



London Student Support Guide 2022 Entry

MetFilm School London Student Support Guide

MetFilm is a world-leading film, television and online media school which offers undergraduate, postgraduate and short courses in London and Berlin.

If you're nervous about leaving home, moving to a new country or just want specific information about our facilities, we've compiled some useful information that we hope will help you plan ahead for your time as a student and adjust to student life after you've arrived.

Our mission is to inspire a new generation of creative professionals. We bring the education and screen industries together in a creative environment, driven by great teaching and practical, hands-on experience, led by inspiring tutors.

Our London campus is based at the famous Ealing Studios, known for productions including *The Ladykillers*, *Notting Hill*, *Downton Abbey* and *The Theory of Everything*.

Studying in London means you have access to a huge range of filmmaking resources. London houses the British Film Institute, The Cinema Museum, The Kubrick Archives and The London Film Museum. The capital is also a great place to find work in the film industry; with the UK's largest film studios based either within or in easy reach of London. These include: Pinewood, Ealing, Shepperton and 3 Mills studios.

A Guide to the Area

It's time to get to know your new city! Living in London has something to offer everyone. With a fantastic diverse population, the varied lifestyles are reflected through its wide range of cuisine, eclectic shops, thriving music scene and events. London buzzes night and day with an unforgettable energy, and each area of the city has its own distinct atmosphere.

Transport for London offers a student travelcard which gives a 30% discount to full-time students over the age of 18. The 18+ Student Oyster Card can be bought for use within London on trains, underground, buses and the London Docklands Light Railway. The discount applies to students on our accredited Undergraduate and Postgraduate courses only.

Ealing is a vibrant borough situated in West London and is home to a vast number of shops, bars, pubs and restaurants with something to suit every taste and budget. Also, on our doorstep is Notting Hill, Shepherd's Bush and Richmond. During the summer, Ealing's parks host a number of festivals celebrating comedy, music, beer and food.

Ealing has great links into Central London and is ideal for nights out on the town. On the Tube, Ealing Broadway is just 25 minutes to Oxford Circus and less than 35 minutes to Liverpool Street Station. There are also fast trains to Paddington and Heathrow Airport. The Central (Ealing Broadway) and Piccadilly (South Ealing) Tube lines operate 24-hour services to Ealing on Fridays and Saturdays. There are also buses right outside Ealing Studios and a free University of West London bus if you need it.



Markets

Notting Hill & Portobello Road

Type: Antiques, food, clothes, music and more

Camden Lock Market

Type: Antiques, clothes, food, music, arts and more

Brick Lane Market

Type: Flea-market, antiques, vintage clothes, arts and food

Spitalfields Old Market

Type: Clothes, arts, fashion, food, antiques

Borough Market

Type: Food, food and more food!

Food & Drink Recommendations

Most known for our love of tea, scones and fish and chips in the UK there are a number of food and drink items you should sample while in the UK. Below are some of our top local picks for you to try out!

Breakfast / Coffee Shops

- **Eclectic Coffee Co** (also serves breakfast, lunch and weekend brunches)
- **WA Café** (patisseries and freshly produced Japanese breads and pastries each day!)
- **Artisan Coffee** (granola, pastries and porridge)
- **Limeyard**

Lunch

- **Atariya** – Sushi
- **L'oro di Napoli** – Pizza
- **Sikulo** – Pasta
- **The Beehive** – Deli

Pubs & Bars

- **Red Lion**
(one of the best Sunday Roasts!)
- **The Wheatsheaf**
- **Crispins Wine Bar**
- **The Grove**

Restaurants

- **Maxim** – Chinese
- **Tandoori Villa** – India
- **Turtle Bay** – Caribbean
- **Blue Ocean** – Fish & Chips

Cultural Communities

South Asian Groceries: Harrow, Southall, Wembley

Southeast Asian Groceries: Chinatown

Portuguese Supermarkets: Stockwell and Oval

Polish Supermarkets: Shepherd's Bush

African-Caribbean Food: Lambeth and Lewisham

Arab Eateries: Edgware Road

South American Groceries: Elephant & Castle

Vietnamese Restaurants and Supplies: Hackney



Get Active

Gyms

- University of West London Fitness Centre uwlsu.com/opportunities/gym
- Sports Clubs at University of West London uwlsu.com/opportunities/sports
- Gymbox Ealing gymbox.com/gyms/ealing
- F45 Training f45training.co.uk/ealing/home
- The Gym thegymgroup.com/find-a-gym/ealing

Park Runs

Every Saturday at 9am, a free 5km run takes place in Gunnersbury Park, South Ealing and starts near the coffee kiosk. For more information visit parkrun.org.uk/gunnersbury

Settling into London

Open a UK Bank Account

This should be one of the first things you do when have registered for your course. You'll need money for rent, bills and sightseeing!

You will need:

- A valid passport and visa
- Proof of student status (a letter from MetFilm School – you can request this from admin@metfilmschool.ac.uk)
- Proof of address in the UK (an enrolment letter or a bill with your name on it)

You can use your overseas account however it is not practical as you cannot set up direct debits to pay your bills and you would be charged every time you take cash out. Also, if you are planning on getting a part-time job, you will need a UK bank account in order to get paid!

How to open a Bank Account?

Visit your local bank and apply in person

Local Banks

- Santander 4-8 Bond Street, Ealing W5 5AE
- Nationwide Building Society 9 New Broadway, Ealing W5 5AW
- TSB Bank 31 New Broadway, Ealing, W5 5AW

National Insurance Number

If you decide to work whilst you are in the UK, you will need a National Insurance (NI) Number. If you already have your Biometric Residence Permit, you might already have a NI number. If so, it will be printed on the back.

If you do not have a NI number, you must apply for one to work. You can only apply once you are in the UK.

You can find out how to apply for a NI number by visiting gov.uk/apply-national-insurance-number

How to Register with a Doctor/ GP (General Practitioner)

When you arrive in the UK you should register with a local doctor as soon as you can. Do not wait until you are ill!

The National Health Service (NHS) is the UK's state health service. Doctors in England will normally accept students who are on courses on any duration onto their lists of NHS patients.

Two local Ealing General Practitioner (GP) practices work closely with the University of West London. There are a team of doctors practising at two sites in Ealing. One located at Bramley Road and the other at Florence Road florenceandbramleyroadsurgeries.nhs.uk

They offer exclusive appointment sessions for University of West London students and its validated partners, such as MetFilm School. The Surgery will always try to accommodate students who need appointments outside of the exclusive session times at either Bramley Road or Florence Road.

Any student within the Boroughs of Ealing, Hammersmith and Hounslow can register with either of the two surgeries. If you live outside of these areas, you can find a list of local doctors by visiting nhs.uk/service-search/find-a-GP

How to register

- Bramley Road Surgery, 2 Bramley Road, Ealing W5 4SS: Telephone 020 8579 0165
- Florence Road Surgery, 26 Florence Road, Ealing W5 3TX: Telephone 020 8567 2111

To register with the Florence Road and Bramley Road surgery, or your preferred practice, you will need your Student ID card and a Student Status letter. You will need to complete a registration form and a simple health questionnaire and return it in person to the surgery during consulting hours.

You should ask to be added to the list of National Health Service (NHS) patients. This means you will not have to pay a fee to visit the doctor.

If you have any preferences about who sees you (male, female or someone who speaks your language) then remember to mention this when registering and making appointments.

What is the UK Emergency Number?

The Emergency number for the Police, Fire or Paramedic service is **999**. This number can be dialled free from any telephone.

For non-emergency medical issues, you can call the free, 24-hour NHS helpline for advice on **111**.

The nearest hospital with an accident and emergency (A&E) department is Ealing Hospital.

In a life-threatening emergency, **always call 999**. The paramedics will take you to the right A&E department for your condition, not necessarily to your local hospital.

Council Tax Exemption

Households in the UK ordinarily pay a monthly fee to the Local Borough Council to cover the costs of rubbish collection, road maintenance etc. This is known as Council Tax.

Households where everyone is a full-time student do not have to pay Council Tax. If you do get a bill, you can apply for an exemption by providing proof of your student status and by visiting gov.uk/apply-for-council-tax-discount

To be eligible for the exemption:

- Your course must last at least one year
- Involve at least 21 hours study per week

TV Licence

In the UK, each household needs to be covered by a TV Licence to:

- Watch or record live TV programmes on any channel
- Download or watch BBC programmes on iPlayer

This could be on any device, including a TV, desktop computer, laptop, mobile phone, tablet, games console, digital box or DVD/VHS forecast.

If you do any of the above without a valid licence, you risk prosecution and a maximum penalty of up to £1,000.

How much does a TV Licence cost?

A standard TV Licence costs £157.50. You can pay all in one go, or you can spread the costs by choosing from a range of Direct Debit options. If you don't need your licence for a full 12 months, you can apply for a refund.

For more information visit tvlicensing.co.uk

Budgeting

Knowing what kinds of costs, you can expect will help you plan your finances. Going out and eating out, takeaways, accommodation and grocery shopping are the top things students spend more on than they thought they would before arriving at university.

Food Shopping – £30 per week

Don't rely on one supermarket for all your groceries ('express' stores are often more expensive). Shop around to find the best deal for different items and buy non-branded items.

Rough prices for purchasing essentials in London...

- 1 litre of milk: 89p
- 400g loaf of bread: 85p
- 800g loaf of bread: £1:00
- 1 litre bottle of water: 90p
- 6 large eggs: £2.00

* Top Tip: plan your meals for the week ahead (you will save so much money!)

Water, gas and electricity – £50 per month

Utility bills will be included if you are renting through student accommodation- however living in a private house or flat-share you will need to budget for this!

Leisure and hobbies – £50 per month

Don't drop the activities and hobbies that make you happy like going to the gym, music or gaming; these can help you meet people who share the same interests, as well as cheer you up when university life gets a bit much.

Unidays offers students at university access to discounts on food, clothing and gym memberships. Visit myunidays.com

Groupon also provides a range of discounts on a range of services and products. Visit groupon.co.uk

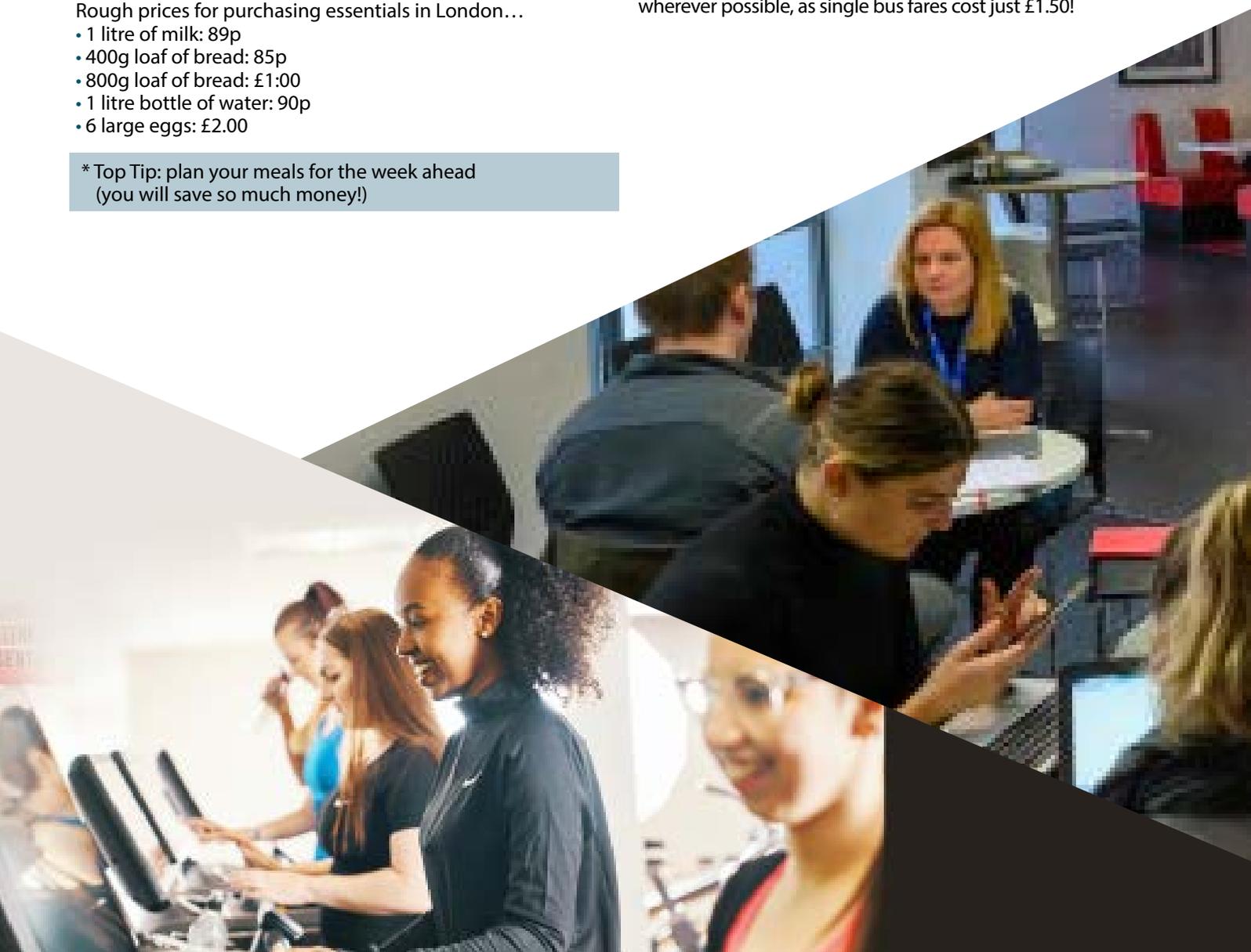
Phone and Internet – £35 per month

Internet is usually included within the rent for student accommodation, but this may not be the case for private accommodation.

* Top Tip: Check how much data and minutes you actually use in a month via your phone provider – you might be surprised by how much you may be able to save by altering your plan!

Travel: £15–30 per week

The cost of travel will depend on which London travel zone you live in. Make sure you apply for a TfL Student Oyster card when you have enrolled at MetFilm School. The Student Oyster card will give you 30% discount on weekly, monthly and annual travelcards. Alternatively, use the bus wherever possible, as single bus fares cost just £1.50!



Employability

MetFilm Futures

At MetFilm School we concentrate on employability right from the start. You will have access to our dedicated careers advice department, MetFilm Futures, who focus on supporting you and ensuring you develop the skills needed to succeed in the industry.

Students and graduates of MetFilm School access the following:

- **Career Surgeries:** weekly, one-to-one career surgeries take place to advise students on their career paths.
- **Festival Support:** MetFilm Futures aim to teach and empower all students to navigate the festival and commercial worlds to maximise the opportunities for their videos and online content.
- **Masterclasses and Seminars:** Students are invited to masterclass and industry seminars with special guests across all disciplines who discuss their work, current issues and changes within the screen industries. Recent guests include: Roger Deakins, Sarah Gavron, Sally Wainwright and Colin Trevorrow.
- **Competitions:** MetFilm Futures publishes and runs film competitions that give students the opportunity to produce content with awarded budgets and for clients.
- **Talent Pool:** MetFilm Futures connects students and graduates with upcoming opportunities including full-time jobs, freelance contracts, internships and placements.

Student Outreach Ambassador

Graduates have the opportunity to become a Student Outreach Ambassador, a team that delivers practical and engaging workshops on and off campus to a range of schools and colleges across the UK. You also represent MetFilm School at careers fairs and UCAS Events. This programme will enhance your CV with a broad range of employment experience, earn a generous wage and work flexibly and develop a range of skills such as presenting, public speaking and delivering practical learning.



Finding part time work while studying

Finding a part-time job to supplement your student loan will not only give you more cash to play with, but its also great for your CV too.

1. Look for a part-time job before uni starts

Start searching for part-time positions online and applying for jobs before you start university to avoid peak job-hunting season.

2. Make sure your CV is up to date

It is worth having a few different tailored CVs if you're job hunting as employers can spot a generic CV from a mile away!

Top Job Searching Tools

1. savethestudent.org/part-time-student-jobs
2. cv-library.co.uk
3. indeed.com

Finding jobs once graduated

1. Gain Experience

Gaining relevant experience is crucial for introducing you to the skills you need and help develop them further. Experience can come in a number of forms: Internships, volunteering, work placements and work shadowing.

2. Network

'It's not what you know, it's who you know'. By making yourself and your ambitions known to those already in the industry, you'll be considered for future job vacancies or work experience opportunities. You can start networking from home and attend relevant events and career fairs. You can also connect with professionals and organisations through LinkedIn.

3. Prepare for the interview

Ensure you take time to prepare for an interview; this will help you speak clearly and confidently, leaving the interviewer with a great first impression. It is important to research the company, to plan answers to typical interview questions and think about the questions you would like to ask the employer.

Top Job Searching Tools

1. prospects.ac.uk/graduate-jobs
2. jobs boards
3. social media



Student Support Services

MetFilm School wants you to have a fulfilling education experience, so the support we offer is aimed at helping you reach your potential. Whether it is practical, personal or academic support that you need, help is available from the moment you arrive and easily accessible.

Student Advice Service

The Student Services team are here to help you navigate life at MetFilm School. If you need to speak to someone about registering with local facilities such as doctors, get help with setting up a bank account, need general advice on finances, funding, visa issues or your academic status then we can help.

You can call, email or turn up in person for assistance during the School's regular opening hours. More information on how the team can help is provided during the induction periods.

Mental Health & Wellbeing

Counselling

Our dedicated student Counselling Service offers a free and confidential service to any student who needs it – including individual counselling, group sessions and general wellbeing advice.

Sessions are delivered both online and in person, giving students flexibility and choice about the way they access the service. These 50 minute sessions offer a confidential, safe space for you to discuss and share whatever is going on in your life at the moment – a place for you to explore how you can improve some of the immediate challenges affecting your schoolwork or general wellbeing.

You can book a session or simply ask for some advice via counselling@metfilmschool.ac.uk

Togetherall

MetFilm School students can access Togetherall, our mental health and wellbeing portal. Togetherall is an anonymous community where members can reach out for support with their mental health. Access is available 24 hours a day, 365 days a year. You will be able to access trained professionals, self-assessments and resources and a wide range of self-guided courses to complete at your own pace.

Your access to Togetherall becomes available during the Pre-Induction Programme, before you formally begin your studies at MetFilm School.



Disability Support

Disabled and Neurodiverse Support at MetFilm School

MetFilm School wants all students to have equal access to their course and the facilities. The Student Services team and its dedicated Disability & Wellbeing Adviser provide confidential, specialist advice to help address any physical, study or communication barriers students may find in the learning environment. Student Services work hand in hand with academic staff to support students with a wide range of disabilities including:

- neurodiversity and specified learning differences (such as dyslexia, dyspraxia, ADHD)
- mental health difficulties (such as depression, bi-polar disorder)
- long-term medical conditions (such as HIV, cancer, multiple sclerosis)
- hidden disabilities (such as diabetes, asthma, epilepsy)
- sensory impairments (such as visual impairment, hearing impairment)
- mobility or physical impairments (such as paralysis, arthritis)

You can register with the team during enrolment or any time during your studies. Alternatively, you can book an appointment with a member of the team to discuss your circumstances and support arrangements.

We encourage students to disclose disability or support needs as early as possible, so the correct support can be set up to help you reach your full potential. If you have disclosed a disability or learning support need in your application, you will be asked for further information during the online enrolment process.

If you need adjustments for the induction and pre-induction periods, please let your admissions manager know or contact the school via the email address below.

Students can disclose or discuss a condition at any time during their study by contacting wellbeing@metfilmschool.ac.uk

I have confirmed by place on the course – what happens next?

If you have disclosed a disability or learning support need during your application, you will be contacted by the Disability & Wellbeing Adviser to discuss your circumstances. They will ask you to supply evidence of your condition and any supporting information that might be relevant. This information is used to agree a support plan for you. The information provided will be treated in confidence and used only for the purposes of providing the appropriate support to your circumstances.

These bespoke Individual Support Plans (ISPs) are developed in agreement with you, outlining recommended reasonable adjustments such as amended assessment arrangements, extensions to library book loans, note-takers or campus mobility support and the ability to request extensions to work if required.

MetFilm School Guides

For further information please download our other Guides:

- London Accommodation Guide
- Berlin Accommodation Guide
- London Funding & Finance Guide
- Berlin Funding & Finance Guide
- Berlin Student Support Guide
- London International Students Guide
- Berlin International Students Guide

Please note the information provided in this guide referring to any external company, is provided as an overview only. All details and information are subject to change and may be impacted by Covid 19 restrictions. Please refer to individual websites for the latest information.

Please note this MetFilm School Guide is correct at time of publishing and is subject to change. Please visit the MetFilm School website for the latest information.

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