

Surviving Nottingham FOR DUMMIES®

Welcome to
Nottingham



The University of
Nottingham

Foreword

Hello there! The **Nottingham Survival Guide** contains tips and advice on what you are supposed to do and know before and after you get to Nottingham. Make sure you read through everything and if you still have questions, contact details are available at the end of this booklet. Hit their mailbox or even give them a ring at your own convenience. All the best!

Essential Documents

Ensure that these documents are with you all the time. The best way is by keeping them in your hand luggage NOT in your check- in luggage.

1. Passport	Make sure the expiry date is not close. Make sure you have a visa when you collect your passport. Make sure you photocopy your passport and visa just in case you lose it.
2. Flight ticket	Check the weight limit for baggage with your respective airlines.
3. Financial affidavit/ guarantee letter	Proof that you can fund your studies in the UK for at least 1 year. E.g. Bank draft
4. Unconditional letter of acceptance	Official letter from the university. The immigration officers WILL ask for it.
5. Medical certification	Chest X-ray, proof of vaccinations (with dates). Immigration officers might ask for it.
6. Passport-sized photographs	Cheaper to get it done here. Bring as many as you can.
7. Copies of pre-U certificates	Also photocopy any other documents or certificates that you think might be important.
8. ISIC	*International Student Identification Card. Can be done at MSL or Travel Agency at Amcorp Mall in Petaling Jaya.

- ISIC gives you unlimited access discounts on UK/ European or World travel, museums, galleries, and purchases. It's not compulsory for you to have it.

Visa Application

Please log on to <http://www.vfs-uk-my.com> for further details. You must complete the application **on line**. Please download the **PBS Appendix 8 General Student self assessment form, Checklist – General/Adult Student Visa (PBS Tier 4) and Student Survey**. UK Visas are handled by the Application Centre at:

Suite 19-06, 19th Floor,
Wisma MCA,
163 Jalan Ampang,
50450 Kuala Lumpur.
Tel: (03) 21649323
Email: info.ukmy@vfshelpline.com

Flying

Always check with your airline regarding the latest regulations and restrictions regarding weight limit and number of hand luggage. In your hand luggage, we suggest carrying the following items:

- Documents listed above under “Essential Documents”.
- A sum of cash that can get you through the first week in Nottingham. Do NOT take lots of cash. Take travellers cheques plus cash.
- A thick waterproof jacket with a hood to buffer from the cold. It will be autumn, cold and rainy in September.
- Your laptop.

Welcome Programme

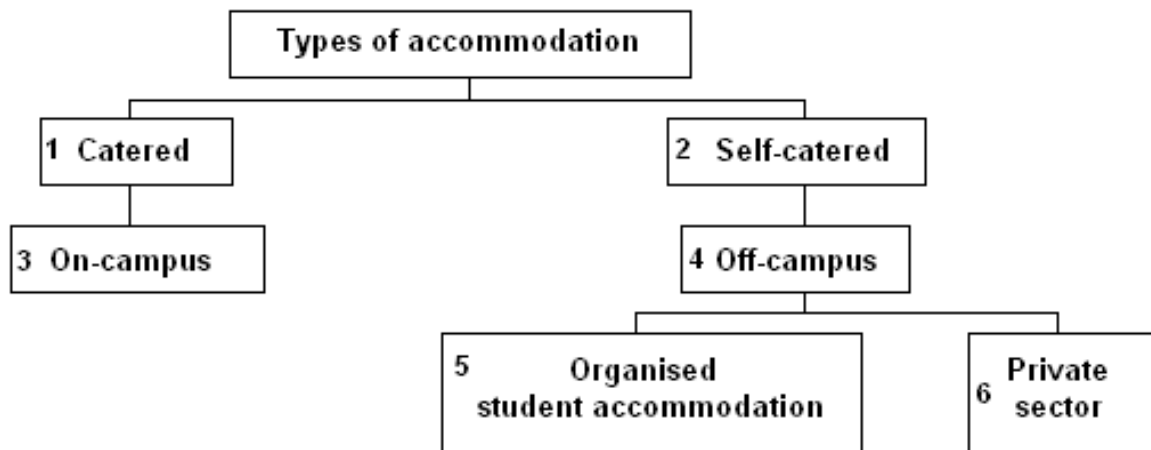
- 1) Runs from Tuesday 14 September to the morning of Saturday 18 September.
- 2) Free coach pick up service from **London Heathrow Airport direct to the University** on 14 September (7.00am – 7.00pm) for students attending the Welcome Programme. A separate application form must be completed.
- 3) On-campus accommodation on a bed and breakfast basis will be provided free of charge during the programme. You will move in to your term time/permanent accommodation on the morning of Saturday 18 September.
- 4) For more details, please visit the International Office website at: http://www.nottingham.ac.uk/international/future_students/welcome_pickup_service/
- 5) Please **print the confirmation registration** for both welcome programme and coach pick up service and please have them in your hand luggage.

- 6) A special coach pick up service is also arranged for existing students (students from University of Nottingham, Malaysia) on Thursday 16 September. Free accommodation on campus is provided for 2 nights.

Accommodation

The University of Nottingham has 3 campuses, namely **Jubilee Campus**, **Sutton Bonington Campus** and **University Park**, which is enormous. It will do you a lot of good if you can check the location of where you will be having your classes and match it with a place to stay. Guarantee of accommodation application's deadline was 1 August, although students can still apply for accommodation online at www.nottingham.ac.uk/nh.

The University of Nottingham's Accommodation Team will try their best to help you, especially the first year students to gain place in any of their halls.



1: Food provided and room cleaned once a fortnight.

2: Students prepare their own food. Highly recommended to Muslim students.

3: Within the compounds of the campus. Room has to be empty during holidays in winter, Easter and summer.

4: Outside campus compounds.

5: Managed by organisations like UNITE and Derwent Living, these companies provide self-catered residences especially for students. No need to empty room during Easter and winter holidays. There's an option to stay throughout summer.

6: Students deal with independent landlords. Early birds usually get a good location at a cheap price which offsets fluctuating utility bills, especially during winter due to higher usage of electricity for heating purposes

**For students looking for houses in private rented area, do please take your contract to the Student Union to make sure it is fair and foolproof before signing it. Do ask help from the seniors for their advices.*

Groceries and Food

Groceries, kitchen utensils, duvets etc can be purchased from supermarkets like Argos, Sainsbury, Asda, Wilkinson, Tesco, and also shops in Broadmarsh and Victoria Shopping Centre.

You can buy halal meat at Medina Food Store, Tastees Superstore and Khan's Halal Meat. Alhamdulillah, finding halal food in Nottingham is not difficult. Thanks to the Arabs, and Pakistanis, you do not have to travel far to get it!

When buying food from supermarkets and shops, always check their ingredients. Normally when a product is suitable for vegetarians, it is halal unless it contains alcohol.

Herbs and spices are readily available, although you'll have to go hunting in some Asian shops for specific items (like kicap manis) and they are sold at a more expensive price.

There are also shops and restaurants which offer discount to NMS members such as Antalya, Red Hot and Iqra. Check them out at our website!

What you will need from Malaysia

1. Religious items i.e. The Holy Quran and translation for Muslims and the Bible for Christians; Qiblat compass – undoubtedly also available in the UK.
2. Electronic equipment like laptops, cameras, mp3 players, scientific calculators, etc.
3. Stationery.
4. Traditional clothes. (You won't find them here!)
5. Books for reference (kindly ask seniors for assistance).
6. * Spare spectacles.
7. * Instant noodles (lots and lots of them)
8. * Some of your favourite herbs and local spices.
9. * Brahim, Uncle Sun, any readymade food packs will be useful for those who are cooking! If you live on Vico, you better get it in Malaysia.
10. * Contact lens and its solution.
11. Family photos and other personal keepsakes.
12. Food container to survive you through your first few days.

*You can get them here, but you will be shocked by the price.

Money matter

Financial needs differ from student to student. Below, however are some points that should be included in your budget.

1. House rent (per person)	A reasonable price would be around £300 a month, give or take. Some places are much more expensive.
2. Food	If you know where to look for groceries, £55 can last you 2-3 weeks, small allowance for junk food included.
3. Utilities*	Around £40 a month.
4. Laundry	Around £3 per wash and dry. Students are free to do laundry as often (or as seldom) as they desire. This applies to those who live in catered and self-catered halls.
5. Books	Around £50 a year. Second-hand books are in abundance. Your seniors are happy to sell of their books. Try to shop around at second-hands book shops, "car-boot sales" or at "bargain-books galore".
6. Phone	Around £15 a month for Pay As You Go (top up) and £20-£35 for Contract phones. Calling Malaysia through internet using Skype, MSN or Yahoo Messenger is always cheaper (or free!). If you prefer to use your mobile phone to call your family in Malaysia, do apply for Rebtel or use phone cards like Telco Asia, Swift Call or Pineapple cards which can be purchased at Asian shops and at the Student Union shop in Portland Building.
7. Transport	Buses cost around £1.60 per one-way trip and £3.50 per unlimited one-day trip. You can take the purple Indigo - apply for Mango card (Touch N Go of Nottingham) or NTC buses. The railway station is in city centre, so you need to take a bus to University South/West Entrance to Uni Park Campus. There are free shuttle bus services from Uni Park to Jubilee Campus every 15 mins during weekdays.
8. Household expenditure	Toiletries, cutleries, bed sheets, pillows etc.
9. Clothes	It is cheaper and more affordable to get warm clothing in UK rather than in Malaysia. Good news! We are organizing a Car-boot trip to help you cut your expenses on clothes and goods.

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10. Insurance Depends on the cost of your belongings. Look up **Endsleigh** at <http://www.quotes-endsleigh.co.uk/>. It is not compulsory but it will definitely cushion the blow if you face an unexpected accident.
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11. Miscellaneous Add 10% from your total budget as a safety margin for unforeseen circumstances.
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* *Utilities are usually included as part of the rent, except for private sector*

** *E.g. If total budget is £500, then add another 10% to make it £550*

There are also one-off fees that you pay once a year like:

- **Sports Centre Membership** as from 1st May 2009 – 2010 ; 3 types
 - Bronze : £22.50 [Free use of Sports Centres]
 - Silver : £40 [Bronze benefits + Swimming Pool]
 - Gold : £70 [Silver benefits + Fitness Centres]
- **Freshers Fayre Society Membership** - £10

All things considered, a monthly allowance of about **£650 - £700** is pretty comfortable for a student in Nottingham. You may have chance to travel around Europe, come back to Malaysia during summer break or even go for umrah. Do keep in mind to do some saving.

Currency rate (on 28 May 2010): **£1.00= RM 4.79**

Banking Services

You can choose Lloyds, HSBC, RBS, Barclays, and Natwest to open your accounts. Islamic Accounts offered by Lloyds and HSBC are recommended for those who are interested. HSBC and Natwest have branches on the campus. Not to worry, you can use your debit card at any cash machine without being charged.

Here, we use debit card everywhere, to withdraw the money, to buy things online and even for shopping. Internet banking is also provided. Please take note, it may take about two weeks to open an account. So, please keep your cash and travellers cheque safe with you before you can bank them in.

Laptops & Internet

1. Get your laptop in Malaysia.
2. Get insurance for your laptop. It is worth it.

3. Get an **external hard drive** with a huge capacity (100GB - 250GB is ideal) so you can back up your data all the time. If you ever need to reformat your computer, at least all your important data will be there.
4. Bring your **recovery disc** so you can reinstall your operating system when you reformat your computer.
5. It is important to get a laptop because computers in computer labs are not always operational and it is often taken and you'll have to wait.
6. Install all the necessary software in Malaysia (like Microsoft Office, Photoshop, whatever you need and can get).
7. Internet is provided 24/7 a day in accommodations on-campus and off-campus. There will be a guided registration process you will have to go through during Week One.
8. For the private sector, the main internet provider is NTL. Their salesmen will approach you during the first 2 weeks. Contracts normally last for a year. It is a good idea to bring an internet router from Malaysia for sharing.

Mobile Phones

1. Students can either choose contract phones (Pay Monthly) or prepaid (Pay As You Go).
2. It is advisable to purchase a prepaid pack (for those who haven't have it) when you arrive because you need to set up a bank account before you can get a contract phone. Please top up first, so that you can use the service.
3. Insurance is purely optional and it depends on how well you take care of your phone. If you are prone to losing them, covering them is the best option because it is cheaper than buying a new one.

Study and Day Life

Each of the undergraduate students will be given a senior to help you under NMS Peer Link programme. Besides, we also have a person in charge for each course to assist you if you have any academic and student related queries.

Do ask questions to your lecturers especially after each class and discuss with your classmates. Never escape classes or lectures. Also, time management is very important.

University Network

Libraries and computer labs in the university provide internet access and operate 24 hours a day. Student ID is required for access during the night and on weekends. You will be given your own username and password after you enroll

with your school. You will also have your own email. Printing credit can be topped up in the libraries using special machines. Always check The Portal at <http://my.nottingham.ac.uk> for:

- Your personal information
- Latest announcements from your lecturers
- Paying your tuition fees
- Emails
- Timetables, lab report marks
- Reserving, renewing library's books
- Selling things, searching for things
- Examination results

Health

Each of you has to register with National Health Service (NHS). Please take the golden opportunity to apply for its certificate which gives you discounts for buying spectacles, having medical check-up and lots more benefits.

Get the NHS form at Student's Union or nearest pharmacy. Fill in the form and submit to the stated address. You will receive the certificate from NHS. You will also be given your personal doctor or general practitioner (GP) at the particular clinic.

Advice on Swine Flu: UK has a different approach to dealing with Swine Flu as compared to Malaysia or any other countries. Always refer to the Health Protection Agency website for current updates on Swine Flu (<http://www.hpa.org.uk>)

Safety

To put it simply, use common sense. Do not walk alone at night. Don't walk through small, dark, suspicious alleyways. Do not show that you have expensive belongings. Do not flash around your wallet/purse and your money.

ALWAYS lock your room when you go out, even for a while. You do not know who you can trust. Lock the windows. Do not let your expensive belongings (like laptop) be in plain sight from outside when you go out. It will tempt burglars.

Mark your belongings in any way, like using a special marker (Smart Water) that will be distributed by the police during your orientation week. The ink will only be visible under fluorescent light.

Please write your **home address** in UK on a tag and stick it to your luggage.

Always, ALWAYS keep your passport safe. If you lose your passport and bank cards, please lodge a report at one of the nearest police stations. Then, you need to go to the Malaysian Embassy/ High Commission to get your emergency passport. You also need to call the relevant banks to stop any transactions.

****Almost 80% of burglaries happen because the doors are left open or unlocked.*

Places of Worship

Muslims	<p style="text-align: center;">Main Campus</p> <ul style="list-style-type: none"> ● D139 (Muslimin Prayer Room) and E136 (Muslimat Prayer Room) in Portland Building, University Park (Free iftar this Ramadhan! All Malaysians are invited.) ● Multifaith Centre, D Floor, East Block, Medical School, Queens Medical Centre. ● Prayer Room, B02 & B05, Amenities Block, Jubilee Campus ● Prayer Room, opposite shuttle bus stop in the main car park, Sutton Bonington Campus ● Multi-faith Prayer Room (next to Studio 7), King's Meadow, Lenton Campus. <p style="text-align: center;">Off Campus</p> <ul style="list-style-type: none"> ● Masjid Abi Bakr As-Siddiq (Muslim Welfare House), 215, Derby Road, Lenton. (near Savoy cinema) ● Masjid Bilal, 3-5, Lenton Boulevard, Lenton. ● Islamic Centre, 3 Curzon Street, St Ann's Well Road, Nottingham City Centre. ● As-Shifa & Karimia Mosque, 512, Berridge Road West, Bobbersmill, Hyson Green. ● Prayer Room, Nottingham Trent University. <p>**Or visit this website to find mosques in Nottingham: http://www.salaam.co.uk/mosques/index.php?locale=Nottingham</p>
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Christians	<p style="text-align: center;">Main Campus</p> <p><i>Roman Catholic</i> MASS Great Hall Trent Building</p> <p style="text-align: center;">Off Campus</p> <p><i>Anglican</i> ST MARY'S CHURCH</p> <p><i>Chinese Church</i> NOTTINGHAM CHINESE CHRISTIAN CHURCH</p> <p><i>Cornerstone Evangelical Church</i></p> <p>CORNERSTONE EVANGELICAL CHURCH</p> <p><i>Lutheran</i> GERMAN LUTHERAN CHURCH TRINITY LUTHERAN CHURCH</p> <p><i>Methodist</i> LENTON METHODIST CHURCH</p> <p><i>United Reformed Church</i></p> <p>BOUNDARY ROAD UNITED REFORMED CHURCH</p> <p>There are churches of virtually all sizes and traditions in the Nottingham area. For further info or to find a church by denomination please visit the University Chaplaincy's website: www.nottingham.ac.uk/chaplains</p>
Buddists	<ul style="list-style-type: none"> • Nottingham Buddhist Centre 9 St. Mary's Place, Nottingham, NG1 1PH • Akshobya Buddhist Centre • Pelham Road, Sherwood Rise, Nottingham, NG5 1AP
Hindus	Hindu Temple and Community Centre in Carlton Road
Sikhs	<ul style="list-style-type: none"> • The Sikh Temple, 26, Nottingham Road, Nottingham, NG7 7AE

Practising Respective Religions

Although UK is not a Muslim country, practising our own respective religions is not a problem. Here are some guidelines.

Muslims

If your prayer time clashes with lectures (since the length for Zuhr and Asr prayers are short during winter), we can do jama' (combining two prayers in one time). Since putting our feet in the sinks to wash it for taking wudhu' may be seen as indecent, we can use khuf. Do ask the Muslim seniors about these. For references, please visit these websites:

www.al-ahkam.net "khuf"

www.al-firdaus.com "Panduan Ibadah Dalam Musafir Penerbangan"

www.sahihmuslim.com "Book of Prayer"

For Muslims, there are many study circles (usrah), camps and other Islamic events organised by FOSIS UK&EIRE, ISoc, MSM, iLuvislam and NMS itself to guide you through living in UK with faith and Islam.

Non Muslims

For Christians, chaplains have particular links with local churches and are responsible for a Roman Catholic service on the main campus on Sundays. You can be part of Nottingham University Christian Union. There is also a special Christian union for international students (especially those from the Asia Pacific region – Malaysia, Singapore, Brunei, Thailand and others) called Solid Rock.

Travelling

Travelling in the UK is fairly convenient. Also, travelling to European countries is equally easy and affordable. However, travelling is not just getting to your destination. You have to do some research on where you are going to stay, how you get your food and stuff like that.

A crucial suggestion – **PLAN AHEAD**. If you plan earlier, you will be able to book cheaper tickets from EasyJet, Ryanair and BMIbaby. Most promotions and tickets are available online. Take note that in railway stations and the East Midland Trains website, they accept all cards except Solo, so you need to carry cash if you have a Solo debit card.

Weather

British weather is unpredictable. Most people will check weather forecasts online before going out. Bring a basic sweater when you first arrive because September- October is not that cold. (Generally of course - depends on your tolerance)

If you hate umbrellas, get a waterproof thick jacket. Get good walking shoes too, because there is nothing more horrible than having sore, wet, frozen toes. It can get really cold in winter. Fingers crossed, we might be able to enjoy the snow as we did last year. ☺

A message from the Malaysian Students Department (MSD)

MSD is an organization affiliated with the Malaysian High Commission as well as the Department of Education and serves to look after the welfare of Malaysian students in the UK and Eire. It manages student affairs with regard to their financial needs, good behaviour and well being through various programmes jointly organised with them. It also runs Malaysia Halls throughout the UK.

In order to carry out their duties, they request that each and every Malaysian student in the UK register themselves with the Department upon arrival. This proved especially crucial during the bomb attacks in London when families contacted the MSD for any information regarding relatives they had studying in the UK. It eased the tracking process greatly and gave many families peace of mind. It is, therefore, important, more now than ever, that as soon as you arrive in the UK that you register with the MSD. You can do so on their website <http://www.masduke.com>

Malaysian Students Department (MSD)
30-34 Queensborough Terrace,
London W2 3ST
+44 (0) 2079 851 252
+44 (0) 2079 851 262 (Malaysian Hall)

Nottingham Malaysian Society (NMS)

NMS has around 350 members and is a non-profit organisation established to look after the welfare of Malaysian students studying in the University of Nottingham and also any other Malaysian fellow in need. NMS also celebrates and promotes Malaysian culture (and food) through events like **Nottingham Games, Malaysian Night** and many more.

Membership is not compulsory, but for a registration fee of merely £4, the experience, the people you will meet and the activities (not to mention good Malaysian food!) that we have in line for you will be worth it.

Do sign up at our booth during Freshers Fayre. We will be looking out for you!

Our website : www.nms-uk.com

Our facebook : <http://www.facebook.com/group.php?gid=2258012409>

Our Upcoming Events *subject to changes

- 22 - 23 September 2010 : Freshers' Fayre
- 22 September 2010 : General and Traveller's Fiqh Talk
- 25 September 2010 : Orientation Day + election of First Year Reps + introduction of foster families + Raya open house
- 3 October 2010 : Car-boot trip
- 9 October 2010 : Trip to Goose Fair
- 15 - 17 October 2010 : Freshers' Camp
- 6 November 2010 : Nottingham Malaysian Games
- 13 November 2010 : Deepavali celebration + NMG 2010 Thank You Party
- 4 December 2010 : Bacaan Yasiin (Awal Muharram early celebration + pre-exam doa hajat)
- 4 February 2011 : Chinese New Year celebration
- 12 February 2011 : Swimming Gala
- Early March 2011 : Malaysian Night
- Mid March 2011 : Hiking
- Mid March 2011 : Pre-exam solat hajat
- End March 2011 : Annual General Meeting

Fresher's Camp '10

- It is co-organised by Nottingham Malaysian Society (NMS), Leeds University Malaysian Society (LUMSOC), and Sheffield Malaysian Students Association (SMSA) for all freshies who are interested!
- This camp aims to build early networking among juniors and among juniors-seniors for better adaptation to new surrounding and culture.
- Motivational talk from inspiring speakers about survival tips and how to maximize your stay in UK.

The 26th Nottingham Malaysian Games

- An annual event.
- Nottingham Malaysian Society as the host.
- Last year, we accommodated more than 5000 people for the day and we play games!
- It is the biggest and most awaited event for Malaysian from all over UK and Ireland.
- It is a good chance to meet up with your friends from other universities and show unity through sportsmanship.

Malaysian Night

- A cultural event held annually by all Malaysian Societies in the UK.
- A night filled with plays, performances and interesting people.
- You get to meet a lot of people from all over the UK.
- An entertaining evening to promote Malaysia and its culture.

Nottingham Malaysian Community

Another Malaysian society in Nottingham which consists of postgraduates. You may also ask help from them, especially for our postgraduate freshies.

President

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Vice President

Adam @ Lew Choong Jin

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A word on culture...

The United Kingdom is comprised of different countries (England, Scotland, Northern Ireland and Wales) and they all have very different traditions and dialects. Forget stereotypes and pre-conceived ideas and go with an open mind to learn and understand a whole new culture that you will find yourself in.

If there's anything obvious about British people, they are extremely polite. Having good manners and being considerate is regarded as something basic. For instance, holding the door open for someone, letting people out of a lift first, waiting in line, saying sorry when bumping into someone and saying "Please" and "Thank you" are all expected.

Contrary to the spoon feeding culture that Malaysian students are generally accustomed to, when you go to the UK everything is about doing your own research and studying in your own time. You cannot expect your lecturers to keep track of your progress; you will have to keep on asking questions if you want to be on the right track. Always plan ahead whenever you want to get something done.

Regarding language, it might be a bit hard to understand British accent for some at first, but you will get used to it, so fear not! While trying to understand them, keep in mind that they need to understand you as well. Manglish is not used universally; therefore try to keep the "la" and "meh" and "wei" and "liao" and everything else to a minimum if you can help it. Not saying you should be ashamed of Manglish; you can use it as often as you like among yourselves.

Summary

Things You Have to Do

Before arriving in UK:

- 1) Register with the university
- 2) Apply for accommodation
- 3) Apply for visa and passport
- 4) Get your medical check-up done

Once arrived:

- 1) Register with MSD in person or by online
- 2) Register with the hall during orientation week
- 3) Open a bank account
- 4) Activate your university username and password
- 5) Register with societies you interested in during Fresher's Fayre (highly recommended: NMS and ISoc)
- 6) Register with NHS. Get vaccination for free for those who haven't done it.

A little something for you from us

The first week alone in Nottingham will probably be stressful, depressing and you will feel like going back to Malaysia to all the glorious warmth and comfort that home provides. In times like these, do not hesitate to turn to your seniors and NMS, because we are there for exactly that reason. We understand how you feel, because we have gone through the exact same things.

Keep your chin up and be positive. It's a whole new experience. For anything that is not covered in this book, we will always be there for you. If you have any suggestions on improving this guide, please do tell us so that the next committee members can do something about it!

The next generation of committee members could be you, for all we know!

Below is the list of contact details of the NMS committee members. Please, DO contact us regarding anything and we will try our best to help you. We are really a bunch of friendly people!

<p>President Teoh Tsu Kuan</p> <p>Medicine</p> <p>+447 771 628 115 teohtsukuan@gmail.com</p>	<p>Vice President Sarah Syamimi Mohd Suhaimi</p> <p>Economics</p> <p>+447 851 919 545 019-3575668 sarasyamimi@ yahoo.co.uk</p>	<p>Secretary Wan Nur Atiqah Mior Mohd Zain</p> <p>Law</p> <p>+447 895 962 322 wna_mimoza@ yahoo.co.uk</p>
<p>Treasurer Chua Vi Cher</p> <p>Law</p> <p>+447 875 246 311 012-4797010 vicherchua@ gmail.com</p>	<p>Publicity Officer Iman Kamarul Asri</p> <p>Medicine</p> <p>+447 598 359 328 017-7422193 imanka3@gmail.com</p>	<p>Welfare Officer Yasmin Ibrahim</p> <p>Pharmacy</p> <p>+447 964 739 504 019-9875500 jasmine_melodee @yahoo.com</p>

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Sports Secretary

Muhammad Akmal Aliff

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017-6103906

sekolah89@yahoo.com.my

Extras

During the Welcome Programme, there will be people called “**Student Assistants**” who will be running the programme and helping new students get important things done like opening a bank account. Student assistants are students themselves from various nationalities, so this will help freshies identify with them more easily.

There will be Malaysian students working as Student Assistants at that time. NMS also have many volunteers willing to help you out throughout your first few weeks in Nottingham.