



BIRMINGHAM CITY
University

New arrivals information pack



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Welcome to Birmingham City University

You can find all the essential information in this document to help you settle in, including guidance on grocery, health and beauty shopping, registering with a General Practitioner, and getting around using local transport. You can easily navigate to the section you need by clicking on the relevant heading in the Contents table on page 2.

To help you settle into living and studying in the UK, we are inviting you to BCU's International Orientation Programme, taking place from **Monday 11 January 2027**. During the programme, you will receive important information, practical guidance, and support to help you settle into life in the UK and prepare for your studies at BCU.

You are also invited to our informative talks and welcoming events that we are offering during September, where you can meet other BCU international and home students to form friendships and community prior to starting your course.

If you have any questions about your Orientation Programme, please email **StudentInductionCommunity@bcu.ac.uk**. We look forward to welcoming you at BCU!

Best wishes,
The Student Induction and
Community Team

Main food and convenience shops

Main food stores are large supermarkets in shopping areas where you can shop in person or online (delivery fees may apply). They offer a wide range of food, homeware and household items.

Smaller versions, which commonly have 'Express', 'Daily' or 'Local' in the name, sell essential items only. You can also find international food in big supermarkets.

Convenience stores are smaller shops found in residential areas and petrol stations. They mainly sell essential items, cheaper products and may be open 24/7.

Stores like B&M, Poundland and Home Bargains offer low-cost homeware, washing up liquid, cleaning products, food and pantry products.

Online delivery available:

Asda

Best-one

Co-op

Costcutter

Home bargains

Iceland

Londis

Morrisons

M&S (via Ocado)

Nisa

One stop

Premier

Sainsbury's

Spar

Tesco

Waitrose

Online delivery not available:

Aldi

B&M

Farmfoods

Heron Foods

Lidl

Poundland



Cheapest to most expensive food shops



Click here for further information on cheapest to most expensive supermarkets list.



Low price:

Aldi, Lidl, Iceland, Farmfoods, Heron Foods



Mid price:

Asda, Tesco, Morrisons, Sainsbury's



High price:

Waitrose, M&S/Ocado*, Co-op

*Ocado is online-only and sells M&S and Waitrose products.



Tips:

• **Supermarket membership discounts:**

points, discounts or special offers. These memberships are usually free and can be managed on their app. For example: Tesco Clubcard, Lidl Plus and Nectar for Sainsbury's.

• **Yellow stickers (reduced items):**

Shop near closing time to find discounted food with yellow stickers which have items expiring that day.

• **Student discounts:**

Some apps like Totum, UniDays or Student Beans offer some store discounts which you can use, but you will need to apply with your student email address.

• **Opening times vary:**

each store will have its designated opening times and may vary across store locations, and some shops will open later and close early on Sundays and bank holidays.

Shops close to campus

City Centre Campus



If you study at the City Centre Campus (Curzon, Parkside, Millennium Point, Royal Birmingham Conservatoire, STEAMhouse or Benjamin Zephaniah Building) or live nearby, you can visit these local shops:

Co-op:

50 Curzon St, Birmingham B4 7XJ: 3-minute walk from campus and directly behind University Locks accommodation. Open 6am - 11pm, Monday - Sunday.

Londis:

98 Moor Street Queensway, Birmingham B4 6GF: 9-minute walk from campus. Open 7am - midnight Monday - Saturday, 8am - midnight Sunday.

Tesco Express:

University, Aston St Aston, Birmingham B4 7ET: 10-minute walk from campus. Open 7am - 11pm, Monday - Sunday.

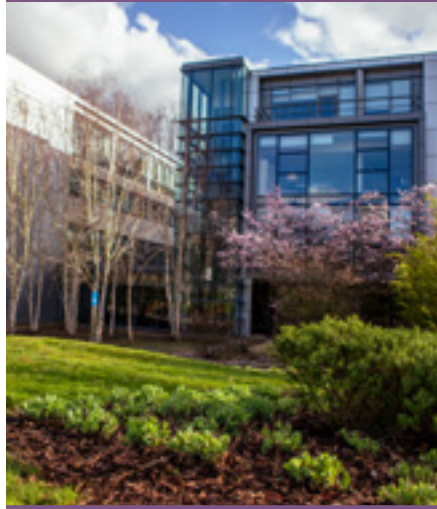
Sainsbury's Local:

30 The Priory Queensway, Birmingham B4 6BS: 14-minute walk from campus. Open 7am - 8pm weekdays, 9am - 8pm weekends.

Chinatown supermarkets:

Mainly located on Hurst Street, Essex Street and Bromsgrove Street in the city centre: 15-minute bus journey or 22-minute walk from campus. Various opening times ranging from 8am - 10pm every day.

City South Campus



If you study at City South Campus in Edgbaston (Seacole Building, Bevan House and Harborne Rd Building) or live nearby, you can visit these local shops:

Morrisons:

30 Hagley Rd, Birmingham B15 1TR: 11-minute walk from campus. Open 7am - 11pm Monday - Saturday, 10am - 4pm Sunday.

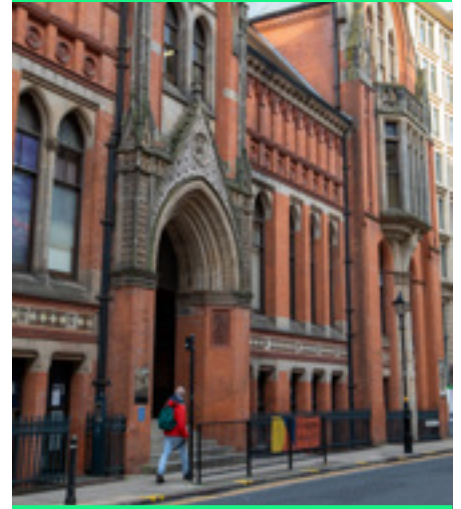
Co-op:

Wheeleys Rd, Edgbaston, Birmingham B15 2LJ: 12-minute walk from campus. Open 7am - 10pm, Monday - Sunday.

Waitrose:

210 High St, Harborne, Birmingham B17 9PP: 26-minute walk or 9-minute bus journey from campus. Open 8am - 9pm weekdays, 8am - 8pm Saturday and 10am - 4pm Sunday.

School of Art



If you study at the School of Art (Margaret Street) or live nearby, you can visit these local shops:

M&S New Street Station or M&S Bullring: 8-10-minute walk from Margaret Street:

- New Street Station: 6am - 11pm Monday - Saturday and 8am - 10pm Sunday.
- Bullring: Open 8am - 9pm Monday - Saturday and 11am - 5pm Sunday.

Co-op:

Newhall Square, Newhall St, Birmingham B3 1RU: 5-minute walk from Margaret Street. Open 6am - 11pm, Monday - Sunday.

Tesco Express:

96 Newhall St, Birmingham B3 1PB: 4-minute walk from Margaret Street. Open 6am - 11pm, Monday - Sunday.

📍 School of Jewellery



If you study at the School of Jewellery (Vittoria Street, Assay Office and St Paul's Square) or live nearby, you can visit these local shops:

Tesco Express:

36 Frederick St, Birmingham B1 3HN: 2-minute walk from the School of Jewellery. Open 6am - 11pm, Monday - Sunday.

Tesco Superstore:

Camden St, Hockley, Birmingham B18 7BH: 10-minute walk from Vittoria Street. Open 6am - 12am Monday - Saturday and 11am - 5pm Sunday.

📍 Royal Birmingham Conservatoire - acting



If you study acting (Ruskin Hall, Bournville) or live nearby, you can visit these local shops:

Morrisons Daily:

47 Sycamore Rd, Bournville, Birmingham B30 2AA: 3-minute walk from Ruskin Hall. Open 7am - 8pm weekdays and 7am - 7pm on weekends.

Farmfoods Ltd:

Hazelwell St, Stirchley, Birmingham B30 2JX: 20-minute walk from Ruskin Hall. Open 8am - 10pm weekdays, 8am - 8pm Saturday and 11am - 5pm Sunday.

Aldi:

1326 Pershore Rd, Stirchley, Birmingham B30 2XS: 22-minute walk from Ruskin Hall. Open 8am - 10pm Monday - Saturday and 10am - 4pm Sunday.

📍 Alexander Stadium



If you study at the Alexander Stadium or live nearby, you can go to these local shops:

One Stop Shopping Centre:

Walsall Rd, Perry Barr, Birmingham B42 1AA. It is about a 27-minute walk or a 17-minute bus journey from Alexander Stadium. The centre includes shops such as Heron Foods, the Food Warehouse (Iceland), Asda, and B&M. Opening times vary, but it is typically open 8am - 8pm Monday - Saturday and 11am - 5pm Sundays.

Premier:

281 Aldridge Rd, Perry Barr, Birmingham B42 2EY: 16-minute walk from Alexander Stadium. 8am - 8pm Monday - Saturday (9pm close on Friday) and 9am - 7pm Sunday.



Health and beauty shops

We have a variety of health and beauty shops in Birmingham, which sell makeup, toiletries, self-care items, some medicine and wellness products.

Boots and Superdrug:

Popular budget stores for beauty, skincare, toiletries, perfumes and some over-the-counter pain relief and cold medicine (some shops also include pharmacies).

Lush and The Body Shop:

Good for vegan and ethical products.

Bath and Body Works:

Seasonal and more premium body care and fragrances.

SpaceNK and Sephora:

Higher-end makeup and beauty products.

Holland & Barrett:

Wellness products, vitamins and some healthy food options.

The Perfume Shop and The Fragrance Shop:

Wide range of perfumes and aftershaves.

Most of these stores can be found in Birmingham city centre (Bullring, Selfridges and the High Street).

Transport in Birmingham

Transport in Birmingham is mainly operated by Transport for West Midlands, but there are also other companies that run it too.



The types of transport they operate are buses, trams, trains and bikes/scooters. You can use the bus, tram or train for most campuses. Exceptions are Ruskin Hall and Alexander Stadium. For Ruskin Hall you can get the bus or train, and you can only get to Alexander Stadium by bus. **Further information about transportation in the West Midlands area.**

With Transport for West Midlands, you can get **Swift Cards** to help make transport easier, cost-efficient and quicker. You can use it as a ticket for the bus, tram and some train services, and pay as you go on the bus and tram. There is an option for you to purchase 4-week or monthly passes, which are cheaper compared to pay as you go.

Follow this link for Swift Card Information.

Bus:

- £3 single or £5.50 day cap, which is contactless.
- Give the exact cash amount, as no change will be provided, or use mobile payment apps such as NX Bus to purchase tickets.
- Runs across Birmingham and the West Midlands.

Train:

- Main stations in Birmingham city centre: New Street, Moor Street, Snow Hill.
- Buy tickets at stations or apps, such as Trainline / West Midlands Railway.
- Peak ticket is more expensive than an off-peak ticket.

Tram/metro:

- Runs between Wolverhampton and Birmingham.
- Buy tickets at machines, onboard, or Metro app (TfWM app).

Cycling and scooters:

- Bikes / scooters are available across the city.
- Unlock via Lime app and park in designated zones.

Coach (National Express):

- The coach service is cheaper for long-distance travel but slower compared to other transportation.
- Coach station in Digbeth.

Taxi:

- Black cabs are available in Birmingham city centre, and you can use cash or card.
- Apps: Uber and Bolt.
- Local option: 0121 427 8888
TOA Taxis Birmingham



Registering with a GP (General Practitioner)

A GP is a qualified doctor who works in GP surgeries / practices. You will need to book an appointment with the doctor before you visit them. You can go to them for a diagnosis, referral, to issue sickness letters, or advise on medical issues. [Click here to register with an NHS GP.](#)

What you will need to do for online registration is:

1. Go to the NHS website and enter your postcode or use your location to find local GP surgeries. There are GP surgeries in most areas so you should find one close to your location.
2. Choose a surgery where you can do online registration.
3. Allow 15 minutes to complete the registration form.
4. You will be informed when you have been registered and it can take up to five working days to hear back.

Other ways to register with a GP:

- Download the registration form off the NHS website, fill it in and take it to the GP you want to register with.
- Go to the GP and fill in a paper form to register. GPs are usually open from 9am - 5pm, Monday - Friday, and some may have Saturday opening times.
- Fill in a form on the GP's website, but only some GPs offer this method.

Pharmacy:

If you need to go to a pharmacy for prescription medication, your GP can advise on your local pharmacy. Pharmacies are commonly located in

Birmingham. The majority are open 9am - 5pm Monday - Friday, with some operating a Saturday opening time. On the NHS app, you can pick your chosen pharmacy where prescription medicine can be collected.

Emergency and urgent care:

Call 999 for life-threatening emergencies (examples: unconscious, chest pain, severe bleeding, difficulty / not breathing). An ambulance may be sent.

Non-emergency help:

Call 111 for advice on less serious issues (examples: fever, minor illness, infections, injuries). They can direct you to A&E or an urgent care centre if needed.