

# UK Weather

A handy guide to the UK weather.

## UK Climate

The UK has a temperate climate with very few instances of extreme weather. People of the UK are known for talking about the weather – this is because it's changeable and relatively unpredictable. Instances of snow and heatwaves are uncommon, and as such preparations are minimal which usually leads to disruption - especially in snow and icy conditions. The seasons are loosely defined but rain and cloud are expected throughout the year. The UK is known for 'April showers', being a month of higher than usual rainfall.

The north of England and Scotland are slightly colder than the south, and tends to have colder winters whereas the south tends to be milder. Equally, during the summer months the south tends to be warmer, reaching temperatures of 25-30 °C.

Many websites offer daily, even hourly, weather forecasts, and the Met Office and the BBC website are good places to start.

## What to wear in the UK

To make your time in the UK more enjoyable – and to ensure you're well prepared – we recommend that you buy the following items in preparation for your time off work:

- Winter coat, hat, scarf and gloves for use from late November to March
- Shorts, t-shirts, sunhat, flip-flops and sunscreen for those hot summer days
- Suitable shoes for walking through the British countryside
- Rainwear

Most hospitals will have heating and air-conditioning so the weather shouldn't impact you while you are at work.