



University  
of Dundee



# International Medical Student Pre-Arrival Guide 2023/24



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**Dear New Arrival, very warm welcome to you from the University of Dundee School of Medicine!**

We are delighted to have you join our vibrant and inclusive community, dedicated to fostering academic excellence and holistic growth. As you embark on this exciting journey, we are here to provide you with a warm and supportive environment that nurtures both your academic aspirations and personal well-being. We are excited to undertake this educational journey with you and to witness the remarkable contributions you will make as future medical professionals. We encourage you to embrace all the opportunities that lie ahead and to remember that our dedicated team is here to support you every step of the way.

We are proud to offer you excellent pastoral support and world-class academic programs that are designed to challenge and inspire you. Our medical curriculum is renowned for its innovative approach, blending theoretical knowledge with practical experience to ensure you develop the skills necessary to excel in your future medical career.

We wish you all success and hope that each one of you will find your university experience exciting and inspiring.  
**Welcome to your new home away from home!**

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<sup>1</sup> The picture above is captured by Yuliia Nicholls on her first visit of Discovery Point in summer 2022 that is home to the world famous RRS Discovery, the iconic ship that took Captain Scott and his crew all the way to Antarctica in 1901.

This Guide has been created by the University of Dundee School of Medicine to help all of you, who are coming from different parts of the world to study in Dundee, feel prepared for university life and make your adjustment to your new environment as smooth as possible.

**We would like to say a huge “Thank You” to those students who volunteered to help us create this Guide by sharing their personal experiences of studying and living in Dundee.**

The Guide is not going to tell you how amazing the University of Dundee and the School of Medicine are; even though it is widely believed that this is indeed a fantastic place to study. Rather, it is informed by the real experiences of our current international students, and will hopefully help you understand the realities of studying and living in Dundee by giving a glance into the everyday lives of international students studying at the University of Dundee School of Medicine. We hope to provide some tips which will prepare you for your studies in Dundee and at the School of Medicine in particular.



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<sup>2</sup> The image above is taken from the University of Dundee Creative Services Image Library. More images can be found here: <https://imagelibrary.dundee.ac.uk/Schools/School-of-Medicine>

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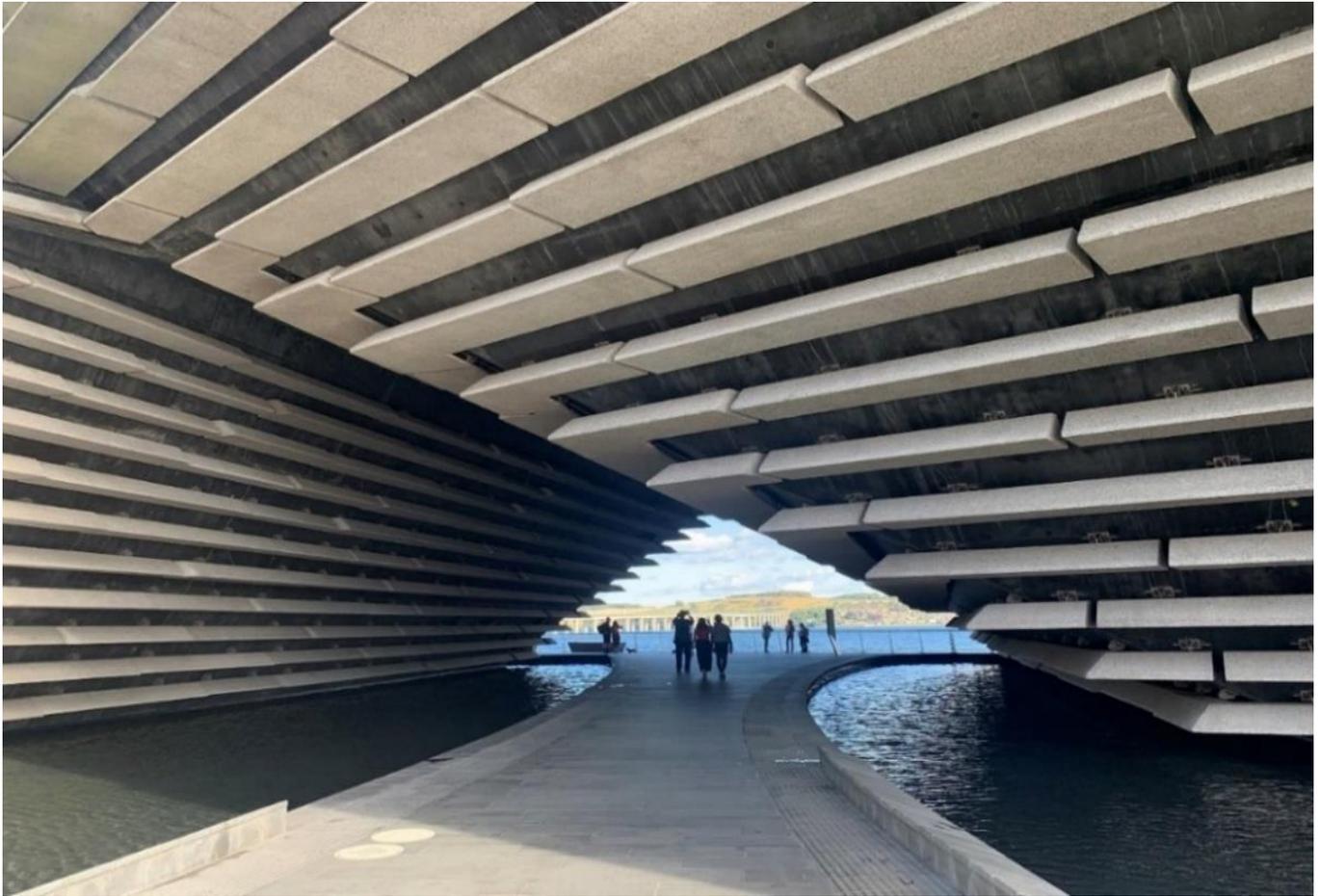


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<sup>3</sup> The image above is from the University of Dundee Creative Services Image Library. More images can be found here: <https://imagelibrary.dundee.ac.uk/Schools/School-of-Medicine>

# What to prepare or be aware of before the departure



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So, you have your university offer. Congratulations! Your visa has been granted and the flight is booked. However, some of you might still feel that you are not fully ready to cross half of the world and arrive in Dundee. We hope that the following tips will allow you to feel more prepared for such a big step in your life.

- Firstly, it is important to be aware that adjusting to new culture and unfamiliar learning environment can be difficult, especially if it is your first experience of staying away from your family. It might be worth reading about 'culture shock' and think about how it might affect you when you arrive in the UK. It is helpful to connect with others (senior students, staff members) prior to your arrival and stay connected with home too once you are in Dundee, so you do not feel "cut off" or disconnected while you are in the UK. More useful resources on culture shock and how to help yourself cope can be found here:  
<https://www.ukcisa.org.uk/Information--Advice/Preparation-and-Arrival/Facing-culture-shock>

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<sup>4</sup> The image above is of the V&A, Scotland's design museum, with a stunning view across the River Tay, captured by Yuliia Nicholls in autumn 2022.

- Use online toolkits LIVE Smart and LEARN Smart that might help you find more information and resources related to your transition to the university, your academic journey, and future career: <https://libguides.dundee.ac.uk/c.php?g=667864&p=4737074>
- Familiarise yourself with the information for international students arriving in the UK through UK Council for International Student Affairs at <https://ukcisa.org.uk/>
- Read the information available on the international student support service on the university website. It can answer most of your questions about starting your student life at Dundee: <https://www.dundee.ac.uk/collections/international-students>
- Learn as much as possible about Dundee online prior to your arrival to get a sense of the place where you are going to live and study for at least the next five years. There are some useful resources available online in which our international students give their testimonies on their experiences of life and studies in Dundee, how a day of a medical student might look like over here as well as how it was for them to move to Scotland (for example, see the links below):
  - <https://www.youtube.com/watch?v=77kc2Kh9vKk> (In this video, Rushmina shares her university experience and gives some tips to those who are moving to Dundee).
  - <https://www.youtube.com/shorts/ZWhCfJxAl1o> (In this short video, Wei-Wean shares his morning routine as a medical student as well as briefly shows the medical school).
  - <https://youtube.com/shorts/uEroCQvYKRY> (This short video shows a bit more of the medical library before Wei-Wean goes off to Tesco for groceries).
  - [https://www.youtube.com/shorts/8\\_HrX1Sn9zl](https://www.youtube.com/shorts/8_HrX1Sn9zl) (In this video, the student briefly shows a little bit of the medical school before going to his placement).
  - <https://www.youtube.com/watch?v=TwDMiATztHo&list=RDCMUCfOY1enRSqdCIXr9b54boGg&index=2> (Courtney tells us how it was for her to study and live in Dundee as an international medical student).

However, if you still have some concerns or questions related to your prearrival or upcoming university experience, please do not worry. We are here to help. Our support services are designed to cater to your unique needs and help you navigate the transition to university life. Whether it is assistance with accommodation, visa issues, or adapting to a new culture, our friendly staff is here to lend a helping hand.<sup>5</sup> We believe that a strong support network is crucial for your well-being and success, and we encourage you to make the most of the resources available to you.



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<sup>5</sup> If you have any concerns, please check out the contact details in chapter 'Support available' on pages 12-16.

<sup>6</sup> The image above is from the University of Dundee Creative Services Image Library. More images can be found here: <https://imagelibrary.dundee.ac.uk/Schools/School-of-Medicine>

# Accommodation

As you might be already aware, the University of Dundee guarantees one offer of university-arranged student accommodation that is subject to terms and conditions for your first academic year as long as you apply before 25<sup>th</sup> August 2023. The university-arranged accommodations are available from 9<sup>th</sup> September 2023. More relevant information can be found on the University of Dundee website: <https://www.dundee.ac.uk/accommodation>

Among medical students, West Park accommodation is quite popular as it is situated a halfway between the city campus and the Ninewells campus (where the School of Medicine is located). The accommodation is about a 25-minutes' walk from the city campus and a 35-minutes' walk from Ninewells. It is very easy to get there by bus too.

It is worth mentioning that all University of Dundee student accommodation is self-catering. Do you feel confident about cooking? If not, it is time to learn.



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If you prefer private accommodation rather than using university-arranged residences, it is important you know that this can be difficult as availability is quite limited in Dundee. So, when looking for a place to live, you can try to expand your search by including such areas as Angus, Perth and Fife. These areas are all accessible by public transport.

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<sup>7</sup> The image is of the Promenade Area (a social space in the School of Medicine for all students to relax during breaks, have lunch, connect with peers, and meet new people) taken from the University of Dundee Creative Services Image Library. More images can be found here: <https://imagelibrary.dundee.ac.uk/Schools/School-of-Medicine>

Furthermore, finding a property to rent on the private market can be nerve-wracking and very stressful too. Make sure to follow the following helpful tips to make the process easier.

When choosing a property:

- Check for a landlord registration number or letting agent registration number on the property website. This verifies they are registered with the local authority. Do not rent from an unregistered landlord, they are breaking the law (only exemption is if you are a lodger).
- Find out how much the rent and deposit are and how often rent is due.
- Be aware that a landlord may ask for a guarantor - someone who will guarantee rent is paid if you can't.
- Find out what kind of tenancy they are offering. Most common types are private residential tenancies or a common law tenancy if you are renting a room in your landlord's home. Noteworthy, assured and short assured tenancies should no longer be in use.
- Ask if the property is insured for the building structure and furniture.

Viewing a property:

- It is best to view a property in person before dark. Always tell someone where you are going or take someone with you for your own safety.
- Request the details for the Tenancy Deposit Scheme used by the landlord, by law your landlord should be using this (unless they also live in the property). Further information can be found here: <https://www.mygov.scot/tenancy-deposits-landlords>
- Work out your budget and how much utilities will cost.
- View the energy performance certificate of the property.
- Check for appropriate fire safety features (e.g. smoke/heat detectors) and that a gas safety certificate is provided if applicable.
- Check that all electrics are safe and shown as all satisfactory on the electrical installation condition report.

Here are some more useful links to the information on where and how to look for accommodation as well as what to consider while choosing a place to live:

<https://www.dundee.ac.uk/guides/finding-private-accommodation-advice-international-students>

<https://www.dundee.ac.uk/guides/private-rented-accommodation-continuing-students>

<https://www.dusa.co.uk/advice/housing>

The wider university has a designated person, International Student Arrivals Coordinator, who deals with any issues related to private accommodation. So, if you have any questions or concerns, you can use the following email as your first point of contact on this matter: [ISAC@dundee.ac.uk](mailto:ISAC@dundee.ac.uk)

Please be aware that the cost of living in the UK is quite high and your bills might be very expensive so you should choose your accommodation wisely. For example, electric heating might be more expensive than gas. You can also consider the option of shared accommodation with other students. Again, it is important that you choose carefully, without rushing into decisions about who you live with, to make sure you all have the best possible shared experiences.



Ask yourself the following questions: “Do I have the skills to live with other people of a similar age? How comfortable do I feel sharing my space with others?”. If you feel there are still areas for improvement, it is time to reflect further on what options are best for you.

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<sup>8</sup> The picture above is of properties in South Victoria Dock Road in Dundee, captured by Yuliia Nicholls in summer 2022.

# Finances and Banking

- Prior to your arrival, ensure a clear understanding of finances. You can use the International Student Calculator to help plan your budget: <https://www.studentinformation.gov.scot/help/calculator-introduction>
- Read the information on the cost-of-living university information page: <https://www.dundee.ac.uk/guides/living-costs>
- Explore banks available in Scotland. You can find a list of banks accessible in Dundee area and nearby as well as links to their application process on the university website: <https://www.dundee.ac.uk/guides/bank-accounts>
- Please be aware that banks in the UK usually require proof of your address in this country to register with them. So, if you have not arranged your accommodation yet, we would recommend you do it as soon as possible. However, if you are staying in the university-arranged accommodation, you can generate a letter on eVision (a Letter of Introduction from the letter section) to take to the bank to open an account. A list of the documents you may be asked to provide when opening a bank account and other relevant information can be found on the University website through the link above.
- Finally, policies related to opening bank accounts can differ among banks. So, you can always find an alternative that suits you better. If you experience any issues with opening up a UK based bank account, please contact [InternationalSupport@dundee.ac.uk](mailto:InternationalSupport@dundee.ac.uk)

**Importantly, we encourage you not to bring large amounts of cash to the UK.**



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<sup>9</sup> The image above of the Carnegie Building on city campus taken by Yulia Nicholls on her first visit of the University of Dundee in summer 2022. It was built in 1909 and named after Andrew Carnegie, Scottish-American steel magnate and one of the most prolific philanthropists of his era who was elected Rector of Scotland's first university, St Andrews, in 1901.

# Commuting

It is worth noting that the School of Medicine is not situated on city campus. It is located within Ninewells Hospital on the western outskirts of Dundee. There are 5 main ways to get from the city centre to Ninewells (the distance is approximately 3.1 miles): by car (approx. 8-10 minutes), by taxi (approx. £10), by bus (approx. 15-20 minutes), by foot (approx. 55-60 minutes), by bicycle (approx. 15-20 minutes).

Many of our current international students say that taxi prices in Scotland are much higher than the prices in their home countries. So, before booking a taxi, we recommend you check how much it would cost in your own currency. If it sounds a lot, consider other ways of commuting to the school.

Most of our students find that the best way to commute to the Ninewells campus is by bus. You can find more information on the bus services available in Dundee and nearby areas on the Dundee City Council website: <https://www.dundee.gov.uk/service-area/city-development/sustainable-transport-and-roads/bus-service-information>

There is also University advice for students who commute to campus. See the following link: <https://www.dundee.ac.uk/guides/advice-students-who-commute-campus>

It is worth mentioning that students under the age of 22 can apply for Young Scot National Entitlement Card that allows them to travel by bus for free. More information on this can be found here: <https://young.scot/the-young-scot-card/>



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<sup>10</sup> The picture above is of the School of Medicine Library taken by Yulia Nicholls on her first visit of the Ninewells campus in summer 2022.

# What to bring with you to Dundee



Even though Dundee is the sunniest city in Scotland, the weather here, like in the rest of the UK, can be very changeable. Autumn and winter can be quite wet, cold and windy. So, do you have a warm coat and comfortable boots to wear? If not, it might be worth exploring what is available online or in your local shops prior to your departure. On the other hand, Edinburgh, which is just over an hour away from Dundee, has a wide variety of shopping centres and smaller local shops where you can find everything you might need from luxury and stylish shops to high street fashion and local independent stores.

In Dundee, there are two main shopping centres: Overgate and Wellgate. You can find links to their websites as well as the information on visiting and parking in the city centre on Dundee City Council website:

<https://www.dundee.gov.uk/service-area/city-development/planning-and-economic-development/shopping-centres>

<sup>11</sup>

Even though the choice of shops in Dundee is not as rich as in Edinburgh, Aberdeen, and Glasgow, there are still plenty of independent retailers and big-name chain stores that might contribute well to your 'retail therapy'. However, before dipping yourself into shopping prior to your departure to Dundee, decide carefully on what you need to bring with you. Below you can find some useful resources in this regard.

[https://www.youtube.com/watch?v=BwSlrA\\_oVb4&list=RDCMUCfOY1enRSqdCIXr9b54boGg&index=3](https://www.youtube.com/watch?v=BwSlrA_oVb4&list=RDCMUCfOY1enRSqdCIXr9b54boGg&index=3)

<https://www.dundee.ac.uk/guides/what-you-need-bring-university>

Bear in mind that the university encourages you to bring a 3-month supply of your prescription medicines<sup>12</sup> and any necessary medical records that you might use while in Scotland. Also, our current medical students recommend that you bring a white lab coat to Dundee as buying it in the UK can be very expensive.

The city of Dundee is very multicultural and has a diverse student community. There is a variety of speciality shops across the city such as international food stores, Asian grocery stores, halal shops and many others that offer a wide range of food products from various countries. You can find spices, ingredients, snacks, ready-made meals, and other products that cater to different international cuisines. We recommend you explore the food market available in the area prior to your arrival in Dundee.

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<sup>11</sup> The image above of autumnal Perth Road captured by Yuliia Nicholls in autumn 2022.

<sup>12</sup> Check online whether your medicine is legal in the UK.

***“Asking for help is not a sign of weakness. It’s evidence of self-awareness, courage, and strength”.***

## Support available

At the University of Dundee, we understand that pursuing a medical degree in a foreign country can be both thrilling and challenging. Our goal is to ensure that you feel at home from the moment you step foot on our campus. We have a dedicated support team committed to assisting you in settling into your new surroundings, addressing any concerns you may have, and providing guidance throughout your academic journey. Our support services are designed to cater to your unique needs and help you navigate the transition to university life. Whether it is assistance with accommodation, visa issues, or adapting to a new culture, our friendly staff is here to lend a helping hand. We believe that a strong support network is crucial for your well-being and success, and we encourage you to make the most of the resources available to you.<sup>13</sup>

At the School of Medicine, we provide specialist international student support supervised by Associate Dean (International), Prof Faisal Khan ([f.khan@dundee.ac.uk](mailto:f.khan@dundee.ac.uk)). As you prepare for your arrival, your key contact is: Yuliia Nicholls, Undergraduate International Student Support Lead ([ynicholls001@dundee.ac.uk](mailto:ynicholls001@dundee.ac.uk)). For transfer students, the key contacts are: Dr Shalini Gupta, Transfer Student Academic Lead ([s.x.gupta@dundee.ac.uk](mailto:s.x.gupta@dundee.ac.uk)), who deals with academic enquiries, and Yuliia Nicholls, who deals with issues related to your international status. For general student enquiries, your first point of contact is Medical School Undergraduate Office support team ([mn-studentsupport@dundee.ac.uk](mailto:mn-studentsupport@dundee.ac.uk)). At this email, you can reach Chloe Baxter and Stuart Manson, Student Support Officers.

In general, undergraduate medicine support is provided by: Education and Guidance Support Tutors, Year Leads, Portfolio Supervisors, Other Tutors/Lecturers/Clinical Teachers, The Undergraduate Office Team, and many others.



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<sup>13</sup> The image above is of a striking sculpture next to Global Room and the Tower Building on city campus taken by Yuliia Nicholls in August 2022. It shows the University commitment to raising awareness of mental health. It is a part of the very successful Black Dog Campaign from the leading UK mental health charity SANE. The Campaign was created to celebrate SANE's 25th anniversary to grow awareness around depression and other mental health conditions, as well as to encourage people to seek help when struggling. The name of this monument is Hope. It might be worth emphasising that “there is hope, even when your brain tells you there isn’t” (John Green).

For example:

- MBChB Programme/Assessment Convenors

Programme Convener Years 1-3	Dr Jen Kennedy
Academic Lead for Transfer Students (MBChB)	Dr Shalini Gupta
Year 1 Lead	Dr Tim Smith
Year 2 Leads	Dr Iqbal Malik & Laura Sutherland
Year 3 Lead	Dr Kalpana Ragupathy

- Education and Guidance Support Tutors:

Senior Adviser of Studies (School of Medicine) and Education and Guidance Support Tutor - Year 3	Audrey Gregory
Education and Guidance Support Tutor - Year 1	Ros Harpur
Education and Guidance Support Tutor - Year 2	Susan Munro
Education and Guidance Support Tutor - ScotGEM	David Davies
Education and Guidance Support Tutor - Years 4 & 5	Shona Ogilvie

- Medical School Undergraduate Office Administration Leads:

Undergraduate Lead (Professional Services)	Jen Williams
Undergraduate International Student Support Lead	Yuliia Nicholls
Undergraduate Curriculum Development Manager	Emma Crouch
Undergraduate Assessment Manager	Dora Vosieva
Medical School Office Manager	Angela Devine
Curriculum Team Leader - Gateway, Years 1 - 3 & GP	Jo Weir
Assessment Team Leader	Olga Remers
QA, Data & Student Support Team Leader	Claire Findlay

- Key undergraduate medicine mailboxes:

Curriculum and timetabling enquiries	<a href="mailto:mbchb_Year1-3@dundee.ac.uk">mbchb_Year1-3@dundee.ac.uk</a>
Student support enquiries	<a href="mailto:mn-studentsupport@dundee.ac.uk">mn-studentsupport@dundee.ac.uk</a>
Assessment enquiries	<a href="mailto:mn-assessment@dundee.ac.uk">mn-assessment@dundee.ac.uk</a>
International support enquiries	<a href="mailto:ynicholls001@dundee.ac.uk">ynicholls001@dundee.ac.uk</a>

Further information on support, offered by the school, can be found on our Support Team page on Moodle: <https://mbchb.dundee.ac.uk/course/view.php?id=18>

There is also wider university support:

- Enquiry Centre (your first point of contact on city campus, offers support and advice in a variety of areas): <https://www.dundee.ac.uk/locations/enquiry-centre>

- International Advice Service (offers support for current international students on a range of matters relating to immigration and practical guidance on living and studying in the UK): <https://www.dundee.ac.uk/international-advice-service>
- Counselling Service (provides support for those struggling emotionally or mentally while offering safe, confidential and non-judgemental space to explore your experiences, feelings, thoughts, and behaviours so that you can have a better understanding of yourself and of others that might help you find ways of coping in life): <https://www.dundee.ac.uk/counselling>
- Student Funding (provides finance related support): <https://www.dundee.ac.uk/student-funding>
- DUSA (Dundee University Student's Association, gives advice on any issue you can face as a student): <https://www.dusa.co.uk/> You might be amazed to know that within DUSA, there are over 240 societies and 110 of them you can join already today. There is something for everybody! Joining a society is a great way of making new friends and making the most out of your university experience.

More opportunities, support and advice offered by the wider university can be found here: <https://www.dundee.ac.uk/student-services>



Recently, the new Enquiry and Reception Desk was open in the Promenade area on the Ninewells Campus. This desk operates 5 days a week from 9am until 4.45pm and staffed by Operational Support (Receptionists). The primary purpose of this desk is to be a first point of call when arriving at the school. It means if you have any questions but do not know where to go or who to speak with, then you can use the desk as your first point of contact.<sup>14</sup>

Another very valuable source of support for those facing personal challenges or seeking guidance during their academic journey can be spiritual support, comfort, and solace of worship places. The city of Dundee has various places of worship to cater to the diverse religious needs of its students, including those attending the university. There are different worship places available for students of many faiths, including Islam, Hinduism, Sikhism, Judaism, Buddhism, and different Christian denominations. On city campus, there is the Chaplaincy Centre that is open to students and staff of all faiths and beliefs, including those who do not adhere to any

particular religious tradition. The aim of its services is to foster a diverse and inclusive environment, where individuals from different backgrounds can find support, understanding, and a sense of community. You can find more details in this regard here: <https://www.dundee.ac.uk/chaplaincy>

On Ninewells campus, there is the Spiritual Care Centre on Level 7 that welcomes everybody to use its rooms for quiet reflection or prayer and the faith/prayer room on Level 6 can be used when needed. More relevant

<sup>14</sup> The image of the Enquiry and Reception Desk at the School of Medicine taken by Yuliia Nicholls on the day of its official opening on the 24<sup>th</sup> of July 2023.

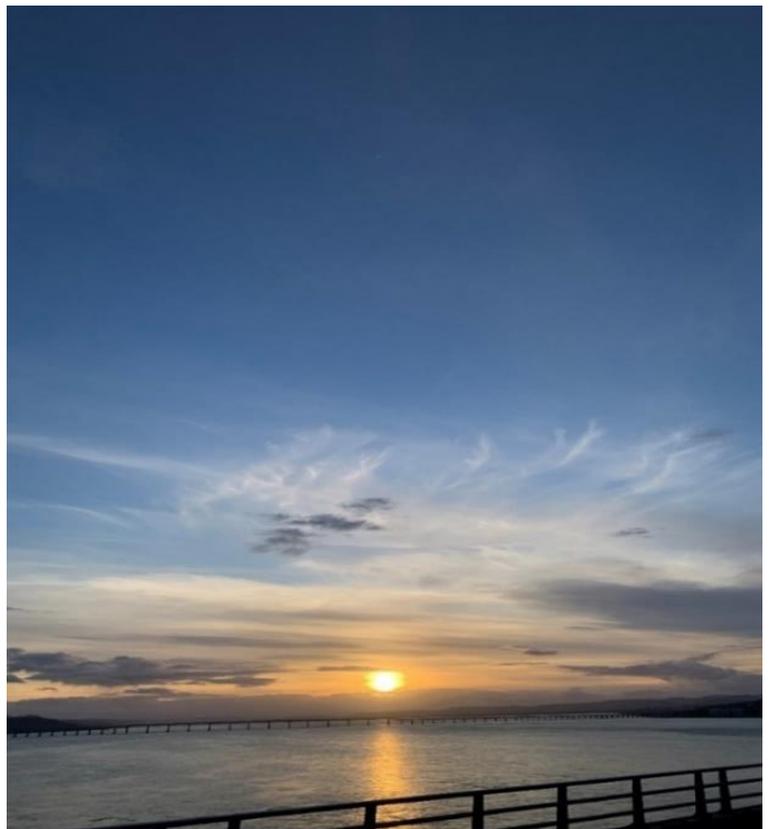
information can be accessed here: [https://www.nhstayside.scot.nhs.uk/GoingToHospital/OurPremisesA-Z/NinewellsHospital/PROD\\_210174/index.htm](https://www.nhstayside.scot.nhs.uk/GoingToHospital/OurPremisesA-Z/NinewellsHospital/PROD_210174/index.htm)

Furthermore, while at the university, you will have the opportunity to connect with fellow students from all over the world, fostering cross-cultural understanding and lifelong friendships. Thus, on city campus, there is the Global Room that is a social space for all students to relax, meet new people and celebrate cultural events. They host events including Diwali, Thanksgiving, St Andrews Day, Easter, and many others. If you have a celebrational day from your country and you would like to share its history, then get in touch with the Global Room team. The link to their page is: <https://www.dundee.ac.uk/locations/global-room>

In the School of Medicine, in order to help international students adjust to new learning environment and integrate into the local community and culture, we have introduced a 'buddy system'. That is where incoming international students are matched with current medical students 'buddies' who have experience and knowledge of university life. We hope that through the buddy system you can connect with your buddies before your arrival, develop a mutually beneficial friendship and enhance intercultural experiences. Once you have arrived in Dundee, buddies will be helping you settle into life and study at Dundee while having regular meetings with you, answering your questions, sharing their experiences of university life, signposting you to appropriate sources of information and support when needed.

Also, it is well known that natural spaces can work wonders for both our physical and mental health. Spending quality time in them can improve our cognitive functioning. Studies have shown that the more time an individual spends in such greenspaces like countryside, parks, and gardens, the less likely they might feel anxious or depressed, and the better their mood will be. Luckily, Dundee is a very green city. There are many beautiful parks and nature attractions you can explore online before your arrival here. Furthermore, there are lots of greenspaces on the university campuses which you can access and enjoy any time, such as, the University of Dundee silence spaces on city campus, the designated quiet areas that are reserved for silent visiting where you are invited to switch off technology and tune in to the sounds of nature, or Ninewells Community Gardens that lie in the beautiful arboretum of Ninewells Hospital. More information about the latter can be accessed here: <https://ninewellsgarden.org.uk/>

<sup>15</sup>



It is worth mentioning another greenspace that is only a 30-minutes' walk from the Ninewells campus. It is the Dundee Botanic Garden that houses a wide range of plant life and looks out over the bank of River Tay and Dundee's International Airport. It has a lot to offer not only for nature-lovers but also for planespotters. There are also picnic areas and, if the weather allows, it can be a relaxing escape from the stress of city life in beautiful surroundings.

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<sup>15</sup> The image of a stunning sunset over the River Tay captured by Yuliia Nicholls while walking across the Tay Road Bridge, 'the iconic entry to Dundee', which is also one of the longest bridges in Europe.

Furthermore, there are plenty of opportunities to volunteer if this is something you are interested in. More relevant information can be reached here: <https://www.dundee.ac.uk/botanic>

Finally, it is worth emphasising the importance of self-care that means any activities you do to look after your mental, emotional, and physical health. When you arrive in Scotland as an international student, there might be a lot of changes you have to face. Thus, you have to adjust to a lot of new things such as new culture, different climate, unfamiliar food, etc. This might be very challenging and stressful. Furthermore, there might be a risk of focusing more on some aspects of your life (e.g., studies and university life) while ignoring the others (e.g., forgetting to care of yourself, not paying enough attention to your emotions and feelings, not maintaining balance between university and life, etc.). UK Council for International Students Affairs gives useful advice and guidance on how to look after yourself while studying in the UK, as well as practical information on how to obtain medical treatment here: <https://www.ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Health-and-healthcare>

The procedure of making an appointment might not seem to be as straightforward in Scotland as in your home country. In Scotland, you need to see a GP (General Practitioner) first, who would be able to refer you to hospital or other medical services for specialist treatment if necessary. We encourage you to register with a local GP practice as soon as you arrive in Dundee in order to be able to access NHS care if needed. You can find university guidance on how to register with a GP here: <https://www.dundee.ac.uk/guides/register-with-a-doctor>

Please note that to make an appointment with a GP, when you are already registered, you usually need to call the GP practice on the day you would like to make an appointment. You can find your nearest GP practice on NHS Inform: <https://www.nhsinform.scot/scotlands-service-directory/>

To conclude, **please ensure that you take advantage of all the help that is offered by the school, the wider University and Dundee itself.** If you have any questions or concerns, please do not hesitate to contact us. We will be happy to help!



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<sup>16</sup> The picture was taken by Yuliia Nicholls on her visit of the Botanical Garden in summer 2022.



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## It's time to reflect:

- Do you find the Guide helpful?
- What new things have you learned?
- What do you still need to do before your departure to Dundee?
- Is there anything that is still unclear?
- Where are you going to seek support if needed?
- Do you feel comfortable asking for help? If not, what are the reasons for this? What can you do to improve that?

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<sup>17</sup> The image is taken from the University of Dundee Creative Services Image Library. More images can be found here: <https://imagelibrary.dundee.ac.uk/Schools/School-of-Medicine>



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