



**CERTIFICAT DE COMPETENCES EN LANGUES
DE L'ENSEIGNEMENT SUPERIEUR
CLES**

Langue : ANGLAIS

Niveau : CLES 1

Dossier documentaire (textes)

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University of Southampton – Arts on campus, sports and fitness, Students' Union

Music

We are fortunate to have a wide variety of musical activity taking place right in the heart of our campuses. Turner Sims is a world-famous concert hall located on Highfield Campus. The packed programme of over 60 concerts a year includes classical, jazz, folk and world music.

To keep up to date with events and concerts organised by the University Music department, visit the Music events webpage. In addition, staff and students in the department regularly post news and events in their Music at Southampton blog. The department has also developed the SHOWCASE programme, providing professional training and opportunities for advanced undergraduate and postgraduate performers. Experienced singers and complete beginners alike are welcome at the University's community choir.

Nuffield Theatre: a professional theatre on campus

In the Nuffield we are lucky to have a professional theatre which both produces and receives shows right here on Highfield campus. As well as producing our own shows, Nuffield is visited by well-known companies and comedians and has hosted touring productions of hit West End shows.

Nuffield can offer opportunities for volunteering and work experience. Students can usher shows (and see them for free in the process), while the EXTRAS scheme can offer work experience to those looking for a career in theatre administration, marketing or producing.

Our sports facilities

Indoor facilities

The Jubilee Sports Centre is a state-of-the-art £8.5 million complex located on our Highfield Campus. It includes:

- a six-lane 25-metre swimming pool
- a split-level gym with 140 fitness stations - one of the largest facilities of any UK university
- a magnificent eight-court sports hall, used for badminton, netball, volleyball and basketball - the only hall in the region suitable for international basketball matches
- four squash courts
- martial arts studio
- dance studios and activity room
- bouldering wall
- second sports hall for five-a-side football, cricket, handball, Frisbee, and roller hockey

- an extensive range of fitness and activity classes including yoga, spin classes, aerobics, and aquafit

Outdoor facilities

Wide Lane Sports Ground is a 76 acre facility which has benefitted from a £4.3 million redevelopment. Located just a few minutes' bus journey from Highfield Campus, and within walking distance from Wessex Lane halls of residence, the facilities include:

- grass pitches for cricket, football, rugby, lacrosse, baseball, and mini soccer
- two floodlit synthetic turf pitches for hockey, 11-a-side and 6-a-side football
- eight floodlit tennis and netball courts
- additional gym facilities at Team Southampton Gym

Students' Union

As a student at Southampton, you will automatically become a member of Southampton University Students' Union (SUSU). SUSU is one of the largest Students' unions in the UK, with many services and facilities to both support and entertain you.

SUSU's facilities at Highfield Campus

- The Café serves hot and cold food, drinks and snacks all day
- The Bridge is a bistro bar and entertainment venue
- The Stag's is a student pub which shows live sport and hosts music events
- The Shop stocks a wide range of groceries, stationery, gifts and clothing
- Union Films is SUSU's own 330-seat cinema completely managed by students. You can see the latest films here much cheaper than at local cinemas

SUSU's help and support

The SUSU Advice Centre provides free, confidential and independent advice for all SUSU members. We have four trained and experienced advisors to support you.

Nightline is a confidential listening service run by students, for students. You can call from 20:00 to 08:00. We train all our student volunteers to deal with every type of call.

SUSU's Safety Bus service helps you get home safely from campus. It runs every night until 00:30 from SUSU on the Highfield Campus.

With SUSU's peer support service you can meet with a trained peer supporter on a one-to-one basis at a time and place that works for you. All of our peer supporters are students who will listen to your problems without judging.

Source: <http://www.southampton.ac.uk/uni-life/campus.page>

UNILIFE

Unilife provide students the Ultimate Living Experience, we know we go beyond your expectations, providing exceptional high quality studios and excellent customer service.

Each of our stunning studios are design with you (the student in mind), not only at a high quality but we've tried to think of everything you'll need. Lots of storage, comfy double bed, en-suite bathrooms, work stations and of course your own kitchen.

With many of our buildings providing excellent well designed communal areas (lounges, study rooms) to state of the art gym facilities and on suite laundry. You have all the luxury of private living with added benefits and of course in the most ideal locations to your universities.

We believe that we offer exceptional value, with an all-inclusive bill (that's heating, water, electricity, contents insurance and your TV license). We will even give you 50 laundry credits (that's 25 washes and 25 dries), what more could you need.

No doubt you will be very busy in your first few weeks of University, finding your way round a new City and University and trying not to get lost, making new friends and settling into a new way of life. It's hard enough if you are a UK student but we also appreciate that as an International student, living far from home can take a while to get used to and adjust.

We want to make settling in as easy as possible, we are always just a phone call away if you need any help. If you need help with anything to do with your student studio at Unilife, the facilities we provide or just struggling to adapt to life then we will do our best to make life easier.

We can't help with your studies (we would try I am sure), but we can help with life at Unilife. We've asked past students of ours and we know that one of the biggest issues facing an International student is not knowing anyone in your building to socialise with or just hang out and watch TV with in the Lounge. We organise throughout the year a number of events to help you get to know each other, make sure you like us on Facebook to keep up to date and don't miss out.

Just remember don't be overwhelmed it's a lot to remember to start with, but won't take you long to feel like you've lived here always.

Going to university is a great opportunity to meet new people and make new friends from all over the world. At Unilife we know that for some this can be a challenging time so start with making friends in your Unilife building. To help you we not only have great communal areas (lounge, study rooms) and facilities (state of the art gym) but will be organising a number of events throughout the year so you can meet your new Unilife friends. Make sure you Like us on Facebook or Follow us on Twitter to keep up to date on all the activities and latest news.

Source: <http://www.unilife.co.uk/students/international/>

University Courses for Foreign Students

What type of course is right for me?

The first thing you need to decide after choosing to study abroad at a UK university, is what level of course is suitable for you. There are a number of different levels of course you can study at most UK universities and it can be confusing at first deciding which one is right for you. Here is a bullet point guide to what type of course you should choose if you want to study at university:

- **Undergraduate:** If the highest qualifications you have are at the same level as International Baccalaureates (or UK A-Levels), and you want to continue your education, then an undergraduate degree is probably the right level for you.

- **Postgraduate Masters:** Postgraduate Masters courses are only for students who have already completed an undergraduate degree (or the equivalent) either in the UK or your home country.

- **Postgraduate Doctorate:** Doctorates (or 'PhDs' as they are often known as in the UK) are for students who have already completed both undergraduate and Masters courses and still want to continue their education. For PhDs students choose their own research project and work almost completely on their own.

Why Should I Study an Undergraduate Course?

If you have finished school or are finishing this year and want to study at a university in the UK then an undergraduate course may be perfect for you. You can choose to study from a huge range of subjects at one of literally hundreds of UK universities.

Most students in the UK who go to university after finishing school study an undergraduate degree course. The qualification gained at the end of the course will prepare you to either start a career or else go into further study on a postgraduate course. The UK has some of the most internationally respected universities and courses in the world that can provide foreign students with very valuable qualifications. The list of courses available to students is almost endless and ranges from practical, career based courses such as Law, to more general academic courses like Maths. For the range of undergraduate courses that the individual universities you are interested in offer, check our UK Universities directory.

However, studying an undergraduate degree in the UK is not all about the academic side. International students will also gain the full university experience studying at undergraduate level, immersing themselves in UK culture and living in student accommodation.

How Long do Undergraduate Courses Take?

If studying full time, most undergraduate courses usually last **3 years** in the UK. It varies slightly for each university but generally, each academic year starts in October and ends in June, and is split into three terms of 10-12 weeks long. The exact dates of your course should be easy to find on the university website.

For full time undergraduate courses, students are expected to spend the majority of their time each week studying for their course. The number of 'contact hours' (the time spent with tutors in lectures or seminars) each week at undergraduate level varies hugely depending on the university and course. Humanities courses generally have fewer contact hours. For example, an English Literature course can have as few as 8 contact hours, whilst for some undergraduate Science and Maths courses you can spend anything up to 40 hours in lectures and seminars. The time differences between courses are made up by the amount of work that students do away from contact hours- reading, writing, researching, revising and so on.

Source: <http://www.foreignstudents.com/universities/courses>