

Anglia Ruskin (ARU) London Residential Programme

A vibrant modern campus
in Greater London's east
corridor



emerald[®]
cultural institute

Experience Tradition, Embrace Innovation



Welcome

a.r.u.

Welcome
to ARU

We ask all staff, students and visitors to wear a face covering when in our campus buildings. Kindness goes a long way.

Please see about our COVID-19 Safety Information on the ARU website.



London International
Business School



Location

Anglia Ruskin University (ARU) London

Chelmsford, UK

Just 35 minutes by train from Liverpool Street, Anglia Ruskin's campus sits on the eastern edge of London's commuter belt — close enough to feel part of the capital, yet spacious and modern in a way few inner-city universities can match. ARU was voted University of the year in 2023.

Set along the riverside in Chelmsford's fast-developing University and Innovation Quarter, the campus is effectively an extension of London's academic network — a short ride from the City and Canary Wharf.



Chelmsford is regularly voted one of London's best commuter towns offering quick access to central London alongside modern amenities and a rich cultural heritage.

Transport

A short walk to the train station, ARU is just 29 minutes by train into central London

By Air

Heathrow Airport – 1 hour 10 mins

Gatwick Airport – 1 hour 10 mins

London City Airport – 50 mins

Stansted Airport – 30 mins

Eurostar Trains

St Pancras International – 1 hour 15 minutes

Accommodation on Campus



Campus

Located in a serene location by the river, the ARU campus is a great place to be. It offers plenty of outdoor space as well as fitness trails that run around and throughout the campus.

It is just a ten-minute walk to the centre of Chelmsford and everything the city has to offer and a short walk to the train station to catch the fast train into London.

The campus has a very modern, compact feel with lots of green space to relax. The facilities we use are all close together, with a short walk between the dining room, classrooms, sports facilities and accommodation areas.

Accommodation:

150 beds in single ensuite rooms

Bedrooms in flatlets of 6 rooms with a kitchen

Keys to access the boarding house and individual rooms

Wifi throughout



Facilities on Campus

Meals

Students are provided with three meals a day and will have packed lunches on full day excursion days. The food at ARU is prepared by year round staff and is of a high quality. They are happy to cater for most specialist dietary requirements. (Please notify us in advance if a specialist diet is required).



Sports and Recreation Facilities

ARU London is a modern campus located by the river Chelmer offering beautiful riverside walks and access to the local nature reserve. Students will also have access to a floodlit MUGA (Multi Use Games Area) as well as the Mildmay Sports Hall, which offers four badminton courts and a range of other indoor sports, including a table tennis room.

Laundry Facilities

Students will be responsible for their own personal laundry. There are both washing machines and tumble dryers available at a cost of £3.20 per load for a wash and dry.



Sample Programme

Week One

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arrival	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Placement test	English lesson	Full-day excursion: London West End musical (includes packed lunch)	English lesson	Full-day excursion: London Tower of London (includes packed lunch)	English lesson
	Lunch	Lunch		Lunch		
	Half-day excursion Chelmsford Orientation	English lesson	Activities	Personal time	Personal time	Activities
Personal time	Personal time	Personal time	Personal time	Personal time	Personal time	
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Unpack and settle in	Team quiz	50/50 night	Scavenger hunt	Fashion show	Themed dance party	Movie night
Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out

Week Two

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Full-day excursion: London Camden (includes packed lunch)	English lesson	English lesson	Full-day excursion: London Eye and Westminster walking tour (includes packed lunch)	English lesson	Full-day excursion: London British Museum (includes packed lunch)	English lesson
	Lunch	Lunch		Lunch		
	Half-day excursion: Cambridge	English Lesson	Activities	Personal time	Personal time	Activities
Personal time	Personal time	Personal time	Personal time	Personal time	Personal time	Personal time
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Challenge night	Zombie apocalypse	ECl's Got Talent	Music quiz	Casino night	Themed dance party	Movie night
Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out

The ARU multi-activity programme gives our students the best of both worlds. It enables our students to explore and discover our wonderful capital city. We also offer half day excursions to more local destinations such as Cambridge and Colchester and of course our home city of Chelmsford.

In addition, all students will have the opportunity to attend a West End theatre show. When not out exploring, students can participate in a choice of activities such as sports, dance, drama and a variety of arts and crafts. Fun evening activities include talent and fashion shows, discos and karaoke, quizzes and scavenger hunts.

General Information



Medical Information

All students studying in England should obtain appropriate medical insurance in their own country before departure. Students travelling from EU countries should bring their European Health Insurance with them. Non-EU students should travel with a copy of their insurance policy.

Our on-site team will be happy to assist with making the arrangements for students who require medical attention. We would ask that parents or group leaders inform us at the time of booking about any conditions or relevant medical information which we should be aware of, so we can inform our staff.

Students should cover the cost of transport if required for any medical visits. Group leaders are required to accompany their students to doctors/hospitals. A member of staff will accompany individual students.

Smoking/Alcohol/Illegal Substances

Smoking is prohibited inside school property. Alcohol is strictly forbidden on campus. Consumption or possession of alcohol or any illegal substances will result in immediate expulsion.

Safety

We advise all students not to carry large amounts of cash, passport or travel documents on their person during their stay.

Health and Safety

As part of their welcome orientation students and group leaders are required to attend a short briefing on the safety regulations. The briefing includes an introduction to life in the school, security of personal property and fire safety. Group leaders and students will also receive details of First Aid procedures, which they should follow in the event of an accident.

Emerald Student Identity Card

All students are issued with an Emerald Cultural Institute student wristband on their arrival. Students should carry their student ID with them at all times and may be asked to produce the card by the security or residential staff.

Student Supervision

Our team of Managers, Teachers and Activity Leaders provide the highest level of service and ensure that students enjoy every aspect of their stay with us. In orientation students meet residence and activity staff. Minors under 18 travelling unaccompanied are assigned a specific member of staff who will be their reference point and will meet them on a daily basis.

Discipline and Breach of Conduct

If students' behaviour or conduct is unsatisfactory or in breach of school regulations, they will be subject to the School's disciplinary procedures. A serious breach of conduct may result in expulsion.