



21 Consejos para vivir en Southampton, UK (Versión en Español)

¡Bienvenidos! Si has llegado aquí es porque estás considerando vivir en Southampton.

Aquí no vas a estar solo, cuentas con la comunidad Latinoamericana a través de LASO (Latin-American Association of Southampton). Nosotros somos inmigrantes igual que tú y entendemos que no es nada fácil establecerse en una nueva ciudad.

Hemos elaborado esta guía basada en nuestras experiencias, con la finalidad de que tengas información de utilidad al momento de establecerte en nuestra hermosa ciudad y segunda casa.

Para empezar, aquí tienes 21 consejos divididos en:

- Transporte,
- Hospedaje, Vivienda,
- Consejo Municipal,
- Supermercados,
- Centro Comerciales,
- Servicio de Salud,
- Policía, Bomberos,
- Educación,
- Empleo,
- Asesoría Legal,
- Entretenimiento y Turismo.

TRANSPORTE

1 Aeropuerto de Southampton

Dirección: Wide Lane, SO18 2NL
<https://www.southamptonairport.com/>

2 Transporte Inter-Regional de autobuses en el Reino Unido

National Express

Dirección (Southampton): Harbour Parade, Southampton SO15 1BA
<https://www.nationalexpress.com/en>

3 Sistema de trenes Nacional en el Reino Unido

National Rail

Dirección (Southampton): Southampton SO15 1GP
<https://www.nationalrail.co.uk/>

4 Transporte Regional de autobuses en Southampton

First Bus,

<https://www.firstgroup.com/southampton>

Blue Star Bus,

<https://www.bluestarbus.co.uk/>

Uni-link, <https://www.unilinkbus.co.uk/>

Xelabus, <http://www.xelabus.info/>

Tips

* Puedes visitar la página web 'myjourneysouthampton' para buscar más información sobre los tipos de transporte en Southampton

<https://myjourneysouthampton.com/>

** Otra página web o app que puedes visitar es 'moovitapp', a través de esta website puedes saber cómo llegar de un sitio a otro

<https://moovitapp.com/>

5 Líneas de TAXIS que operan en la ciudad de Southampton

Radio Taxis Southampton,

<https://radiotaxisonline.co.uk/>



Aero Taxis Southampton,
<https://www.aerotaxis-southampton.co.uk/>
Southampton Taxis,
<http://www.southamptontaxis.net/>
West Quay Cars,
<https://westquaycars.com/>
Cab My Ride, <http://cabmyride.com/>
Transmobility,
<https://www.transmobility.co.uk/>

HOSPEDAJE

6 Southampton es una Ciudad portuaria y llegan muchos cruceros de todas partes del mundo, ésta es una de las razones por las cuales tenemos una gran variedad de cadenas hoteleras. Aquí te nombramos algunas de ellas:

Travelodge,
<https://www.travelodge.co.uk/>
Premier Inn,
<https://www.premierinn.com/>
Holiday Inn, <https://www.ihg.com/>
Ibis & Ibis Budget,
<https://ibis.accor.com/>
Jurys Inn, <https://www.jurysinns.com/>
Novotel, <https://novotel.accor.com/>

Tips

* También puedes evaluar los hostales (**Bed & Breakfast**) y en la página web /App **Airbnb**
<https://www.airbnb.co.uk/>

VIVIENDA

7 A continuación te nombraremos algunas de las agencias Inmobiliarias que se encuentran en nuestra Ciudad
Zoopla, <https://www.zoopla.co.uk/>
Rightmove,
<https://www.rightmove.co.uk/>
Primelocation,
<https://www.primelocation.com/>

Tips

* Si estas interesado en compartir habitación puedes utilizar las páginas web: **Gumtree, Spareroom y Airbnb.**
<https://www.gumtree.com/>
<https://www.spareroom.co.uk/>

CONSEJO MUNICIPAL (CITY COUNCIL)

8 Todos los ciudadanos residenciados en Southampton deberíamos estar registrados en el Consejo Municipal. Además, deberíamos estar cancelando el impuesto sobre la propiedad domestica (Council tax), si eres propietario estas rentando una casa, apartamento o habitación.

El Consejo Municipal utiliza el dinero recaudado para pagar servicios locales, tales como: escuelas, recolección de basura, carreteras y alumbrado público.

Ubicación: Civic Centre, Southampton, SO14 7LY
<https://www.southampton.gov.uk/>

Tips

* Si eres estudiante a tiempo completo estas excepto de pagar el impuesto municipal.
** El pago se hace directamente al Consejo Municipal, nunca a terceras personas.
***Hay otras excepciones, por este motivo se recomienda revisar la página web o contactar el Consejo Municipal para obtener mayor información.

CADENA DE SUPERMERCADOS



9 Southampton cuenta con una buena red de Supermercados, te nombramos algunos de ellos:

Aldi, <https://www.aldi.co.uk/>

Lidl, <https://www.lidl.co.uk/>

Asda, <https://www.asda.com/>

Tesco, <https://www.tesco.com/>

Sainsbury,

<https://www.sainsburys.co.uk/>

Waitrose, <https://www.waitrose.com/>

Tips

* Puedes conseguir Harina para Arepas (Harina Pan) al igual que otros artículos latinoamericanos en la tiendas internacionales como:

- International Foods en Portswood Road,
- Global Food: Derby Road (cerca del estadio St. Mary's - Southampton Saints Football Club)

CENTRO COMERCIALES

10 En Southampton puedes encontrar dos (2) Centros comerciales (**West Quay** y **The Marlands**), además puedes encontrar el boulevard / High Street, donde puedes encontrar diferentes tiendas a los lados de la calle peatonal.

Westquay, <https://www.west-quay.co.uk/>

The Marlands,

<https://www.marlandsshoppingcentre.co.uk/>

SERVICIOS DE SALUD

11 Para acceder al Servicio Nacional de Salud del Reino Unido (National Health Service o NHS) debes registrarte en un Centro Hospitalario (Surgery) en el cual te asignaran un

médico de cabecera (General Practitioner o GP). Te recomendamos que te inscribas tan pronto tengas una dirección de residencia, ya que por lo general debes registrarte en el Centro Hospitalario más cercano a tu residencia.

Para registrarte debes presentarte personalmente con los siguientes requisitos:

* Documento de Identificación

Personal, por ejemplo: Pasaporte & Visa.

* Documento que demuestre donde vives, por ejemplo: Un contrato de alquiler, una factura de luz, un estado de cuenta Bancario o un recibo de pago del Consejo Municipal, etc.

* Rellenar la planilla de registro del Centro Hospitalario.

Una vez estés registrado y tengas tu médico de cabecera, ya podrás solicitar todas las citas que requieras.

En **caso de una emergencia** debes asistir a los Centros de Urgencias (**A&E**) o llamar al 999.

Cuando **no es una emergencia**, puedes consultar también al 111.

Tips

* Puedes usar la siguiente pagina web para encontrar el Centro Hospitalario más cercano a tu residencia, solo necesitaras tu código postal

<https://www.nhs.uk/service-search/find-a-gp>

** National Health System (NHS)

<https://www.nhs.uk/>

***Centro de Urgencias

<https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/>

Servicios odontológicos

Para acceder a los Servicios Odontológicos Nacionales (Dental



NHS) debes registrarte en un Centro Odontológico NHS más cercano a tu residencia o lugar de trabajo.

Para registrarte debes presentarte personalmente con los siguientes requisitos:

- * Documento de Identificación Personal, por ejemplo: Pasaporte & Visa.

- * Rellenar la planilla de registro del centro odontológico.

Una vez estés registrado, ya podrás solicitar todas las citas que requieras.

Importante: El servicio de salud odontológico es subsidiado por el NHS, pero debes **cancelar un importe** por cada consulta o tratamiento, a excepción de los menores de 18 años y pensionados en el Reino Unido.

Tips

- * Puedes usar la siguiente pagina web para encontrar el Centro Odontológico NHS más cercano a tu residencia, sólo necesitaras tu código postal.

<https://www.nhs.uk/service-search/find-a-dentist>

- ** Se recomienda llamar al Centro Odontológico antes de acercarte para verificar si tienen cupo.

POLICIA

12 La estación de Policía de Southampton se encuentra ubicada en el área central de la ciudad. Abajo encontraras la pagina web de la Policía de Southampton.

<https://www.hampshire.police.uk/>

BOMBEROS

13 A continuación te dejamos el link de los Bomberos de Southampton.

<https://www.hantsfire.gov.uk/>

EDUCACION

14 El plan de estudio Nacional en el Reino Unido está compuesto por cinco etapas (Key Stages):

EDUCACION PRIMARIA

Key Stage 1 - Año de recepción. Del Año 1 al 2 - para estudiantes entre 5 y 7 años de edad.

Key Stage 2 - Del año 3 al 6 - para estudiantes entre 8 y 11 años de edad.

EDUCACION SECUNDARIA

Key Stage 3 - Del año 7 al 9 - para estudiantes entre 12 y 14 años de edad.

Key Stage 4 - Del año 10 al 11 - para estudiantes entre 15 y 16 años de edad.

EDUCACION PRE-UNIVERSITARIA

Key Stage 5 - Del año 12 al 13 - para estudiantes entre 17 y 18 años de edad.

Puedes ver mayor información en nuestra sección de EDUCACION en preguntas frecuentes.

EMPLEO

15 Lo primero que necesitas para empezar a buscar empleo es tener asignado un número de Seguro Social Nacional, llamado en el Reino Unido como: 'National Insurance' o 'NI'.

Si tienes un Permiso de Residencia Biométrico (BRP), es posible que ya tenga un número de Seguro Social



Nacional; si lo tiene; este estará impreso en el reverso de su BRP.

Si no tiene un número de Seguro Social Nacional, debe solicitar uno en la siguiente pagina.
<https://www.gov.uk/apply-national-insurance-number>

16 Una vez tengas tu número de Seguro Social Nacional, deberías actualizar tu CV (Formato Ingles) para aplicar la las diferentes paginas de empleo.
<https://nationalcareers.service.gov.uk/get-a-job/cv-sections#CV-explained>

17 A continuación te mencionamos algunas de las Agencias de empleo que puedes acceder.
<https://www.reed.co.uk/>
<https://www.cv-library.co.uk/>
<https://www.indeed.co.uk/>
<https://www.totaljobs.com/>
<https://www.jobsite.co.uk/>
<https://www.bluearrow.co.uk/>
<https://www.monster.co.uk/>
<https://www.jobs.nhs.uk/>

ASISTENCIA LEGAL

18 Si llegas a necesitar asistencia legal, te recomendamos que visites las oficinas de Citizen Advice. Ellos brindan un servicio de asesoría gratuito relacionado a beneficios, empleo, deudas, temas de familia, alojamiento, inmigración, entre otros.
<https://citizensadvicesouthampton.org.uk/>

ENTRETENIMIENTO

19 Southampton cuenta con una biblioteca pública ubicada en el Edificio del Consejo Municipal.
<http://www.southampton.gov.uk/libraries/council-libraries/>

20 Salas de Cine
<https://www.odeon.co.uk/>
<https://www.showcasecinemas.co.uk/>

TURISMO

21 Si estas interesado en conocer los sitios de interés turístico en Southampton, te recomendamos visitar la página web:
<https://visitsouthampton.co.uk/>



21 Tips for Living in Southampton, UK (English version)

Welcome! If you have arrived here, it's because you're considering living in Southampton.

Here you will not be alone, you have the Latin American Association of Southampton. We are immigrants just like you and we understand that it is not easy to settle in a new city.

We have developed this guide based on our experiences, so that you have useful information when settling in our beautiful city and second home.

To get started, here are 21 tips divided into:

- Transportation.
- Hospitality and Housing.
- Southampton City Council.
- Supermarkets.
- Shopping Centres.
- Health Service.
- Police and Fire emergency.
- Education.
- Employment.
- Legal advice.
- Entertainment and Tourism.

TRANSPORT

1 Southampton Airport

Address: Wide Lane, SO18 2NL
<https://www.southamptonairport.com/>

2 National Bus Transport in the UK National Express

Address: Harbour Parade,
Southampton SO15 1BA
<https://www.nationalexpress.com/en>

3 National train system in the UK National Rail

Address: Southampton SO15 1GP
<https://www.nationalrail.co.uk/>

4 Regional bus transport in Southampton

First Bus,
<https://www.firstgroup.com/southampton>

Blue Star Bus,
<https://www.bluestarbus.co.uk/>

Uni-link, <https://www.unilinkbus.co.uk/>
Xelabus, <http://www.xelabus.info/>

Tips

* You can visit the 'myjourneysouthampton' website to find out more about transport types in Southampton
<https://myjourneysouthampton.com/>
** Another website or app you can visit is 'moovitapp'. Through this website you can know how to get from one site to another
<https://moovitapp.com/>

5 Taxi services operating in the city of Southampton:

Radio Taxis Southampton,
<https://radiotaxisonline.co.uk/>

Aero Taxis Southampton,
<https://www.aerotaxis-southampton.co.uk/>

Southampton Taxis,
<http://www.southamptontaxis.net/>

West Quay Cars,
<https://westquaycars.com/>

Cab My Ride, <http://cabmyride.com/>



Transmobility,

<https://www.transmobility.co.uk>

HOSPITALITY

6 Southampton is a maritime city and many cruise ships arrive from all over the world. This is one of the reasons why we have a wide variety of hotel chains. Here are some of them:

Travelodge,

<https://www.travelodge.co.uk/>

Premier Inn,

<https://www.premierinn.com/>

Holiday Inn, <https://www.ihg.com/>

Ibis & Ibis Budget,

<https://ibis.accor.com/>

Jurys Inn, <https://www.jurysinns.com/>

Novotel, <https://novotel.accor.com/>

Tips

* You can also search for hostels (Bed & Breakfast) in the following website/app:

<https://www.airbnb.co.uk/>

HOUSING

7 Below we will list a few Estate/Letting agencies operating in our city.

Zoopla, <https://www.zoopla.co.uk/>

Rightmove,

<https://www.rightmove.co.uk/>

Primelocation,

<https://www.primelocation.com/>

Tips

* If you are interested in sharing a room you can use the websites:

Gumtree, Spareroom y Airbnb.

<https://www.gumtree.com/>

<https://www.spareroom.co.uk/>

SOUTHAMPTON CITY COUNCIL:

8. All citizens living in Southampton should be registered with the Council. In addition, if you own or rent a domestic property you should be paying Council tax. There is one bill for each dwelling irrespective of whether it's owned or rented

The City Council uses the money raised to pay for local services such as: schools, fire and police services, rubbish collection, roads, street lighting, etc.

Location: Civic Centre, Southampton, SO14 7LY

<https://www.southampton.gov.uk/>

Tips:

* Full time students are exempt from paying Council tax.

** Payment is made directly to the City Council, never to third parties.

***Additional exemptions and discounts may apply so we recommend you visit the Council web page or contact the Council for more information.

SUPERMARKET CHAINS:

9 Southampton has a good network of supermarkets, we list some of them below:

Aldi, <https://www.aldi.co.uk/>

Lidl, <https://www.lidl.co.uk/>

Asda, <https://www.asda.com/>

Tesco, <https://www.tesco.com/>

Sainsbury,

<https://www.sainsburys.co.uk/>

Waitrose, <https://www.waitrose.com/>



Tips

* You can get flour for arepas (Bread Flour) and other Latin American items in international stores such as:

- International Foods in Portswood Road,
- Global Food: Derby Road (near to St. Mary's - Southampton Saints Football Club)

SHOPPING CENTRES

10 In Southampton you can find two shopping centres (**West Quay** and **The Marlands**).

In addition, there is a High Street, where you can find many other chain stores as well as many independent stores:

Westquay, <https://www.west-quay.co.uk/>

The Marlands,
<https://www.marlandsshopppingcentre.co.uk/>

HEALTH SERVICES

11 To access the National Health Service (NHS) you must register with a Surgery where you will be assigned a General Practitioner (GP). We recommend that you register as soon as you have a residence address, as usually you need to register with the centre closest to your address.

Although the National Health Service (NHS) is famous for being universal and free, certain services and certain groups of migrants must pay. The main rules are:

- **In case of accidents and emergencies, treatment of infectious diseases including**

Coronavirus: It is totally free for everyone regardless of nationality or type of visa.

- **In case of secondary services such as hospital treatment, operations including birth deliveries:** Eligibility for free treatment depends upon the type of residence, nationality or type of visa you have. A person who receives secondary treatment without being eligible may be invoiced and if not paid, it can affect their chances of obtaining a new visa or returning to the UK.

- Other free of charge services within the NHS such as dental or optical treatments depend upon age, medical or financial circumstances. More information here:

<https://www.nhs.uk/using-the-nhs/help-with-health-costs/>

- To check if you qualify for free comprehensive treatment with the NHS use the following link:

<https://www.gov.uk/guidance/nhs-entitlements-migrant-health-guide#gp-services>

To register with a doctor you must present yourself to the surgery with the following documents:

Identification document; for example: Passport & Visa.

Residence document; for example: A rental contract, an electricity bill, a Bank statement or a Council bill, confirming your name and address.



LATIN-AMERICAN ASSOCIATION OF SOUTHAMPTON (LASO)
Una guía rápida sobre SOUTHAMPTON / A quick guidance about SOUTHAMPTON

* Fill in the registration form.
Once you are registered and have your family doctor, you can request all the appointments you require.

In case of an emergency you should go to the Emergency Centres (A&E) or call 999. When it is not an emergency, you can also consult 111.

Tips

* You can use the following web page to find the closest health centre to your residence, you will only need your postal code

<https://www.nhs.uk/service-search/find-a-gp>

** National Health System (NHS)

<https://www.nhs.uk/>

***Emergency services

<https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/>

Dental services:

To access the National Dental Services (Dental NHS) you must register at an NHS Dental Centre closest to your residence or place of work.

To register you must present yourself personally with the following documents:

* Identification Document, for example: Passport & Visa.

* Fill in the registration form of the dental centre.

Once you are registered, you will be able to request all the appointments you require.

Important: The dental health service is subsidised by the NHS, but you may need to pay an amount for each consultation or treatment unless you are exempted for example; if you are

under 18 or a pensioner in the United Kingdom.

Tips

*You can use the following website to find the NHS Dental Centre closest to your residence, you will only need your postal code

<https://www.nhs.uk/service-search/find-a-dentist>

**It is recommended to call the Dental Centre before approaching to verify if they have space

POLICE

12 The Southampton Police Station

is located in the central area of the city. Below you will find the Southampton Police website.

<https://www.hampshire.police.uk/>

FIRE EMERGENCY SERVICES

13 Please find below the link to the Southampton Firefighters.

<https://www.hantsfire.gov.uk/>

EDUCATION

14 The National Curriculum in the

UK is made up of five stages
(Key Stages):

PRIMARY EDUCATION

Key Stage 1 – Reception to Year 2:
for students between 5 and 7 years old

Key Stage 2 – Year 3 to 6: For
students between 8 and 11.

SECONDARY EDUCATION



Key Stage 3 – Year 7 to 9: For students between 11 and 14.

Key Stage 4 – Year 10 to 11: for students between 15 and 16.

EDUCACION PRE-UNIVERSITARIA

Key Stage 5 - Year 12 to 13 – for students between 17 and 18 years old.

You can see more information in our EDUCATION section in frequently asked questions.

EMPLOYMENT

15 Prior to being employed, you need to obtain a National Social Security number. In the UK, this is called a "National Insurance Number" or 'NI'.

If you have a Biometric Residency Permit (BRP), you may already have a National Insurance number. If you have it; this will be printed on the back of your BRP.

If you do not have a National Insurance number, you must apply for one using the following link:

<https://www.gov.uk/apply-national-insurance-number>

16 Once you have your National Insurance number, you should update your CV (English Format) to apply for jobs using the different employment pages

<https://nationalcareers.service.gov.uk/get-a-job/cv-sections#CV-explained>

17 Here are some of the employment agencies that you can access.

<https://www.reed.co.uk/>
<https://www.cv-library.co.uk/>
<https://www.indeed.co.uk/>
<https://www.totaljobs.com/>
<https://www.jobsite.co.uk/>
<https://www.bluearrow.co.uk/>
<https://www.monster.co.uk>
<https://www.jobs.nhs.uk/>

LEGAL ADVICE

18 If you need legal assistance, we recommend that you visit the Citizen Advice offices. They provide a free advisory service related to benefits, employment, debt, family issues, housing, immigration, among others.

Organizations that can provide free of charge advice on employment problems:

<https://www.sarc.org.uk/>

<https://www.acas.org.uk/>

<https://citizensadvice-southampton.org.uk/>

If you need help to check if you qualify for any type of benefit, you can use:

<https://benefits-calculator.turn2us.org.uk>

<https://www.entitledto.co.uk>

<https://www.betteroffcalculator.co.uk/free> (f or under 18)

<https://migrantfamilies.nrpfnetwork.org.uk/>
(para people with immigration restrictions)



ENTERTAINMENT

19 Southampton has a public library located in the City Council building.
<http://www.southampton.gov.uk/libraries/council-libraries/>

20 Cinemas
<https://www.odeon.co.uk/>
<https://www.showcasecinemas.co.uk/>

TOURISM

21
If you are interested in finding out about tourist attractions in Southampton and its surrounding areas, we recommend you visit the website:
<https://visitsouthampton.co.uk/>