

# Fast-track International Health & Health Sciences – Nursing & Healthcare Foundation Programmes

Awarding body: LASER





# Key information

## Health & Health Sciences

**Course location:**

Central Brighton Campus

**Course duration:**

6 months

**Start date:**

September 2021

**Qualification:**

LASER Access to Higher Education Diploma:  
Health and Health Sciences Level 3

**Fees:** £7,500

**Entry requirements:**

English and Maths GCSE at grade 4 (C) or above  
(or equivalent)

**English level requirement:**

IELTS 5.0 or higher (or equivalent)

**Progression opportunities:**

Direct Higher Education progression to Winchester University\* (see page 8 for further progression details)

## Nursing & Healthcare

**Course location:**

Broadwater Campus and Central Brighton Campus

**Course duration:**

6 months

**Start date:**

September 2021

**Qualification:**

LASER Access to Higher Education Diploma:  
Nursing and Healthcare Professions Level 3

**Fees:** £7,500

**Entry requirements:**

English and Maths GCSE at grade 4 (C) or above  
(or equivalent)

**English level requirement:**

ELTS 5.0 or higher (or equivalent)

**Progression opportunities:**

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# Why choose the MET?

There are many reasons for choosing to study at the MET. Here are a few...

1 Direct Higher Education progression to Goldsmiths University and Winchester University

2 Fast-track six-month programme with UK students from September 2021

3 Two specialised laboratories – chemistry and microbiology

4 Online access to course documents, resources and study support through the MET's virtual learning environment



# Welcome to Brighton

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## Entertainment

Brighton is one of the UK's most famous cities, with its elegant historical architecture, varied nightlife, and arts and cultural scene.

Each year the city plays host to numerous festivals, including Brighton Fringe, Brighton Festival, The Great Escape and Artists' Open Houses. There are also unique events such as Brighton Pride, Burning the Clocks, Brighton Marathon, Paddle Round the Pier and many more.

Brighton is also well known for its wealth of vibrant independent shops, quirky cafes and fantastic restaurants. With numerous theatres, cinemas and live music venues, there is always something to see or do.



## Location

Brighton is less than an hour away from London by train, and major airports such as Gatwick are easily accessible. Within the city there is an excellent bus network, as well as dedicated cycle lanes.

Located between the English Channel and the stunning South Downs National Park, and with numerous public parks around the city, there are plenty of opportunities to make the most of the British outdoors. Cycling along the seafront is a must-do for locals and tourists alike.



## Sports

For sport fans, Brighton is home to Brighton & Hove Albion, the city's Premier League football team, and the East Sussex County Cricket Ground. There are also numerous sports centres, including the Prince Regent Leisure Centre - a five-minute walk from our Central Brighton Campus – which offers regular swimming and fitness classes, as well as a fully equipped gym.



## Diversity

Brighton is widely recognised as an inclusive city, with a large number of international residents and an active LGBTQ+ community.

# The MET

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Greater Brighton Metropolitan College (MET) has a long tradition of welcoming international students from around the world. The friendly and professional International team, based at our Central Brighton Campus, oversees all aspects of welfare and academic development across five sites in Brighton, Shoreham and Worthing. Our central campus is located in Brighton's North Laine area in the heart of Brighton.

One of the best aspects about studying with us is that you are immersed in an established British college with 150 years of heritage, history and experience, studying with UK students.

We offer high quality teaching, modern classrooms and exceptional facilities including IT suites, learning resource centres, studios and a theatre.

At the MET we believe it's our job to celebrate ambition, unlock potential and transform lives.

**We look forward to welcoming you to the MET.**





# Facilities at the MET

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## Learning Resource Centre

Our Learning Resource Centre (LRC) provides you with access to over 400,000 books, 300 periodicals and 2,000 DVDs. There are also over 80 computer stations equipped with electronic resources, e-books and access to online learning resources.

## Student Centre

Our Student Centre is your one-stop shop to help prepare you for the world of work. Our team are available to provide you with advice and support on careers, employability skills and CV writing.

## Hair and beauty salon

Our on-site salon provides a professional working experience for our students who offer treatments to the public at a discounted rate.

## Refreshments

- Newly refurbished canteen offers nutritious breakfasts, lunches and dinners at fantastic value, with guest chefs cooking specialist cuisines
- The coffee shop serves speciality teas and coffees and is a great place to socialise with friends
- Vending machines offer drinks/confectionery



# The courses

## Health & Health Sciences

The International Foundation Programme in Health and Health Sciences is an intensive course with an ethos of hard work and commitment. You will be supported to achieve the highest grades you can in every formal assignment, and encouraged to find solutions to the challenges you will meet on the way. This is what makes our course the very best preparation for university and for the professional arena in the future.

The full qualification is worth 60 Level 3 credits; 45 are graded credits and the remaining 15 must be achieved but are ungraded.

### Graded Units

- Cells, Tissues and Organs for Healthcare
- Homeostasis for Healthcare
- The Musculoskeletal System for Healthcare
- Reproductive Biology for Healthcare
- Blood, Circulation and Gaseous Exchange for Healthcare
- Mendelian and Applied Genetics for Healthcare
- Disease and Body Defence
- Biochemistry
- Enzymes
- Drugs and Food Additives
- The Effects of Stress
- Applied Stress Management
- Extended Independent Academic Research



### Ungraded Units

- Critical Thinking
- Reviewing and Planning for the Future
- Research Skills for Academic Study
- Using ICT for Study
- Practical Mathematics for Nursing



# Nursing & Healthcare

The International Foundation Programme in Nursing & Healthcare is an intensive course with an ethos of hard work and commitment. You will be supported to achieve the highest grades you can in every formal assignment, and encouraged to find solutions to the challenges you will meet on the way. This is what makes our course the very best preparation for university and for the professional arena in the future.

The full qualification is worth 60 Level 3 credits; 45 are graded credits and the remaining 15 must be achieved but are ungraded.

## Graded Units

- Developing Professional Practice in Healthcare
- Understanding Health Promotion and Health Education
- The Sociology of Health
- Understanding Mental Health
- Introduction to Psychology
- Psychology and Mental Health
- The Effects of Stress
- Cells, Tissues and Organs for Healthcare
- Homeostasis for Healthcare
- Blood, Circulation and Gaseous Exchange for Healthcare
- Disease and Body Defence
- Reproductive Biology for Healthcare
- Mendelian and Applied Genetics for Healthcare
- Independent Academic Research (Professional Studies)



## Ungraded Units

- Practical Mathematics for Nursing
- Critical Thinking
- Reviewing and Planning for the Future
- Research Skills for Academic Study
- Using ICT for Study



## English for Academic Purposes

On arrival to the UK, students will benefit from the embedded English for Academic Purposes programme. This includes four hours of dedicated tuition each week to complement and fully support the Foundation Programme. Students will receive lessons on the key study and language skills required to successfully complete this course.

## Progression

Preparation for entry onto most health-related degree programmes at universities across the country.

This course is a recognised entry qualification to higher education into many roles allied to medicine, such as nursing, midwifery, paramedic practice, physiotherapy, occupational therapy, and operating department practice.

The progression rate to university is very high with the majority of students securing their first choice.

# Entry requirements

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## Applicants will need:

- An IELTS score of 5 or higher (or equivalent)
- English and Maths GCSE at grade 4 (C) or above (or equivalent)

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## Applications

Please contact  
[international@gbmc.ac.uk](mailto:international@gbmc.ac.uk)

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## Disabilities

We welcome applications from people with disabilities. We encourage students to disclose any disability they may have when they apply to enable us to plan the right support.

**Information about our support services can be viewed at [gbmc.ac.uk/student-support](http://gbmc.ac.uk/student-support)**



## Equal opportunities

We are committed to promoting equality of opportunity for all students, to understanding and celebrating our diverse community and recognising the value of each individual's contributions. We are fully committed to equality of treatment regardless of disability, race, gender (including gender reassignment), age, sexual orientation, religion or belief and do not tolerate any form of discrimination.

# Fees

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The tuition fee for 2021-22 entry is £7,500, including English for Academic Purposes programmes.

## Additional costs

In addition to tuition fees, students may incur additional costs such as the cost of materials, and travel and expenses for any excursions they take part in.



# Living in Brighton

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We understand that accommodation is an important part of a student's stay and that they should be happy and comfortable with whatever choice they make. All our accommodation is thoroughly checked and monitored in accordance with the standards set out in the British Council's Accreditation UK Scheme. We visit all our hosts and aim to place our students in a home that suits their preferences.

Most accommodation options are located within 30 minutes travel distance to the MET.

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## Homestay accommodation

A Homestay will provide students with the perfect introduction to life in the UK and can help them to improve their English. Students will be immersed in a local household and learn about British culture in a welcoming and comfortable environment.

Homestays normally offer single rooms and shared bathroom facilities. Twin rooms are available for students travelling together.

There are two Homestay options:

### Half board

This option includes breakfast and dinner, provided by the host. Meal times can be a great opportunity to practice English. Students will be treated as a member of the family and interact with the host on a daily basis.

### Self-catered

This is a great option for students who want to take the first steps towards independence but would still like the comfort of a homely environment. Students will spend time with a host but have the freedom to buy and cook their own meals.

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## Other accommodation

There are a range of hotels, residences, student houses and other accommodation types available in Brighton. We can signpost students to some options and providers.



Please note that these are independent services and have not been vetted in any way by the MET.



## How to apply

Please email student applications to [international@gbmc.ac.uk](mailto:international@gbmc.ac.uk) by 20 August 2021.