

A strong beginning, a global future: preparing your child to study abroad

30+ years
of preparing
international
students to thrive
at university
and beyond

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“ Students who are applying to the International Study Centre are going to have a great experience. Studying here is going to have a huge impact on their future careers and their future in general.”

Jad from Lebanon
 Studied International Foundation Year in Business, Economics, Accounting and Finance
 Progressed to BA (Hons) Business and Management



The smartest choice to start university

Studying at a university abroad is a big step for your child - it's exciting, ambitious and full of possibility. Turning that possibility into lasting success takes more than meeting entry requirements. It takes confidence. It takes preparation. It takes a strong beginning.

That's why strong degree preparation is the smartest choice for students who want to thrive at university, not just get a degree. It's why many students choose a degree preparation or degree-level study programme with Study Group - because it builds confidence and creates a smoother transition into university life.

This guide is designed to provide everything you need to know about:

- How studying abroad works
- The study options available
- The support your child will receive
- What your child needs to bring with them



Study options: choosing the strongest start

Every student's journey is different. Choosing the right study route builds confidence and sets your child up for success.

With clear learning plans and personal academic support, there is no guesswork - just better preparation that lead to a more confident start to university learning. This means your child always knows what they are working towards and where to get help if they need it.

89% of students completing our programmes were eligible to progress to their desired university course in 2024/25.

University degree preparation - Gain the advantage

A degree preparation programme is a powerful first step for students who want to begin their degree with certainty and strength. Students develop the academic knowledge, study skills and confidence needed to meet university expectations from their very first day.

International Foundation Year

A supportive first step that prepares your child academically and personally before starting their undergraduate degree.

- Builds subject knowledge and English skills
- Develops academic writing, research and critical thinking
- Smaller classes with personalised support
- Helps students gain confidence and independence
- Guaranteed progression to year one of their chosen degree on successful completion

Students also benefit from structured teaching and regular feedback, helping them understand university expectations and make consistent academic progress. By the end of the programme, students feel prepared, independent and ready for university study.

87% of International Foundation Year students completing our programme were eligible to progress to their chosen university course in 2024/25.



Bellerbys Foundation Programme

For students who would prefer to start with a university preparation programme closer to home before progressing to an international university. Choose from a wide range of delivery partners all offering the same foundation programme and global progression opportunities.

- Comprehensive academic preparation
- Personalised support throughout studies
- Access to a wide network of university partners
- Progression to undergraduate degrees in the UK and internationally

This option allows students to build confidence and strong academic foundations in a familiar environment before progressing to their degree.



Degree level study - Take the confident first step

For students who are ready to begin their degree, degree-level study combines academic progress with the reassurance of structured support.

Undergraduate Degree Year One

The Undergraduate Degree Year One (IY1) is the perfect choice for students who want a confident start to university life.

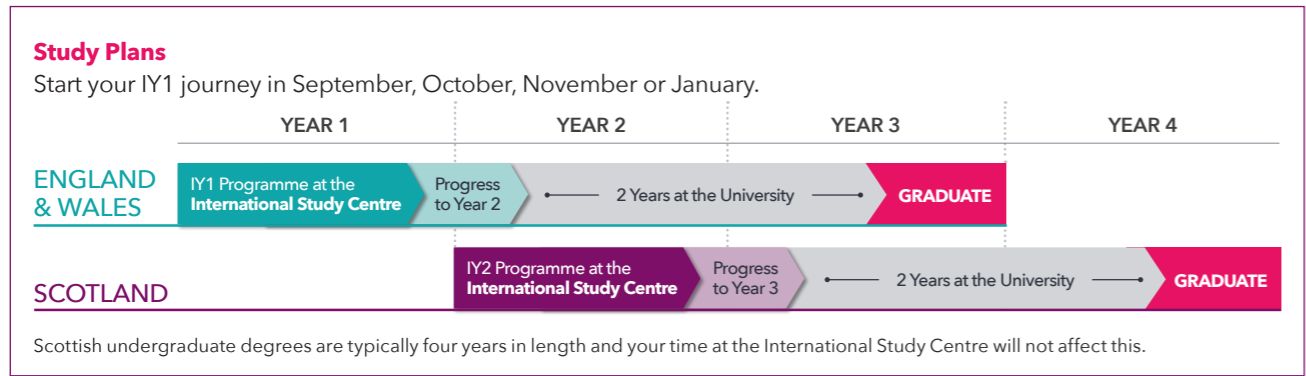
- Study real first-year university modules
- Smaller classes and additional academic support
- Personal guidance from dedicated teachers
- Progress to year two with no extra time added
- Combines university experience with structured support

Students gain early exposure to university learning while continuing to receive guidance that helps them adapt quickly and succeed. This helps students progress with confidence, already familiar with university expectations.

“The difference is that the foundation year strengthened her sense of security and it empowered her to meet more people, to interact with people from all over the world and I think it did lead her to mature quite a bit as a person and gave her an unforgettable experience.”

Luis from Peru
His daughter Valerie studied the International Year One in the UK

91% of International Year One students completing our programme were eligible to progress to year two at their chosen university in 2024/25.



Direct admission

Direct admission is designed for students who already know where and what they want to study. They also meet academic and English language requirements and are ready to begin their undergraduate or postgraduate degree without a preparatory programme.

- Simplified applications -** Expert guidance through UCAS (UK only) or Study Group's own application systems for a smooth, efficient process.
 - Visa and documentation support -** Step-by-step assistance to ensure accurate and successful submissions.
 - Personalised guidance -** Support with funding options, accommodation arrangements and settling into university life.
 - Direct access to respected universities -** Opportunities to apply to top universities across Study Group's global network.
- Students begin their degree immediately, entering university with the independence and readiness needed to succeed.



“I feel like a different person since studying at Lipscomb University, because of the responsibility you have to keep up the work, and get good grades, as well as knowing a lot of people. I feel a lot more mature and independent because of all the experiences that I have had here.”

Breno from Brazil
Studied Molecular Biology

Choose your destination with confidence

Imagine your child stepping into a world that feels entirely new - new streets, new voices, new possibilities. Studying abroad isn't just about earning a degree. It's about discovering who they are and who they can become.

Each day brings growth. Your child will learn to navigate unfamiliar places, build friendships across cultures and gain confidence in environments that once felt daunting.

What begins as uncertainty becomes independence.

The UK - Globally respected, career focused

The UK is home to some of the world's most respected universities, known for high-quality teaching and research.

With a large international student population, the UK offers strong support networks and valuable industry connections. Work placements and the Graduate Route visa create clear pathways into global careers.

Why parents choose the UK:

- Internationally respected universities
- Shorter degrees that accelerate careers
- Strong industry links and job opportunities
- Established international student communities



Ireland - Innovative and opportunity driven

Ireland combines academic excellence with strong industry connections, particularly in STEM and business. Modern campuses and career-focused programmes help students build practical skills.

As an English-speaking EU country with a two-year post-study work option, Ireland offers access to European and global career opportunities. Its strong multinational presence creates pathways to internships and graduate roles.

Why parents choose Ireland:

- Career-focused education
- Access to global employers
- Two-year post-study work option
- Safe and supportive environment



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The USA - Ambitious and practical

The USA offers leading universities, advanced research facilities and hands-on learning. Students develop practical skills through internships, research and industry collaboration.

STEM graduates may qualify for a 24-month Optional Practical Training (OPT) extension, allowing additional work experience in their field.

Why parents choose the USA:

- Globally recognised institutions
- Strong research and innovation
- Routes into high-growing industries
- Comprehensive campus support



Singapore - Asia's education and innovation hub

Singapore delivers high academic standards in a modern, globally connected city. Universities have strong links with industries such as technology, finance and sustainability.

English is the language of education and business, and Singapore's strategic location provides access to opportunities across Asia.

Why parents choose Singapore:

- Globally ranked universities
- University connections to leading, innovative industries
- Safe, modern city environment
- Strong graduate outcomes



Study abroad, live beyond

Whether your child chooses the UK, Ireland, the USA or Singapore, studying abroad opens doors to world-class education, global networks and meaningful careers.

This is not just about earning a degree. It is about becoming confident, capable and ready for the world.

Preparing your child to study abroad

Academic progress and support

Watching your child grow academically is one of the most rewarding parts of studying abroad. Through structured teaching, personalised guidance and regular feedback, we support students at every stage - helping them stay motivated, make progress and achieve their potential.

How academic support works

Our programmes are designed to help students feel confident from day one. Smaller classes allow teachers to understand each student's strengths, identify areas for improvement and provide targeted support. Regular check-ins keep students on track and aware of their progress.

By addressing challenges early, we build resilience and prevent students from feeling overwhelmed.

Tutorials: Personal guidance that builds confidence

Alongside classroom teaching, students attend dedicated tutorials where they ask questions, review complex topics and receive individual guidance. These sessions encourage discussion and deepen understanding in a supportive setting.

Feedback that drives improvement

We provide clear, timely feedback so students understand what they are doing well and where they can improve. Instead of waiting for final exams, students receive ongoing performance insights, allowing them to refine their skills and build confidence throughout the year.

Study skills for lifelong success

University success requires more than subject knowledge. Students develop essential skills, including:

- Critical thinking
- Research techniques
- Academic writing
- Presentation skills
- Effective time management

These skills strengthen academic performance and prepare students for the global workplace, helping them graduate as capable, independent thinkers.

Progression and reassurance

Students always know what they are working towards. With structured programmes and clear progression criteria, there is no uncertainty - just a clear route to the next stage of their degree.



“The International Study Centre has definitely given me what I need. It also has given me that support that I want coming into university. They would tell us what progression is, what is a good essay, and how you find sources. My friends in the domestic law school, they've never been taught that.”

Karina from Hong Kong
Studied International Year One in Law
Progressed to LLB Law

Why choose Study Group?

For over 30 years, Study Group has helped international students begin their degrees with confidence and achieve strong academic outcomes.

We connect

Feel welcome - become part of a friendly community where you feel included and supported

Find your place - study centres designed to help your child grow, make friends and feel confident

You join a global community - your child will learn with students from many countries, helping them build cultural understanding and global awareness



We care

Grow - your child gains confidence and independence because they have people who care about their progress and wellbeing

Stay on track - your child receives regular check-ins and guidance, so they always know how they are doing

Feel safe - study in an environment where your child's safety and wellbeing are our priority



We educate

Learn more - your child receives high-quality teaching designed for international students

Get personal attention - students learn in small, interactive classes where teachers know your child, support them and help them achieve their goals

Achieve better outcomes - your child will benefit from more teaching time, more contact with their teachers and more opportunities to participate

We prepare

You become independent - your child develops the independence, maturity and confidence to succeed at university and life

Build future skills - your child gains strong academic, digital and communication skills that prepares them for life

Progress with confidence - your child will transition into university smoothly and ready for what comes next



Pre-arrival and first weeks

Starting university abroad is exciting, that's why being organised and prepared before departure makes all the difference. From confirming their offer to booking travel and settling in, each step helps your child arrive calm, ready and confident for what's ahead.



Confirming the offer and next steps

Once your child has their offer, there are a few key things to complete before travel:



Confirm the offer

They'll secure their place by paying the confirmation payment and returning their acceptance form. Once confirmed, they'll gain access to a dedicated Welcome Hub with useful pre-arrival resources.



Apply for their CAS (Confirmation of Acceptance for Studies) – UK only

The CAS is a unique reference number needed to apply for their student visa. It's issued once offer conditions are met and documents are submitted and it allows them to begin the visa process.



Apply for the Student Visa

Visa rules are different for each country.

Parents and students should check the official government or immigration website for every study destination they are considering. These websites explain which visa is needed and how to apply.

Visa processing times can also be different, so it is important to check early and plan ahead.

Accommodation, travel and insurance



Arrange accommodation

If your child requested university or programme-linked accommodation, they'll be contacted with options and next steps. If arranging privately, it's recommended they live within about one hour's travel to the International Study Centre.



Book travel

Once the visa is approved, book flights or transfers early so your child arrives in time for orientation activities and the first weeks of study.



Organise insurance

Insurance isn't mandatory but is strongly recommended. Policies like StudyCare can cover travel, health and belongings and give you peace of mind throughout their journey.

What to pack and bring

Preparing for life in a new country means packing smart:

- **Travel essentials:** passport, visa documents, CAS letter (UK only) and accommodation details.
- **Academic tools:** laptop and study materials.
- **Personal items:** a little comfort from home and any prescription medication (with documentation if needed).
- **Important documents:** academic certificates, insurance papers and emergency contacts.

Settling in: Arrival and orientation

Settling-in milestones

Arriving before the first day of term matters. It ensures your child can:

- **Attend orientation and induction activities** to understand their schedule and the support available.
- **Join social events** that help them make friends and build confidence.
- **Get comfortable in their new community** and feel at home quickly.
- Once on campus, they'll join a **welcoming, supportive environment** with people ready to help them thrive academically and personally.

The first few weeks are an important time of adjustment. Completing these key tasks early helps students feel organised, independent and ready to focus on university life.

- **Open a local bank account:** Manage everyday spending, pay bills and stay in control of finances.
- **Register with a doctor (GP):** Access healthcare and advice quickly should they need it.
- **Collect their student ID card and confirm their timetable:** Navigate campus, attend classes with confidence and establish a routine.

What you can do as a parent

- **Encourage** early planning and checklists
- **Support** their visa and travel timelines
- **Help** with key documents and packing
- **Stay** connected during their first weeks



“ I found two support systems. The first one from the administrative part was with Hayley, she helped me with getting registered with the GP (local doctor). Whenever I reached out to her, she would always be happy to chat about the different things that I was dealing with.

The second was my English tutor. She was a good mentor in my first year because I was dealing with homesickness and weather change. So whenever I met with her in the first year, she was very supportive, making sure the right support was in place for me. These two people really made a huge difference.”

Nixon from India

Studied International Year One in Business
Progressed to BSc (Hons) International Business Management

Accommodation, daily life and budgeting

Living in a new country is a life-defining experience - one that helps students grow in independence while gaining confidence in managing everyday life.

Finding their new home

Choosing the right place to live is one of the most important steps in helping your child feel settled abroad. Study Group provides guidance on choosing an environment that prioritises safety, convenience and wellbeing.

On-campus vs off-campus living

On-campus accommodation offers close access to teaching facilities and student services, helping students settle quickly and build friendships.

Off-campus accommodation can provide greater independence and flexibility. Students are guided to ensure housing meets safety standards and is within a 60 minute commutable distance.

Both options are designed to support students' safety, comfort and academic success.

Amenities and contracts made clear

Study Group supports students in reviewing housing contracts and understanding what is included. Many residences provide furnished rooms, internet access and shared study spaces, with clear pricing structures to help families plan.

Daily life and managing money

Adjusting to daily life abroad is an important milestone. From using public transport to grocery shopping and managing personal schedules, students quickly develop practical life skills that build independence.

Study Group helps students understand local living costs, set realistic spending habits and make informed financial decisions.

Cost of living basics

Living costs vary by destination, but students are encouraged to plan ahead so they feel financially prepared. Typical expenses may include accommodation, food, transport, study materials and personal spending.

With early planning and thoughtful choices, students can enjoy a comfortable lifestyle while staying within budget.

Budgeting for confidence and independence

Learning to manage money responsibly is a valuable life skill. Students are encouraged to create a simple monthly budget, track expenses and prioritise essential spending.

Developing these habits early not only reduces financial stress but also strengthens independence - preparing students for life during university and beyond.

Safety and wellbeing: Support at every step

With Study Group, support isn't an add-on - it's an integrated part of the experience designed to help students settle in, feel secure and thrive academically and personally.

A supportive start

Before arrival, students can access guidance on visas, accommodation and life in their new destination. Orientation activities introduce academic expectations, self-care and available support services.

Personalised support

Each student is assigned a personal tutor or Progress Coach for academic and pastoral guidance. Dedicated wellbeing teams provide:

- Drop-in sessions
- Individual support for mental health and adjustment
- Advice on stress, homesickness and cultural transition
- Support for additional needs where required

Safety and safeguarding

International Study Centres follow clear safeguarding policies with trained staff, attendance monitoring and additional care for students under 18.

24/7 professional support

All students have access to a confidential Student Assistance Programme available at any time. This includes helpline and counselling services, with translation available in multiple languages.

Discover more about how we support your child throughout their studies: students.studygroup.com/about-us/student-support-and-wellbeing



A strong beginning, a global future



Preparing your child to study abroad

Frequently asked questions

Feeling like you have a lot of questions about the study abroad process is completely normal. Here are some of the most asked questions by parents and carers:

What happens after a degree preparation programme?

On successful completion, students move directly to their chosen undergraduate or postgraduate degree, feeling confident and prepared.

What can I do if my child feels homesick?

Homesickness is normal and usually eases as students build routines and friendships. Offer reassurance and remind them that tutors and wellbeing teams are there to support them.

Can my child apply for scholarships?

Yes. There are various scholarship opportunities across our study options - these vary depending on where your child studies and the level of teaching they choose.

Will studying abroad improve my child's career prospects?

International study develops resilience, communication skills and global awareness - qualities highly valued by employers.

What does my child need to do to progress to the next stage of their degree?

Your child must attend classes regularly, complete their coursework and pass their assessments. If they meet the required grades and attendance level, they will progress to the next stage of their degree.

When should my child arrive?

Your child should arrive before the programme start date so they can attend orientation and settle in. Arriving early helps them feel prepared, meet classmates and start their studies with confidence.

Before they leave: Practical planning checklists

Preparing together builds confidence for both you and your child. Use these checklists as a guide in the weeks before departure. You may even wish to print out these pages and tick them off together.

Important documents

Documents checklist

- Valid passport and student visa
- CAS or university offer letter
- Accommodation confirmation
- Travel itinerary
- Academic certificates
- Insurance documents
- Emergency contacts

Tip: Keep digital copies and carry printed versions in hand luggage.

Packing essentials

- Passport and key documents
- Laptop and chargers
- Prescribed medication (with documentation)
- Weather-appropriate clothing
- Everyday essentials
- Personal comfort items
- Basic stationery
- Travel adaptors

Tip: Check airline baggage limits and keep valuables in carry-on luggage.

Settling-in milestones

Use this guide to track early progress.

First few days

- Arrived and moved into accommodation
- Attended orientation
- Met personal tutor or Progress Coach
- Collected student ID
- Accessed university email

First week

- Received timetable
- Located key campus facilities
- Opened bank account
- Registered with a doctor
- Set up phone plan
- Learned public transport

First month

- Attending classes regularly
- Joined a club or activity
- Created a monthly budget
- Established a study routine
- Knows how to access support

Check-in prompts

- Have you shared your timetable?
- Do you know who to contact for help?
- Are you managing your budget?
- Have you made new friends?

How you can support your child

- Agree on regular check-ins
- Encourage budgeting habits
- Discuss what to do if they feel homesick
- Celebrate early milestones



Study Group helps students from around the world prepare for university. We offer degree preparation programmes, degree-level study and Academic English courses in partnership with over 50 universities worldwide.

Together, we deliver high-quality programmes that help students build strong academic skills and improve their English. With expert guidance and trusted support at every step, students are ready to succeed at university.

That's why Study Group is The Smartest Choice for students who want to thrive at university.

Help and support

Get the answers you need in one place:

agent.studygroup.com