

Useful tips 2026

A. DOCUMENTS

To enter the UK you must have

A VALID PASSPORT

Apply or renew your passport well in advance!

A national ID card is no longer accepted to enter the UK.

Additional supporting documents:

- **ETA (Electronic Travel Authorisation) is required before travelling - ETA is now valid up to 3 years** (please check the government regulations because they may change over time) and it is compulsory if you travel for tourism, visiting family and friends, business or short-term studies - You can apply for an ETA on the UK government app, downloadable from Apple Store or Google Play - The cost may vary every year - The process to apply for an ETA takes about 10 minutes to be completed and will be validated within 3 days.
- ➔ **READ ALL DETAILS AND HOW TO APPLY ON THE UK GOVERNMENT WEBSITE [HERE](#)**
- ➔ **ITALIAN STUDENTS UNDER THE AGE OF 14 MUST OBTAIN A “DOCUMENTO DI ACCOMPAGNO”** indicating details of the accompanying person. The document has to be signed by the parents and verified by your Passport Office before departure. This document is required by the national Authorities, not by the UK

B. TRAVEL and HEALTH INSURANCE

First aid is free of charges in the UK for registered residents, but as a visiting international student you should have a card or a medical report to prove that you are entitled to receive free health assistance.

It is strongly recommended to sign up a **travel and health insurance** to cover any unfortunate circumstance, including dentistry.



C. CLOTHING & WEATHER

Be simple! Be light!

PLEASE AVOID HEAVY BAGGAGE!!!

ANY EXTRA KG MAY BE CHARGED AT CHECK IN

It is possible to wash your clothes at your host-family: bring with you a bag for the wash and ask your host-parents to help you wash your clothes.

You do NOT need to bring bedlinen or towels unless you want to have your own.

The weather in Devon is "Atlantic", that means rainy but not very cold... In the summer the temperature may vary between 10° and 28° with an average of 18-20°.

Sudden changes are always possible and showers can come at any time.

Our recommended clothing:

- * A warm jumper or sweater
- * A light raincoat
- * A sun hat & sun cream
- * Comfortable shoes (trekking or trainer shoes, sleepers to wear at home and sandals for the beach)
- * Daily clothes (trousers, skirts, shirts, shorts...)
- * Underwear as needed
- * Swimming costume if you are brave enough for swimming in the Channel, in the North Sea or in a river... (Note: the sea water is usually about 13° thanks to the Gulf Stream... the river far below...)



D. POCKET MONEY

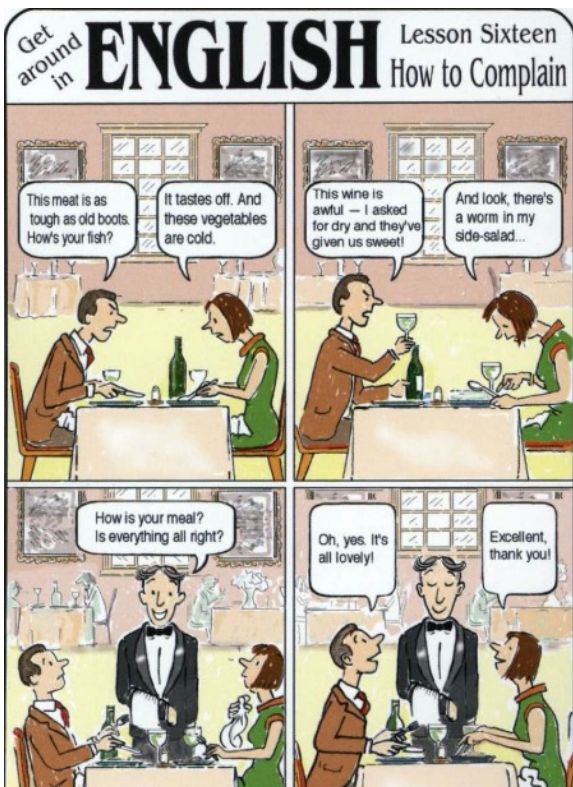
The amount of pocket money for personal expenses is at your discretion. A suggested amount may be around £50 per week.



PLEASE NOTE: When changing money at your bank, ask to be given the new waterproof, laminated banknotes as the old ones on paper have been replaced and are no longer accepted in shops. Old notes can only be changed in UK banks where you have a bank account or at any branch of the Bank of England.

AEL can't guarantee to be able to support the changing of those old notes during your stay in the UK, as it is no longer a straightforward process. Also keep in mind that £50 notes are no longer accepted.

E. FOOD & DIET



If you have any **special diet or food intolerance or allergies**, please write all details on the [AEL online questionnaire \(Health & Safety Section\)](#) clarifying your special requirements and how we can assist at best.

E. MEDICAL TREATMENTS & REMEDIES

PLEASE COMPLETE IN FULL THE HEALTH AND SAFETY QUESTIONNAIRE ON YOUR AEL ONLINE PROFILE

If you need a medical treatment or remedies while you are in the UK, please let us know whether you need assistance or you can self-administrate your treatment.

If you need assistance, we are happy to help as much as we could. A medical report might be required for certain medical treatment.

PLEASE NOTE THAT WE MIGHT BE UNABLE TO ADMIT CERTAIN KIND OF DISEASES IF THE PRESENCE OF A PROFESSIONAL HEALTH CARE IS REQUIRED ON-SITE OR AT HOME.



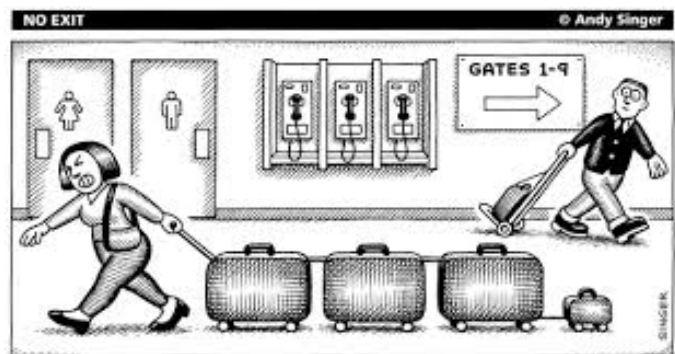
Please note that antibiotics in the UK are given only under a registered doctor prescription. If you want to use them anyway, you may bring your personal allowance with you. In case of illness we contact a doctor in the UK and the student's family.

For emergency protocol, please read carefully our [Terms & Conditions \(§12\)](#).

F. BAGGAGE

Be aware that the bag allowance may vary according to the ticket you bought: a surcharge* may apply if your baggage is over the weight-limits.

** [surcharge may vary depending on your airlines].*



Before you start your journey, please check again the hand-baggage restrictions and allowance with your airlines.

HOW TO PREPARE YOUR BAGGAGE

- * *Please don't take with you anything which is not necessary!*
- * *Don't put in your baggage anything given by unknown people for any reason!*
- * *Restrictions on baggage and hand-baggage may change: please verify this with your airlines and airport before your departure date.*

G. ADAPTOR

Remember to take with you -or plan to buy when you are in the UK- an 'adaptor' to adapt your original plug to the UK electric sockets.

An adaptor in the UK may start from £3 approximately.



H. SHOPS & SHOPPING



You may enjoy shopping in the UK, but be aware that:

- * shops are NOT allowed to sell alcohol or tobaccos to any person under the age of 18;
- * DVDs have an age rate and cannot be sold unless the buyer can prove to be over that age;
- * shops seem to be 'unsupervised' but all of them are protected by a video camera surveillance system.

I. TRAVELING BY CAR

If you plan to come to the UK by car, please remember:

- * driver seat is on the right and driving lane on the left!
- * at cross-roads and round-about, give way to vehicles coming from the right
- * overtake a vehicle always on the right (unless in a traffic congestion)
- * speed limit on motorways and dual-carriageways is 70 mph (equivalent to 115 Kmh).



FINAL IMPORTANT NOTE



DON'T FORGET TO SEND US

* The **PARENTS CONTACT NUMBERS** and **TWO EMERGENCY NUMBERS** to call you IF NECESSARY during the whole period of the summer school



- * the **STUDENT MOBILE NUMBER** (if any) to keep in touch during their stay

Looking forward to welcoming you in the UK this summer!