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Dear enquirer

Thank you for your enquiry. The updated version of the *Creating confidence* booklet can be downloaded from: **https://study-uk.britishcouncil.org/planning/pre-departure-briefings**

This guide is designed to help international students prepare for their stay in the UK and gives practical advice about living and studying in the UK. It highlights some of the safety and security issues international students need to be aware of and lists organisations to contact if they do need help.

The copies can be ordered at cost price, which is **£125** for **125** copies of the guide. This includes DHL postage costs.

Payments can be made by cheque, made out to the British Council, or we can invoice you with our bank details. (Please note that we do not have the facilities to receive payments by cash or credit card.)

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