



## Transport

Consider what your travel arrangements will be and use your discounts.

- 16-25 Railcard saves one-third on train fares: [www.16-25railcard.co.uk](http://www.16-25railcard.co.uk)
- Young Persons Coach Card- saves one-third off coach travel: [www.nationalexpress.com/en/offers/coachcards/young-person](http://www.nationalexpress.com/en/offers/coachcards/young-person)
- Bath University Bus Pass: [www.thesubath.com/buses](http://www.thesubath.com/buses)

## Socialising

Socialising is an important part of student life, be mindful of your spending habits, as relatively small costs can add up very quickly. Being social does not have to be expensive as you can take advantage of your NUS discounts, free events at the SU or staying in and inviting friends round

If, however, it is taking longer than hoped to make new friends or you are concerned about someone else being isolated please visit this webpage for more information on what you can do:

[www.bath.ac.uk/guides/getting-support-if-you-or-someone-else-is-feeling-lonely-or-isolated](http://www.bath.ac.uk/guides/getting-support-if-you-or-someone-else-is-feeling-lonely-or-isolated)

## NUS Student Discounts

There are numerous discounts you can access with your NUS card. Do not overspend on items that you do not need. For more information: [www.nus.org.uk/en/nus-extra](http://www.nus.org.uk/en/nus-extra)

## Needing Help?

If you feel that you are struggling to cope with your financial situation please seek help as soon as possible. The sooner you are able to deal with a financial problem the more options you have to resolve it. Do not leave it until it's too late.

Student Money Advice run a daily drop in service, for information please visit [go.bath.ac.uk/money](http://go.bath.ac.uk/money)

## Food

Avoid the common pitfalls when doing your weekly shopping and write a shopping list. For information on how to save on your food costs please visit:

[www.savethestudent.org/save-money/food-drink/ways-to-save-money-on-food](http://www.savethestudent.org/save-money/food-drink/ways-to-save-money-on-food)

Learn a few budget recipes that will help you save money and provide you with healthy eating options.

[www.bbcgoodfood.com/recipes/collection/student](http://www.bbcgoodfood.com/recipes/collection/student)

## Health

For healthcare costs or an ongoing prescription you can get a Prescription Prepayment Certificate (PPC) which can help save money. For further information:

[www.nhs.uk/using-the-nhs/help-with-health-costs/get-help-with-prescription-costs](http://www.nhs.uk/using-the-nhs/help-with-health-costs/get-help-with-prescription-costs)

[www.nus.org.uk/en/advice/money-and-funding/students-and-health-benefits](http://www.nus.org.uk/en/advice/money-and-funding/students-and-health-benefits)

## Part-Time Work

A good way to earn extra money as well as enhancing your skills, we do not recommend working more than 15 hours a week as this can adversely affect your studies. For further information: [www.thesubath.com/jobs](http://www.thesubath.com/jobs)

## International Students

For information about preparation, arrival, studying, funding and living in the UK etc. please visit: [www.ukcisa.org.uk](http://www.ukcisa.org.uk)