

# Bitesize

New Students  
Guide 2019



LONDON  
SCHOOL of  
HYGIENE  
& TROPICAL  
MEDICINE



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Practical advice and special  
features to sink your teeth into.

Passionate about LSHTM? Share your experiences and encourage future students to join us by becoming one of our

# Student Ambassadors

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Role includes connecting with prospective students; assisting at open days; and contributing to our website, publications and social media.

**Find out more and apply:**  
[lshtm.ac.uk/study/ambassadors](http://lshtm.ac.uk/study/ambassadors)



While waiting for your studies to begin, why not sign up for one of our free online courses? They cover important topics linked to global health and give an introductory overview at postgraduate level.

# Free Online Courses

**View latest courses and register:**  
[lshtm.ac.uk/study/freeonlinecourses](http://lshtm.ac.uk/study/freeonlinecourses)



# Contents



The tick crawling through this magazine is one of the eight gilded vectors of disease that adorn our Keppel Street building. It has gathered vital information from our website and is now transmitting it to you in bitesize form...

## 4 Offer received! ...but what happens next?

Steps to take now you've earned your offer

## 6 Key dates 2019-20

The dates and structure for the academic year

## 7 Applying for a student visa

Top tips to guide you through the process

## 8 Accommodation

How to search for the perfect place to live

## 10 Living in London

Advice on transport, banking, healthcare and safety

## 12 Celebrating 120 years of health innovation

Landmark moments from LSHTM's history in our anniversary year

## 13 Read all about it

Recent research and news highlights from LSHTM

## 14 Bloomsbury: your guide to the local area

Where to study, eat and relax near LSHTM

## 16 The steps along the journey

Key moments of the year as described by our students

## 17 What our students did next

Updates from our recent graduates

## 19 To PhD or not to PhD: did Shakespeare die of cancer?

PhD student Matthew shares his story and advice

## 20 Getting involved

Ideas for making the most of your time at LSHTM

## 22 Stepping out

Our guide to the best walking routes in London



Don't forget to join our LSHTM Students 2019/20 Facebook group, where you can get to know your future classmates, share tips and get advice from current students:

[facebook.com/groups/LSHTMstudents2019](https://facebook.com/groups/LSHTMstudents2019)





# Offer received!

## ...but what happens next?

Gaining your offer of admission from LSHTM is a tremendous achievement, so congratulations to you! Now you'll want to make sure you are fully prepared for the start of your programme, so you can use this guide to keep track of everything.

## What do I need to register?

Online registration will take place from September onwards. You will need to bring the following items with you to complete registration when you arrive at LSHTM:

- Your passport(s) as we need to check your full legal name, date of birth and nationality / immigration status
- Any outstanding documentation as requested by the Admissions team
- International students only - your current visa or leave to remain (non-EEA nationals)

### Do I need to send original documents?

We do require original evidence of your qualifications as stated in your offer of admission; this should be either your original award certificate or original final transcript. If your certificate or transcript are not in English, you must also provide original award certified translations. We are unable to accept certified copies.

### When do I need to send my documents?

We advise you send your documents by the deadline in your offer letter to ensure a smooth registration process. You will not be able to enrol on your programme until the requested documents have been received. Students applying for a Tier 4 student visa will need to submit original documents well in advance of their programme start date to ensure sufficient time is available to complete the visa process. Students requiring a Confirmation of Acceptance for Studies (CAS) for their visa should send their financial evidence along with their completed CAS request form to the Visa Enquiries team between 24 June and 23 August (see p7).

### When will my documents be returned?

Students requiring a Tier 4 Student visa will have their documents returned by courier as quickly as possible. For other students, documents will be kept safely by Registry for collection upon registration unless otherwise requested.

### When will I receive my unconditional offer?

When you have met all the conditions set out in your offer letter, such as English language test results or evidence of funding, your offer will be updated to 'unconditional' confirming your place at LSHTM. Students applying for a Tier 4 student visa will need to hold an unconditional offer before we can issue a CAS.

### Can I start my course if I have not achieved the required English language test score?

Unfortunately you will not be permitted to register unless you have provided original evidence that you have achieved LSHTM's required English language test score.

### How do I pay my deposit?

You will need to pay your £500 tuition fee deposit by the date indicated in your offer letter in order to secure your place on the programme. If your fees are being fully paid through a scholarship or LSHTM-recognised sponsor, you will be exempt from paying the deposit provided that appropriate evidence of the funding has been sent to Admissions prior to the payment deadline. Paid deposits will be deducted from the tuition fees invoice.

### How do I pay my tuition fees?

Tuition fees must be paid in full before you can register for your programme. Information about paying tuition fees can be found at [lshtm.ac.uk/study/feepayment](http://lshtm.ac.uk/study/feepayment)

### Can I defer my offer?

If your circumstances change and you are unable to take up your offer, you can request to defer for up to one academic year only. You will need to email [admissions@lshtm.ac.uk](mailto:admissions@lshtm.ac.uk) confirming you wish to defer and your reasons for doing so. We cannot confirm your offer is deferred until the deposit fee is paid by the given deadline.

### What happens during the first week?

The first week of the programme includes a compulsory orientation programme for all students to introduce them to LSHTM and their degree programme. Lectures and classes will begin the following week.

**Essential app:** Well, not strictly an app, but it's worth saving the **LSHTM Mobile Page** ([m.lshtm.ac.uk](http://m.lshtm.ac.uk)) for quick shortcuts to our network

### Where do I find my reading list and timetable?

Reading lists and Term 1 timetables will be added to [lshtm.ac.uk/study/newstudents/london](http://lshtm.ac.uk/study/newstudents/london) when available. Generally, you will not need to do much reading in advance, but your programme directors will recommend any key texts you should read. Students won't be required to buy many books as you'll have access to everything in our Library and online, but you may wish to purchase a few key texts if suggested by your programme director.

### I am studying full-time, when does teaching take place?

You should be prepared to attend lectures, classes and, where necessary, laboratory practicals from 9.30 to 5pm Monday to Friday during the teaching terms. Depending on your programme and module selections, you may have some days or half-days free for private study.

### I am studying part-time, what days do I need to attend?

Half-time study involves attending two to three days per week during the teaching term. Depending on your programme and module selections, you may be required to attend on different days in each term and year of study. As the requirements for half-time study can vary, we recommend contacting your programme directors with any specific queries. If you are planning split-study, we recommend contacting your programme directors to discuss when you will take your split.

*Please note: many of the questions and answers on these pages relate to programmes where applications are made through LSHTM. If you have applied for one of our joint programmes through King's College London or Royal Veterinary College, please also refer to information provided by those institutions.*

 [lshtm.ac.uk/study/newstudents/london](http://lshtm.ac.uk/study/newstudents/london)



# Key dates 2019-20

## Term 1

23 September - 13 December

Welcome Week

23 - 27 September

Term 1 Modules

30 September - 1 November

Reading Week

4 - 8 November

Term 1 Modules

11 November - 13 December

## Winter Break

14 December - 12 January

Term 2 starts on 6 January for students studying MSc Immunology of Infectious Diseases, MSc Medical Entomology for Disease Control, MSc Medical Microbiology, MSc Medical Parasitology and MSc Tropical Medicine & International Health, who have written examinations that week. All other MSc programmes have written examinations in June.

## Term 2

13 January - 27 March

Mon - Wed (12:30)      Wed (14:00) - Fri

C1 Module

C2 Module

13 January - 14 February

Reading Week

17 - 21 February

D1 Module

D2 Module

24 February - 27 March

## Spring Break

28 March - 19 April

## Term 3

20 April - 21 September

Revision/Project

E Module

20 April - 22 May

Examinations

Early June

Summer project submission

Early September

End of MSc studies

21 September

## Reading weeks & holidays

These breaks in teaching are intended for private study, but of course you'll also need to relax. Many students use them as an opportunity to visit home, or explore other parts of the UK and Europe.



# Applying for a student visa: top 5 tips



Applying for a student visa can feel stressful, but it's important you pay close attention to your specific immigration requirements and follow procedure. Our tips help break down the process:

## 1 Do you need a visa?

Each country has different visa requirements, and depending on your country of origin you might need a visa to enter the UK. So while EU students do not require a visa to study in the UK, most non-EU students will have to apply for one. This is why we've developed a useful tool to help you see whether you need a visa: [lshtm.ac.uk/study/visacheck](http://lshtm.ac.uk/study/visacheck)

## 2 What type of visa do you need?

There are different types of visa for studying in the UK. These vary according to the type and length of your programme; most MSc students will need a Tier 4 (General) student visa. For research degree students, the type of visa needed will depend on the length of time spent in the UK and the Visa Enquiries Team will provide you with further guidance. If your study plans change, please let the Visa Enquiries Team know as soon as possible as this may help you to avoid visa problems later on.

## 3 Apply early

It can take some time for your visa application to be processed, and the number of appointments may be limited, so it is important that you apply early. If your visa isn't ready in time, you simply won't be able to enter the UK in time to start your programme. Double-checking you have the right documents and planning early will give you more time to get ready and make the whole process infinitely less stressful.

☞ [lshtm.ac.uk/study/immigration](http://lshtm.ac.uk/study/immigration)

## Key information

Confirmation of Acceptance for Studies (CAS) applications will be open 24 June - 23 August

### Contacts:

- General queries on visa applications: [visa-enquiries@lshtm.ac.uk](mailto:visa-enquiries@lshtm.ac.uk)
- All CAS-related enquiries: [caserquests@lshtm.ac.uk](mailto:caserquests@lshtm.ac.uk)



# Accommodation

Considering the size of London, finding somewhere to live may seem overwhelming, but we have plenty of advice and resources to help make your search easier. Student accommodation in London falls into two main categories: private accommodation and halls of residence

## Private accommodation

Many students choose private accommodation as it is widely available. Prices vary depending on the area, transport zone and size of the property/room. As a basic guide, the further out you live, the cheaper it will be and a 30-45 minute commute is considered very normal in London. We recommend you view any private accommodation in person before signing a contract, to make sure it is everything promised in the advert and that you like the area.

Another option to consider is **University of London Student Homes**. These are individual rooms in properties managed by University of London Housing Services (ULHS) and are ideal for students looking for a reasonably priced house share. The properties are within easy commuting distance of LSHTM, do not require a UK-based financial guarantor and can be applied to from overseas.

[lshtm.ac.uk/study/accommodation](http://lshtm.ac.uk/study/accommodation)



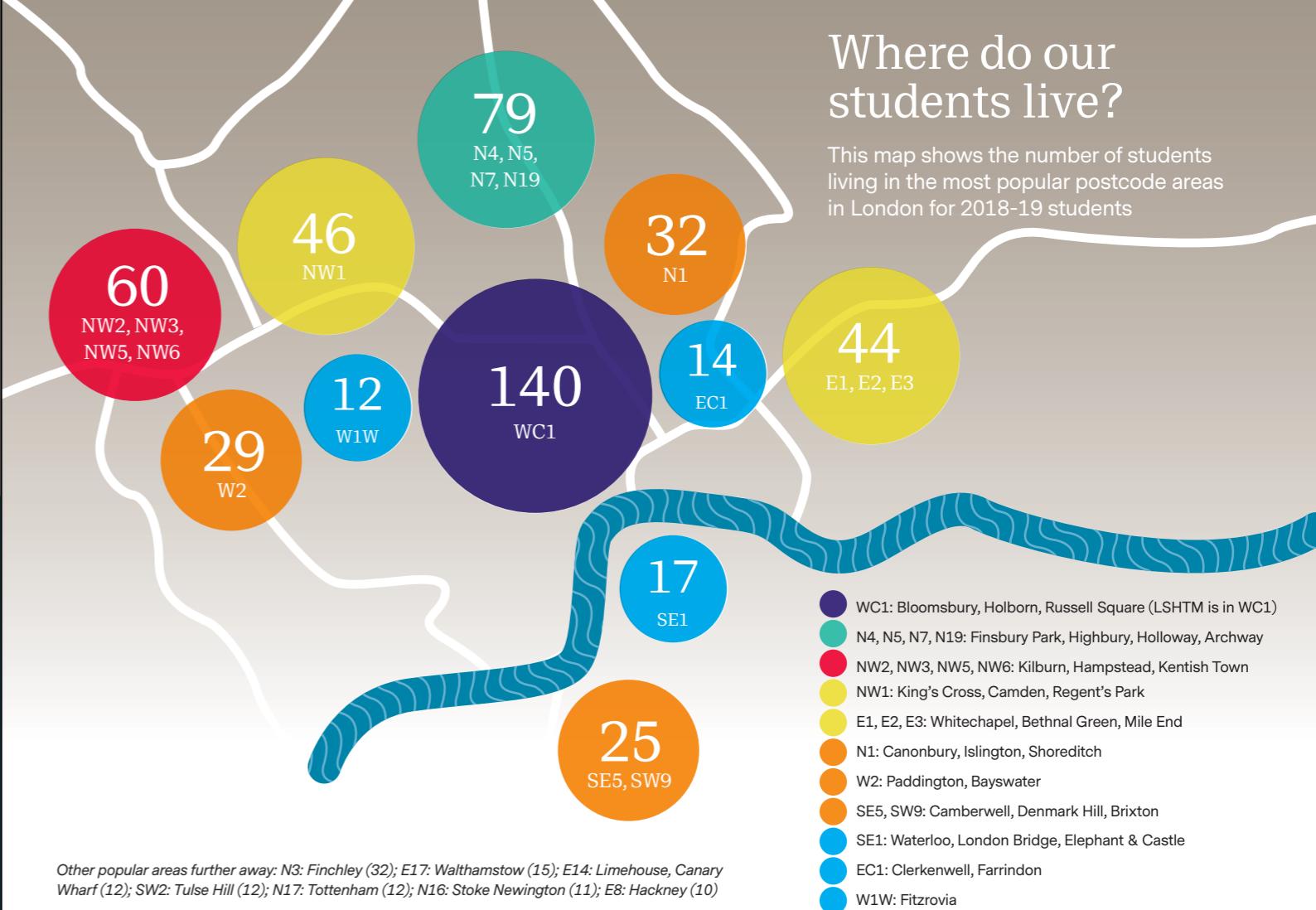
Typical University of London Student Home

## Some helpful resources:

- ULHS have a housing database, a list of registered letting agents, 'find a flatmate' message board and run house-hunting events
- ULHS Private Housing Guide
- Popular flat-sharing websites include SpareRoom, MoveFlat and Roomgo
- Our Accommodation Helpdesk will be open during orientation, with former students on hand to guide you on ways to find accommodation, areas of London and transport

## Tips for private accommodation:

- Unless the property is managed by University of London Housing Services (ULHS), make sure you visit before signing a contract or transferring money
- Visit the area both during the day and at night to confirm you like it and feel safe
- Do not pay the deposit before seeing the contract. If you are asked to pay a 'holding deposit' to reserve a room, get proof of receipt in writing
- Get an appointment with ULHS to have your contract checked by trained advisers
- If you can't get a UK guarantor, see if a landlord will accept a few months' rent in advance
- Make sure you have access to at least two months' rent (one month's rent is usual for a deposit)



## Where do our students live?

This map shows the number of students living in the most popular postcode areas in London for 2018-19 students

- WC1: Bloomsbury, Holborn, Russell Square (LSHTM is in WC1)
- N4, N5, N7, N19: Finsbury Park, Highbury, Holloway, Archway
- NW2, NW3, NW5, NW6: Kilburn, Hampstead, Kentish Town
- NW1: King's Cross, Camden, Regent's Park
- E1, E2, E3: Whitechapel, Bethnal Green, Mile End
- N1: Canonbury, Islington, Shoreditch
- W2: Paddington, Bayswater
- SE5, SW9: Camberwell, Denmark Hill, Brixton
- SE1: Waterloo, London Bridge, Elephant & Castle
- EC1: Clerkenwell, Farringdon
- W1W: Fitzrovia



Halls of residence

## Halls of residence

LSHTM has 45 rooms in University of London (Intercollegiate) Halls, which are student halls shared by the different institutions that make up the University of London. These are well worth considering as you can apply in advance and have the peace of mind that your accommodation is sorted before you arrive in London. The halls are close to LSHTM, have a ready-made student community and prices are very reasonable, especially for their location in central London. After the application deadline, a waiting list opens in early September each year, so you still have a chance of getting a room if you did not get the first time around.

There are also private halls of residence located all over London, which are another convenient option you can arrange before you arrive. Private halls range from basic, no-frills type accommodation, often at very reasonable cost; to modern luxury student halls, which are more like a high-end hotel (and this is reflected in the price).



International Hall

## Tips for halls of residence:

- Use our accommodation pages and the ULHS website for a list of halls, including those which allow couples and families
- Consider looking at halls beyond travel Zone 2 as these are cheaper and have good transport links
- Ask about being allocated a room close to other postgraduate students
- Check your payment plan as you may have to pay for several months up front
- If a hall is full, ask about waiting lists and keep in contact as spaces do become available

# Living in London

## Transport

London can seem big and confusing, but it has good transport links so is easy to get around once you get the hang of it.

Start to familiarise yourself with the London Underground (Tube) map as this will help you figure out where everything is. The closest stations to LSHTM are Goodge Street, Russell Square, Warren Street, Euston Square and Tottenham Court Road.

We recommend you get an Oyster card as soon as possible when you arrive in London as this is far cheaper than buying cash tickets for the Tube. London buses do not accept cash, so if you want to travel by bus, an Oyster card is essential.

Alternatively, if you have a UK-issued contactless bank card this can be used instead and you will be charged the same as an Oyster card.

☞ [lshtm.ac.uk/study/transport](http://lshtm.ac.uk/study/transport)

Full-time students get 30% off weekly, monthly and annual London travel cards once registered at LSHTM



## Staying safe

London is generally safe and we very rarely hear of students having problems. The most likely crime you might fall victim to is pickpocketing, but taking some basic precautions can reduce the risk of this happening to you. Make sure your bag is not a target in public places like transport, bars or on the street by keeping it close to you. Likewise, do not leave valuable items like laptops unattended. If you can resist the temptation, don't have your smartphone on show when you are out and about, or thieves may take the chance to grab it.

In the UK you are not required to carry around any form of ID. Leave your passport safely at home, but make a copy of it (and your visa if you have one) just in case, or take a photo and keep it on your phone.

## Banking

LSHTM does not have a relationship with any particular bank; we recommend therefore that you choose the bank which best suits your needs. Banking letters will be provided by the Registry once you have registered on your programme.

It's a good idea to make sure you have access to funds to pay for the first few weeks' living expenses, including accommodation start-up costs, as opening a bank account can take up to a month.

☞ [lshtm.ac.uk/study/banking](http://lshtm.ac.uk/study/banking)

### Typical documents required to open a UK bank account:

- Photo ID (e.g. passport)
- Letter issued by LSHTM stating that you are registered
- Proof of a UK address (e.g. a letter from the landlord or a utility bill)

→ **Essential app: Citymapper** is a must-have to help plan the fastest and most convenient journey by public transport, cycling or walking

## Healthcare

Most students are eligible for healthcare under the National Health Service (NHS). NHS treatment is free but you will need to pay for most prescribed medication at a standard charge, currently £9. The most important thing to do once you know where you will be living is to register with a local doctor/general practitioner (commonly referred to as a GP) to enable you access to NHS healthcare.

Dentists operate separately from GPs and you can register with a dentist anywhere. Eye tests are provided by optometrists based within optician stores.

EEA students will need to obtain an EHIC (European Health Insurance Card) from their home country before coming to the UK.

## Mental health

GPs can advise on medication for mental health conditions, with referral to a psychiatrist if necessary. If you think it's likely you will need ongoing mental health support, we advise you to contact the Student Advice & Counselling Service. LSHTM also subscribes to Nightline, a confidential student-run phone line offering emotional support and practical information.

☞ [lshtm.ac.uk/study/healthcare](http://lshtm.ac.uk/study/healthcare)

## Thinking about wellbeing

You probably don't need us to tell you, but a postgraduate degree can be an intense experience. That's why it's so important to take care of your own wellbeing. The tips below may seem obvious, but they can be easy to forget, and can really make a difference to the enjoyment of your studies.

### A healthy body for a healthy mind - eat sensibly.

Healthy food has a positive effect on our mood, and exercise releases those good endorphins. Check out our favourite London walks on p22-24.

**Don't forget to sleep** - lack of sleep not only causes tiredness but has also been associated with mental health problems. Try to get the recommended seven to nine hours sleep and be ready for the day ahead.

**Take time to relax** - many students will juggle multiple responsibilities whilst studying, so it's crucial that you build in time to chill out. London has much to offer, so why don't you try something new?

**Go offline** - research shows too much time on social media can have a negative effect on our mental health. Having a "digital detox" can improve productivity, sleep and reduce your stress levels.

**Last but not least, don't be afraid to seek help** - our Student Advice & Counselling Service is here to support you during your studies.

Support, information and specialist services to help you make the most of your time at LSHTM.

# Student Advice & Counselling Service

### Supporting students with:

- Disabilities and dyslexia
- Accommodation advice
- Student life in London
- Counselling and mindfulness

If you have any questions or would like to discuss anything with us, contact [studentadvice@lshtm.ac.uk](mailto:studentadvice@lshtm.ac.uk) or [studentcounselling@lshtm.ac.uk](mailto:studentcounselling@lshtm.ac.uk)



# Celebrating 120 years of health innovation

2019 marks the 120th anniversary of LSHTM. This timeline shows just a few landmark moments in our history and some of our major contributions to health over the past 120 years.

## School founded

Sir Patrick Manson establishes the London School of Tropical Medicine in the East London docks.

## Keppel Street opens

LSHTM moves to its iconic building in Bloomsbury.

## First RCT

The MRC Streptomycin in Tuberculosis Trials took place at LSHTM in 1948. This study is generally accepted as the world's first randomised control trial.

## AIDS research

LSHTM's first research on AIDS in the Medical Microbiology Department, surveying for antibodies for the HTLV virus in various primate species.

## Sex survey launched

LSHTM launches the first National Survey of Sexual Attitudes and Lifestyles, which has become one of the world's largest and most comprehensive studies of sexual behaviour and lifestyles.

## Ebola outbreak response

LSHTM sets up a volunteer response register for staff, students and alumni to assist partner organisations tackle the Ebola outbreak in West Africa. LSHTM is now pioneering work on Ebola vaccines.

1899

1924

1929

1933

1948

1950

1983

1985

1990

2009

2014

2018

## Royal Charter

The School is granted a Royal Charter and becomes the London School of Hygiene & Tropical Medicine.

## Kwashiorkor identified

Dame Cicely Williams recognises kwashiorkor, a condition of advanced malnutrition, as a disease.

## Seminal report links smoking & lung cancer

Publication of a preliminary report by Sir Richard Doll and Sir Austin Bradford Hill linking smoking with lung cancer.

## Early trials of insecticide treated nets

Prof Chris Curtis leads some of the first trials of insecticide treated nets to control the spread of malaria.

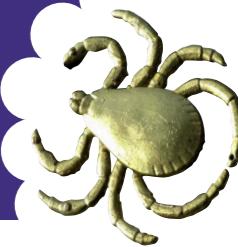
## Gates Award

LSHTM is awarded the Gates Award for Global Health for its long-standing contributions to global health. LSHTM is both the first academic institution to win the award and the first British winner.

## MRC Units join LSHTM

The MRC Unit The Gambia and MRC/UVRI Uganda Research Unit formally join LSHTM, in partnerships that will boost research capacity in Africa and worldwide.

# Read all about it



Research and news highlights from LSHTM which have made headlines around the world in recent months

## More needed to reduce low birthweight (May 2019)

More than 20 million babies were born with a low birthweight, according to a study by LSHTM, WHO and UNICEF. Analysis showed that while almost three quarters were born in Southern Asia and sub-Saharan Africa, the problem of low birthweight also remains substantial in high-income countries in Europe, North America and Australia.

## 'Test and Treat' reduces new HIV infections (April 2018)

The PopART trial in Zambia and South Africa found that HIV infections in southern Africa could be reduced substantially by offering entire communities voluntary HIV testing, and immediately referring those who test positive for HIV for treatment in line with local guidelines.

## Gene editing, predatory bacteria and zebrafish (February 2019)

Experts from LSHTM are using pioneering new technology and zebrafish embryos to understand how bacteria spread, and to develop creative ways to disrupt the spread of infection. Groups of fish undergo gene editing to allow the study of different biological responses to infection.

## Readiness for sex is about more than age (January 2019)

A substantial proportion of young people in Britain are not ready for their first sexual activity - whatever their age - and lose their virginity under circumstances that are incompatible with positive sexual health, according to a new study by LSHTM.

## Training advocates to improve mental health of abused women (November 2018)

Specially trained advocates could improve the mental health of women experiencing violence and abuse, according to new research. The trial showed that women who received the intervention showed reduced symptoms of psychological distress, depression and post-traumatic stress.

## Women Leaders in Global Health Conference (November 2018)

LSHTM hosted the 2nd Annual Women Leaders in Global Health conference. Nearly 900 participants from more than 70 countries heard from global health leaders in a series of talks and panel discussions, on topics ranging from mentoring and political leadership to media and new technologies.

## Sniffer dogs could detect malaria (October 2018)

Research led by LSHTM found that dogs were able to scent malaria in samples of socks worn by children infected with the malaria parasite. The findings could one day lead to the first rapid and non-invasive test for malaria.

## BMI associated with deaths from most causes (October 2018)

Body Mass Index is linked to risk of death from every major cause except transport accidents, according to research led by LSHTM which suggests a BMI of between 21-25kg/m<sup>2</sup> is associated with the lowest risk of dying from cancer and heart disease.

[lshtm.ac.uk/news](http://lshtm.ac.uk/news)

## In other news....

### Ranking success!

LSHTM has retained its position as first in Europe and eighth in the world for research impact in sciences in the 2019 CWTS Leiden Ranking, for the proportion of its total publications ranking in the top 10% of most cited research. We've also been ranked top UK University for open access and gender diversity in research - a double celebration!



Women Leaders in Global Health Conference

# Bloomsbury: your guide to the local area

LSHTM is located in Bloomsbury, an area with a rich academic, medical and literary history, and characterised by beautiful buildings and garden squares

## Places to study

As well as our own library and computer rooms, you will also have access to neighbouring college libraries, including Senate House library in the imposing 1930s building right next to LSHTM.

During the warmer months, the many garden squares of the area such as Russell Square, Gordon Square and the Malet Street Gardens provide an ideal setting for studying with a picnic.

If you prefer to study with a coffee or slice of cake, try **Store Street Espresso**, **Koox**, **Bea's of Bloomsbury**, **Fork Deli Patisserie** or **Black Sheep Coffee**, all within 10 minutes' walk of LSHTM. There's also **Seacole Social**, our very own café located beside our Tavistock Place building.

## Student Central

As a student of LSHTM, you will automatically become a member of Student Central, based just around the corner on Malet Street. It is home to the University of London's clubs and societies, so whether you are interested in dance, drama, art, sports, music or religious and cultural groups, there will be a society for you! Student Central also has a café, bar, gym, swimming pool and student shop.



Student Central

## Free lunch - yes, really

If you think there's no such thing as a free lunch, think again! Most days, the Hare Krishna rickshaw appears outside SOAS, offering a free, hot vegetarian lunch to anyone who doesn't mind waiting in line. The food is donated by supermarkets and wholesalers, and if you want to be even more sustainable you can bring your own plate and fork.

## Places to eat

Many students bring their lunch or grab something from our excellent Refectory, but if you want to eat out there are plenty of quick and healthy options locally. Every Thursday, you'll also find a Farmers' Market in Torrington Square, selling a variety of farm produce, cakes, pastries and hot food to take away.

## Places to visit

The **British Museum** is undoubtedly one of the best museums in the country, housing art and artefacts from the beginning of civilisation to the present day. Make sure you take advantage of the fact that it is – literally – just around the corner from LSHTM. We are also very close to the **Wellcome Collection**, which puts on fantastic and free exhibitions connecting science, medicine and art.



**Essential app:** use **AroundMe** to find local points of interest around LSHTM or wherever else you go



Passionate about access to education?

# Student Callers

Earn over £500 calling alumni and gain valuable experience and skills raising vital funds to support students like you

From 4 November – 1 December 2019 a team of selected student callers will phone alumni to catch up and ask them to support the LSHTM fund

To be a part of this exciting campaign apply by 21 October for interviews on 23 October

**Find out more and apply:** [bit.ly/2HMIE6I](http://bit.ly/2HMIE6I)



Tote bags, mugs, stationery and accessories will be available at pop-up sales and online throughout the year

# LSHTM Gift Shop

[giftstore.lshtm.ac.uk](http://giftstore.lshtm.ac.uk)



# The steps along the journey

Our students guide you along the path you'll take with their memories and advice from key moments at LSHTM

For more student stories and advice: [blogs.lshtm.ac.uk/students](http://blogs.lshtm.ac.uk/students)



## Receiving offer

"I was happy to secure a place in one of the world's leading universities. As an international student, LSHTM's application process was the most satisfying."

Priyanka Shrestha, Nepal, Control of Infectious Diseases



## Accommodation

"I started looking when I arrived in mid-September. It can be difficult as lots of international students arrive in London around that time, so my advice is to start early!"

Ilhame Ouansafi, Morocco/Canada, Public Health for Development



## First day at LSHTM

"I was quite anxious: new school, new country, new friends. It helped taking one step at a time. Everything turns out fine at the end. You will absolutely love the experience!"

Sara Rivera Molina, Honduras, Control of Infectious Diseases



Hyacinthe Mushumbamwiza, Rwanda, Public Health for Development

## Lectures & classes

"The practical/seminar groups have the best approach they are interactive and engaging not only for peer-learning but also as an opportunity to meet and network and build relationships with other students from other programs across LSHTM."

Hyacinthe Mushumbamwiza, Rwanda, Public Health for Development



## Studying in labs

"Lab sessions are exciting as they provide an opportunity to apply concepts presented in lectures, acquire technical skills, and discuss practical research problems."

Kelvin Abuga, Kenya, Immunology of Infectious Diseases



## Groups & societies

"I have been part of the growing LGBT+ group and am also part of the new LSHTM Missing Maps group which is a daughter society of the larger project run by MSF and others."

Scott Tytheridge, UK, Medical Entomology for Disease Control

## Examinations

"The organisation of the exam days was well managed; in particular, a late request of mine regarding seating in the exam room was kindly granted with no hassle."

Amber Tickle, Australia, Public Health



## Graduation

"It is wonderful walking across the stage with all your friends, faculty, and family cheering you along. The excitement level for what the future has in store is through the roof!"

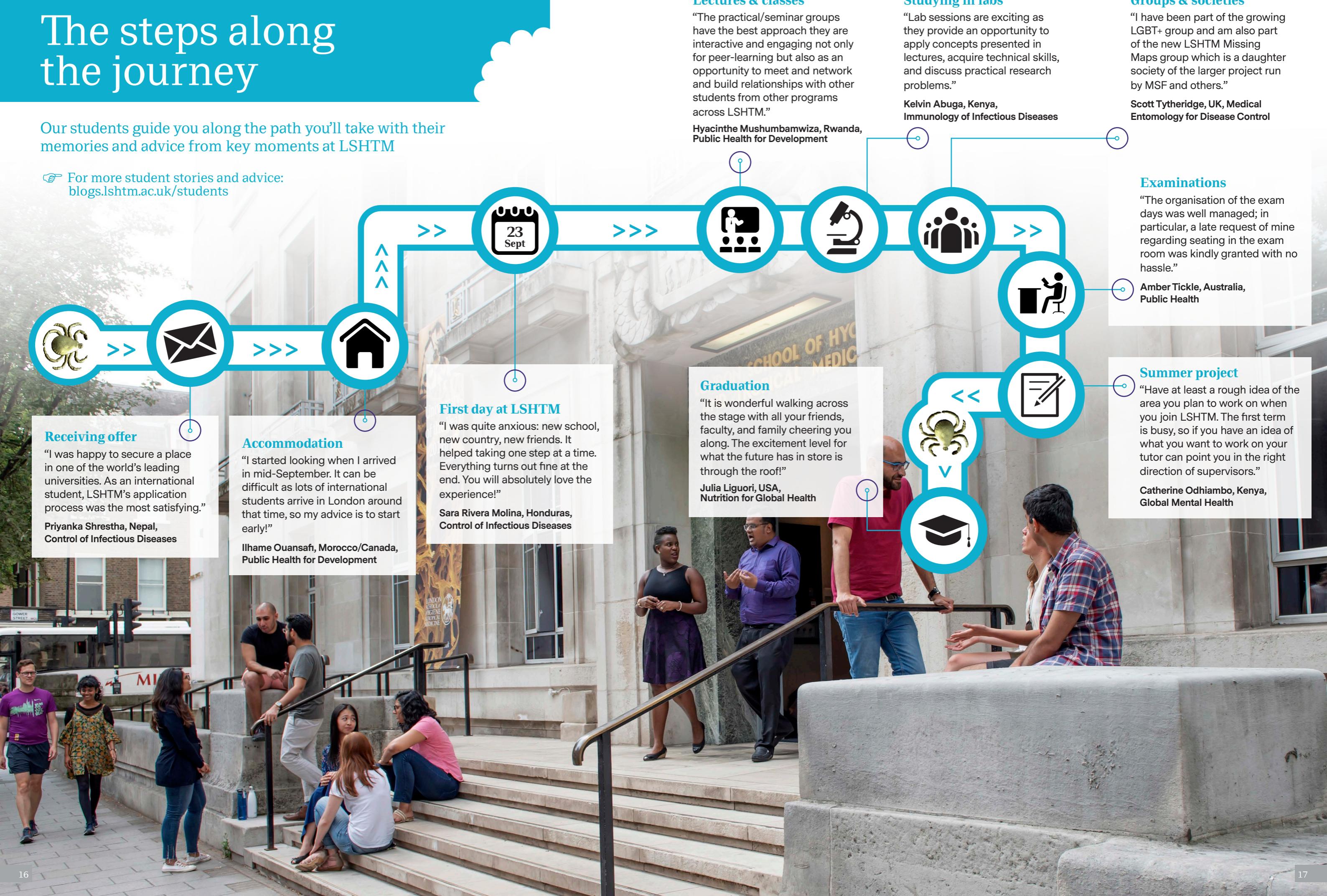
Julia Liguori, USA, Nutrition for Global Health



## Summer project

"Have at least a rough idea of the area you plan to work on when you join LSHTM. The first term is busy, so if you have an idea of what you want to work on your tutor can point you in the right direction of supervisors."

Catherine Odhiambo, Kenya, Global Mental Health



# What our students did next



From primary care to policy development to further research, our graduates go on to a variety of distinguished careers. We've caught up with a few recent graduates to find out the first steps they've taken since leaving LSHTM

**“**After graduating I went back to public health and preventive medicine residency training in Montreal. Working in public health, I have been brought to using the skills that I acquired at LSHTM on a daily basis: occasionally even going back to my notes or dropping a quick message to LSHTM friends to get a second opinion on things that fall in their area of expertise. LSHTM delivered on all that it promised both from the skills that I acquired and the network that I created while there.”

*Yassen Tcholakov, Canada, Public Health*

**“**My MSc ended on 30th September and on 1st October I joined the University of Liverpool as a research assistant. It took less than 24 hours to change my status from graduate student to researcher on a project relevant to my course! I am working with collaborators on mental health of Congolese refugees staying in Rwanda & Uganda. It is a dream job and without the grounding of my MSc it would not have been possible.”

*M Tasdik Hasan, Bangladesh, Global Mental Health*

**“**Since completing the MSc I have been working for healthcare company IQVIA. I found the skills I learned have helped a lot: programming in SAS, for instance, is something we commonly do in my workplace so the fact that we studied SAS programming language was really helpful.”

*Lori Cirneanu, Romania, Medical Statistics*

**“**I took a position as a research assistant in the Department of Epidemiology at the University of Colorado. I was well-prepared to conduct my own analyses, and have a few first-author papers in the pipeline towards publication. I also applied for medical school and was thrilled to be accepted to the Cleveland Clinic Lerner College of Medicine. I directly attribute my success in this process to my time at LSHTM. 100% worth the time and effort.”

*Kate Lowe, USA, Epidemiology*

**“**I got an offer to join the childhood TB project at MRC Unit The Gambia at LSHTM immediately after turning in my summer project. My days involve a combination of clinical work, field visits and engaging policymakers. The wholesome experience I got from the MSc, including the modules in epidemiology and statistics, and interaction with experienced classmates, have proven most useful in making my classroom-to-field transition smooth.”

*Esin Nkereuwem, Nigeria, Public Health for Development*

**“**I currently work at the Animal Plant and Health Agency as a Virology Laboratory Scientist. I work with a number of viruses and surveillance programmes in the UK and with some international collaborations. The practical and taught elements of my MSc provided me with a solid foundation on which to pursue a career in scientific research.”

*Elisabeth Waller, UK, Medical Microbiology*

## Careers Service

Our Careers Service is available to you throughout your studies and for two years after you graduate:

- 1:1 career discussions
- Job applications advice
- Practice interviews
- Lunchtime workshops
- Employer & alumni talks and panel discussions
- Careers fairs
- Alumni/student networking events

 [lshtm.ac.uk/study/careers](http://lshtm.ac.uk/study/careers)



# To PhD or not to PhD: did Shakespeare die of cancer?

Matthew Smith from the UK describes his research and shares his advice for a successful first year of PhD study

**T**hat is the question. Shakespeare, the renowned 17th century writer, died unexpectedly after a merry meeting with his fellows. Four centuries later, explanations on the cause of his death are still being formulated – the latest of which is a rare cancer of the tear duct known as Mikulicz Syndrome. But can the length of his survival give some indication as to whether he had this disease?

I am a biostatistician, having started my career with a degree in mathematics from Nottingham and the MSc Medical Statistics at LSHTM.

The objective of my PhD is to broaden and deepen my understanding of the survival of patients with different types of cancer, particularly non-Hodgkin lymphoma. I am using advanced statistical methods to investigate the effects arising from a range of risk factors on the chances of survival from cancer. My long-term goal is to establish clear and patient-centred treatment pathways that will enable all cancer patients to receive their optimal treatment and therefore experience their optimal survival outcome.

## “Be holistic but have depth”

The first year of my PhD, via a literature review, involved strengthening my understanding of the current research and knowledge in my area. It is during this time that most students begin to develop their main research question; and build a report of the current knowledge to identify potential gaps in the research area. Towards the later stages of the first year, each student will formally present their progress during an ‘upgrading process’. While this formal examination can be a daunting affair, it was soothing to hear from a previous PhD student that it is an opportunity to gain crucial advice from experienced researchers in your area.

Building rapport with your supervisors helps enormously towards achieving your PhD objectives. They will be well practiced in balancing allowing you space to develop your independent research skills and ensuring you are on track to complete your PhD. I meet my supervisors regularly; they openly engage with my questions and offer invaluable advice. You will also have the prospect of establishing your advisory panel, who are usually subject-specific researchers who provide further advice.

A strategy for my first year revolved around a clear timeline, which I established early. You may come across hurdles that hinder your planned progression;

however the timeline is adaptable guidance you can treat as motivation. Logically, your literature review will highlight the general end-goal of your PhD; as you advance, you will anticipate what is achievable given the time available to you.

LSHTM is active in its support for student development: both academically and socially. There may be a high work load, but it is important to seize opportunities outside of your working routine. For example, I would not have understood a particular characteristic of a cancer cell had I not attended a transferable skills workshop. I have also developed useful friendships through attending optional MSc modules and as a member of the Centre for Statistical Methodology.

The most influential piece of advice I have received is to be holistic but have depth: I would recommend this to any PhD student. In the first year, you will settle into a rhythm of your daily activities and understand your area in greater detail through literature reviews. Your research topic may change as you acquire knowledge, and you will may need to adapt your research question accordingly. The upgrading process will then be an opportunity to show what is the current awareness to your chosen field, where you plan to take the research, and what you want to find out. To achieve this: follow through with your timeline, communicate with your supervisors, collaborate with other leading researchers in your area, attend lectures, and allow yourself to socialise and sink into the diverse culture here at LSHTM!

**“It is important to seize opportunities outside of your working routine”**



 Read Matthew's full story: [blogs.lshtm.ac.uk/students](http://blogs.lshtm.ac.uk/students)

# Getting involved

Suggestions for making the most of your time at LSHTM



## Students' Representative Council (SRC)

The SRC is an independent, student-led body that represents the interests of master's and research degree students at LSHTM.

The SRC Executive consists of five officers, elected by fellow students, who represent student body interests to LSHTM's management, as well as co-ordinating student clubs, societies and social activities:

- President
- VP, Communications & Activities
- VP, Finance & Operations
- VP, Research Degrees
- VP, Taught Programmes

Nominations for the SRC Executive will open shortly after you register for your programme, with voting taking place during October.

☞ Read more about the SRC and what it means to be involved: [blogs.lshtm.ac.uk/students](http://blogs.lshtm.ac.uk/students)

☞ Thinking about standing for the SRC? Email the current team with your questions: [srceexec@lshtm.ac.uk](mailto:srceexec@lshtm.ac.uk)

## Student Ambassadors

Did you meet any of our students at an open day, or contact them by email? Did their advice convince you to join LSHTM? Do you want to help our next generation of students? If so, apply to become one of our student ambassadors!

The role includes:

- Connecting with prospective students via email and online chats to talk about your experiences
- Helping at our open days and other events
- Giving tours to prospective students who visit LSHTM
- Contributing to our brochures, website, blogs, videos and social media
- Participating in student focus groups

To get involved in this fun and rewarding role, apply by 11 October.

☞ [lshtm.ac.uk/study/ambassadors](http://lshtm.ac.uk/study/ambassadors)



**"For me, being a student ambassador is a great way to give back to, and be engaged with the LSHTM community."**

2018-19 Student Ambassador

## Global Health Lecture Series

Each week, leading experts from LSHTM present summaries and debates of key global health issues, ranging from outbreak response to gender-based violence to alcohol & tobacco policy. This series, along with the many other special lectures and events at LSHTM, offer potential for you to expand your network and may lead to summer project or career opportunities.

☞ [lshtm.ac.uk/events](http://lshtm.ac.uk/events)

## Friends of MSF

Attend conferences, take part in simulation events, host guest speakers and fundraise for a great cause! Do you want to be the next President, Secretary or Treasurer?

☞ Find out more: [lshtmfomsf@gmail.com](mailto:lshtmfomsf@gmail.com)

## Student-Led Careers Seminars

Our Careers Service hires students to work on several projects, including running student-led seminars where students share their career journeys with each other. So if you want to help boost the network and career opportunities of your fellow students by organising seminars, look out for application details shortly after you register. And if you have worked in a popular organisation others might dream of joining, have run your own enterprise or otherwise have an interesting story to share, you can also get involved as one of the speakers!

## Mentor Young Scientists

If you want to inspire the next generation of public and global health researchers while honing your communication skills for a general audience, then join our award-winning Young Scientists Programme as a mentor, helping students aged 14-18 develop and carry out fun and challenging public health research projects.

☞ [lshtm.ac.uk/youngscientists](http://lshtm.ac.uk/youngscientists)

## Student Callers

Do you want to earn over £500 in four weeks calling alumni? Each year, a selected group of students are trained and paid to telephone former LSHTM students in the evenings and at weekends to raise vital funds to support scholarships. This is a rare opportunity to find out more about the career paths of alumni and provides valuable work experience, as well as ensuring the most talented scientists are able to study with us, regardless of their financial background. The campaign will run on campus for four weeks from 2 November – 1 December.

☞ Find out more and apply by 21 October

## School Centres

LSHTM is home to 14 multidisciplinary Centres, each facilitating cross-faculty research in a specialised field. The Centres also organise seminars and events, and many are keen to have students take on an active role in their work. By joining the Centres, you will be able to access a network of peers with shared interests, a central hub of academic excellence and the chance to expand your career skills through active involvement.

☞ [lshtm.ac.uk/centres](http://lshtm.ac.uk/centres)



Centre on  
Climate Change &  
Planetary Health



ANTIMICROBIAL  
RESISTANCE  
CENTRE

Centre for  
Evaluation



Health in  
Humanitarian  
Crises Centre



Malaria centre



MATERNAL  
ADOLESCENT  
REPRODUCTIVE &  
CHILD  
HEALTH



CENTRE for  
STATISTICAL  
METHODOLOGY



CGMH  
CENTRE FOR GLOBAL  
MENTAL HEALTH



centre for the  
mathematical  
modelling of  
infectious diseases



CENTRE FOR  
GLOBAL CHRONIC  
CONDITIONS



## Start your own society!

From academic discussion forums to language exchanges to sports clubs – whatever your passion, you'll find someone to share it with!

# Stepping out



One of the best ways to explore London and its surroundings is on foot. We've put together some of our favorite routes for walking around the city. From urban strolls to wild wanderings, there's something here for everyone to enjoy!



## London Landmarks

© Central London Start: Westminster, End: Tower Hill

This classic central London route takes you on a five-mile stroll past some of the city's most iconic landmarks. Starting at Big Ben, wander over Westminster Bridge for a brilliant view of the Houses of Parliament from the south side of the River Thames. Saunter along the South Bank, taking in the colourful street performers and global food stalls - perhaps pausing for a ride on the famous London Eye. Once you've taken in all the art you can handle at the Tate Modern and admired Shakespeare's Globe Theatre, cross over the Millennium Bridge

and experience St. Paul's Cathedral up close. Make your way back across the river at Southwark Bridge for a city view from a different angle, and if you're hungry, try the free samples and gourmet delicacies of Borough Market. Wind up with a visit to the 900-year-old Tower of London, via Tower Bridge, and a well-deserved drink at St. Katherine Docks - we recommend the characterful Dickens Inn.

[Full route map](#)

## Marshes & Meadows

© North London Start: Tottenham Hale, End: Rectory Road

This nature walk makes you feel like you're far away from the hustle and bustle of the city, without leaving Zone 3. Begin by taking the Victoria Line to Tottenham Hale and following River Lea down past wildlife reserves bursting with life: meadows, trees, reservoirs and a whole host of birds can all be found here. Go off-piste at Walthamstow Marshes and wander the footpaths, or stick to the river path and admire the narrowboats chugging lazily past. When you come to Springfield Park, make your way to The Crooked Billet at Clapton where you can find some great pub grub at a reasonable price.

[Full route map](#)



4 miles



## Best of the West

© West London Start: Ladbroke Grove, End: Marble Arch

This route takes you past some of west London's top features. Start at Portobello Road and its famous antiques market, where you can also recreate scenes from *Notting Hill* outside the bookshop that inspired the film. Continue towards Holland Park, pausing in the tranquil Kyoto Gardens and trying to spot the park's resident peacocks, before checking out an exhibition at the Design Museum. Then stroll down High Street Kensington, taking a worthwhile detour down Exhibition Road - the Science Museum, Natural History Museum and Victoria & Albert Museum can all be found along here, so you'll be spoilt for choice when it comes to exhibits. Once you're ready for some fresh

air head north into Hyde Park, the largest Royal Park in London, where you can ride a pedalo on the Serpentine lake, watch hobbyists performing everything from salsa dancing to disco roller-blading, or just chill on one of the many lawns. Don't forget to stop and admire the Royal Albert Hall on your way.

[Full route map](#)

## The East End Market Trail

© East London  Start: Liverpool Street  
End: Cambridge Heath/Mile End

Explore the urban landscape on this three-mile tour of one of London's most vibrant areas. Starting from trendy Shoreditch, make your way through Old Spitalfields Market where you'll find arts, crafts and more in the restored Victorian buildings. Next, meander down Brick Lane with its independent vintage shops, leather goods and quirky cafés. Grab a bagel from one of the famous shops (we like the salt beef and pickle), pick up a retro bargain and head to the Nomadic Garden, a community initiative transformed by volunteers into allotments and art studios. If you haven't seen enough flora and fauna yet, then check out Columbia Flower Market and haggle for a houseplant to brighten up your room, or visit nearby Hackney City Farm where you can see animals up close and experience the countryside in the heart of the city. Make your way north and cross the canal at Broadway Market, where you can browse bookshops and gift stalls, or get a coffee to enjoy canal-side. Finally, follow the leafy canal towpath to Victoria Park, finishing at the Pavilion Café with its boating lake views. Well done, you made it!

 [Full route map](#)



## The Southern Explorer

© South London  Start: Brixton, End: Forest Hill

Peaceful parks and multicultural foodie spots line this four-mile hike which takes you up and down through some of the most scenic parts of south London. You'll need some energy for this one so start with a good brunch at Brixton Village - there's lots of options but we love Station 26, which has an entirely gluten-free menu. This multicultural area also has plenty of quirky shops, bars, live music and an old-fashioned cinema. Once you've finished eating and exploring, head up Railton Road towards Herne Hill, a pretty village-like area with a lovely Sunday farmer's market selling everything from vegan food to antique maps to pottery to baby clothes. Across the street is Brockwell Park - home to an open-air lido swimming pool (some say cold, we say invigorating) a miniature railway and fantastic cityscapes. Head west towards pretty and leafy Dulwich Park and the Picture Gallery which sits on its west side. From there, it's just a short walk to the Horniman, a free hilltop museum complete with an aquarium, musical instruments and a butterfly house. There's a great view from the gardens, too. After all that you'll be ready for another snack, so settle in for some tea and cake at a cosy café in Forest Hill.

 [Full route map](#)



## Epic Epping Forest

© Outside London  Start: Chingford

Did you know you can venture to nearly 6,000-acres of ancient woodland with only a 40-minute Tube journey from central London? So pack a backpack of your favourite snacks, bring some friends and get ready to breathe in the fresh air in the magnificent Epping Forest! Our suggestion for a six-mile circular route is to start at Chingford, at the top of the London Overground, and follow the woodland path through Chingford Plain to Connaught Water, delving deep into the forest and passing tea huts, rope swings, a visitor centre and brook along the way. But there are plenty of other routes you can take of varying lengths which cover different parts of the forest so be sure to check out the Epping Forest website for trails and maps.

 [Full route map](#)  [Epping Forest walks](#)



## Cycle City



Many of our suggested walking routes can also be explored by bike, and in any case London is becoming increasingly cycle-friendly. Transport for London has a number of designated and clearly marked routes, known as Quietways, which connect major parts of the city away from main roads, giving you a safer and more pleasant ride while also letting you explore hidden areas.

 [Quietway maps](#)



# Stay in touch!

We want to make sure you are ready to join us in September, so contact us if you need any help. Here are some of the main contacts you may need:

- Admissions & application queries: [admissions@lshtm.ac.uk](mailto:admissions@lshtm.ac.uk)
- Visa & immigration assistance: [visa-enquiries@lshtm.ac.uk](mailto:visa-enquiries@lshtm.ac.uk)
- Tuition fees questions: [fees@lshtm.ac.uk](mailto:fees@lshtm.ac.uk)
- Talk to a student: [virtual.lshtm.ac.uk/student-ambassadors](http://virtual.lshtm.ac.uk/student-ambassadors)
- All other study-related queries: [study@lshtm.ac.uk](mailto:study@lshtm.ac.uk)

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 [lshtm.ac.uk/youtube](http://lshtm.ac.uk/youtube)

