Welfare and Support

If you decide to study at Oxford – and we hope you will – we offer many services to support you during your studies.

The full list of University health and welfare support can be found on the Oxford Students website. Your department may also offer additional resources.

Disability Advisory Service

If you have a learning disability, physical disability or a long term mental health condition, please get in touch with us early, as our Disability Advisory Service (DAS) is available to help you. DAS
offers a range of support including teaching adjustment and practical help. A full list can be found on the DAS pages of the Oxford Students website. You can also find out who is eligible to access the service.

**Student Peer Supporters**

We realise that students play a major role in supporting and encouraging one another on a day-to-day basis at university. This is why we offer Student Peer Supporters. Peer Supporters are available in colleges and some departments, to talk with students informally about anything that is bothering them.

[Find out more about Peer Supporters.](#)

**Counselling Service**

The Counselling Service offers free and confidential support to all Oxford students. It's available to help you gain insight into any difficulties you may experience and to help you develop emotional resilience, so you have the tools you need to fulfil your academic and personal potential.

[Find out more about counselling.](#)

**Podcasts and other resources**

Our [University podcasts](#) provide support and advice to help research students and students on taught degrees. Topics include how to get past perfectionism, exam preparation and revision, self-compassion, being a mature student and much more. The [supportive resources page](#) of the Oxford Students website also includes links to a range of resources that could help you now and during your time at Oxford.

**International Student Information**

**The Language Centre**

The [Language Centre](#) welcomes all students whatever your course, with classes in 12 modern languages from beginners to advanced, and in Academic English (e.g. advanced writing and communication skills) if your first language isn’t English. You can use their multi-media resources in 200+ languages, and join their conversation exchange scheme.
If your first language isn’t English, join their Summer Pre-sessional English Course to develop your research skills, improve your spoken and written academic English, and get to know the University and city. Running from Monday 6 August to Friday 14 September, the course will boost your confidence in interpreting academic instructions and communicating your ideas effectively. You can enrol online now.

European Health Insurance Card (EHIC)

If you’re a non-British student from the European Economic Area (EEA) or Switzerland, you need to apply for a European Health Insurance Card (EHIC). The card will entitle you to medical care from the National Health Service (NHS) during your studies.

You should apply for it before arriving in Oxford, as you will need to show the card if you need medical treatment. You can find out more about applying for an EHIC card from the government website in your home country.

Health Charge for visa holders

International students from outside the UK or EEA, must apply for a UK student visa (Tier 4). When you apply for a Tier 4 visa, you will also have to pay the Immigration Health Surcharge (IHS). This must be paid even if you don’t expect to need any medical care from the National Health Service (NHS). The IHS is currently £150 per year, plus £75 for part of a year that is less than six months, and is paid up-front at the time you apply for your visa for the number of years of your course/visa. For full details on how charging is administered, visit the Home Office website.
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