



First Month at UK University Checklist

Your Complete Guide to Settling in Successfully by Startup Freshie Kit

Startup Freshie Kit is a comprehensive platform designed to fast-track the success of entrepreneurs and young professionals navigating their careers in the UK. The company has built a thriving ecosystem that connects ambitious newcomers with the tools, resources, and mentorship needed to accelerate their professional growth.

With a community exceeding 20,000 members across social media platforms, Freshie Kit has demonstrated significant organic growth and engagement within the UK's entrepreneurial ecosystem. The platform addresses the critical gap between education and career success, targeting ambitious professionals through curated resources, practical tools, and direct access to seasoned professionals who understand the unique challenges of building careers in the UK market.



Essential Admin Tasks

Week 1 Priority

University Registration

- Collect Student ID Card at Student Services
- Check timetable via university portal
- Activate student email account
- Download university app and join WiFi

Healthcare Registration

- Register with local NHS GP practice
- Bring passport, student ID, proof of address
- Complete GMS1 registration form (if applicable)
- Get NHS number for all services

Financial Setup

- Open UK bank account (Santander, HSBC, Barclays)
- Apply for National Insurance Number
- Call 0345 600 0643 for appointment
- Process takes 2-6 weeks

 Healthcare registration is URGENT - complete within your first week to ensure access to NHS services.

Transport & Travel Setup

Essential Travel Cards

The **16-25 Railcard** is absolutely essential, costing £35 but saving you one-third on all UK train travel. Available to full-time students of any age, this card pays for itself after just a few journeys.

Get your local bus pass or student travel card for significant discounts - typically £60/month versus £90 without student discount. Visit your local transport office or apply online with your student ID.

Must-Have Transport Apps

- **Trainline** - Train bookings with railcard discount
- **Citymapper** - Multi-modal journey planning
- **National Express** - Long-distance coaches
- Local bus apps (varies by city)



 London students: Get an Oyster Card with Student Oyster Photocard for 30% discount on Travelcards.



Accommodation Setup

01

Organise Your Space

Unpack systematically, setting up your study area first. Arrange bedding and personal items to make the space feel like home.

02

Kitchen Setup

If self-catered, claim cupboard and fridge space. Label all items with your name and organise cooking utensils efficiently.

03

Internet & Utilities

Connect to WiFi, set up utility accounts for private housing, and test heating and hot water systems.

04

Safety & Security

Save emergency numbers, locate fire exits and assembly points, test smoke alarms, and understand spare key policies.



Essential Shopping Lists

Room Essentials

Bedding & Comfort: Extra bed sheets (2 sets minimum), warm duvet for winter, pillows, mattress protector, blanket or throw.

Storage Solutions: Under-bed storage boxes, wardrobe organisers, desk organiser, laundry basket.

Study Essentials: Desk lamp, extension leads with USB, stationery, ring binders and folders.

Kitchen Essentials

Basic Cookware: Non-stick frying pan, medium saucepan with lid, baking tray, wooden spoons, sharp knife, chopping board.

Crockery & Cutlery: Plates, bowls, mugs (2 sets minimum), cutlery set, glasses, storage containers for leftovers.



Toiletries & Personal Care

Bathroom Essentials: Shampoo, conditioner, body wash, toothbrush, toothpaste, towels (2-3 sizes), shower caddy.

Health & Hygiene: Basic first aid kit, paracetamol, plasters, thermometer, hand sanitiser.

Laundry Supplies: Washing powder, fabric softener, stain remover, clothes horse.

Food Essentials

Store Cupboard: Rice, pasta, bread, cooking oil, salt, pepper, tea, coffee, tinned beans and tomatoes.

Fresh Items: Eggs, butter, cheese, vegetables, fruit, protein sources.



Best Budget Stores for Students



Primary Destinations

B&M offers student essentials, furniture, food, and bedding at discount prices.

ASDA and **Tesco** provide groceries with student discounts through Clubcard.

Lidl/Aldi excel for budget groceries and weekly special buys.



Clothing & Home

Primark offers cheap clothing and basic homeware. **Argos** stocks electronics, furniture, and appliances. **IKEA** provides furniture, storage solutions, and kitchenware at student-friendly prices.



Online Options

Amazon Student offers free delivery and student discounts. **Very** provides furniture and electronics with student discounts. **AO.com** specialises in appliances with student pricing.

Poundland and **Home Bargains** are excellent for household essentials and toiletries at rock-bottom prices.



Social & University Life



Freshers' Fair

Explore societies and clubs, sign up for interest lists, and collect freebies and information about campus life.



Join Societies

Academic societies, hobby groups, sports clubs, cultural societies, and volunteering opportunities await your participation.



Welcome Events

Attend department inductions, campus tours, social mixers, and information sessions to integrate fully.

Essential University Apps & Platforms

University-Specific: Campus navigation app, student portal app, library booking app, sports centre booking app.

Student Life: Facebook for university groups, WhatsApp for course chats, Discord for gaming/study groups, Instagram for university updates.



Campus Exploration

Week 1 Campus Tour Checklist



Academic Buildings

Locate all lecture halls, seminar rooms, and department offices. Note opening hours and familiarise yourself with building layouts.



Library System

Get library card access, book study spaces, learn the printing system, and locate subject-specific libraries and café options.



Student Services

Find Students' Union building, careers service, counselling services, international student support, and disability services.



Essential Facilities

Locate ATMs, post office, campus shop, cafeterias, food outlets, sports facilities, gym, and medical centre.

Explore the local area to find 2-3 grocery store options, essential services like pharmacy and post office, and local transport links including bus stops and train stations.



Important Apps to Download

Essential Daily Apps

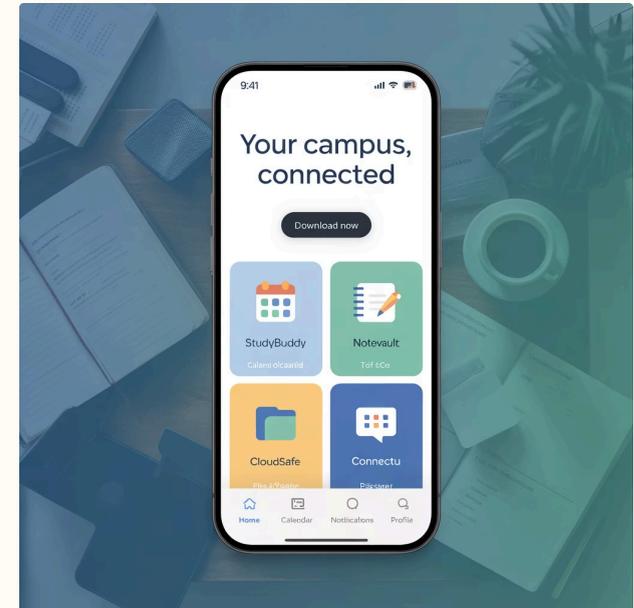
- Banking apps (your chosen UK bank)
- Transport apps (Trainline, Citymapper)
- Food delivery (Uber Eats, Deliveroo, Just Eat)
- Grocery apps (Tesco, ASDA, Iceland)
- Student discounts (UNiDAYS, Student Beans, TOTUM)

Study & University

- Microsoft Office (free with student email)
- Google Drive for document storage
- Notion/OneNote for organisation
- Forest/Focus apps for concentration
- Library apps for bookings

Money Management

- Banking apps for mobile banking
- Splitwise for splitting bills
- Honey for online coupons
- Too Good To Go for discounted food





Important Contacts to Save

University Contacts

- Student Services: _____
- Your Department Office: _____
- Personal Tutor: _____
- Accommodation Office: _____
- International Student Support: _____
- Library Help Desk: _____
- IT Help Desk: _____

Local Services

- GP Practice: _____
- Local Pharmacy: _____
- Bank Branch: _____
- Accommodation Emergency: _____

Emergency UK Numbers

- **999** - Police, Fire, Ambulance
- **101** - Police Non-emergency
- **111** - NHS Medical Advice
- Your Home Country Embassy: _____



Week-by-Week Breakdown

Week 1: Essential Admin

Collect student ID, register with GP, open bank account, set up accommodation, attend welcome events, and complete basic shopping for essentials only.

Week 3: Academic Preparation

Classes begin - finalise timetable, buy required textbooks and materials, set up study routine, familiarise yourself with library, and connect with coursemates.

1

2

3

4

Week 2: Transport & Exploration

Get railcard and bus pass, explore campus thoroughly, join societies and clubs, complete accommodation setup, and do your major grocery shop.

Week 4: Settlement & Routine

Establish weekly routines, review and adjust budget, expand social circle, apply for part-time jobs if interested, and plan for upcoming assessments.

Money-Saving Tips

Student Discounts to Activate Immediately

UNiDAYS

Online and in-store discounts across hundreds of retailers

Student Beans

Exclusive student offers and deals

TOTUM

£12/year for extensive discounts nationwide

Amazon Prime Student

6 months free, then 50% off regular price



Budget Shopping Strategy

- Shop end-of-day for reduced items
- Use store loyalty cards (Tesco Clubcard, Sainsbury's Nectar)
- Check expiry dates for longer-lasting products
- Buy basics in bulk when on offer
- Compare prices between budget stores



Common First Month Mistakes to Avoid

Financial Mistakes

- ❌ Not opening bank account immediately - delays other services
- ❌ Overspending in first week - budget carefully
- ❌ Not getting railcard - missing major transport savings

Academic Mistakes

- ❌ Missing welcome week - important information and social connections
- ❌ Not finding library early - crucial for assignments
- ❌ Ignoring course materials list - falling behind quickly

Social Mistakes

- ❌ Not joining societies - missing friendship opportunities
- ❌ Staying in room constantly - isolation and homesickness
- ❌ Not exploring campus - getting lost during busy periods





Pro Tips for Success

- ✔ Don't try to complete everything in the first week! Spread tasks across the month to avoid overwhelm. Focus on essentials (ID, GP, bank account) in week 1, then build from there.

Goal: By the end of month 1, you should feel settled, connected, and ready to focus on your studies!

Remember that settling into university life is a gradual process. Take time to enjoy the journey, make connections, and don't put pressure on yourself to have everything perfect immediately. Every student's experience is unique, and what matters most is finding your own rhythm and building the foundation for a successful university experience.



About Your Guide

Created by Shivika Pratap - UK International Student Guide

For more monthly tips and resources, follow [@startupfreshiekit](#) [@shivikaapratap](#)

This comprehensive checklist has been crafted with care by someone who truly understands the unique challenges and excitement of starting your UK journey. With 9 years of experience living and thriving in the UK, Shivika Pratap has personally helped over 5,000+ international students and professionals successfully navigate British life - because she's been there and done that herself.

As part of a thriving community of 20,000+ international students and professionals, Shivika combines her extensive personal experience with real-world insights from thousands of success stories to provide you with the most practical, tested, and up-to-date guidance available.

Through Startup Freshie Kit, we're committed to supporting your entire UK experience - from pre-departure preparation through to career success and entrepreneurial ventures. When you follow this guidance, you're not just getting advice - you're getting proven strategies that have worked for thousands before you.