

# MATTS International Students Information Guide

## Introduction

This guide provides additional practical information for international students and visitors interested in training at MATTS in the United Kingdom.

The information below is intended as informal guidance only. Visa rules and immigration requirements can change and students should always consult official UK government sources for up-to-date information.

We are always happy to discuss individual circumstances informally before you apply or arrange a visit.

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## Visiting MATTS from Abroad

We encourage potential trainees to visit the school before making a decision about training.

International visitors are welcome to attend for a few days or for longer periods and we are very flexible about visit arrangements. Visitors can observe classes, participate in practical work and speak informally with teachers and trainees.

Many students find that spending time at several different training courses helps them make a clearer and more confident decision about where to train.

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## English Language Requirements

No formal English qualification is required to study at MATTS.

A basic level of spoken English is usually enough to begin training successfully and students' confidence generally develops naturally through daily participation in classes and discussions.

We can often provide informal language support during visits and in the early stages of training.

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## Accommodation

In many cases we can help arrange temporary accommodation for new international students when they first arrive in the UK.

We can also often help students find suitable longer-term accommodation locally through teachers, students and contacts connected with the school.

Wilmslow and the surrounding Manchester suburbs offer a wide range of accommodation options, including:

- rented rooms,
- shared houses,
- flats,
- homestay arrangements,
- hotels,
- and Airbnb accommodation.

Accommodation costs are generally much lower than in London.

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## Visa Information

Students train with MATTS through a variety of visa arrangements depending on nationality and personal circumstances.

Some students qualify for longer-term UK visas connected with previous university study, professional work or exceptional achievement. Examples may include:

- High Potential Individual visas,
- Graduate visas,
- Global Talent visas,
- or Skilled Worker visas.

Other students combine Alexander Technique training with study at a university, conservatoire or other educational institution in the UK.

For many international trainees, standard six-month visitor visas provide the most practical route. Because MATTS offers flexible part-time training, students can often organise training over a longer period with breaks between visits to the UK.

Students may also divide periods of training between MATTS and other recognised Alexander Technique training courses internationally.

We are happy to discuss possible arrangements informally based on your own situation and experience.

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## International Recognition

MATTS is approved by the Society of Teachers of the Alexander Technique (STAT), the principal professional body for the Alexander Technique in the UK.

STAT qualifications are recognised internationally throughout the Alexander Technique profession, including by all major Alexander Technique societies and professional organisations worldwide.

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## Living near Manchester

MATTS is based in Wilmslow, a small town south of Manchester and close to Manchester Airport.

The area combines:

- excellent international transport connections,
- lower living costs than London,
- easy access to Manchester city centre,
- and a friendly and manageable environment for students relocating from abroad.

Manchester is known for its large student population, international atmosphere, arts culture and music scene.

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## Contact

If you would like to discuss training, visits or practical arrangements, please feel free to contact course director Peter Bloch.

We are always happy to answer questions informally.