



English
Path



Student Handbook

2026

London Stratford



Welcome to English Path.

This guide will help you make the most of your experience at EP London.

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About London Stratford



Famous landmarks

London Stadium (West Ham FC & 2012 Olympics), Westfield London Stratford (shopping mall), 'Big Ben', Houses of Parliament, London Eye, The Shard, Westminster Abbey, St. Paul's Cathedral, Wembley Stadium, Tower of London, Tower Bridge, Buckingham Palace, Trafalgar Square.



City personality

Academic, active, artistic, big city, bike-friendly, business capital, creative, cultural, eco-friendly, foodie scene, friendly, green, iconic landmarks, modern, natural landscape, snowboarding or skiing, unique, vibrant, youthful.



What makes this city unique?

The biggest metropolitan and multicultural city in the UK, with a fascinating history, a vibrant artistic scene, and prestigious diversity of food.



Transport within a 10-minute walk

- Stratford (underground) – 10-minute walk.
- Stratford High Street, DLR station (underground) 5-minute walk.
- Stratford International, DLR station (underground) 10-minute walk.
- Bus stops for the following buses: 25, 86, 108, 276, 425, D8, N8, N25, N205, 104, 238, 262, 473, 308, 158, 241, 257.



Restaurants within a 20-minute walk

British, Breakfast cafes, Ukrainian, Persian, Burgers, Pizza, Bagels, Chinese, European, French, Greek, Indian, Italian, Malaysian, Japanese, Gelato & Ice Cream, Mexican, Middle Eastern, Bubble Tea, Korean, Vietnamese, Seafood, Thai, Vegetarian, Moroccan, Polish, Caribbean, Bulgarian.



Alternative things to do

- Explore street art across the city: Shoreditch, Brick Lane, Waterloo Tunnel, and Camden.
- Take in beautiful views of the city at Sky Garden (free entry, must pre-book online at least 1 month ahead).
- V&A (Victoria & Albert) East & V&A Storehouse (art and antique museums).
- Browse timely antiques across vintage markets (Wembley *last Wednesday of every month*, King's Cross, Brick Lane *weekends*, Portobello Road *weekends*, Hackney Flea market).
- Visit countless museums (mostly for free).
- Walk across the Olympic Park to the London Stadium.

5

Reasons to choose this city

1

The most multicultural city in Europe

2

Countless cuisines are available across the city

3

Home to the oldest and amongst the most efficient transport system in the world

4

Rich with historical landmarks and attractions

5

Vibrant nightlife (Bars, Pubs, Music venues)



Why choose to study in our London school?

- Located in a beautiful, former yoga centre in East London
- Interesting & varied course offering
- Minutes from East London's major transport point (Stratford underground, overground, DLR and bus stations)
- Social programme with weekend trips to Brighton, Oxford, Cambridge and more (peak summer season).
- Experienced Customer Experience & Academic Team.
- Close to the centre of London.
- A range of nearby eateries and supermarkets.



Find us on Google maps

EP House, 5-7 Rick Roberts Way, London, E15 2FR
At this address since: 2026

Phone: +44 759 841 46 51
Emergency phone: +44 749 400 28 15

Staff



Olha Shalimai - Student Services and Accommodation Manager



Alexander Rodgers - Student Services Officer



Tom Murphy - Director of Studies



Dan Doidge - Senior Teacher

Meet the team



- **Languages spoken by staff:** English, Ukrainian, Vietnamese, Hindi, Italian, Portuguese, Danish, Cantonese, Russian, Greek, Mandarin, Spanish.

Services & facilities

- **Buildings:** 1
- **Floors:** 2
- **Total number of classrooms:** 5
- **Student capacity:** 150
- **School facilities:** Student lounge finished with sofas and television, student kitchenette (free coffee & tea, kettles, microwaves, sink, self-study area, Wi-Fi (Free), accessibility platforms, street parking, modern & spacious classrooms with smart TVs, AC/Heating, student wellbeing room, Multi-faith room (6 minutes walking, GBS Cam Road & Gedu House).
- **Other services provided:** Social activity programme, student welfare, accommodation, travel advice, London transport and city information, airport transfers, alumni and higher education referral schemes.
- **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 a Director of Studies will always be present to answer any questions you may have.

School holidays & London public holidays

The school will be closed on Christmas week (unless Christmas Day & Boxing Day take place on the weekend). New Year's Day is also a public holiday; schools will also be closed on this day. Please make sure to book your course/ accommodation accordingly. Course days that fall on a public holiday are not reimbursed.

Public holidays will be:

- **2026:** 03 Apr, 06 Apr, 04 May, 25 May, 31 Aug, 25 - 31 Dec.

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. If the Friday you finish your course is a bank holiday, your last day will be a Thursday.



Close to your EP school

Our centrally located school is walking distance to:

- | | |
|---|---|
| Cafés and restaurants
2-5 minutes | Stratford Royal Theatre
9 minutes |
| Supermarket
3-5 minutes | Bank
3-5 minutes |
| Post office
5-8 minutes | ATM
3-5 minutes |
| Gym
3-5 minute | Bus Stop
2-3 minutes |
| Olympic Park
11 minutes | Aquatics Centre
17 minutes |
| London Stadium
13 minutes | Train station
5-8 minutes |

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

- Arrive at 8:45. Induction starts at 09:00 for CLM, SIM & SI students and 11:30 for CLA & SIA students.
- This includes a placement test, induction presentations about the school and academic programmes and the distribution of class timetables
- A tour of the local area and school.
- Welcome coffee after induction and placement tests.
- Classes begin at: 10:45 (CLM, SIM & SI), 12:30 (SIA) and 13:45 (CLA).
- On their first day, students are expected to bring their passport + visa documentation.
- Induction includes a writing test, an induction presentation about school and London, a speaking test, passport scans, picture for student ID cards.
- Must complete the emergency contact details & publicity consent form during induction.
- Classes begin at: 09:00 (classic morning), 12:30 (elective/semi-intensive), 13:45 (classic afternoon)

Your weekly class timetable

	Hours pw	What	Lesson times
Classic Morning	15	General English	09:00 - 12:15
Semi-intensive Morning	22	Classic Morning + Elective + Elective 2 (Tues/Wed)	09:00 - 13:30 09:00 - 14:45
Classic Afternoon	15	General English	13:45-17:00
Semi-intensive Afternoon	20	Classic Afternoon + Elective	12:30-17:00
Super-intensive	30	Classic Morning + Classic Afternoon	09:00-12:15 13:45-17:00

Courses

- **Classic (Morning/Afternoon)**
15 hours per week
- **Semi-intensive Morning**
22 hours per week
- **Semi-intensive Afternoon**
20 hours per week
- **Super-intensive**
30 hours per week
- **One-to-one**
Up to 20 Lessons
- **Professional Certificates:**
(Business Management & Leadership, Digital Marketing)
15 hours per week

Extracurricular activities

- Daily activities (afternoons and/or evenings)
- Monthly course tutorials
- Monthly skills test
- Weekly unit test
- Masterclass Programme (seasonal 12-week programme)
- Conversation clubs (weekly)

Electives list sample

English Path offers a variety of elective courses that allow students to explore their interests and develop their skills. These courses are taught by experienced and qualified teachers, and they are a great way to supplement your general English studies. Electives depending on your level of English, the EP campus and current availability:

- Speaking
- Listening
- Reading
- Writing
- Pronunciation
- Idioms and Phrasal verbs
- Grammar
- Vocabulary
- Everyday English
- Debate and Public Speaking
- Business English
- English for Hospitality
- Digital Marketing
- Personal Branding
- IELTS Preparation
- Academic Skills
- Employability Skills

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), Speakout (Pearson).

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

Students

Maximum number of students per Class: 15

Average Number of Students per Class: 11

Minimum age of students: 16

Average age of students: 25

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

[@englishpathschools](#)

Accommodation

Accommodation is a vital part of your experience in a new country. Your new home is an important part of your study experience. Each school has specially chosen options to help make the most out of your stay. Homestay and student residences offer different accommodation experiences, but always try to meet the highest standards.

Please make sure you check with your representative, as all accommodation options are based on availability.

Which accommodation option should I choose?

The choice of accommodation depends on your preferences, needs, and budget. Below are some important factors you need to consider.

Homestay

- Immerse in local culture & customs.
- Host assistance for queries.
- Towels, kitchen utensils, and more provided.
- Budget-friendly.



- May not be as social.
- Host family rules may apply.
- It can be up to 60mins travel.

Student residence

- Easy access to good facilities and nearby amenities.
- 24h assistance.

- Noise levels might be high.
- Might be sharing facilities with other students.
- Might be expensive.

Booking student accommodation in 3 simple steps

Step 1

You can indicate your preferred type of accommodation (homestay or residence) on the application form during your application for a course. Our Student Services team will record the preferred choice of accommodation.

Step 2

EP will be able to secure the accommodation option once the invoice has been paid. Our team will send you the accommodation confirmation with further details on the selected option.

Step 3

You will need to confirm your arrival and send your flight details to our team, as soon as the flight is booked and no later than one week before the flight date. Our team will be able to book and confirm your accommodation and/or transfers and provide more details within the confirmation document.

If you arrive at a residence or homestay between 22.00–08.00 you may be asked to book alternative accommodation in a hotel on the first night due to late/early arrival at the accommodation.

We work with both directly recruited homestay hosts and carefully selected, accredited third-party accommodation providers.

- Direct agreements: Many of our homestay hosts work directly with us under our supervision. We visit, approve, and monitor them regularly to ensure they meet accreditation standards. We also work directly with some residence providers.
- Accommodation agency partnerships: We also use trusted third-party agencies to arrange accommodation. These agencies are required to meet the same quality and safeguarding standards.
- Whether your accommodation is organised directly by us or through an agency, you will benefit from the same high standards of care, support, and monitoring.

Homestay

Half board homestay*	2 meals per day (breakfast, dinner). 14 meals per week. (Mon-Sun).
Bed and breakfast*	1 meal per day (breakfast) from Monday to Sunday. 7 meals per week. Students have restricted use of the kitchen, microwaves and kettles to prepare their evening meals.

*Students that have chosen these options might not be allowed to cook in the kitchen. They will have to order meals from restaurants, etc.



Things students need to bring

Toiletries, personal items to make student's room feel like home, prescription medication, a small gift for the host family (not required)

Meals provided

Yes (depends on booking type, please refer to the table at the top of the page).

Breakfast: Breakfast is usually a light meal consisting of cereal, fruit, toast, juice, or coffee. Hosts will usually ask you to prepare your own breakfast.

Dinner: You will usually eat dinner with your host, or occasionally you may prepare your own meal with food supplied by your host.

Will the homestay arrange to pick up the student from the airport?

No, however, you can book your airport transfer with your EP school. The transfer to the accommodation will then be organised accordingly.

Services included

Bed linen, towels, telephone use for emergencies, students need to make sure to discuss laundry with their host family after they arrive, as laundry facilities will depend on your individual homestay.

Transport to school

Your host will help you to find your way to and from school on your first day and will show you how to use public transport.

Where are the host families located?

Homestays are situated within 35 - 65 minutes of the city centre in different areas of the city.

Zones 2 to 6, East, North-East, South-East and South of London.

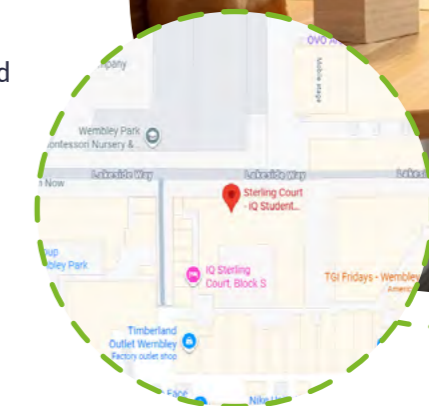
IQ Sterling Court

Located in Wembley Park, iQ Sterling Court offers modern, fully furnished student living. Ideal for balancing study and social life, it provides excellent transport access, an onsite team, and vibrant nearby attractions like Wembley Stadium and Boxpark Wembley.

Features and Facilities:

- Single occupancy studios
- Private bathrooms
- Spacious, fully equipped and furnished apartments.
- Laundry facility on site (services not included in price)
- Private kitchens
- Wi-Fi
- Cable TV and utilities included

Address: 6 Lakeside Way, Wembley Park, Wembley, London, HA9 0BU
Travel time to EP London: 75 minutes



About the residence

Accommodation types: Studio.

Bedrooms: The bedroom contains the following: bed, pillow, bedding, chair, desk, window, closet.

Bed size: Single and double beds available.

Bathroom: Private.

Kitchen: Studios include a small kitchenette area. The in-unit kitchen contains the following: fridge, freezer, stove, oven, cutlery, plates, pans, and microwave. Spacious lobby, study spaces and on-site laundry room. Wi-Fi is included throughout the building.

Facilities: Games room, social spaces, lounge areas, study rooms, laundry facilities.

Reception/ security desk: 24/7 on-site team, both reception and security staff.

Extra costs: Cost of the washing machine £1.50-3 - Cost of the dryer £2 (Prices might vary).

Neighbourhood: The residence is conveniently located, a 5-10-minute walk to the Wembley Stadium, cinema (Cineworld), shopping centre (London Designer Outlet), Wembley Park station, and Boxpark (food court).

Visitors/guests: Yes, students are allowed visitors. All overnight guests should only stay in the rooms of their host and for no more than 3 nights within a 7 day period. Guests should sign-in at the reception and respect the rules of the residence.

Noise: Residents are required to respect all other residents and maintain a level of noise that does not disturb others. Quiet hours are 11 pm - 7am.

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

Cleaning service: Light cleaning service once a week in the common area. Students are responsible for keeping their rooms clean. Change of bedding is not included. It is also the students' responsibility to maintain cleanliness in the kitchen by washing their dishes, pans, and cutlery after cooking. Students can book additional cleaning services for bedrooms and kitchens at an additional cost.

Beddings/towels: Bedding provided. Towels are not provided by the residence. Alternatively, students can purchase towels at an additional cost upon arrival.

Minimum stay: 1 week minimum stay.

Check-in/check-out: Saturday or Sunday check in from 3pm / check out 10am.

Accommodation location: Within 10 minutes walking of Wembley Park underground station (Metropolitan & Jubilee lines).



McMillian Residence

Nestled in a vibrant and welcoming community, McMillan Residence offers a perfect blend of comfort, convenience, and modern living. Designed with students and young professionals in mind, this residence boasts contemporary interiors and thoughtfully crafted spaces. Each room is furnished to provide a cozy and productive environment, with amenities that cater to both study and relaxation.

- Single en-suite and Private Studios
- Private bathroom in every room
- Fully furnished apartments
- Laundry facility on site (services not included in price)
- Shared kitchen facilities
- Wi-Fi included
- Utilities included

Address: Creek Road, London SE8 3BU
Travel time to EP London: 47 minutes



About the residence

Accommodation types: Studio.

Bedrooms: The bedroom contains the following: bed, pillow, bedding, chair, desk, window, and wardrobe.

Bed Size: Small double bed with under-bed storage.

Bed Size: Single beds available.

Bathroom: Private (en-suite in all rooms).

Kitchen: Studios include a small kitchenette area. The in-unit kitchen contains the following: fridge, freezer, stove, oven, cutlery, plates, pans, and microwave.

Kitchen packs can be provided subject to availability (cutlery, plates, and cooking equipment).

Facilities: On-site gym, cinema room, games room, social spaces, lounge areas, study rooms and laundry facilities.

Minimum weeks requests: 2 weeks minimum stay.

Reception/security desk: 24/7 on-site team, including reception and security staff.

Extra cost facilities: Laundry room onsite: cost of the washing machine £2-£3 - Cost of the dryer £2 (Prices might vary).

Neighbourhood: The residence is in Deptford, a vibrant and student-friendly area in Southeast London. It is within walking distance of local shops, supermarkets, cafés, and restaurants. Nearby areas include Greenwich, known for its parks, markets, and riverside views. Public transport links are easily accessible, including Deptford and Greenwich stations.

Visitors/guests: Yes, students are allowed as visitors. All overnight guests should only stay in the rooms of their host and for no more than 3 nights within a 7-day period. Guests should sign in at the reception and respect the rules of the residence.

Noise: Residents are required to respect other residents and maintain noise levels that do not disturb others. Quiet hours are from 11 pm to 7 am.

Smoking: No smoking allowed anywhere in the residence.

Cleaning service: Light cleaning service once a week in the common areas. Students are responsible for keeping their rooms clean. Change of bedding is not included. Students must also maintain cleanliness in the kitchen by washing dishes, pans, and cutlery after use. Additional cleaning services can be booked at an extra cost.

Beddings/towels: Towels are not provided by the residence.

Check-in/check-out: Saturday check in from 3pm / check out 10am.

Accommodation location: Located in Deptford, with good transport connections to central London via nearby train and DLR stations.

Important note: To lock their rooms, students need to touch the fob key on the sensor once they close their room door, otherwise anyone can open it.



Stratford One Summer Residence

Stratford One is set within an iconic location close to the centre of London. As well as the Olympic park, next door to Westfield shopping centre, home to all the shops and restaurants a student could ever needs. When they need to get into the centre of London, the Jubilee Line will get them there from Stratford station in 15 minutes.

Features and Facilities:

- Single en-suite rooms
- All rooms include a double bed, a desk and a wardrobe.
- Wi-Fi accessible for all residents
- Cleaning once a week, linen and towels provided

Address: 1 International Way, London E20 1GS
Travel time to EP London: 20 minutes



About the residence

Accommodation types: Single en-suite rooms.

Bedrooms: The bedrooms contain the following: en-suite with shower, free WI-FI, desk and chair.

Bathroom: Private.

Kitchen: The kitchen is shared and is equipped with an oven, fridges, hobs, toasters, kettles, a microwave and relevant kitchen packs with glassware and silverware.

Facilities: Bike storage, laundry, vending machine, recycling, gym, social and study rooms, outdoor social space.

Reception/ security desk: 24/7 on-site team, both reception and security staff.

Extra costs: Laundry (extra charge £5 - £10 depending on usage)

Neighbourhood: Located next to Stratford City with over 250 shops and restaurants, plus easy access to the Olympic Park.

Visitors/guests: Visitors are allowed until 10 pm.

Noise: Residents are required to respect all other residents and maintain a level of noise that does not disturb others. Quiet hours are 11 pm - 7am.

Smoking: No smoking inside except in common terrace or outside.

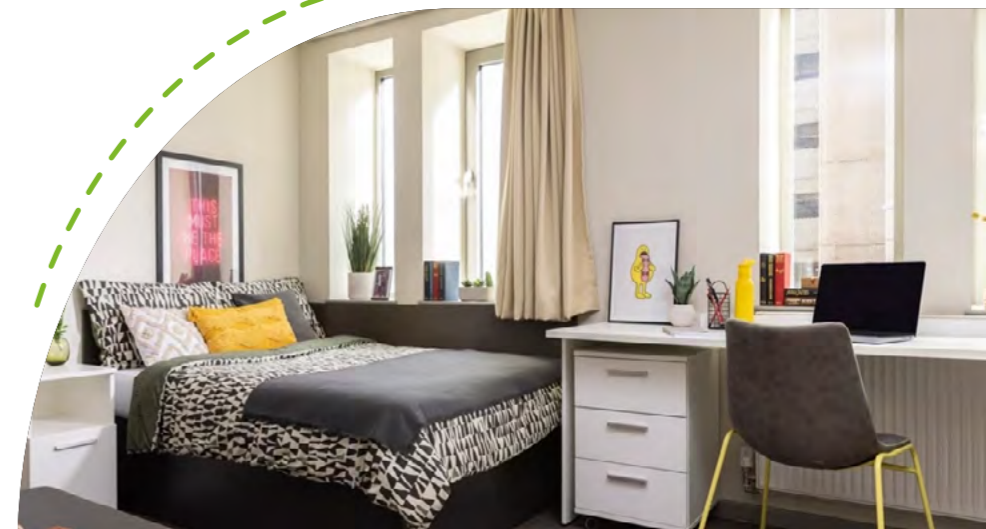
Cleaning service: Rooms are cleaned once a week, including change of bed linen.

Beddings/towels: Two towels are provided. Cleaning/change once a week.

Minimum stay: 1 week minimum stay. No deposit required.

Check-in/check-out: Check-in from 4pm / Check-out 9am.

Accommodation location: Stratford Station is within walking distance, providing quick access to Central London in around 10-15 minutes.



Examples of social activities

- Friday dinner: £20-30 per person
- Borough market: free entry, £7-13 for food
- Greenwich Peninsula golf: £15 per person
- Canary Wharf outdoor Cinema (summer): free
- O2 Arena bowling: £8-12 per person
- Chinatown walking tour: free (not including food)
- River Thames boat tour: £14 Per person
- (On-campus) creative writing workshop: free

Social programme

At English Path, our students take advantage of what London has to offer with our social programme.

London, the UK's largest city, is one of the most multicultural cities in the world. Its diverse population reflects the city's cultural scene. London is home to numerous museums, galleries, festivals and sports activities.

Check our live social programme here



Example timetable

Mon	Tue	Wed	Thu	Fri	Sat/Sun
Conversation Club	Spitalfields Market & Brick Lane visit	London Language Exchange event, Holborn	London Docklands Museum	Dinners and/or pub night	Daytrip to nearby city: Oxford, Cambridge, Bath, Canterbury, Brighton



Examples of nearby cities to visit

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 (depending on the season you come to London)
- Adaptor for electrical appliances
- Prescription medication and medical records
- Emergency information
- Toiletries
- Notebook and pen
- Backpack for classes, social programmes, and daytrips
- Reusable water bottle

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 London



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

Students should arrive at Heathrow, Stanstead, Gatwick or Luton Airport. We request that you book your flights according to the start date. 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 one of the following emergency numbers. 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 number: + 44 749 400 2815

Independent transfers

- BOLT & UBER Cost: £40-60, Journey time: 25 - 60 minutes
- Taxi Service Cost: £35-50 (plus 10-15% tip), Journey time: 45 minutes, depending on the location of the homestay/residence

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
- London underground ticket: £2-5 (single journey)
- Bike rental: £2 for 30 mins Santander
- Cinema ticket: £16

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).

Health and safety

- **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.

EP offers free student insurance but it covers the basic medical treatment only. For more information visit www.englishpath.com/studentinsurance 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

- **If you get sick:** 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.
- **Protecting your belongings:** We strongly recommend you take out insurance for your personal belongings, especially cameras, music players, mobile phones and laptops. Personal items cannot be covered by English Path homestay or residence insurance.
- **Prescription medication:** 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.
- **Staying safe at school:** If you or another student has an accident or needs urgent medical attention, please come to reception where the First Aider is located.
- **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 and looking after valuables:** 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.

Emergency services

- Call 999 in case of fire, a medical emergency or if you need the police.

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).

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.

Open bank account

- Main banks in the UK are HSBC, Barclays, Natwest, Nationwide and Santander. To open a bank account, the following documents may be needed:
 - Passport or EU ID
 - A valid visa
 - A school letter
- You can get the school letter from Student Services to take to the bank. For online banks, you may open your account online without the school letter from us.

Places of worship

Baptist

Poplar Baptist Church
2 Zetland St, London E14 6RB

Buddhist

Kagyu Samye Dzung London
Tibetan Buddhist Meditation Centre
15 Spa Rd, London SE16 3SA

Church of England

All Saints Church
Newby Pl, London E14 0EY

Hindu

Hindu Pragati Sangha
33 Rhondda Grove, London E3 5AP

Jewish

East London Central Synagogue
44 Nelson St, London E1 2DE

Methodist

Keir Hardie Methodist Church
14 Plymouth Rd, London E16 1PA

Muslim

Poplar Mosque & Community Centre
6 Webber Path, London E14 0FZ

Roman Catholic

St Mary's & St Joseph's Catholic Church
9 Pekin St, London E14 6EZ

Study tips

Study skills

Study skills are how we can organise 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 much better chance of remembering the language and can use it correctly in the future. We would like to teach you some ways to keep learning and improving your English skills. If you practice these Study Skills, it will help you to continue your English language learning wherever you are.

Using a dictionary

Dictionaries are a useful resource for researching different meanings, collocations, examples of use and standard pronunciation. Use a mono-lingual dictionary and focus on understanding the meaning rather than the 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, has an advanced learners' dictionary at www.dictionary.cambridge.org, which is easy to use and provides examples of word use.

Learning 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). Please see the language bank, irregular verbs and phonemic chart in appendix 1 and 2.

Tracking your progress

As well as placement, weekly and monthly testing, there will be a group study skills session every four weeks where your teacher will give feedback to the class and tips about how to improve in the areas you need help with.

Useful links:

bbclearningenglish.com
englishclub.com
lyricstraining.com
ted.com
voscreen.com

Learning resources

Listening - 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

Writing - What to write?

Getting the new language you've learnt 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/teacher
- Write a diary/journal
- Write a shopping list

Reading - 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, or even the back of food packets!

- Find an interesting article online?
- Choose a book you've read in your own language and get reading!

Find an e-book and read it on your daily commute. This site has lots of free ones: gutenberg.org

Library and study area

We have a bright and welcoming Library and Study Centre available for students, which provides a fantastic opportunity to help you get more out of your studies.

There are open study areas for group work and quiet areas for focused self-study. There are also a range of books and computers available for you to use and a Library Assistant will be available to help you find anything you need.



London airport transport

Heathrow Airport

Mode	Line or number	Cost	Duration
Underground	Elizabeth line	£12 - £15	45-50 minutes (to Stratford station)
Underground	Piccadilly line	£5.60 - £6.70	70-90 minutes (to Stratford station)

Gatwick Airport

Mode	Line or number	Cost	Duration
National rail	Thameslink	£10 - £18	45-50 minutes (to Stratford station)
Airport train line	Gatwick Express	£15 - £25	75-90 minutes (to Stratford station)

London City Airport

Mode	Line or number	Cost	Duration
Airport train	Docklands Light Railway	£3 - £4	15-20 minutes

Stansted Airport

Mode	Line or number	Cost	Duration
Coach	National Express	£10 - £15	60-90 minutes (to Stratford coach station)
Airport train	Stansted Express	£22	45-60 minutes (to Stratford station)

- If you choose to book an airport transfer, please, your flight details should be sent to us 4 weeks in advance to reassure we will be able to provide you an airport transfer.
- A driver will meet you after you come through the customs area and drive you to your accommodation.

*Students under 18 years old must book homestay breakfast and lunch & return airport transfers.



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