

EP

Young  
Learners

2025 - 2026

Middlesex

# Student Handbook





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We’re so excited to have you with us. Whether you’re here for a short stay or a longer journey, you’re now part of a vibrant, supportive community across amazing cities like London, Dubai, and Malta. Our team is here to help you learn, grow, and make unforgettable memories. If you need anything, just reach out—we’re always happy to help.

**Enjoy the journey, and  
welcome to the EP family!**



# About Middlesex

Middlesex is an extraordinary place filled with attractions waiting to be discovered. Not far away, you'll find famous sites like Buckingham Palace, London Eye, and the Tower of London. This region proudly claims the title of the first recorded county in history, and its importance continues to rise, with many historical landmarks still intact. Join us at our Middlesex campus to improve your English skills alongside the friendly locals.



## Famous landmarks

Big Ben, Houses of Parliament, Tower Bridge, London Eye, Buckingham Palace, Tower of London, Saint Paul's Cathedral, British Museum, The Shard, Covent Garden, Camden Market.

## City personality

Academic, active, artistic, elegant, historic, diverse, dynamic, big city, bike-friendly, business capital, creative, cultural, foodie scene, friendly, green, iconic landmarks, modern, unique, vibrant, youthful.

## What makes this city unique?

An extraordinary blend of history, culture, and diversity. Has a global metropolis, with a mix of iconic landmarks, world-class museums, theaters, and a bustling nightlife. London also has a rich history and royal heritage, a truly one-of-a-kind destination for visitors from all around the world.

## Transport within a 15-minute walk

Metro and bus.

## Restaurants within a 15-minute walk

Nigerian, Japanese, Lebanese, Turkish, Irish, Mediterranean, Chinese, Korean, Kosher, cuisine.

## Alternative things to do

Street art tours, quirky museums, Borough Market, Alternative UK - theatres (Secret Cinema, the Globe)

# 4 Reasons to choose this city

1

Experience the excitement of London while enjoying the peaceful surroundings of our university's leafy suburb

2

Immerse yourself in a picturesque campus that merges historic charm with modern amenities

3

Learning goes beyond the classroom, with the city's top attractions just steps away

4

A vibrant cultural immersion that offers a true taste of life in London





 **Staff**



**Romina Borderas**

Global Head of Young Learners

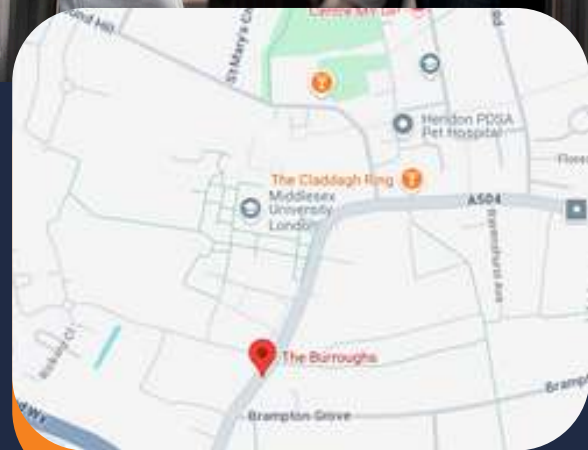


**Meet the team**


**Languages spoken by staff:** English, Urdu, Spanish, French, Italian, Arabic...

# Why choose to study in our EP Middlesex School?

- The School is located in The Burroughs, London NW4 4BT.
- Close to Brent Cross Shopping Centre and Camden Market
- We share the same campus and facilities with GBS (Global Banking School)
- Opening hours:  
9.00am - 5.00pm daily
- Surrounded by top universities and institutes, photocopy centres, medical and dental clinics, a pharmacy as well as a 24-hour convenience store



**Find us on Google maps**

 **The Burroughs, London NW4 4BT.**

At this address since: 2021

 **Landline: +44 7506 644638**

## Close to your EP school

Our centrally located school is walking distance to:

	<b>Food court with restaurants</b>	1 minute
	<b>Bus station</b>	1 minutes
	<b>Gym</b>	3 minutes
	<b>Tram station</b>	1 minutes
	<b>Bank/ATM</b>	7 minute
	<b>Metro station</b>	9 minute
	<b>Hyde Park</b>	45 minutes
	<b>Tower of London</b>	35 minutes

## **Services & facilities**

English Path and GBS Higher Education College, are part of Global Education Group. Together, our students share fantastic and modern university style facilities. At EP Middlesex we have the following facilities:

**Buildings:** 1  
**Floors:** 2  
**Total number of classrooms:** 10

**School facilities:** Library, self-study area, Wi-Fi (Free), elevator, street parking, modern & spacious classrooms with smart TVs, AC.

**Second floor:** Classrooms, Toilets, Students, Lecture Hall.

**First floor:** Classrooms, Toilets, Students, EP Academics and Operations office, Security Office.

**Ground floor:** Common reception, EP reception/office, Cafeteria, Chairs, Tables.

**Other services provided:** Social activity programme, airport transfer, medical insurance.

**Levels of English offered:** All levels.

**Reception:** The friendly student services staff can direct you to the EP offices and classrooms. A Student Services Officer and an Academic Coordinator will always be present to answer any questions you may have.



**Library and Study areas**

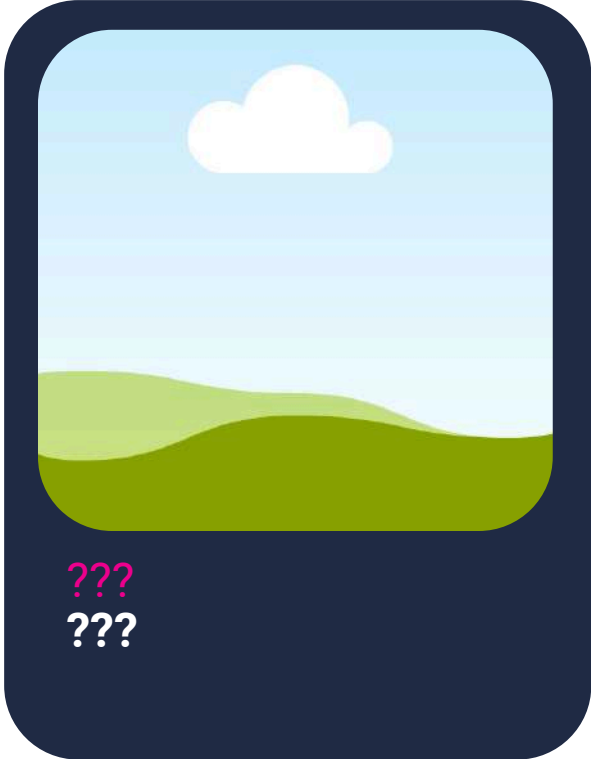
**Classrooms**



# Your EP Middlesex Welfare & Safeguarding Team

Do you have a question?

About your class?



About personal, medical or about your accommodation?



Romina Borderas  
Global Head of Young Learners

To speak to a member of staff please call:

+44 7506 644638

Call us 24 hours per day, 7 days per week.

# School holidays & Middlesex public holidays

## 2025-2026

22-26 Dec 2025

01 Jan 2026

03 Apr 2026

06 Apr 2026

04 May 2026

25 May 2026

31 Aug 2026

25 Dec - 01 Jan 2026

The school will be closed during the holidays. Please make sure to book your course/accommodation accordingly. Public Holidays are subject to change according to government announcements.

When the school is closed on a Monday, new students start on Tuesday.

Course days that fall on a public holiday are not reimbursed. The above dates are observed as holidays in the year.

If you arrive on a week where the Monday is a holiday, your first day of school will be a Tuesday.

Need help?  
Not satisfied?  
Have a problem?

At EP we believe that communication and an open-door policy is key to efficiently resolving any issue you might have. If you need help, are not satisfied with one of our services or you need advice, please talk to our staff at school. They will be able to help and assist quickly with any concerns you might have.

# First day at school



Click here and take the placement test

Feature	Tuition Only	Day Camp	Full Experience
Accommodation	✗	✗	✓
Lunch Provided	✗	✓	✓
Airport Pickup	✗ Can be requested	✓	✓
Evening Activities	✗	✗	✓

## Example Week for Full Experience Students

7:00 - 9:00		9:00 - 13:30		13:30 - 15:00	15:00 - 18:40	19:00 - 20:00	20:00 - 21:30	21:30
Sun 29.06.25	Arrival Day					Dinner	On-Campus Activities   Departures   Arrivals	
Mon	Breakfast	Group A ~ Brent Reservoir		Lunch	Group A ~ Lessons	Dinner	Hawaiian Mixer   Basketball   Board Games   Table Tennis	Good Night
		Group B ~ Lessons		Lunch	Group B ~ Brent Reservoir			
Tue		Group A ~ Cambridge Packed meal				Dinner	EP's Got Talent   Capture the Flag   Football   Tag Rugby	
		Group B ~ Lessons Lunch at the school						
Wed		Group B ~ Cambridge Packed meal				Dinner	Movie Night   Minute to Win It   Badminton   Rounders	
		Group A ~ Lessons Lunch at the school						
Thu		Group A ~ EP Leisure Time		Lunch	Group A ~ Lessons	Dinner	Splash Party   Dutch Auction   Frisbee   Volley-Ball	
		Group B ~ Lessons		Lunch	Group B ~ Camden Market			
Fri		Group B ~ EP Leisure Time		Lunch	Group B ~ Lessons	Dinner	Graduation Ceremony & Celebration	
		Group A ~ Lessons		Lunch	Group A ~ Camden Market			
Sat	Big Ben, Houses of Parliament & River Cruise					Dinner	Karaoke   Just Dance   Tennis   Board Games	

# Here's a detailed breakdown

## Tuition only - Timetable



### Arrival - Monday

08:30 Welcome, school tour and induction



### Afternoon Classes

15:00 - 16:00 Lesson 1  
16:00 - 16:20 Break  
16:20 - 17:20 Lesson 2  
17:20 - 17:40 Break  
17:40 - 18:40 Lesson 3



### Evening

18:30 Student pick-up (by parents/guardians)

## Day camp - Timetable



### Arrival

Welcome, check-in, residence tour and induction



### Monday Morning

08:30 Leisure time and meet the team



### Afternoon

13:30 Lunch  
15:00 Lessons start



### Evening

18:00 Student pick-up (by parents/guardians)

## Full experience - Timetable



### Arrival

Welcome, check-in, induction



### Morning

07:30 Breakfast  
09:00 Leisure time



### Afternoon

13:30 Lunch  
15:00 Lessons start



### Evening

18:45 Dinner and evening activities



### Bed time

22:00 Bed time



# About your course

## Teaching methodology

At English Path we use the communicative approach which means:

- A focus on speaking
- Interactive lessons
- Noticing students' gaps and reacting to them
- Going beyond the textbook
- English for real life outside the classroom
- Understanding each student's individual needs

All EP teachers are trained in this approach from their first day, so students have the same experience in all levels at all EP locations. Take a look at our graduation ceremony



## School material

**Books:** Empower (Cambridge) Language Hub (Macmillan), Ready for IELTS (Macmillan), In Company 3.0 (Macmillan).

**Additional material used:** Audio, Digital Presentation Material, Authentic Materials.

## Students

**Average Number of students per class:** 12

**Minimum age of students:** 16

**Average age of students\*:** 25

**Nationality mix\*:** Brazilian, French, Turkish, Colombian, Japanese, Saudi, Spanish, Ukrainian.

\*As per 2023 stats. Nationality mix and age varies. Dependent on the time of year.

**End of course certificate:** you will receive a course certificate at the end of your course.

## Extracurricular activities

- Placement test to ensure accurate placing in levels
- Varied and interesting course material
- Continuous progress monitoring
- Project with final presentation

## Library and Study area

There is a Library available for students which is a great opportunity to help you get more out of your studies. There are 1 000 study areas where you can work with your classmates and access the internet in our 600 computer spaces.

Why not borrowing a book and watch yourself improve as you're able to move up through the understanding of content!

## How to

### improve your language skills during or outside of your course

At English Path, learning English is fun! Let's have a look at the following tips to make sure you get the most out of your experience.

## Study skills

Study Skills refer to the ability to frame and improve our learning. For example, what do we do when we learn a new word? Do we make notes? How? It's very important that we are organised in the way we learn, so that we have a much better chance of remembering the language and using it correctly in the future.

We would like to share with you some ways to keep learning and improving your English skills. If you practice these Study Skills, they will help you to continue your English language learning wherever you are.

## Listening, Reading and Writing

### What to listen to?

Try to listen to as many different types of spoken English as possible to improve your listening.

You can find lots on the internet:

- Music and songs TV shows, the news and films
- Speeches and interviews
- Audiobooks

### What to write?

Getting the new language you've learnt down on paper, can really help to consolidate your learning.

Think about the language you've learnt that week and try the following:

- write an email to a friend/your teacher
- write a diary/journal entry each day
- write your shopping list in English

### What to read?

There's so much you can read to practice your skills, it doesn't have to be a book. You can read signs, newspapers, the back of food packets!

- Why don't you find an interesting article online?
- Choose a book you've read in your own language and get reading!
- Find an e-book and read on your daily commute to work or studies. This site has lots of free ones: [gutenberg.org](http://gutenberg.org)



## How to

### practice vocabulary?



When you record vocabulary, you should also include longer phrases like:

phrasal verbs (e.g. get away with),  
multi-word expressions (e.g. How's it going?),  
idioms (e.g. raining cats and dogs),  
and collocations (e.g. take a chance).

Quizlet



Download the **Quizlet** app – create your own set of flashcards, practice and test yourself!

Cut out lots of strips of paper or use index cards. Use the Language Bank you have made and write a word on one side of each strip, with the translation or definition on the other side. Now you can place your cards on a table and test yourself by placing either all the English sides, or all the translations/definitions, face down and test your memory.

Make two cards with the English word and its translation on different cards. Put all these cards on a table and play a game of Snap! Here's how:

- Place all of the cards face down.
- Take one card and place it face up.
- Take another card and place it face up.
- If the two cards are the English word and its translation - you have Snap! Place the two cards at the side of the table and continue until you have matched all the cards.
- Try timing yourself and completing the game as quickly as possible.

## Other useful websites for Learning and Practice

- [bbclearningenglish.com](https://www.bbclearningenglish.com)
- [englishclub.com](https://www.englishclub.com)
- [lyricstraining.com](https://www.lyricstraining.com)
- [ted.com](https://www.ted.com)
- [voscreen.com](https://www.voscreen.com)

## Exam Practice

- [flo-joe.com](https://www.flo-joe.com)
- [cambridge.org](https://www.cambridge.org)
- [ieltsspeaking.co.uk](https://www.ieltsspeaking.co.uk)
- [ieltsliz.com](https://www.ieltsliz.com)

## Grammar, Pronunciation and Vocabulary

- [bbclearningenglish.com](https://www.bbclearningenglish.com)
- [englishclub.com](https://www.englishclub.com)
- [lyricstraining.com](https://www.lyricstraining.com)
- [ted.com](https://www.ted.com)
- [voscreen.com](https://www.voscreen.com)

## Extra tip: Using a dictionary

Dictionaries are a useful resource for researching different meanings, collocations, examples of use and standard pronunciation. Use a mono-lingual dictional and focus on understanding the meaning rather than translation of individual words. Translating individual words can often lead to misunderstandings.

A great, big paper mono-lingual dictionary is best but Cambridge, for example, have an online advanced learners' dictionary at [www.dictionary.cambridge.org](https://www.dictionary.cambridge.org), which is easy to use and provides examples of word use.




# Take a look at your accommodation


## Middlesex University

Middlesex University's largest student hall is close to state-of-the-art sports facilities, with a TV lounge and study space. Platt Hall and Writtle House share the communal TV lounge and study rooms located at Writtle House, as well as all the private green space around the buildings too.

- WiFi & satellite channels
- Concierge service
- 24-hour room service
- Express laundry / dry clean service
- Valet parking
- On-site mini mart and coffee shop
- Express check-in / check-out
- Housekeeping turndown service
- Automated wake-up call service
- 24-hour security personnel
- Secure and covered parking
- Full access to gym and entertainment facilities
- Complete health and entertainment facilities

including two separate swimming pools, spas, hot tubs, saunas and fitness rooms





**Address:**  
The Burroughs, London NW4 4BT

## Your room

Single 

Twins 

- Bright and functional with clean, contemporary furnishings designed for student life
- A snug single bed plus private en-suite bathroom for your own quiet space

- Includes a desk, wardrobe, and storage to stay organised and ready to study
- A comfy, self-contained retreat where you can rest, focus, and feel right at home



## About the residence

**Accommodation types:**  
Single or twin share rooms in 2-bedroom apartments.

**Bedrooms:**  
The apartments contain the following: bed, 100% cotton oversized bath towels, air conditioning, in-room safe box, desk, hairdryer, refrigerator, washing machine, smart TV screen.

**Bathroom:**  
Own bathroom with separate bath.

**Kitchen:**  
The kitchen is fully equipped and includes cooking facilities and space to store food in the fridge/ freezer and cupboards. Cutlery/ crockery included.

**Additional costs:**  
Mandatory \$150 refundable deposit. Food and beverage-related orders as well as a \$7 breakfast buffet. There may be additional charges for spa packages, such as massage sessions.

**Neighbourhood:**  
A 10-minute walk from a community centre, medical facilities, malls, supermarkets and a gym.

**Visitors/guests:**  
Overnight guests are not allowed.

**Noise:**  
Residents are required to respect all other residents and maintain a level of noise that does not disturb others. Quiet hours are 10pm-8am.

**Smoking:**  
All facilities and residents' rooms are non-smoking.

**Reception/security desk:**  
24-hour reception including security personnel.

**Cleaning service:**  
Rooms are cleaned before check-in. Twice a week cleaning is provided for weekly and monthly stays.

**Beddings/towels:**  
Bedding and linen provided on check-in.

**Minimum stay**  
1 week minimum stay. Students can book weekly. The minimum stay is 1-week.

**Check-in/check-out**  
Check-in from 9am/check-out by 2pm.

### Accommodation location:

Dubai metro: 1 km away  
Burj Khalifa & Dubai mall: 18 km away  
Wild Wadi Water Park: 5 km away  
Jumeirah beach: 5 km away  
Dubai Marina: 8 km away  
World Trade Centre: 20 km away

Dubai airport:  
Mall of the Emirates:  
Ibn Batuta mall:  
Internet and Media city:  
EP Dubai campus:



At Middlesex University, student accommodation is designed to make you feel comfortable, supported, and right at home. Enjoy a modern living space where you can study, relax, and connect with others in a safe and vibrant campus community. It's a fresh and friendly student experience in the heart of North London.





# Recommendations

## Checklist & other useful information

Here are a few important items that you should bring with you:

- Passport
- Acceptance letter
- Accommodation letter
- Proof of health/medical insurance
- A bit of cash and credit/debit cards/ Apple or Google Pay
- Weather-appropriate clothing
- Adaptor for electrical appliances
- Prescription medication and medical records
- Emergency information

## Before you leave your country

Here are some important things you need to know to make your arrival as smooth as possible. Use our checklist to ensure you don't forget anything and are prepared for the exciting times ahead.

## Pocket money

Recommend weekly budget: £150. This should cover expenses, laundry, local travel and activities. You will need additional money if you want to take weekend trips. Bring £100 with you in cash and a debit or credit card. You will need to check with your financial institution to make sure you will be able to withdraw money from a UK ATM. Do not bring foreign currency. It is not wise to carry around large amounts of cash.

## Clothing

Most students dress casually for classes, but you should bring nice clothes for going out and sportswear for sports and outdoor activities. The climate is changeable and maybe different from your own. The typical temperature is 25-30°C in the summer and 2 to 6°C in the winter, although it can drop below freezing. Bring waterproof clothing if you're arriving in the autumn or winter.

## Electrical current

Standard voltage in the UK is 230 volts; remember to bring an adaptor with you or buy one when you arrive.

## School notifications

We encourage you to follow the school's Instagram account before you arrive and especially during your stay. This will give you an idea of what is happening at the school and help you connect with staff and students. This is also where we will post notification of any unexpected school closures: it is important you check our Instagram account for any messages while you are attending the school, especially if there is severe weather in the area (e.g. snowstorm, flood, etc.). If the school cannot open or school opening will be delayed, we will post a message as soon as possible (the night before or in the morning) to advise you of this, along with information on how to get further updates and any alternate scheduling, (if applicable). Follow EP! @englishpathschools



# When you arrive in Middlesex

Arriving at the airport in a foreign country can be overwhelming. To better prepare yourself, make sure that you have read the information below about your arrival and how to get to your accommodation. If you get lost or confused upon arrival, don't be afraid to ask the airport staff for help as they will be happy to give assistance.

## EP transfers

You should arrive at Heathrow/Gatwick/Luton Airport. We request that you book your flights according to the starting date of your specific programme. You must arrive on the Saturday or Sunday prior to your course start date.

If you have booked a transfer service, a driver will meet you outside the customs area and drive you to your homestay or residence. Please ensure you arrange and pay the transfer fee in advance.

## Transfer service emergency contact details

If you have any flight changes, miss a connecting flight or need help meeting the transfer service, you should call emergency number. Please be prepared to tell them your name, school name (English Path) and location. Students should only accept a transfer from a greeter with the official English Path signage.

## Transfer service emergency numbers:

**+44 (0) 7801482876 /  
+44 (0) 7834023963**

## Independent transfers

### Taxi Service cost:

- Heathrow £125
- Gatwick £155
- Stansted £175
- Luton £175
- London City £125
- Station £105

**Journey time:** 1 - 2 hours  
depending on location of  
homestay/ residence



# Location and Travel

London offers excellent travel links, including trains, buses, and the famous Underground system, ensuring seamless connectivity within the city and beyond.

## Underground links



Middlesex University (Stop Q)	3 minutes
Hendon Central	8 minutes
Hendon War Memorial	3 minutes

## Train links



**National Rail**  
The station also connects to the National Rail network, allowing easy travel to destinations like Paddington, Oxford, and Reading.

## Bus services



From Hendon Central Station to:	
Camden Market	5 stops
Big Ben	14 stops

## Walking distances



Co-op Food	5 minutes
Premier Express	11 minutes
Nisa Local	8 minutes

# Living costs

(sample prices for items in this city)

- Bottle of water: £0.75
- Coffee: £3.55
- Can of coke: £1.50-2
- Meal out for two: £50
- Takeaway pizza: £10-17
- Sandwich: £3
- Local bus ticket: £1.65  
(depends on the distance)

- Local metro and tram ticket: £2-4  
(depends on the distance)
- Bike rental (30 min at Satander) £2
- Cinema ticket: £16

## Useful apps



**Uber**  
Popular ride-sharing service that provides convenient and on-demand transportation through a mobile app.



**Deliveroo**  
Prominent food delivery platform that enables users to order meals from various restaurants and have them delivered to their doorstep.



**Citymapper**  
Comprehensive urban navigation app that provides real-time transit information, directions, and alternative transportation options for efficient city travel.



**Visit London**  
Handy travel companion that offers comprehensive information, recommendations, and interactive maps to help users explore and make the most of their visit to the city.



# Staying Safe and Respectful in Middlesex:

## What you need to know

### Local customs

Women in the UK are equal to men and should always be treated fairly.

All people treat one another with dignity and respect. British people are very empathetic, often consider the feelings of others, and are willing to listen to those with different views and opinions.

British people sometimes talk to strangers in public areas. This is a great way to practice English, but caution should be taken. You should not give out your address and telephone number or accept inappropriate invitations.

“Please” and “thank you” are very important words! Always use them if you ask someone to do something for you, or if they help you or give you information.

The UK is a culturally diverse nation where people of all ethnic backgrounds are treated equally. All individuals should challenge any prejudice they witness (prejudice is the negative opinion or feelings towards something or someone without reason).

People in the UK leave a tip for good service in restaurants, hair salons and other places. The tip rate at most restaurants is about 10–15% of the bill and is sometimes included. Fast food is not tipped unless it is delivered. Porters in stations, airports and hotels should be tipped approximately £2 per bag. Taxi drivers are generally given a 15% tip.

No one is above the law, which is put in place to protect everyone. Students should be aware of their legal rights and responsibilities. All individuals hold freedom of choice (within the law).

### Laws

Smoking is banned in all public buildings in Britain including bars, restaurants, shops, stations, cinemas, and all public transport. You can smoke on the street.

No one under the age of 18 in the UK may buy or consume tobacco or alcohol, including beer and wine. If you are under 18, it's against the law for someone to sell you alcohol, to buy or try to buy alcohol, and for an adult to try to buy alcohol for you.

For drivers, you must drive on the left hand side, observe all speed limits and signs, give way to emergency vehicles, obey all directions given by police, stop at red traffic lights, and must wear a seatbelt.

Driving under the influence of alcohol is a very serious crime and police make regular random checks.

You will need international ID to enter bars, clubs or pubs (e.g. Passport, ID card, driving license).

Buying, selling and using drugs is illegal.

### Student code of conduct

You must attend all classes. If you do not attend your classes your representative will be informed. If you do not then improve your attendance you may not be able to continue your course. 85% attendance is needed to be able to receive a certificate of completion.

Be on time for all your lessons.

Always tell English Path if you are going to be absent from school for any reason and tell your host family if you are going away overnight.

If you commit a criminal offence or have to be severely disciplined you will be sent home. We will also inform the immigration authorities.

Be respectful, polite and open to different cultures.

### Middlesex Traffic regulations

When having tours...

- Look at both sides of the road.
- When it is safe, go cross the road – do not run.
- Keep looking and listening for traffic while you cross.
- Look out for cyclists and motorcyclists travelling between lanes of traffic.
- Do not walk diagonally across the road.
- Everyone in a vehicle must wear a seat belt.

### Medical Insurance

If you are studying in the UK for less than 6 months, you should take out private health insurance before coming to the UK.

If you need to see a doctor, you may go to one of the walk-in centres. To find the walk-in centres nearby you visit: [clch.nhs.uk/services/walk-in-centres](https://clch.nhs.uk/services/walk-in-centres)

### Accessing Healthcare in Middlesex

If you get sick while in the UK you should visit a doctor. You can ask the Student Services team or your host family where the nearest doctor is. If you have a minor illness, you can ask staff at a local pharmacist for advice. Remember to bring any relevant insurance or medical documentation with you.

### Medical Costs

Please note that everyone is entitled to free emergency medical treatment in the UK. However, if you are admitted to hospital, you may be charged if you are not entitled to free medical care (as described before).

### Dental Care

There are many private dentists that charge for their services. For free dental treatment by supervised dental students you can try Guy's Hospital floors 17-28, Tower Wing Great Maze Pond London SE1 9RT Tel: 020 7188 8006

### First Aid

If you or another student has an accident or needs urgent medical attention, please come to the Main or Student Services Offices where the assistance staff is located.

### Prescription Medications

Remember to bring enough of your prescribed medication with you as UK pharmacists will not dispense a foreign prescription. International customs agents may ask you questions about your medication upon your departure or arrival, so be sure to pack it carefully.

Bring any important medical records (blood type, prescriptions, x-rays) that might be useful for medical care abroad as well as contact information for your health care providers at home.

### Mental Health and Wellbeing

If you are experiencing mental health difficulties, there are lots of options for support. You can speak to the Student Services Officer at your campus who can then recommend an appropriate service for you.

There are helplines that offer professional support and can also make referrals to speak to a mental health professional.

Samaritans. To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call: 116 123 (free from any phone), email [jo@samaritans.org](mailto:jo@samaritans.org) or visit some branches in person. You can also call the Samaritans Welsh Language Line on 0808 164 0123 (7pm–11pm every day).

SANE line. If you're experiencing a mental health problem or supporting someone else, you can call SANE line on 0300 304 7000 (4.30pm–10.30pm every day).

To find the walk-in centres nearby you visit: <https://clch.nhs.uk/services/walk-in-centres>

Please note that everyone is entitled to free emergency medical treatment in the UK. However, if you are admitted to hospital you may be charged if you are not entitled to free medical care. (as described before).

### Emergency and First Aid

If you or someone else has a serious accident or needs immediate medical help:

- Call 999 for emergency services
- Inform the EP office or use the emergency phone – staff will assist you immediately
- Paramedics will provide an initial check and help determine further steps

### Fire Safety

If you discover a fire, press the fire alarm button on the nearest alarm. Leave the building immediately via the fire exit. Make sure you tell a member of EP staff exactly what happened so they can call 999. If you hear the fire alarm, leave the building immediately. Do not run, use the lift or stop to collect your belongings. EP staff will guide you to the fire exit. Go to the assembly point. Follow any instructions given by a member of EP staff and do not go back into the building until you are told to do so by EP staff.

### Personal Safety & Protecting Your Belongings

London is generally a safe place but as with a lot of big cities, you should always be alert. Some tips are: Be alert when you are walking alone at night. Avoid carrying large amounts of cash. Do not leave your belongings unattended. In the UK, you do not need to always carry your identification card or passport with you, you can keep it at home and carry a picture of your ID on your phone or a photocopy in your bag.



## What you can expect from EP

At EP, we care about you. Your safeguarding and wellbeing are very important to us. We strive to ensure your stay is surrounded by a safe and stable environment so you can focus on enjoying your experience, learning, and growing.

Following norms and rules helps create a respectful and supportive atmosphere where everyone can thrive and get along.

At English Path (EP), our mission is to provide high-quality, motivating English courses that help students:

### Learn

We aim to help you improve your English skills to achieve your personal goals. That's why we employ excellent, experienced, and dynamic teachers who maintain high teaching standards.

### Excel

We want all students to do their best. Our creative and challenging classes are designed to bring out your full potential. At the end of your course, you will receive a certificate showing your achieved level.

### Grow

Language learning is a great way to build confidence and grow as a person. Experiencing other cultures helps broaden your horizons. Our lessons and activities are designed to support your personal development and help you flourish during your EP experience.

As part of your journey with EP, you will also receive:

- A friendly and efficient service from the Young Learners (YL) Team to support you with any queries, problems, or questions.
- An initial placement test by the Academic Team to ensure you are placed at the right level.
- A modern, clean, safe, and well-lit environment to study in.
- An engaging activity programme with free and paid options, linked to your study programme to enhance your learning.
- Advice on further studies, such as exam classes, further or higher education.

## What we expect from you

### We cordially invite you to:

- Attend the school's induction presentation which contains important information about your stay.
- Read the student handbook to make the most of your stay with us.
- Speak English at all times.
- Be punctual and attend your classes on time.
- Tell the EP staff if you are not feeling well, we need to keep the school updated about any absences.
- Attend all your classes. A minimum of 100% attendance is required, in all our Young Learner programmes.
- Food and drinks, other than water are not allowed in class.
- Do not use your phone during class time unless asked by your teacher.
- Keep Student Services informed of any changes in your personal circumstances. Your wellbeing and safety are very important to us.
- Respect and adhere to all the school's policies which are available on the website.

### Respect and Responsibility

- Cyber or in-person bullying or harassment will not be tolerated.
- At EP we observe the British values of democracy, rule of law, individual liberty, and respect for other people's values and beliefs.
- Smoking is not permitted anywhere inside the school buildings. Smoking is banned in all public buildings in the United Kingdom including bars, restaurants, shops, stations, cinemas and on all public transport.
- The United Kingdom has strict laws against the use of illegal drugs and punishments can be very heavy. You are strongly advised not to use illegal drugs during your stay.
- If you're a minor, it's against the law for someone to sell you alcohol, to buy or try to buy alcohol, and for an adult to buy or try to buy alcohol for you.

Students may be asked to leave their course early if they do not follow the Code of Conduct or EP's Disciplinary Policy.

### A Final Note

We are happy to welcome you to EP Middlesex. Let us begin our journey together filled with new discoveries and experiences.

It's your attitude that helps us do great things in different ways. You inspire us to keep improving, and it's your enthusiasm that drives us to do our best.

Let's encounter new possibilities, embrace learning, and create memories for life.

Let's enjoy the ride together!

#memoriesforlife



# Life in Middlesex

## Leisure time



### London Eye

The London Eye is the world's largest cantilevered observation wheel. Located across the Thames from Westminster, the London Eye gives unparalleled views across London.



### Buckingham Palace

Buckingham Palace became the Royal residence in 1837 and is the official residence of the present Monarch, Charles III



### Covent Garden

Located in the West End of London, Covent Garden is renowned for its luxury fashion and beauty stores as well as award-winning restaurants and theatres



### Tower Bridge

Tower Bridge was built over 125 years ago and is beyond being one of London's favourite icons, it is arguably one of the most famous and instantly recognisable structures in the entire world.

# Life in Middlesex

## Cultural



### British Museum

The British museum is bursting with interesting artifacts that have been collected from all over the world. During a visit to the British Museum, you can discover the Elgin Marbles, Rosetta Stone and Mummies from ancient Egypt.



### Musicals: West end

London's theatre district is situated in The West End of London, an area based around Piccadilly Circus. The area has 39 theatres where you can enjoy famous shows such as Les Misérables and The Phantom of the Opera. The London Coliseum is considered the biggest theatre in the West End and the smallest is the Arts Theatre.



### Natural History Museum

Known for its iconic dinosaur exhibits, this museum showcases a remarkable collection of specimens, including fossils, minerals, and interactive displays.



# Life in Middlesex

## Food



### Fish & Chips

Traditionally a popular food to eat at the seaside, fish and chips is the most famous food in the UK, consisting of battered, fried fish, chips and mushypeas! (I like curry sauce on mine!)



### English Breakfast

An English breakfast, also known as a full English breakfast or a fry-up, is a hearty and traditional morning meal in England., it includes bacon, sausages, eggs, tomatoes, mushrooms, baked beans, fried bread and often a slice of white or black pudding.



### Sunday Roast

It is a traditional British and Irish meal that is typically served on Sunday, consisting of roasted meat, roast potatoes and accompaniments such as Yorkshire puddings and stuffing.



### Pie and Mash

Originated in the East End of London, it consists of a variety of fillings, baked in a pastry crust and served with mashed potatoes and a thin green parsley sauce.

# Life in Middlesex

## Parks



### Hyde Park

One of London's largest and most iconic parks, Hyde Park offers expansive lawns, the Serpentine lake for boating and swimming, and the famous Speaker's Corner. It's a vibrant spot for picnics, concerts, and relaxing strolls right in the heart of the city.



### Richmond Park

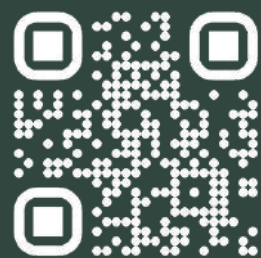
A royal park famous for its free-roaming deer and wide-open spaces. Perfect for spotting wildlife, cycling, or enjoying stunning views from King Henry's Mound.



### Regent's Park

Beautifully landscaped with formal gardens, tree-lined paths, and a charming boating lake. Home to the London Zoo and the Queen Mary's Rose Garden.





@englishpathschools

The Burroughs, London NW4 4BT



## All Young Learners centers

### EP Greenford

891 Greenford Road, Greenford  
UB6 0HE

### EP Stratford

GBS Stratford Campus, 260 High  
Street, Stratford, London E15 2JA

### EP Middlesex

The Burroughs, London NW4 4BT

### EP Dublin

Clarinda Park North, Dun  
Laoghaire Co. Dublin Ireland

### EP Madrid

P.º de Recoletos, 35, Centro,  
28004 Madrid

### EP Paris

98 Rue Didot, 75014 Paris, France

### EP Malta

West Block Marguerite  
Mangion Street St.  
Julian's Malta STJ 3180

### EP Dubai

English Path Block 5, Dubai  
Knowledge Park, Al Sufouh 2,  
Dubai, United Arab Emirates

### EP Riyadh (locals only)

.Gernaata Square QPRR+3F8  
عراش رفعجوبا روصنملا,  
Riyadh 13241, Saudi Arabia

### EP Toronto

36 Victoria St, Toronto, ON M5C  
1H3, Canada

### EP Brisbane

Level 3/4 115 Queen Street  
Brisbane, Queensland 4000,  
Australia