

External Support for moving to the UK

[The UK Government website](#) provides a series of guides to living in the UK – it simply explains practices, legal information, requirements and processes involved in a variety of issues relating to life in the UK such as:

- [Understanding your pay](#) and the [tax you will have to pay](#) on your income when you come to live in the UK
- [The Benefits \(Social Security\) System](#)
- Housing: advice on [paying council tax](#) and [applying for a TV license](#) for the properties you own or rent
- Information on [Visas and immigration](#)
- How to apply for a [National Insurance Number](#) (do this as soon as you arrive to enable you to start paying National Insurance, which will entitle you to a variety of benefits)
- [Finding schools](#) and [applying for places](#) for your children
- [Driving](#) in the UK, [vehicle taxes and insurance](#), and information on what happens [if you do not have a UK license](#)

[The guide for international researchers moving to the UK - from EURAXESS](#) (a British Council initiative aimed at all researchers, although some advice is specifically for students) contains a wealth of information. A [pdf download](#) of the guide is also available. Particularly useful information includes:

- A useful checklist of [things to do for before and after you arrive in the UK](#)
- [Access to healthcare](#) in the UK
- [The costs associated with accommodation](#) (although see London specific advice more accurate rental costs for London)

[The UK Council for International Student Affairs \(UKCISA\)](#) have advice and resources aimed at students although some of the information is just as useful and relevant to you as a fellow arriving in the UK to start your post in a University. For example:

- [Cost of living](#) – advice on budgeting, and a useful [cost of living calculator](#) to work out average bills. An alternative cost of living guide is available via the [Work Gateways website](#)
- [Facing culture shock when you arrive in the UK](#) – including the common causes, a useful model and some tips for dealing with culture shock
- [Bringing your family to the UK](#)
- [Travel and transport in the UK](#) – in London, you are most likely to use the [Underground or 'Tube'](#) or [London buses](#), so it is worth knowing about how to use and pay for these