



THE BRITISH WAY OF LIFE



Chapter 1: Basics

Before we start	How to read this guide Tools and skills you need Some important words
Your new home	The United Kingdom UK cities The British weather Local knowledge
Language	Different languages within the UK Regional accents Improving your English Filling in forms
Customs	Polite ways of speaking Body language Greeting people Group etiquette and good manners Tolerance of differences
Money	Coins and notes Change and tips

Chapter 2: Local Information

Provisions and supplies	Shopping for what you need Places to eat Other places to get quick food Getting the things you like Where to shop cheaply
Accommodation	Places to stay for a short time Renting a room, apartment or house House-sharing Ethnic minority communities
Public transport	Buses and coaches Trains, trams and the Underground Taxis and private hire cars Paying the fare Cheaper fares
Facilities	Public libraries Leisure and community centres Public toilets (WCs) Postal services Mobile phones and networks Wi-Fi and internet access
Religious practice	Religious communities Places of worship Festivals and holy days Prayers and rituals Help with religious needs Diet, dress and grooming

Chapter 3: Staying Safe and Legal

Documentation	Passports and identity cards Visas Police registration Licences
Social conduct	Rubbish and recycling Clothing and public decency Social mixing Gambling and betting Bringing up children Pets and other animals
Drugs and the law	Drinking alcohol Smoking tobacco Controlled substances
Safety at home	Infection and infestation Fire and electrical safety Gas and boiler safety Security
Safety outdoors	Road safety Pickpockets Bag snatchers and muggers Racism
The emergency services	Telephone numbers Police Fire and Rescue Rescue in the mountains or at sea Ambulance and first aid Hoax calls

Chapter 4: Health and Hygiene

Home hygiene	Treatment of body infestations Food storage Correct disposal of rubbish Pest control
Nutrition and the NHS	Nutrition Contagion and immunisation Treating yourself for minor illness
Local medical services	Pharmacies General practitioners Walk-in centres and minor Injury units Prescriptions Dental and optical treatment
Specialist treatment	NHS hospitals Accident and Emergency Alternatives to A & E Private hospitals and clinics Hospital inpatients and outpatients

Chapter 5: Making a Living

Steps to citizenship	Your immigration status and rights Extending or switching visas English language testing The Life in the United Kingdom test Settlement Naturalisation and citizenship
Finding work	Preparation and CVs Job agencies Local advertising Other places to look for jobs Universal Jobmatch Jobcentre Plus
Benefits	What benefits do you qualify for? Applying for benefits Universal Credit
Banking and money management	Account providers and accounts Choosing and opening an account Debit cards and ATM Deposits and direct debits Understanding bank statements Saving money and budgeting Sending money overseas

Chapter 6: A Better Life

Entertainment and culture	Entertainment at home Public houses and bars Cinema, theatre and festivals Museums, galleries, exhibits and art Watching and playing sport
Your own transport	From public to private transport Driving a car Lessons and the test Insurance, tax and MOT
Holidays and travel	Public and bank holidays Holiday entitlement at work Exploring the United Kingdom Overseas holidays Airports and air travel
Children and schooling	Childminding and pre-school The British school system Choosing a school
Further education	Part-time courses Full-time training Fees
The right to vote	The British government and taxes British political parties Qualifying to vote Registration and procedure

- The **most comprehensive program** to help new arrivals understand the British Way of Life
- **FREE** for everybody
- Full human **English speech** throughout
- **Google Translate** on all pages optionally
- Over **400 pages** of useful knowledge
- **Full glossary** to help with words and phrases
- Fun **quizzes** after each topic to help recall
- **Links** to many useful websites including government and NHS
- Contains all the basic facts and information needed to help users **succeed in British life**

