UNIVERSITY OF EXETER

DISCOVER UNIVERSITY

MAKING THE MOST OF YOUR ACCOMMODATION »

Starting at university is an exciting time and we realise the importance of finding the right place to live. Being in university residences enables you make friends straight away. You will meet a diverse range of people from different backgrounds and cultures, studying a variety of degrees.

All of our residences adhere to the Student Accommodation Code developed by Universities UK and GuildHE, so wherever you live, you know that we are committed to offering you safe, good value accommodation.

Watch the videos on our accommodation playlist to see what it is like to live in halls:
youtube.complaylist?list=PL08AA56630BE155DF

Typically you would live in university owned halls on campus in first year then move out into a flat/house outside of the campus in second year.

WHAT TO BRING WITH YOU

Deciding what to pack for university can be challenging, however think sustainably before making any decisions. You want the environment you eat, work and sleep in to be calm, tidy and as uncluttered as possible. When you have made your own personal packing checklist, think about how you will acquire these items. What can you reuse that you already have around your house? What could you borrow from friends or family? What are unnecessary items that you could reduce? Could you buy anything second hand rather than new?

If you are living in university accommodation, check the accommodation websites to see what is included in your room or flat, and download a moving in checklist below. What to bring checklist (pdf) – **exeter.ac.uk/media/universityofexeter/campusservices/accommodation/docs/A4_University_Living_Move_In_Checklist_updated_Jan2019.pdf**

Resist the urge to pack every kitchen appliance, wait and see what your flatmates have and then you can work out what you are missing as a group.

And remember, Exeter and Penryn have lots of shops where you can buy anything you have forgotten!

BRUSH UP ON BASIC LIFE SKILLS

Practise these over the summer to lessen the impact of independent living on arrival!

- Using washing machines
- Cleaning bathroom/kitchen
- Iron clothes
- Helping with the household shopping
- Learning a few basic recipes
- Learn how to sew on a button (save the environment through reducing material waste)
- Living on a budget/finances
- Keeping in touch – agree when and how often you will keep in contact with family and friends. Freshers' Week can be very busy so be realistic.

Use google maps to plan some routes, how far will you be away from the following: campus, health centres, supermarkets, the beach, pubs, high street, cinema, train station, bus station, library and gym.

WEEK ONE

Meeting new people is one of the most exciting and nerve wracking parts of the university experience ensure you can talk to anyone with confidence through watching this TED Talk with 10 tips for great conversation:
ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation?referrer=playlist-the_art_of_meaningful_conversa

Get out there straight away and talk to your house mates within the first 5 minutes, it will take away any awkwardness you may have and make you feel relaxed that everyone is in the same boat! Remember you picked the same accommodation and university for a reason so you may have a few things in common!

You could explore the campus or town together and complete the unofficial first year bucket list as a flat:
blogs.exeter.ac.uk/tessblogs/2015/06/01/university-of-exeter-first-year-bucket-list/

HEALTH

There are Student Health Centres on our Streatham and Penryn campuses, it is important that you sign up in order to access free healthcare, advice and counselling from day one of your university experience: **exeterstudenthealthcentre.co.uk**

If you are based on the Streatham Campus you should register with the Student Health Centre online before you get here.

If you will be studying at St Luke's or living at Rowancroft, we recommend you register with The Heavitree Practice.

Penryn–based students – The Penryn Surgery is available in the Tremough House Annexe, Penryn Campus, five days a week during term time. You can register with Penryn Surgery during 'Move-in' weekend in The Compass (Exchange Building), or email **compass@fxplus.ac.uk** to request a registration form.

The Student Health Centre recommends Expert Self Care, a free app providing health advice for students, available for Android and Apple devices. For more information visit the website or search for 'Expert Self-Care – Student' in app stores.

VACCINATIONS

Wherever possible, it is recommended that all students under the age of 25 receive the Meningitis ACWY vaccine before coming to university and you should also ensure you have had two doses of the Measles Mumps and Rubella (MMR) vaccination before you join us. If you have not received these, or are unsure, we suggest discussing this with your doctor.

nhs.uk/conditions/vaccinations/men-acwy-vaccine

STAY INFORMED

Follow the Facebook page and read the student blog to find top tips and receive regular updates on the accommodation:
blogs.exeter.ac.uk/accommodation
facebook.com/exeteruniaccommodation

Many accommodation residences also have individual Facebook groups for new arrivals, try and find yours to see the other people in your flat/block.

We recommend reading the following webpages for more information:

- Residents information – for information on what to do once you're in residence
- About catered halls – for menu information on meals being served in catered halls
- Room moves – what to do if you wish to move rooms
- Residence Life Team – what they can do for you

TRANSITION TIPS

"I found it so easy to meet people when I first arrived at Exeter, and generally the people I met in my first couple of weeks in Halls are still my best friends, and I have continued to live with them ever since."

Angharad, 3rd Year Drama

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