



University
of Exeter

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



Jim Price

Head of International Student Community
and Support



University
of Exeter





University
of Exeter

International Student Experience

Sue O'Hara

Sophie Meadows

International Student Advice

Amelia Mansfield



Supporting you at Exeter

At the beginning of your studies



Welcome to Exeter booklet



Student clearance and immigration



International Welcome Programme



Ask Us Anything Sessions



International Welcome Programme

Settling in, making friends and connections



Monthly email:
Your International
News



International
Student
Ambassadors



Intercultural Cafe



Cultural events on campus



Intercultural Cafe





University
of Exeter

Today

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



Let's check how
everyone is feeling?



Arrivals and Welcome Week

- 11-13 September Arrivals Weekend
- 14-20 September Welcome Week
- 21 September Term 1 starts

Welcome Week

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



University
of Exeter



What are you expected to do?

- [International Student Clearance](#) + read Welcome to Exeter booklet
- Complete [University Online Registration](#)
- Collect uni card from The Sanctuary
- Register with a [Health Centre](#)
- Download MyExeter
- Complete [Consent Training](#) (online)
- Attend any [Academic Induction sessions](#)
- Get ready to start your classes

Optional: Open a [UK bank account](#)



University
of Exeter



We're here all
week to help you

Settling In: International Welcome Programme

Here to help you settle in and make friends

- Explore the campus and the city
- Learn more about English Language Development, Careers Support, Study Skills
- Talks on British culture, budgeting, travel in the UK
- Social events with lots of food!
- Day trips exploring the region



Follow this QR code
for our full programme

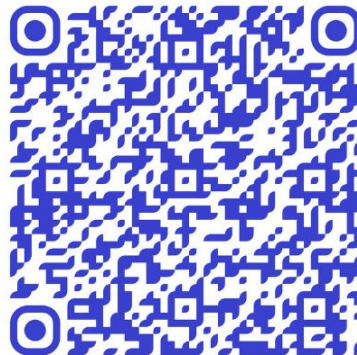


University
of Exeter

Academic Induction

- 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



University
of Exeter



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.



University
of Exeter

Social events

- International Welcome Programme social events
- Ask Us Anything sessions
- Students' Guild 150 student societies and Welcome Events and Give It A Go free/low cost events
- Sports: Pitch Up and Play, Sports Centres
- Social events: Residence Life, Multifaith Connections Cafe
- Intercultural Café
(every Friday from 25 September)
- Get to know your campus and your city



University
of Exeter



Intercultural Cafe

Conversation, Community, Connection

- Every Friday (starting 26 September)
- 10:00-11:30, The Terrace, Devonshire House
- Free drink and a pastry (last token 11:00)

‘It's such a comfortable and friendly atmosphere where I feel like I belong - it's a highlight of my week.’



University
of Exeter

Click here for
all our events





University
of Exeter

Keeping healthy and safe in the UK



[This Photo](#) by Unknown Author is
licensed under [CC BY](#)



[This Photo](#) by Unknown Author is licensed under [CC BY](#)



University
of Exeter

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





University
of Exeter

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.



University
of Exeter

Support and Report and Consent

- Devon is friendly and welcoming, but less diverse than major UK cities.
- 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](#)
- Please complete compulsory [Consent Training](#)
- 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.





University
of Exeter

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 recently lost over £80k

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





University
of Exeter

National Health Service

Free Services:

- Urgent health care
- Routine health care
- Specialist appointments

Not free:

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





University
of Exeter



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.



University
of Exeter

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





University
of Exeter

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



University
of Exeter

How are you feeling now?



Revisit menti from beginning.

Hands up who is feeling

- Happier?
- More informed?
- Confident it's all going to work out?
- More confused? (come and see us!)

Any questions for the team?

Inbound Study Abroad welcome

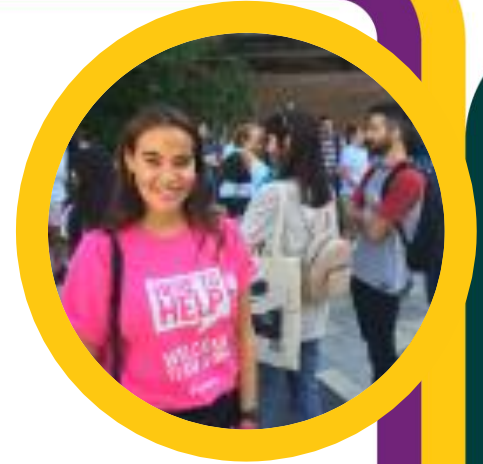
Today, 12.00–13.00, here!

Academic Fair

Today, International Student
Experience stall, Forum Street

Ask Us Anything sessions

Wednesdays 23/9–21/10,
10–11.30, Multifaith Chaplaincy



University
of Exeter