



University
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Welcome

Sue O'Hara, International Student Experience



While we are here,
please log on to Menti
using this QR code
and tell us how you
are feeling right now





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Today

- Official university welcome
- Introducing International Student Community and Support
- Things to do this week
- Safety, health, support
- How to find us



Jim Price

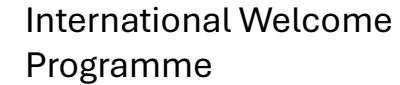
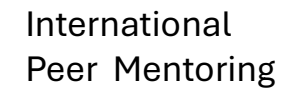
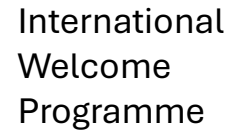
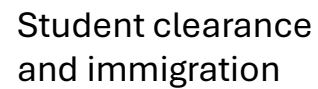
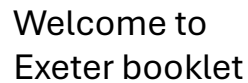
Head of International Student Community
and Support



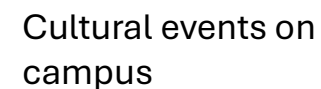
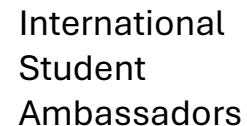
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At the beginning of your studies



Monthly email:
Your International
News



Arrivals and Welcome Week

- 12-14 September Arrivals Weekend
- 15-21 September Welcome Week
- 25 September Term 1 starts

Welcome Week

- Must do's!
- International Welcome Programme
- Academic Induction
- Social Opportunities



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What are you expected to do?

- [International Student Clearance](#)
- Complete [University Online Registration](#)
- Collect uni card from Great Hall
- Register with a [Health Centre](#)
- Download MyExeter
- Attend any [Academic Induction sessions](#)
- Get ready to start your classes

- Open a [UK bank account](#)

**Staff & International
Welcome Team
(pink t-shirts)
here to assist all week**



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International Welcome Programme

Here to help you settle in and make friends

- Explore the campus and the city
- Talks on British culture, budgeting, study skills in the UK, English Language Support, travelling in the UK, immigration and more
- Social events with lots of food!
- Day trips exploring the region



Follow this QR code
for a full list of things
to do

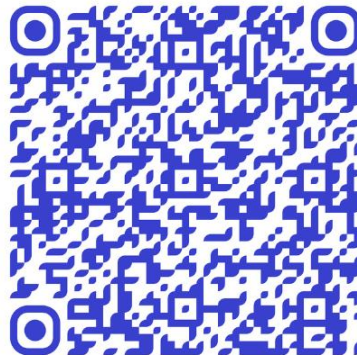


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Next steps: Academic

- Review your academic Online Induction Course
- Intercultural Communication (Tuesday or Thursday)
- Look at [StudyZone resources](#) and come to our Study Skills talk TODAY
- Look at [CareerZone](#) for careers advice, opportunities and seminars
- Take a Study Space Tour

Scan to book



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Develop and enhance your English Language skills for academic use

- Academic Literacy and English is a **FREE service** for international students / English as an additional language.
- Helps you continue developing your English language skills for study and life in the UK to get **maximum benefit** from your time at Exeter
- Workshops, drop-ins, one-to-one appointments and self-study resources cover a range of skills including critical reading, assignment writing, seminar and presentation skills.



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Academic Literacy and English appointments

We know you are excited, but are you also feeling a little bit nervous or overwhelmed?

Come and chat in confidence to one of our language experts about your aims and concerns. Find out about the opportunities available to maximise your English skills and develop your cultural competence at your new university.

Scan to book



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Next steps: Transition

- International Welcome Programme social events
- International Peer Mentoring
- Students' Guild Themed Days for societies and Welcome Events
- Sports: Pitch Up and Play, Sports Centres
- Social events: student societies, Residence Life, Give It A Go, Cultural Festivals, Connections Cafe
- Intercultural Café
(every Friday from 26 September)
- Get to know your campus and your city



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Keeping healthy and safe in the UK



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Emergencies and safety

Police, Fire, Ambulance, Coastguard: 999
non-emergency health: 111
non-emergency Police: 101
Emergency 112 will work anywhere in the world!

- Estate Patrol: 01392 723999
- Exeter safe zone app
- Telephone and Internet fraud and scams
- Support and Report: Help, advice, reporting





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Devon is friendly and welcoming, but less diverse than major UK cities.

Top UK safety tips:

- It is against the law to possess and use illegal drugs in the UK.
If found in possession of drugs you will face disciplinary action which could result in Police involvement.
- Cars drive on the LEFT!
- Smoke/heat detectors in your rooms are important.
If you hear the fire alarm: **GET OUT OF YOUR BUILDING** (or you may be fined).
- Be aware of your surroundings when exploring.
- The police in this country do not carry guns in their day to day roles, and their approach is to resolve problems through cooperation rather than fear or force.



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Support and Report

- Devon is friendly and welcoming, but less diverse than major UK cities.
- Some local people will not have met any people from around the world before.
- The University of Exeter is a diverse and inclusive community, and harassment goes against all we stand for and will not be tolerated.
- We hope you will not experience any negativity around being international, but in the case that you do, there are University resources to support you:
- [Support and Report](#)
- If you need the police, call 999 for immediate help or use 101 or visit Exeter Police Station between 10am-3pm for non-urgent matters.





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How to avoid scams and keep the precious money you have

Criminals are clever.

They are spending a lot of time and effort to get your money.

Average student loss to scams: £2k

Average international student loss to scams: £45k

One Exeter student lost over £80k this July

Come to our Budgeting talk on Wednesday for more information and tips





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National Health Service

Free Services:

- Urgent health care
- Routine health care
- Specialist appointments

Not free:

- Prescriptions
- Routine dental work
- Eye tests/glasses
- Travel vaccinations





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SELF-CARE

Hangover. Cough. Colds.
Grazes. Small cuts. Sore throat.



PHARMACY

Diarrhoea. Earache. Painful cough.
Sticky eye. Rashes.

No appointment is needed and
most pharmacies have private
consulting areas



NHS 111

Feeling unwell? Not sure?
Need health advice?
Call **111**



GP

Arthritis. Asthma. Back pain.
Vomiting. Stomach ache.



MINOR INJURIES

Cuts. Sprains. Strain. Bruises.
Itchy rash. Minor burns.

**Minor Injuries Units, Walk-in
Centres and Urgent Care Centres**
provide non-urgent services and an
appointment is not necessary.



A&E/999

Severe bleeding. Breathing
difficulties. Severe chest pain. Loss
of consciousness.

A&E or **999** are best used in an
emergency for serious or life-
threatening situations.



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Student Health and Wellbeing at Exeter

- Free and confidential services available
- Student Health Centre
- Student Wellbeing:
 - Talk with experienced practitioners
 - Education Welfare Advisors & Welfare Consultants
 - Workshops
 - Short term counselling
 - Weekly mentoring
 - individual learning plans/reasonable adjustment
 - Specialist services for minority and marginalised students





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This has been a lot but remember:



It's all in here



We're here all year



We'll be in touch
soon via email

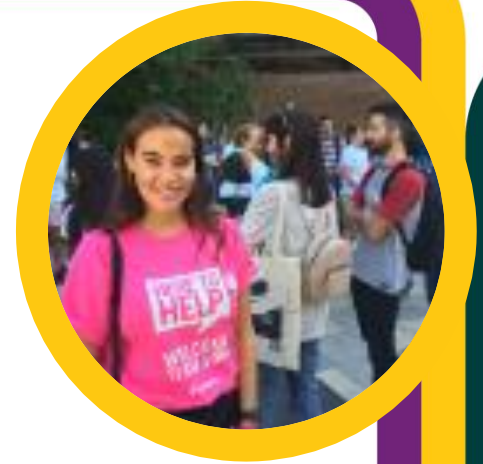


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How are you feeling now?



Any questions for the team?



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