Jan Wells
Graham Goodspeed
Liz Bell
Melanie Gardner
Steven Downes
Kate Roberts
Karen Spencer

Test of English for Aviation

IELTS

For questions/ queries or problems with welfare or accommodation, please contact:

Accommodation - Neil Vogler – neil@maycoll.co.uk
Adult Welfare - Lucy Train – ltrain@maycoll.co.uk
Junior Welfare – Naomi Summerton
naomi@maycoll.co.uk and Laura Smith – laura@maycoll.co.uk

For questions/ queries or problems about courses, lessons and teaching please contact:

Director of Studies (DoS)
Steve Voysey – steve@maycoll.co.uk

Assistant DoS
Lee Higgins – lee@maycoll.co.uk
Paul Read – pread@maycoll.co.uk
Holiday dates 2018

Mayflower College is open for lessons all year except for Bank Holidays and the Christmas holidays.

Bank Holidays

There are no lessons on Bank Holidays but we do offer a free excursion for all students from Mayflower College who would like to attend.

- Friday 30 March - Good Friday
- Monday 02 April - Easter Monday
- Monday 07 May - Early May bank holiday
- Monday 28 May - Spring bank holiday
- Monday 27 August - Summer bank holiday

Christmas Holidays 2018/19

Mayflower College will close on Friday 21 December 2018 and will re-open again on Monday 07 January 2018.
Before You Leave Home

**Passport and Visas**

- Check that all your documents (passport etc.) are valid and correct.
- Please also ensure that you have entry clearance (visa) if required.

*If you are unsure if you require a visa please go to the following website:*
[www.gov.uk/check-uk-visa](http://www.gov.uk/check-uk-visa)

- Remember to keep your passport, travel documents and acceptance letters in your hand luggage to show when you pass through immigration control.

*For more information regarding visa and immigration please go to the UK Border Agency website:*
[www.gov.uk/browse/visas-immigration](http://www.gov.uk/browse/visas-immigration)

- Organise your travel and medical insurance if required.

*You can book travel and medical insurance with AVIVA by going to www.maycoll.co.uk/insurance.htm*

**Accommodation Arrangements**

- If you are staying in homestay accommodation please provide Mayflower College with your arrival details:
  - **Arrival date in Plymouth**
  - **Arrival time in Plymouth**
  - **Arrival place in Plymouth**

Mayflower College will inform your homestay accommodation about your arrival details so they can meet you when you arrive in Plymouth. However, if you arrive outside of hours (i.e. between 10:30pm and 07:30am) you will need to take a taxi to your homestay, which you must pay yourself. A single journey will cost between GBP5 and GBP10.

**Transport**

- Have you arranged your transport to Plymouth?
  - For example plane, coach, ferry, train or taxi

If you need any advice or help with booking transport to Plymouth, please contact us in advance. We can help with timetable information and other transport queries. **Email: english@maycoll.co.uk**

- Check your flight/ train/ ferry or coach bookings before you leave to make sure there are no changes or cancellations which may affect your travel arrangements to the UK.

**Money**

- Please make sure you have enough money to support yourself during your stay in the UK.
- Make sure you have the correct currency – GBP – Great British Pounds
- Please do not carry large amounts of money with you. Keep your money safe.
- If you intend to open a bank account in the UK it is advisable to bring some form of identification from your home country. *For example: an official letter or bill with your name and address in your own country on it.*
How to travel to Mayflower College

Mayflower College is in Plymouth (south west of England), 45 minutes away from the historic city of Exeter and approximately 4 hours from London. There are excellent travel links which makes it safe and easy to travel to Plymouth and other cities and places of interest in the UK.

By air
Nearest airports to Plymouth (approximate times)

<table>
<thead>
<tr>
<th>Airport</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exeter airport</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Bristol airport</td>
<td>2 hours</td>
</tr>
<tr>
<td>London Heathrow Airport</td>
<td>4 hours</td>
</tr>
<tr>
<td>London City airport</td>
<td>4 hours</td>
</tr>
<tr>
<td>London Gatwick Airport</td>
<td>5 hours</td>
</tr>
<tr>
<td>London Stansted Airport</td>
<td>6 hours</td>
</tr>
</tbody>
</table>

By Coach
There are two main coach services which you can use to get to Plymouth:

- National Express: [www.nationalexpress.com](http://www.nationalexpress.com)
- Megabus: [www.megabus.com](http://www.megabus.com)
- Stage coach – Falcon: [www.swfalcon.com](http://www.swfalcon.com)

By sea
Brittany Ferries operate regular sailings from Roscoff, France and Santander, Spain. For more information please look at the Brittany Ferries website: [www.brittany-ferries.com](http://www.brittany-ferries.com)

By train
You can find information about train timetables, prices, book tickets and other details using the Trainline website: [www.thetrainline.com](http://www.thetrainline.com)

By road
Plymouth is well connected to other parts of the UK.

For more information please visit our website: [www.maycoll.co.uk/english/travel.htm](http://www.maycoll.co.uk/english/travel.htm)

*If you would like help planning your journey please go to the following website* [http://redplanet.travel/](http://redplanet.travel/)
Checklists

**Check list – Before you leave home**

Here is a list of the main things that you should think about before you leave for the UK.

<table>
<thead>
<tr>
<th>Check</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Check that all your papers are valid and correct. For example - passport, letter of acceptance etc.</td>
<td></td>
</tr>
<tr>
<td>Make sure you have entry clearance/ visa if required. If you are unsure go to <a href="http://www.gov.uk/check-uk-visa/">www.gov.uk/check-uk-visa/</a></td>
<td></td>
</tr>
<tr>
<td>Have you paid all your fees (course and accommodation)?</td>
<td></td>
</tr>
<tr>
<td>Have you arranged your transport to Plymouth?</td>
<td></td>
</tr>
<tr>
<td>Have you made your accommodation arrangements?</td>
<td></td>
</tr>
<tr>
<td>- If you have Homestay (host family) accommodation Have you informed Mayflower College of your arrival details?</td>
<td></td>
</tr>
<tr>
<td>Have you organised your travel and medical insurance?</td>
<td></td>
</tr>
<tr>
<td>Budget for your time in the UK – do you have enough money for your stay? We recommend that you do not carry large amounts of cash with you.</td>
<td></td>
</tr>
<tr>
<td>Have you changed your money to the correct currency? GBP – Great British Pounds</td>
<td></td>
</tr>
<tr>
<td>If you have a bank account in your home country, try to find out if your bank has any arrangements with banks in the UK. This may make it easier for you to open a bank account when you arrive in the UK.</td>
<td></td>
</tr>
<tr>
<td>A passport sized photograph for your student ID card.</td>
<td></td>
</tr>
<tr>
<td>We recommend that you bring the following:</td>
<td></td>
</tr>
<tr>
<td>- Pen/ pencil - Paper/ small exercise book - An English dictionary</td>
<td></td>
</tr>
<tr>
<td>- A travel adaptor for using electrical devices in the UK (240 volts)</td>
<td></td>
</tr>
</tbody>
</table>
**Check list – When you arrive in the UK**

Below is a list of the main things that you are recommended to do during your first few days in the UK.

<table>
<thead>
<tr>
<th>Task</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Contact home – call/ email</strong></td>
<td>To let your family/ friends know that you have arrived safely</td>
</tr>
<tr>
<td><strong>Register with the Police – if required</strong></td>
<td>You can find information on how to register with the police in the ‘police registration’ section of the student handbook</td>
</tr>
<tr>
<td><strong>Open a bank account</strong></td>
<td>You can find information on how to open a bank account in the ‘opening a bank account’ section of the student handbook</td>
</tr>
<tr>
<td><strong>Change your money</strong></td>
<td>Change your money to the correct currency: GBP – British Pounds</td>
</tr>
<tr>
<td><strong>Have a passport sized photograph for your student ID card</strong></td>
<td>We recommend that you do not carry large amounts of cash with you.</td>
</tr>
</tbody>
</table>

**Checklist – Your first day at Mayflower College**

Below is a list of the main things that you will need to do on your first day at Mayflower College.

<table>
<thead>
<tr>
<th>Task</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Please arrive at the Mayflower College before 9:00am on your first day.</strong></td>
<td>You will have an induction at 9:00am with the Director of Studies</td>
</tr>
<tr>
<td><strong>Please take your passport to the office.</strong></td>
<td>We need to take a copy of your passport for immigration purposes.</td>
</tr>
<tr>
<td><strong>Complete the ‘Student and Emergency contact Details’ sheet and give it to the office.</strong></td>
<td>This will be given to you in your Induction.</td>
</tr>
<tr>
<td><strong>Check if you need a bus card.</strong></td>
<td>You can get information about bus timetables and purchase bus cards from the office.</td>
</tr>
<tr>
<td><strong>Fill out your student ID card with your details and attach a passport sized photograph.</strong></td>
<td>Please take your student card to the office, so we can stamp it for you.</td>
</tr>
</tbody>
</table>
Academic Life

Mayflower College is open between 8:30am and 5:30pm Monday to Friday. Below are the Mayflower College lesson times. Please be punctual at all times.

Lesson Times

**Adults:**
- **Morning Lessons:** 09:15 – 12:30 with a 15 minute break (11:00 – 11:15).
- **Afternoon Lessons:** 13:30 (1:30pm) – 15:30 (3:30pm).

**Juniors:**
- **Junior activity Course:** 09:00 – 12:15 with a 15 minute break (10:45 – 11:00)

*Other course times e.g. IELTS preparation, may vary. See website for details.*

Student Learning Agreement

Mayflower College provides students with:

- A detailed plan every Monday morning, with information about your lessons for the week ahead.
- Homework on a regular basis.
- A review of the week and test in class every Friday.
- The opportunity to complete a weekly ‘feedback form’ every Friday.
- A certificate at the end of your course.
- A feedback form at the end of your course to enable you to give your opinions on your stay.
- Photocopying facilities at a reduced cost of 10p per copy.
- The opportunity to use e-mail and the internet free of charge, Monday to Friday during school hours in the computer rooms (8:30am – 5:30pm). There is also WI-FI internet available.

If you have any complaints or problems, please speak to your teacher, tutor or any member of the office staff. We aim to resolve complaints and problems quickly.

*For more information please go to the ‘Complaints Procedure’ section of the student handbook.*

Mayflower College expects students to:

- Provide us with your UK contact details and emergency contact details upon arrival (For example if you buy a new mobile sim card/number)
- Allow us to take a copy of your passport and if applicable, visa (If you change or renew your visa, it is your responsibility to inform the Mayflower College and allow us to take a copy of your new visa details).
- Be on time for your lessons and return to class on time after the morning break. (Important: any student arriving 15 minutes after the start of class will not be allowed in the lesson and will be marked as absent).
- Notify us if you are going to be absent. If you are ill, you must ask your homestay to contact us by telephone and/or email office@maycoll.co.uk and state a reason for your absence (for more information please go to the ‘Absence and Illness Policy’ section of the student handbook).
- Show respect to each other at all times (for more information please go to the ‘Mayflower College Behaviour and discipline policy for dealing with unacceptable or abusive behaviour’ section of the student handbook). The Mayflower College reserves the right to ask a student to leave because of misconduct: unacceptable behaviour, non-payment of fees or non-attendance).
- Read the fire notices displayed in each classroom. Mayflower College has trained First Aiders who can assist in a medical emergency. If you notice any issues regarding your health & safety at the Mayflower College, please make sure you speak to your teacher and notify the General Manager or Director of Studies or email office@maycoll.co.uk
- Make every effort to speak English at all times while you are in the Mayflower College. If you do not practise you will not improve. If you do not understand something, please ask.
• Do your homework! Tell your teacher if you have any requests for areas of the language you would like to study or any problems with your study.
• Speak to the office staff if you are unhappy with your accommodation. Neil Vogler is the Student Services and Accommodation Officer. If Neil is unavailable you can leave a message with Lucy Train (Student Services and Adult Welfare Officer) or Laura Bishop (Student Services and Junior Welfare Officer).

Study skills

Your progress is dependent upon many factors, click here for more information: www.maycoll.co.uk/progress.htm and read more in the “Progress” section below. It is important that you take an active responsibility for your own learning and there are a number of things which you can do to improve your English learning.

In class/college
• Participate as much as possible in whole class, pair-work and group activities.
• Ask other students or the teacher if there is something you don’t understand.
• Keep speaking English the whole time.
• Use an English-English dictionary (rather than a bilingual one).
• Take care to record vocabulary accurately; write synonyms, example sentences or draw pictures. Make sure, too, that you always note down the whole structure. Mark in stress and features of pronunciation.
• Organise your study folder into different sections.
• Don’t panic if you don’t understand everything (in listening exercises, for example). You will improve the more you practice.
• Remember to bring all of the required materials to every lesson.
• Use the computer rooms. There are different programmes (grammar, pronunciation, vocabulary etc.) loaded onto the computers to assist your self-study and progress.

Outside class
• Review all your notes after every lesson.
• Test yourself on important vocabulary. Ask another person to test you.
• Buy yourself a good grammar reference book (for example; “English Grammar in Use” by Raymond Murphy) and do the practice tests and exercises. If you find something really difficult, ask your teacher to help you.
• Listen to the radio and watch television (particularly the news).
• Read a newspaper or a magazine (most daily newspapers can also be found online)
• Use the BBC website (www.bbc.co.uk). The learning section has plenty of good exercises you can practise.
• Try, also, the British Council website (www.britishcouncil.org).
• Meet up with your classmates from college – go to the Pilgrim’s Inn or take part in the Saturday excursion.
• Go to the cinema and watch films in English.
• Learn a new hobby or sport with other English speaking people; there are excellent facilities in Plymouth. Your teacher will help you find what you want.
• Plan your own excursion and invite other students (going to a restaurant, booking a train/hotel etc is very good for improving your English).
Progress

Through pre-testing and weekly class tests students at Mayflower College are advised on the length of study necessary to reach their intended goal. This is constantly monitored and revised during the course.

Progress depends on many different factors:

- How you define and measure progress - for example, measuring confidence is not a simple task.
- The aptitude of the student for learning English - some students find learning English easier than other students.
- The starting level of the student - progress is sometimes faster in the beginning but then students reach a 'plateau'
- The quality of the curriculum and the teacher(s)
- The environment in which the student is studying - for example, progress will generally be faster in an English speaking environment where the student still encounters English even after the lesson has ended
- If the course is intensive or extensive
- The age, motivation and personality of the student
- The first language of the student - students who are learning a second language which is from the same language ‘family’ as their own first language generally have a much easier task. So, for example, a Dutch student may probably learn English more quickly than a Japanese student.

Research\(^1\) and our own experience show that on average:

- It takes 10-12 weeks to improve your IELTS level by 0.5 point
- On the CEFR scale, Cambridge ESOL estimates that each level is reached with the following guided learning hours\(^2\):
  
  - A2 – Waystage: 180–200 hours
  - B1 – Threshold: 350–400 hours
  - B2 – Vantage: 500–600 hours
  - C1 - Effective Operational Proficiency: 700–800 hours
  - C2 – Mastery: 1,000–1,200 hours

\(^1\) Investigating the relationship between intensive English language study and band score gain on IELTS - Catherine Elder, University of Auckland and Kieran O'Loughlin, The University of Melbourne

\(^2\) CEFR and ALTE Can Do statements
Discipline Policy for dealing with unacceptable or abusive behaviour

Mayflower College reserves the right to ask a student or staff member to leave due to misconduct (unacceptable behaviour), non-payment of fees or non-attendance. All students and staff at Mayflower College are expected to show respect to each other at all times.

The following behaviour is not acceptable: harassment, bullying, actual or threat of violence, damage to personal property and verbal abuse based on racial, sexual, religious or other perceived differences.

If you have any problems with discipline or the behaviour of any student or staff member (be that in class, on activities or outside of the classroom), please advise the Director of Studies or General Manager. All incidents will be recorded and, if necessary, a meeting will be held to discuss the problem. In serious cases staff / students may be subject to disciplinary procedures.

1. Recording incidents

The incident will be recorded and if necessary a meeting will be held to discuss the problem. On some occasions no further action may be necessary (for example if an apology or solution is reached through discussion acceptable to all parties involved). However, disciplinary procedures may also be followed.

2. Warnings – Disciplinary procedures

Mayflower College’s policy is to give three warnings:
• Recorded oral warning
• First written warning
• Final written warning

Any warnings will specify a review period during which the individual will receive appropriate support with performance and targets monitored. At the final written warning, staff/students will be advised that the next issue will lead to dismissal or expulsion.

3. Dismissal/Expulsion

At the final written warning, students/staff (and, if applicable, parents and/agents) will be advised of the Dismissal or Expulsion arrangements if the behaviour continues. Mayflower College will be considered in giving a refund as appropriate, or ensuring expenses to return home are fairly negotiated.

Absence and Illness Policy

Home Office (UKBA) requirements stipulate that international students’ attendance must be at acceptable levels. Mayflower College students are therefore encouraged to maintain a 100% attendance record during their study period. Poor attendance is subject to investigation and students are required to provide satisfactory reasons for their absences. Students who do not attend classes regularly are subject to a 3 stage absence procedure. Any student reaching stage 3 is likely to have their studies terminated and their details reported to the Home Office (UKBA).

Students’ attendance will be checked as follows:
- If attendance is less than required percentage attendance (e.g. less than 100%)
- If students fail to attend for the minimum required hours (e.g. 15 hrs per week)
- If students are absent for a specified number of days (e.g. UKBA requires no more than 10 days within a consecutive period – Mayflower College policy is no more than 3 days unauthorised absence)
- If students are persistently late upon arrival and frequently absent
If Mayflower College has reason to doubt a student’s explanation for absence, or a student has not notified us with any reason for absence, students will be subject to Mayflower College Absence procedures after 3 consecutive days of UNAUTHORISED absence.

The stages are as follows: (1) Verbal warning (2) 2nd Verbal warning (3) Written warning.

The Home Office (UKBA) will also be contacted if students are not meeting their study requirements for visa purposes. To fulfil requirements of the immigration rules, Mayflower College will provide student details to the UKBA after the 3rd and final notice.

**Late Arrivals:**
In order to discourage lateness, Mayflower College has a strict policy: any student arriving more than 15 minutes late will not be allowed into the lesson and will be marked as absent.

We expect students to attend all lessons, unless there is a genuine reason to be absent due to illness or extenuating circumstances. **If students cannot attend lessons they must:**

1. Inform Mayflower College by telephone (or ask the homestay to telephone) 01752 673784 and email: office@maycoll.co.uk by 9.00am on the day of absence at the latest

2. State a reason for the absence and indicate the duration of the absence

If students do not notify us that they will be absent, or provide an unsatisfactory reason, the absence will be UNAUTHORISED.

If students are ill, they can visit their homestay’s doctor or, in an emergency, visit the West Hoe surgery opposite the Mayflower College. We will be happy to give medical advice or assistance if necessary.

**Cancellation Policy**
If you wish to make a change to your study details, you must inform the office 3 weeks before the change is due to be made.

Please read the following details carefully.

**Before your course begins:**

The deposit of £150 is non-refundable.
If you decide to cancel your course, the remainder of the fees are refunded as follows:

- 30 days before start date - 100%
- 15-29 days before start date - 85%
- 7-14 days before start date - 70%
- 1-6 days before start date - 50%

**During your course:**
If a student wishes to take a holiday, shorten their course or reduce the number of hours tuition, they will receive 75% cash refund or 100% credit for a future course if Mayflower College is informed at least 3 weeks before the change is due to be made.
If a student informs Mayflower College of a change less than 3 weeks before the change is due to be made, s/he will not receive any cash or credits.

Important:

- If a student does not attend the course or is absent due to illness, there is no refund.
- You must make sure that you are meeting the requirements of your course for visa purposes; where applicable we will notify the UKBA of any changes to your study.
- Mayflower College reserves the right to ask a student to leave because of misconduct (unacceptable behaviour), non-payment of fees or non-attendance.

Complaints Procedure

If you have a problem during your time at Mayflower College then we want to hear about it and we want to help you. Weekly feedback forms are given to all students and any suggestions for improvements are welcomed. However, please feel free to raise problems or concerns at any time.

For academic issues:

**Step 1**
Please see your teacher, tutor or Director of Studies from 09:00-15:30 Monday to Friday.
Director of Studies – Steve Voysey  steve@maycoll.co.uk

**Step 2**
If the problem is not resolved then please ask to see the Director of Studies from 09:00-15:30 Monday to Friday:
Director of Studies – Steve Voysey  steve@maycoll.co.uk

If you wish you can also email your complaint to office@maycoll.co.uk

For non-academic issues:

**Step 1**
Please see a member of the office staff. They are available from 08:30-17:30 Monday to Friday.
Accommodation – Neil Vogler  neil@maycoll.co.uk
Adult Welfare – Lucy Train  ltrain@maycoll.co.uk
Junior Welfare – Naomi Summerton  naomi@maycoll.co.uk & Laura Smith  laura@maycoll.co.uk

**Step 2** – If the problem is not resolved then please ask to see the General Manager - Jill Tyler  jill@maycoll.co.uk  If you wish you can also email your complaint to office@maycoll.co.uk

For students who have not yet arrived, or who have already left Mayflower College:
Please contact the General Manager: Jill Tyler - jill@maycoll.co.uk

We will respond immediately to any complaints from students who are currently studying at the Mayflower College.

In cases where the student is not on-site or the complaint has come from a parent or agent, we will send a written reply within 48 hours.

**Step 3**
Most problems are able to be resolved quickly and informally but if students (or parents/agents) are dissatisfied with the outcome of their concerns, they should write to the proprietor, Paul Stevens  english@maycoll.co.uk
**Step 4**

Mayflower College is accredited by the British Council (Accreditation UK) and is a member of English UK. If students are still not satisfied that the complaint has been dealt with fairly by Mayflower College, then students (or parents/agents) can formally complain to either of these external organisations:

**English UK**
Registered office:
219 St John Street
London
EC1V 4LY
United Kingdom
Tel: +44 (0)20 7608 7960
Fax: +44 (0)20 7608 7961
E-mail: info@englishuk.com

The complaints procedure is available to view online at

**British Council**
Customer Services
Accreditation Unit
Bridgewater House
58 Whitworth Street
Manchester
M1 6BB
UK
Email: accreditation.unit@britishcouncil.org

The complaints procedure is available to view online at
http://www.britishcouncil.org/accreditation-students-complaints.htm

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**Mayflower College Policies**

To view the Mayflower College policies please click on the links below:

- Absence
- Admissions
- Aims & Curriculum
- Bullying & Harassment
- Cancellation
- Complaints
- Discipline
- Health & Safety
- Safeguarding & Child Protection
- Data Protection
Homestay Accommodation

The Mayflower College agrees:
- To provide you with a friendly, welcoming and helpful homestay.
- That you should have a single room and be the only student speaking your native language in the family (unless you have requested to stay with a friend).
- That there should be no more than 4 international students in the homestay family.
- That the homestay family should provide you with breakfast and evening meal between Monday and Friday and breakfast, packed lunch and an evening meal each day on Saturday and Sunday (adults).
- That junior students attending the Junior Activity course will receive breakfast, packed lunch and evening meal every day and can have a single room, or share a room with a friend or another nationality of the same gender (juniors).
- That the house should be clean and comfortable.
- That the host family should give you the opportunity to practise English as much as possible.

In return, the homestay provider expects that:
- You respect your accommodation as a family home.
- You inform them, in advance, if you are not able to eat with them or that you are going to be home later than expected.
- You ask to use the telephone each time you wish to use it, and reverse the charges (for international calls) or use a phone card.

Additional information
If you have any problems with your homestay accommodation please speak to Neil Vogler – neil@maycoll.co.uk or any of the office staff.

A ‘retainer fee’ is payable to homestay families if a student vacates their accommodation for a temporary period. Please ask the office for more details.

University residential accommodation is often available during the summer. Please ask the office staff for more information.

If you are thinking about moving to a shared house, bedsit or flat please ask the office staff for the ‘Information for students seeking private rented accommodation’ information sheet.

Fees and Finances
Please take time to make sure that you have paid all your fees and have enough money available to you for your stay in the UK before you leave home.

Mayflower College Fees

- All students must pay a deposit of £150 to secure a place on a course at Mayflower College (students registering on our ‘Courses for Teachers of English’ must pay a deposit of 242 Euros).
- All fees must be paid in full at least 4 weeks before the start of your course.

Details of how to pay your deposit and course fees can be found on the Mayflower College website www.maycoll.co.uk/english/payment.htm

To find out more information about our current courses and prices please go to: www.maycoll.co.uk and click on the Courses title at the top of the page.
How do I pay my homestay / university accommodation fees?
All homestay and university accommodation fees must be paid to Mayflower College. Mayflower College will then pay the fees to the homestay family or University.

I am a sponsored student – Do I need to pay a deposit?
If you are a sponsored student who is receiving funding for your course fees you will still be required to pay a deposit of £150. This deposit will be returned to you once we have received full payment for your course fees.

Money in the UK
GBP – British Pounds (Also known as the Pound Sterling)

The pound Sterling £1 is a decimal currency divided into 100 pence (p). Coins in the UK have values of 1p, 2p, 5p, 10p, 20p, 50p, £1 and £2. Current bank notes have values of £5, £10, £20 and £50.

You can exchange traveller’s cheques or change money in most banks.

The main banks (Lloyds TSB Bank, National Westminster, HSBC, Barclays) are open from 9.30am to 4.30pm and are situated in Plymouth city centre.

Most banks have a 24 hour ATM (automatic cash machine) and a foreign exchange desk. Please remember to take your Mayflower College ID card and passport when you go to exchange money.

Important: Some banks will charge a small fee to exchange money so please make sure you ask. Some cash machines may charge you to withdraw money.

Student Discounts
There are discounts available to students in many shops, cinemas and other places.

Remember to fill in your details and attach a photo to your student card to be able to get student discounts.

Important

• Always ask in shops if they offer student discount (and if they will accept the Mayflower College student card).

Opening a Bank Account
Before you leave home
Try to speak to your bank in your home country and ask if they have a relationship with the banks in the UK. This may help you to set up a UK bank account.

We also recommend that that you ask your bank if you can use your cash/credit card in cash machines in the UK to access money from your bank account in your home country.

What do you need to open a bank account?
• A valid passport / National Identity card
• A Mayflower College ‘bank letter’ (Please ask the office)
Where can I open a bank account?
There are several banks where you can open a bank account. Below are the names of a few banks in Plymouth: *(Most of the banks listed below are located in Plymouth City Centre)*

- HSBC
- Lloyds TSB
- Barclay
- Santander
- NatWest
- Halifax

Additional Information
- Normally International students will need to study for 6 months or longer to open a UK bank account.
- You may need to book an appointment with the bank to open a bank account.
- Opening a bank account may take up to 2 to 3 weeks to complete (for example opening the account, receiving your bank card etc.). Please make sure you have access to money during this time.
- Students should be able to open a “basic” bank account. This provides easy access to banking facilities for adults in the UK. Some banks offer a bank account tailored specifically for your requirements as an International student.

Police / Health

**Police Registration**

*Some international students are required to register with the police for the duration of their studies in the UK. This is usually if you are staying in the UK for 6 months or longer.*

Do I need to register with the police?
If you are required to register with the police there will be a stamp in your passport confirming this.

*For example: “Register with UK Police on arrival” or “Register with the Police within seven days”*

For more information please go to the following website:
https://www.devon-cornwall.police.uk/our-services/police-national-registration-scheme/

How do I register?
To register with the police you will need:
- Your passport
- Two passport-sized photographs
- £34 (cash only – with the exact money as no change is given)
- Mayflower College acceptance letter

Where do I register?
You can register at Charles Cross Police station

**Address:** Charles Cross, Plymouth, Devon, PL4 8HG
**Opening hours:** 08:00 – 22:00 (10:00pm)
**Police enquiry office & non-emergency calls:** 101

Additional Information
- The police will take your passport away and keep it for about three weeks. We advise you not to register with the police until AFTER you have opened a bank account or done anything else that requires you to show your passport.
- The police will return your passport to the police station after about three weeks and you will be able to collect it.

During your stay in Britain you must let the police know if you change your address or if you extend your visa.
**Contacting the Police**

There are several ways that you can contact the Police, depending on the situation:

**In an emergency**
In an emergency please call **999**
*If you are deaf, hard of hearing or speech impaired please TEXT 80999*

**Non emergencies**
If you need to report a non-urgent crime or to contact a local police officer please use the following contact details:

**Phone:** call **101**
**Minicom users:** 01392 452935
**Textphone:** 18001 101 (If you are deaf, hard of hearing or speech impaired)
**Online:** [www.devon-cornwall.police.uk](http://www.devon-cornwall.police.uk)
**Email:** [101@devonandcornwall.pnn.police.uk](mailto:101@devonandcornwall.pnn.police.uk)

**Reporting a crime**

In the event that you have anything stolen or are assaulted, followed or threatened, you can contact the police.

**Urgent Crime:** Phone **999**
- A crime is happening
- Someone is injured
- Immediate action is required
- If offenders are nearby
- Someone’s life is being threatened

**Non Urgent Crime:** Phone **101**
- Report a non-urgent crime
- Crime prevention advice
- Make an appointment with a police officer
- Contact local officers
- Policing issues in your local area
- Other non-emergency matters

Please report a crime even if you feel there is nothing the police can do.

If you have lost money or property you will be given a **crime reference number**, which you will need to make any claim on insurance.

Do not worry about language difficulties as the police will find someone, free of charge, who speaks your language.

**If you are arrested what will happen?**

If you break the law or commit a crime, or the Police suspect you are about to commit a crime, you can be arrested.

If you have difficulty understanding English and the interviewing officer cannot speak your language, you should be provided with an interpreter.

The police must not interview you until the interpreter is present unless a delay would mean an immediate risk of harm to someone or to property.

If you are arrested, stay calm and contact the Mayflower and/or your homestay family as soon as possible.
Emergencies

Mayflower College Emergency contact number is: 07889 420601

Local Police contact for International students

The Police in the UK are friendly and helpful. They have a duty to protect everyone and can always be safely approached. If you need assistance or advice please contact the local police on the International student contact number – 07917 264625

Emergency Services

The emergency services available in the UK are:
- Police
- Ambulance
- Fire

What to do in an Emergency?

1. In an emergency situation, use the nearest telephone and dial 999. *The phone call is free of charge*

   The operator will ask you which emergency service you need: Police or Fire or Ambulance.

2. Call your host family and the Mayflower College as soon as you can to let them know what has happened.

   For urgent medical assistance ask for the Ambulance service.
   - Make sure you tell the emergency services what has happened and exactly where you are, especially the street name.
   - You will be connected to the Emergency Medical Dispatcher who will ask you questions about the condition of the patient and advice on what to do until the ambulance arrives.

Where is the police station?

The main police station is:
Charles Cross, Plymouth, Devon, PL4 8HG

Where is the Hospital?

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Derriford Hospital</td>
<td>Cumberland Centre (Minor accident unit)</td>
</tr>
<tr>
<td>Derriford Road</td>
<td>Damerel Close</td>
</tr>
<tr>
<td>Plymouth</td>
<td>Devonport</td>
</tr>
<tr>
<td>PL6 8DH</td>
<td>PL1 4JZ</td>
</tr>
<tr>
<td>Tel: 0845 155 8155</td>
<td>Tel: 0845 155 8002</td>
</tr>
</tbody>
</table>

The National Health Service (NHS)

The National Health Service (NHS) is the UK’s state health service which provides treatment for UK residents through a range of health care services. Some services are free and some require payment.

The following information about the National Health Service has been sourced from the [www.ukcisa.org.uk/](http://www.ukcisa.org.uk/)

Here is some information regarding the National Health Service (NHS) for International students.

The following NHS treatments are free for everyone:
- Some emergency treatment (but **not** follow up treatment)
- Family planning services
• Diagnosis and treatment of certain communicable diseases
• Compulsory psychiatric treatment

Students studying for 6 months or more:
- Will be entitled to NHS treatment from the beginning of their stay, the same as anyone who is a UK resident.
- If your spouse or children are with you in the UK, they will also be entitled to NHS treatment.

Please note that to receive free hospital treatment in the UK your family members must be in the UK as dependants and not as visitors. Family members include: husband, wife, children up to the age of 16 or up to the age of 19 if they are in full time education.

If you meet the criteria above, you can register as a patient with a local doctor in the catchment area you will be living (a local doctor is also known as a General Practitioner or GP). Please speak to your homestay family to find out information about the GP in your area.

GPs are doctors who are trained and experienced in diagnosing a wide range of health problems. GPs are based in a local office which is called a surgery, or in a health centre. We advise all students who are studying for 6 months or more to register with a GP within the first couple of weeks of arriving in the UK. This will make it easier for you to see doctors if you need to, as appointments are not always available to people who are not registered, except in an emergency.

Students studying for less than 6 months
If you are studying for less than 6 months you and your family will only be entitled to limited free emergency NHS treatment.

• You will have free emergency hospital treatment
(Only treatment given in a NHS Accident and Emergency department is free of charge)
If you are admitted to a ward or given an outpatient appointment, fees will apply.

Some GPs may agree to treat you for free, but this will usually be limited to urgent treatment that cannot be delayed until you return home.

• You will have to pay for any other treatment you may receive as a private patient. We strongly recommend that you take out medical insurance for the duration of your visit to the UK.
Please note that private medical treatment is very expensive if you do not have medical insurance.

Reciprocal Health Care Agreements
The UK has reciprocal health care agreements for the following people:

National of countries in the European Economic Area:

Those who are nationals of:

| Armenia | Azerbaijan | Georgia | Kazakhstan |
| Kyrgyzstan | Moldova | New Zealand | Russia |
| Tajikistan | Turkmenistan | Ukraine | Uzbekistan |

Those who are residents of:

| Anguilla | Australia | Barbados | Bosnia |
| Herzegovina | British Virgin Islands | Channel Islands | Croatia |
| Falkland Islands | Gibraltar | Isle of Man | Macedonia |
| Montenegro | Montserrat | Serbia | St Helena |
| Turks & Caicos Islands |

Important: this list may change as new arrangements are agreed or existing agreements end.
If you are covered by a reciprocal health care agreement this means you will be able to receive some NHS treatment, even if you are studying in the UK for less than 6 months.

Reciprocal Health care agreements generally cover hospital treatment you may need which occurs during your time in the UK. However this does not always cover treatment of an existing condition.

We advise that before you travel that you find out information from the health authorities in your home country about what treatment you will be covered for. You may still need to have medical insurance.

**European Health Insurance Card (EHIC)**
All non UK European Economic Area (EEA) nationals and their family should obtain a European Health Insurance Card.
The European Healthcare Insurance Card (EHIC) entitles the holder to free or reduced cost NHS medical treatment that may be necessary whilst on a temporary visit to any European Economic Area (EEA) country and Switzerland. Please note that the EHIC will not cover any private medical healthcare.

**Students who are entitled to NHS treatment**
If you are entitled to NHS treatment, the following services are **free**:

- GP appointment and most other GP services (e.g. Visiting a clinic)
- Treatment in a hospital (Both emergency and non-emergency treatment)

If you are entitled to NHS treatment, the following services will **require payment**:

- Medicines prescribed by your GP
- Some GP services (E.g. Vaccinations for travel, sickness certificate) - Please ask your GP for more details.
- Dental treatment
- Optical treatment

**GPs (Doctor) surgery or Health Centre**
Your GP surgery or health centre is your first point of contact for medical treatment. Most illnesses and other problems can be treated by the GP, but if you need to see a specialist the GP will refer you to an appropriate hospital department.

As well as consultations with a doctor, most GP surgeries provide a range of health services including:

- Vaccinations
- Family planning
- Contraception
- Women’s health clinics
- Services for parents of young children
- Sexual health

**Please note that it is important that you register with the GP in your local area. If you are not registered with a GP you may not be able to make doctor appointments easily.**

**To register at the Doctor’s surgery or health centre you will need:**
- Your passport
- Evidence that you are a student (letter of acceptance/ student card)
- Proof of your address in the UK (accommodation contract/ accommodation letter)

**GP surgeries and Health Clinics are usually open during the day and early evening. However they usually have an answering machine message to advise you where you can get help when they are closed.**

**Hospital**
If your GP refers you to the hospital for treatment, you will usually be given an appointment to see a specialist doctor, also known as a consultant.
Depending on the medical problem you can be treated as two types of patient:

**In-patient**: This is when you are admitted to a ward and have to stay overnight or longer.

**Out-patient**: This is when you visit the hospital for an appointment.

**Accident and Emergency Departments**
Accident and emergency (A & E) departments are open 24 hours a day and deal with patients needing emergency treatment.
For information about the nearest A & E department, please go to the ‘Emergencies’ section of the handbook, under the “where is the hospital” heading.

**NHS local services – NHS Direct**
If you or your family are feeling ill, NHS direct can provide you with useful advice and information.

NHS direct operates a 24 hour nurse advice and health telephone information service, which provides confidential information on:

- What to do if you or your family are ill
- Particular health conditions
- Local healthcare services (including doctors, dentists, late night pharmacies)
- Self help and support organisations

You can use the NHS direct website to find your nearest:
- Doctors surgery
- Dentist
- Optician (vision tests/ glasses/ contact lenses etc.)
- Pharmacy/ Chemist

Website: [http://www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)
Phone: 0845 4647

Dental treatment

Plymouth has a Dental Access Centre (DAC), based at the Nuffield Clinic in Lipson, where NHS patients who are suffering from dental pain but who do not have a regular NHS dentist, can access emergency NHS treatment. Appointments can be made by telephone.

If you require Emergency dental treatment in the UK, unregistered patients can contact Plymouth’s Dental Access Centre for an appointment.

Dental Access Centre
1a Baring Street
Plymouth
PL4 8NF

Call 0845 155 8070
Transport in Plymouth

There are many ways to travel around Plymouth. Below is some information about buses and taxis.

City Bus

City Bus Office – General enquiries, ticket sales, tours, excursions & lost property

The Travel Centre is located at 32 Royal Parade, Plymouth, PL1 1DX.

Telephone: 0845 077 2223
Website: www.plymouthbus.co.uk

City buses depart from Royal Parade. They operate throughout the city and stop travelling from between 11pm and 11.30pm at night.

Services are not as frequent at weekends so please check timetables.

The cost of a single journey within the city is approximately £3.00. You can buy a bus pass from Mayflower office for approximately £12 or £15 per week depending on where you live.

Taxis

If you need a taxi you can stop a black taxi in the street or you can telephone for a taxi.

There is a minimum charge of approximately £3.00 and the remaining charge depends upon the distance you are travelling.

Below are details of a few taxi companies in Plymouth:

- Plymouth Taxis – (01752) 606060
- Silverline Taxis – (01752) 242424
- Tower cabs – (01752) 252525
- Needacab – (01752) 666222
- Taxifirst – (01752) 222222

Weather in Plymouth

You will soon find out that many British people love to discuss the weather!

Why? - This is because the weather can be very changeable and unpredictable!

What clothing should I wear?

Because the weather does change a lot in Plymouth we advise you to bring the following clothing:

- In the Winter - You will generally need warm waterproof clothing and water proof footwear.
- In the Summer - We advise you to have a light waterproof jacket.

All these items can be easily purchased locally once you arrive in the UK.

What is the temperature like in Plymouth?

Temperatures can vary from 5 degrees Celsius in the winter to around 20 degrees Celsius in summer. Check the weather before your journey by visiting the following websites:
- www.bbc.co.uk/weather/2640194
- www.plymouthherald.co.uk/weather
Saturday Excursions

Every week there are optional Saturday excursions available for all Mayflower College students during their course at Mayflower College. We travel by private coach to many interesting places in the area. We visit tourist attractions, castles, beauty spots and places of historic importance. These excursions are a great opportunity to practise English and to learn more about this beautiful part of England. Information about each Saturday excursion will be displayed on the notice board in reception. If you would like to attend the Saturday excursion please write your name on the list in reception before Wednesday.

Remember to write down the meeting time and meeting place.
These may change each week, so please check.

We visit lots of places in Devon and Cornwall including:

![Eden Project](image1.jpg) ![Buckfast Abbey](image2.jpg) ![Bowling](image3.jpg) ![Falmouth](image4.jpg)

Important
Students must remember to write their names on the Saturday Excursion list by Wednesday. If there are not enough names on the list excursions may be cancelled.

Mayflower College facilities

All students who are studying at the Mayflower College will have the opportunity to play tennis and to play pool.

**Tennis**
Students studying at Mayflower College can play tennis for free!
The public tennis courts are located next to the Mayflower College.
Please come to the office to collect the equipment.

We do require a deposit of **£5** – this will be given back to you when you return the equipment.

**Deposit**
If tennis equipment or pool equipment is damaged or not returned to the office, students will not have their deposit returned to them.

Guidance for International students

Here is some advice from Devon and Cornwall Police to ensure your stay in Plymouth is safe and enjoyable. This advice may help you avoid some of the common problems International students may encounter.

**Law**
Laws in England may be different from those in your home country. Here are a few English laws that we would like you to take the time to read:
You must not carry drugs with you of any kind (unless prescribed by a doctor), or use any illegal drugs including cannabis, ecstasy, LSD or amphetamines.
• You must be 18 to buy and smoke cigarettes or tobacco.
• You must be 18 to buy alcohol and most English pubs don't welcome under 18's

In the UK we operate a ‘Think 25’ policy. This means that if the person buying age restricted products (e.g. cigarettes, alcohol, knives etc) looks under 25 we will request proof of age.

You may be refused the right to purchase an age restricted product if you do not show proof of age or display a proof of age which is unacceptable.

**Age restricted products:**

These include:

- Alcohol (18 years)
- Fireworks (18 years)
- Lottery tickets (16)
- Energy Drinks (16)
- Knives/ scissors (18)
- Party poppers (16)
- Cigarettes (18)
- Age restricted DVD’s/ music/ games (15/18)
- Aerosol spray paint (16)

- It is illegal to carry weapons, including self-defence sprays.
- Stealing is illegal. You will be arrested and could be sent home.
- Vehicles in England drive on the left. Do not walk straight into the road - remember to look in both directions when you cross the road.

**Local customs and staying safe when you are going out:**

Devon & Cornwall is one of the safest places to visit in the country, but it’s worth reading the following tips on local customs and how to stay safe when you're going out.

- Tell your host family when you are going out and where you will be going. Make sure you tell them when to expect you back.
- Plan ahead - How are you going to get there?
- Always go out with people you know and trust. Don't speak to people you don't know or go up to their cars - even if they speak to you first.
- Look carefully in both directions when you cross the road. Cars drive on the left in Britain. Always use well lit, busy roads and avoid shortcuts through dark quiet areas.
- Walk confidently. Walk with friends and never walk alone at night - use a taxi.
- Never take money or gifts from people you don’t know.
- Consider carrying a personal attack alarm but not a self-defence spray as these are illegal in England.
- It is usual to join the back of a queue in England - don't push in, it will make people angry.
- Don't block paths - if you need to group together find an area with plenty of space.
- Never carry all of your money or passport with you and try to carry your valuables such as cameras out of view. Never leave your bag unattended in public places. It may be stolen or treated as suspicious.
- Practise speaking English at all times! - It will help you to improve your English!
- It is illegal to carry any weapons, even for personal defence (including CS gas sprays). In Britain narcotic drugs are strictly controlled by law. Do not carry any non-medicinal drugs with you.
- The Police and shops in Plymouth (and the rest of the UK) take theft and any other crimes very seriously. Do not attempt to steal from shops or people.
• Do not carry all of your money and valuables with you all together, leave some in a safe place with your host family.
• It is a good idea to keep the address of your host family with any valuables you may have (such as your Passport) so that they can be easily returned to you if you lose them.

Religion and Places of Worship

Plymouth has a multi-faith population, with followers of the Christian, Buddhist, Hindu, Jewish, Muslim, Sikh and other world religions.

There are over 150 Christian churches in Plymouth, serving many denominations including Anglican, Methodist, Catholic, Brethren, Greek Orthodox, Lutheran, Baptist, Pentecostal and Quaker.

Places of worship for other faiths, including Baha'i, Buddhist, Chinese and Islamic, can also be visited in Plymouth.

The addresses of some Places of Worship are listed below:

Mosque
Islamic Centre
Address: 63 North Road East
Tel: (01752) 662330

Roman Catholic Church
Cathedral Church of St. Mary and St. Boniface
Address: Wyndham Street West, Plymouth, PL1 5RZ
Tel: (01752) 662537

Hebrew Congregation
Synagogue Chambers
Address: Catherine Street, Plymouth, PL1 2AD
Tel: (01752) 664995

Greek Orthodox Church
St Demetrios and St Nikitas Greek Orthodox Church
Address: Central Road, West Hoe, Plymouth, PL1 3BX
Tel: (01752) 215503

For additional information about other places of worship in Plymouth please go to: http://www.plymouth.gov.uk/homepage/communityandliving/placesofworship/

Telephones

Most telephone boxes in the UK accept coins and telephones cards. Telephone cards can be bought in Post Offices and newsagents.

The minimum fee is 60p (includes 40p connection charge). Local and National calls are charged at 60p for the first 30 minutes, then 10p for every 15 minutes after.

You can also buy telephone cards from Mayflower College. These cards have very cheap prices for making International calls. They can be used from any telephone (including the phone in your homestay accommodation) and cards are available for
£5 each in the office.

If you want to use the phone in your homestay accommodation with a telephone card please make sure you ask permission before you make a call.

If you have a problem making an international call, you can telephone the international operator on 155. International telephone calls are a lot cheaper before 8am and after 8pm and at weekends. Please remember that local calls are not free of charge!

**Letters and Postage**
The main Post Office in Plymouth is located on Royal Parade. The post office has a range of services which include sending letters and packages, selling stamps, postal orders and much more.

You can also buy stamps in local shops and newsagents in Plymouth, including the Spar shop which is very close to Mayflower College.

**Shopping**
The main shopping area is located in Plymouth’s city centre and includes the Drake Circus Shopping Centre. Shops are generally open 9am to 5.30pm Monday to Saturday. Many shops are open on a Sunday 10am - 4pm. On Thursdays many shops in the city centre are open until 7pm.

**Entertainment and Places of Interest**
For information about events in Plymouth visit [www.visitplymouth.co.uk](http://www.visitplymouth.co.uk)

- **The Theatre Royal** - Royal Parade
- **Barbican Leisure Park** – Coxsie (15 screen cinema, restaurants, Tenpin bowling, bars and disco)
- **The Arts Centre** - Looe Street - Art exhibitions and cinema, good vegetarian restaurant
- **City Museum, Art Gallery and Library** - North Hill, opposite the University
- **The Barbican** - historical buildings and the National Marine Aquarium
- **Boat trips** - to the Dockyard, Cornwall, and the River Tamar
- **Water taxi** - to Mountbatten
- **Mount Edgcumbe House & Gardens** - ferry service

**Sport**
- **Swimming:** Plymouth Life Centre pool costs approximately - £4.00
- **Ice Skating:** The Pavilions ice rink costs approximately - £6.50
- **Bowling:** Tenpin at the Warner Village £6.99 (1 game)
- **Tennis:** There are courts next to the college and tennis rackets are available to borrow (for a small deposit) in the office.

**What To Do In Plymouth?**

**Eating out**
There are some good places to eat in Plymouth, below are a few places to eat which are close to the Mayflower College:

- Beryl’s Café *(various snacks and hot food – they also deliver to Mayflower College)*
- Café in the park *(Pier Street)*
- West Hoe Fryer *(Fish and chips)*
- The Terrace *(Madeira Road)*
- Monty’s *(The Barbican)*
The Barbican has many restaurants and pubs which serve food, such as Rockys Grill, Seafood and pasta bar, The Glass Blowing House and Captain Jaspers (take-away).

For more places to eat and things to do around the Barbican, please have a look at the following website: http://www.plymouthbarbican.com/

Music and Dancing
There are several discos including Pryzm, the Quay Club and Annabel’s (open from 10pm to 4am). Entry costs can range from £4 to £6 (drinks are not included). There is a Karaoke night at The Bank pub on Wednesday evenings.

Popular pubs in Plymouth:
- Pilgrims Inn pub at the Mayflower College (on special nights)
- The Bank (Karaoke on Wednesday nights) near the Theatre Royal
- Ride and Cuba (Student bar) on North Hill
- Gog and Magog on The Barbican
- The China House (on the Barbican)
- The Minerva - (Plymouth’s oldest pub, live music on Friday and Saturday evenings and Sunday afternoon jazz).

You must be over 18 years old to drink alcohol. You must not attempt to purchase alcohol for anyone under 18 years old - it is illegal. Many pubs operate an ID25 policy. This means that you will be asked for ID if they think you look 25 or under.
**Personal Expenses**

Expenses will vary for every student. The following information is approximate and is intended as a guide only:

- Cup of coffee in café/restaurant: £2.50
- Glass of wine in café/restaurant: £3.50
- Pint of beer in pub: £4.00
- Burger and chips in McDonalds: £4.00
- Cinema ticket: £8.50
- Paperback book: £8.00
- CD: £12.00
- Theatre ticket: £20.00
- 20 Cigarettes: £7.50
- 1 Litre of petrol: £1.50
- Toothpaste: £2.00
- Shampoo: £2.50
- National newspaper: £1.25
- Waterproof jacket: £40.00
- T-Shirt: £12.00
- Umbrella: £5.00

If you need any information about costs of particular items/services, please ask the office staff.

*We would like to acknowledge the help of UK Council for International Student Affairs, NHS, Devon and Cornwall Police and other sources for their assistance in providing information. Although every care has been taken to ensure that all the information is accurate, the Mayflower College cannot accept any responsibility for data which may have changed since the handbook was updated in January 2014.*

**Useful Contact Numbers**

Mayflower College: (01752) 673784
Mayflower College Emergency Mobile: 07889420601

Police (Emergency): 999
Police (Non-Emergency): 101
Police International student contact number: 07917264625

NHS Direct: 0845 4647
Derriford Hospital Tel: 0845 155 8155
Cumberland Centre (Minor accident unit) 0845 155 8003
Dental Access Centre: 0845 155 8070