

Postgraduate researchers from overseas studying in the UK

Increasing numbers of postgraduate researchers from other European countries and overseas are choosing to study in the UK for part or all of their PhD. Whilst studying here can be a very rewarding experience, it can also be a challenging and sometimes lonely time. Here are some tips that you may find useful when studying in the UK:

- British universities offer a **wide range of clubs and societies** that cater for most interests and which will give you the chance to meet like-minded people, develop new interests and make new friends. Most student unions also have an active international society that will organise social events for overseas students. Go to your graduate school or graduate tutor for direction, your supervisor will be able to point you in right direction)
- **Ask if things seem different** - Don't be afraid to ask questions from those around you. Life in the UK can vary greatly from what you are used to back home, including academic life.
- **Keep in touch with people from your part of the world** - Although it is great to meet new people from the UK and experience the UK way of life, sometimes it is reassuring to spend time with those from home.
- **Make time to contact friends and family at home** - You will benefit from their support and encouragement. Find out where you can make low cost calls over the internet (VOIP)
- **Take an English course** – You will improve your non PhD-specific language skills and you will meet other people in the same position as you.
- **Get to know British culture** – National rail and coach operators offer discount cards for students. This will allow you to see more of the UK while you are here. Or why not read a book about British culture and people, the British can seem eccentric to many other nationalities.
- For general information and useful tips for postgraduate researchers, visit Just for Postgrads section of our website www.grad.ac.uk/jfp . These pages aim to help you manage your PhD effectively with advice on common research management **challenges**, overcoming **hurdles** and links to the **best resources**.

For experience and views from other postgraduate researchers in the UK, subscribe to our free online magazine GRADBritain, you can review previous issues and receive others as they come out www.grad.ac.uk/gradbritain .

NEW programme coming soon!

2008 will be a transition year from the current UK GRAD Programme to a new programme that will support postgraduate researchers and research staff. It will be launched formally in September 2008 and will include and build on many of the activities and support for postgraduate researchers offered in the current UK GRAD Programme. Keep checking www.grad.ac.uk/newcontract for updates throughout the year.