

<p>Welcome to Exeter</p>	<p>欢迎来到埃克塞特</p>
<p>We're really pleased you've chosen to study with us and we hope you have a memorable and enjoyable time here. Settling into a new city and a new university as an international student is exciting but can also feel overwhelming at times. We're here to support you at every stage. We've written this booklet with current students looking at life in and around Exeter and at the support services available to you at the university. Scan any of the QR codes using the camera of your smartphone and they will take you to webpages that give you more information.</p>	<p>很高兴您选择在本校学习，希望您在这里度过一段愉快难忘的时光。留学生进入一个新的城市、一所新的大学，会觉得兴奋，但有时候也会感到有压力。我们会在每个阶段为您提供支持。我们与在校生一起编写了这本手册，介绍埃克塞特大学内部和周边的生活，以及大学提供的支持服务。使用智能手机摄像头，扫描任意二维码，即可进入网页，了解更多信息。</p>
<p>The Transition and Integration team are here throughout your studies at Exeter. We have practical information sessions and events at the start of term to help you settle in. We will send you a monthly email newsletter 'Your International News' with information of upcoming events. Please do read your University emails every day! The University hosts many cultural celebrations throughout the year such as Diwali, Spring Festival, Holi, a week long Cultural Festival and our annual lunch on Christmas Day. Why not join in one of our popular free Intercultural Café sessions? We'd love to meet you and find out how things are going and how we can help.</p>	<p>您在埃克塞特学习的整个过程中，过渡与融合团队都会为您提供帮助。学期开始，我们会举办实用的信息交流会和活动，帮助您适应新环境。我们每月将向您发送电子邮件“留学生新闻”（Your International News），介绍即将举行的活动。请每天阅读本校发送的电子邮件！大学全年举办许多文化庆祝活动，如排灯节、春节、洒红节、为期一周的文化节以及圣诞节的年度午餐。何不参加我们深受欢迎的免费“跨文化咖啡节”聚会？我们很高兴能与您见面，了解事情的进展情况以及我们能提供哪些帮助。</p>
<p>We look forward to seeing you on campus or at one of our events.</p>	<p>期待在校园里或活动中见到您的身影。</p>
<p>Transition and Integration Team</p>	<p>过渡与融合团队</p>
<p>Welcome programme</p> 	<p>迎新课程</p>
<p>Get involved</p> 	<p>参与</p>
<p>Top 5 things to do in Exeter</p>	<p>在埃克塞特的五大必做之事</p>
<p>There are so many great things to do in Exeter but here are our top 5:</p>	<p>埃克塞特有很多值得一做的事，以下是前五大必做之事：</p>
<p>1. Walk around the Quay.</p>	<p>1.环绕码头漫步。</p>


<p>2. Join in events on campus: Intercultural Café, Guild Give It A Go, ResLife events, etc.</p> <p>3. Try some of the great restaurants and coffee shops such as Boston Tea Party or any of the cafes on Fore Street or the Quay.</p> <p>4. Go to the top of the Physics building to see the whole of Exeter.</p> <p>5. Try a free Redcoat Tour to learn more about your new city, take a tour of the historic Cathedral, visit the RAMM museum or go to the Underground Passages. Finish that off with a picnic on Cathedral Green.</p> <p>And if you see him, play with Napoleon the campus ginger cat!</p>	<p>2.参加校园活动：跨文化咖啡节、Guild Give It A Go、ResLife 活动等。</p> <p>3.品尝一些绝佳的餐厅和咖啡馆，如波士顿茶会（Boston Tea Party）或前街（Fore Street）或码头（Quay）上的任何一家咖啡馆。</p> <p>4.登上物理大楼的顶层，俯瞰整个埃克塞特。</p> <p>5.参加免费的“红衣之旅”（Redcoat Tour），进一步了解新城市；参观历史悠久的大教堂；参观皇家阿尔伯特纪念博物馆或地下通道。最后，还可以在大教堂绿地上野餐。</p> <p>如果您看到了校园里的橘猫“拿破仑”，还可以和它一起玩！</p>
<p>For more student recommendations see our online guide for students.</p>	<p>有关更多学生推荐，请参阅在线学生指南。</p>
<p>Shopping in Exeter</p>	<p>在埃克塞特购物</p>
<p>You can find shops for almost everything suiting every budget in the city centre.</p> <p>We are lucky to have a number of international supermarkets. You can find these in and around Sidwell Street and near the Exeter Mosque. Why not try something new?</p> <p>Most shops will open 9-6pm Monday to Saturday but close at 4pm on Sundays. Supermarkets may be open longer but check before you head out! And while we're talking about supermarkets, why not look at bulk buying products with your flatmates and sharing the cost of a delivery slot/taxi?</p>	<p>在市中心，您几乎可以找到适合各种预算的商店。</p> <p>很幸运我们还有多家国际超市，它们位于西德威尔街（Sidwell Street）及附近和埃克塞特清真寺附近。为什么不尝试新事物呢？</p> <p>大多数商店的营业时间为周一至周六 9 点至 6 点，周日下午 4 点关门。超市的营业时间可能会更长一些，但出发前请先确认一下！既然说到超市，为什么不考虑和室友一起批量购买商品，分摊送货/出租车费用呢？</p>
<p>Think about your budget:</p>	<p>想想您的预算：</p>
<p>Charity shops are a great way to buy second hand clothes at a fraction of the price, it's sustainable and you are donating money to charities.</p> <p>Go shopping with a plan! If you are self-catering, make a meal plan and a list and stick to it. If you are in need of food inspiration look at BBC Goodfood. All UK supermarkets have cheaper versions of the big brand products. The cheaper</p>	<p>在慈善商店以低廉的价格购买二手衣物，这是个可持续的好方法，而且您也是在向慈善机构捐款。</p> <p>有计划地购物！如果您住的是不包餐式宿舍，请制定一份用餐计划和清单并严格遵守。如果您需要美食灵感，请关注 BBC Goodfood。英国所有超市都有更便宜的大品</p>

<p>supermarkets are Aldi, Lidl, Tesco. Wilko is good for household essentials.</p> <p>Get a UK SIM card for your phone. Most supermarkets have a loyalty app or card but you will need a UK telephone number.</p> <p>Ask if there is a student discount for hairdressers, restaurants etc.</p> <p>Get a reuseable coffee cup or a loyalty card and use it to get a discount. Even better, get a flask and bring your own hot drink.</p>	<p>牌产品。比较便宜的超市有 Aldi、Lidl 和 Tesco。Wilko 适合购买家庭必需品。</p> <p>为手机办理英国 SIM 卡。大多数超市都有会员应用程序或会员卡，但您需要一个英国电话号码。</p> <p>询问理发店和餐馆等是否有学生折扣。</p> <p>买一个可重复使用的咖啡杯或会员卡，用来打折。更妙的是，还可以准备一个水壶，自带热饮。</p>
<p>For more student recommendations see our online guide for students.</p> 	<p>有关更多学生推荐，请参阅在线学生指南。</p>
<p>Exploring the region</p>	
<p>We might be biased, but we think you've come to the most beautiful part of the UK! You may want to visit the big cities in the UK (London, Bristol, Edinburgh etc) but we're here to place a spotlight on our favourite local places:</p>	<p>也许我们有偏见，但我们认为您来到了英国最美的地方！您可能想去英国的大城市（伦敦、布里斯托、爱丁堡等），但在此我们要重点介绍我们最喜欢的当地景点：</p>
<p>Exmouth: 30 minutes by train. Exmouth's long sandy beach is perfect for sunny days and evenings. Grab some fish and chips or an ice cream to indulge.</p>	<p>埃克斯茅斯 (Exmouth) : 乘火车 30 分钟。埃克斯茅斯绵长的沙滩是阳光明媚的白天和夜晚的理想去处。吃点炸鱼薯条或冰淇淋，尽情享受。</p>
<p>Totnes: 30 minutes by train. Totnes is filled with independent shops and quaint little side streets to explore.</p>	<p>托特尼斯 (Totnes) : 乘火车 30 分钟。托特尼斯到处都是独立商店和古色古香的小街道，值得您去探索。</p>
<p>Torquay: 40 minutes by train. Take the Agatha Christie walk along the sea front.</p>	<p>托基 (Torquay) : 乘火车 40 分钟。沿着海滨漫步于阿加莎-克里斯蒂大道。</p>
<p>Plymouth: 1 hour by train. The Ocean City is right on your doorstep. Visit the Mayflower Steps, the National Aquarium and The Box city museum.</p>	<p>普利茅斯 (Plymouth) : 乘火车 1 小时。海洋城 (Ocean City) 就在您的家门口。参观五月花号启航处 (Mayflower Steps)、国家水族馆 (National Aquarium) 和盒子城市 (The Box city) 博物馆。</p>

<p>Dartmoor: 40 minutes by train. Take the train to Okehampton and you have Dartmoor, one of our national parks, to explore.</p>	<p>达特穆尔 (Dartmoor) : 乘火车 40 分钟。乘火车前往奥克汉普顿 (Okehampton), 您就可以游览国家公园之一达特穆尔 (Dartmoor)。</p>
<p>If you are travelling by train, we recommend you buy a 16-25 Railcard from National Rail and get 30% reduction on ALL train travel! Don't be afraid to use the local buses. If you are unsure where your stop is then ask the driver (or remember to press the stop button to request the bus to stop).</p>	<p>如果您要乘火车旅行, 建议您从英国国家铁路 (National Rail) 购买一张打折卡 (16-25 Railcard), 所有火车旅行均可享受 30% 的折扣! 不要害怕乘坐当地公交车。如果您不确定车站在哪里, 请问司机 (或记得按下停车按钮, 要求停车)。</p>
<p>Settling in</p>	<p>适应新环境</p>
<p>Here are some tips from our students about settling into university:</p>	<p>以下是我们的学生提供的一些关于适应大学生活的提示:</p>
<p>Try to establish a routine: regular meal times, lots of water, some fresh air and some sleep. These physical things will help you cope better with any other changes coming your way.</p>	<p>试着建立规律作息: 定时进餐、多喝水、呼吸新鲜空气和睡眠。这些物质上的东西会帮助您更好地应对即将到来的任何其他变化。</p>
<p>Getting your timetable sorted and opening a bank account take time.</p>	<p>制定时间表和开设银行账户都需要时间。</p>
<p>Build connections: come to an Intercultural Café, try a ResLife, Student Guild or sport event to meet new friends and try something new. Maybe join a few student societies.</p>	<p>建立联系: 参加跨文化咖啡节, 参加 ResLife、学生会或体育活动, 结识新朋友, 尝试新事物。也许可以加入一些学生社团。</p>
<p>Think about writing a journal about your experiences and take lots of pictures.</p>	<p>考虑将自己的经历写成日记, 并拍摄大量照片。</p>
<p>Give yourself credit for all that you are achieving and the courage you are showing by deciding to move countries to pursue something you love.</p>	<p>为您取得的成就和您决定到国外去追求您所热爱的事物所表现出的勇气点赞。</p>
<p>Although most students have a great time at university, it is normal for you to experience some difficulties during this period of your life. The best advice we can give you is, "don't be afraid to reach out for support during difficult times". The sooner you let us know you are struggling, whatever the issue, the sooner we can help. The welfare team are always happy to assist with any issues big or small.</p>	<p>大多数学生都在大学度过了一段美好时光, 但在此期间遇到一些困难也是正常的。我们能给您的最好建议是: “不要害怕在困难时期寻求支持”。无论遇到什么问题, 您越早告诉我们, 我们就能越早提供帮助。福利团队随时乐意协助解决任何大小问题。</p>
<p>Your university life</p>	<p>大学生活</p>
<p>Each university is set up differently. The remainder of this guide lists the support services at Exeter and how you can access them.</p>	<p>每所大学的设置各不相同。本指南的其余部分说明了埃克塞特大学的支持服务以及获得这些服务的方式。</p>

Digital Check-In	线上签到
<p>It is an important condition of your Student Visa that you attend your teaching sessions, engage with online learning materials and submit coursework. The University is required by the Home Office to ensure that all students with visas are attending and engaging with their programme satisfactorily. Please make sure that you check in at all your teaching sessions using your electronic device. You will receive an email telling you how to do this but you can find out more about how to use the University of Exeter app to record your attendance by scanning the QR code.</p> 	<p>参加教学课程、使用在线学习材料和提交课程作业是学生签证的一项重要条件。根据内政部的要求，大学必须确保所有持有签证的学生都能令人满意地参加和完成课程。请确保在所有教学环节中使用电子设备签到。您将收到一封电子邮件，告知您如何操作，您也可以扫描二维码，了解更多有关如何使用埃克塞特大学应用程序记录出勤的信息。</p>
International Welcome Programme	国际迎新课程
<p>Being a new student at a new university is an exciting opportunity but it can also be overwhelming at times. Our International Welcome Programmes in September and January are designed to give you the best start to your life at the University of Exeter. We have practical information sessions, tours, trips and many social events for you to join. Come along to an event and chat with staff and the International Welcome Team. We hold Late Orientation Meetings for students who arrive after the beginning of term.</p> 	<p>作为大学新生，这是一个令人兴奋的机会，但有时也会让人不知所措。九月份和一月份的国际迎新课程旨在为您在埃克塞特大学的学习生活提供最好的开始。我们为您提供实用的信息交流会、参观、旅行和许多社交活动。参加活动并与工作人员和国际迎新团队交谈。我们为学期开始后到校的学生举行晚到新生指导会。</p>
Getting the most out of Exeter	充分利用埃克塞特
<p>We know you may feel overwhelmed with information at the beginning but it is important to read the emails that come to your Exeter university email account.</p> <p>Every Monday during term time, you'll be emailed University Updates, a newsletter packed with information and events. Your department or faculty may also send you regular newsletters by email.</p>	<p>我们知道，一开始您可能会觉得信息太多，但重要的是要阅读发送到您埃克塞特大学电子邮箱的邮件。</p> <p>在学期中的每个周一，您将会收到一份“大学信息更新”的电子邮件，内容为近期校内信息和事件的时事通讯。您所在院系也会通过电邮向您定期发送时事通讯。</p>



<p>The International Transition and Integration team are here to support you during your time at Exeter. We will send you a monthly email newsletter 'Your International News' with information of upcoming events. The University hosts many cultural celebrations throughout the year such as Diwali, Spring Festival, Holi or attend our annual lunch on Christmas Day. Why not join in one of our popular free Intercultural Café sessions. We'd love to meet you and find out how things are going and how we can help.</p> 	<p>国际过渡与融合团队将在您就读埃克塞特大学期间为您提供支持。我们将每月向您发送电子邮件“留学生新闻”，介绍即将举行的活动。大学全年举办许多文化庆祝活动，如排灯节、春节、洒红节、圣诞节的年度午餐。何不参加我们深受欢迎的免费“跨文化咖啡节”聚会？我们很高兴能与您见面，了解事情的进展情况以及我们能提供哪些帮助。</p>
<p>Your Studies</p>	<p>您的学业</p>
<ul style="list-style-type: none"> • Digital Check-In • University App • Academic Personal Tutor/Supervisor • Career Zone • Digital Hub • Disability Support (Accessibility) • Education Welfare Advisors • English Language Skills Development • Exeter Learning Environment (ELE) • Hub/Info Point • Library • Mitigation • Study Zone • Timetable 	<ul style="list-style-type: none"> • 线上签到 • 大学应用程序 • 学术个人导师/指导老师 • 职业区 • 数字中心 • 残疾支持（无障碍） • 教育福利顾问 • 英语技能发展 • 埃克塞特学习环境（ELE） • 中心/信息点 • 图书馆 • 纾困 • 学习区 • 时间表
<p>Personal Support</p>	<p>个人支持</p>
<ul style="list-style-type: none"> • Student Information Desk (SID) • International Student Support • Phy • sical Health (NHS and Student Health Centres) • Psychological Support (Wellbeing Team) • Students' Guild Advice Service • Multifaith Chaplaincy • Residence Life • Community Engagement • Your Safety • Fraud and Scams • Harassment and Discrimination 	<ul style="list-style-type: none"> • 学生问讯处（SID） • 留学生支持 • 身体 • 健康（NHS 和学生健康中心） • 健康中心 • 心理支持（福利团队） • 学生会咨询服务处 • 多种信仰的牧师团 • 住宿生活 • 社区参与 • 您的安全 • 欺诈和诈骗 • 骚扰和歧视
<p>Social life and fun</p>	<p>社交生活和乐趣</p>
<ul style="list-style-type: none"> • Students' Guild 	<ul style="list-style-type: none"> • 学生会

<ul style="list-style-type: none"> • Sport • Residence Life • International student events on campus 	<ul style="list-style-type: none"> • 运动 • 住宿生活 • 校园留学生活动
<p>You can find a full list of our support services here.</p> 	<p>您可在此处找到我们支持服务的完整列表。</p>
<p>Your Studies</p>	<p>您的学业</p>
<p>Digital Check-In</p> <p>It is an important condition of your Student Visa that you attend your teaching sessions, engage with online learning materials and submit coursework. The University is required by the Home Office to ensure that all students with visas are attending and engaging with their programme satisfactorily. Please make sure that you check in at all your teaching sessions using your electronic device. You will receive an email telling you how to do this but you can find out more about how to use the University of Exeter app to record your attendance by scanning the QR code.</p> 	<p>线上签到</p> <p>参加教学课程、使用在线学习材料和提交课程作业是学生签证的一项重要条件。根据内政部的要求，大学必须确保所有持有签证的学生都能令人满意地参加和完成课程。请确保在所有教学环节中使用电子设备签到。您将收到一封电子邮件，告知您如何操作，您也可以扫描二维码，了解更多有关如何使用埃克塞特大学应用程序记录出勤的信息。</p>
<p>University App</p> <p>MyExeter provides all students with personalised information to get the most from your life and studies at the University of Exeter. You can view your timetable, check in to classes, look at social events and lots more. You can access the app via MyExeter.</p> 	<p>大学应用程序</p> <p>MyExeter 为所有学生提供个性化信息，让您从埃克塞特大学的学习和生活中获得最大收益。您可以查看自己的时间表、办理上课签到、参加社交活动等。您可通过 MyExeter 访问应用程序。</p>
<p>Your academic personal tutor/supervisor</p> <p>Your tutor/supervisor will contact you to introduce themselves and they will offer to meet with you individually or in a group. You can contact your tutor at any time to talk about your academic, personal and professional development. They can also help you to understand feedback on your</p>	<p>您的学术个人导师/指导老师</p> <p>您的个人导师/指导老师会同您取得联系并简要自我介绍，并会提供与您单独或集体见面的机会。</p> <p>您可以随时联系您的导师，就学术、个人和专业发展等方面进行探讨。他们还可以帮助</p>

<p>assignments and offer suggestions for how you can improve.</p> 	<p>您就作业结果进行答疑解惑，并为您如何改进提供建议。</p>
<p>Career Zone Providing career support for international students including finding UK work experience, UK job applications and impressing employers in your home country. Includes ‘Handshake’ where you can find the latest job vacancies.</p> 	<p>职业区 我们将为留学生提供职业发展支持，包括获得英国的就业经验，英国的工作申请，以及令您心动的母国雇主等。另外，打开“Handshake”，可找到最新的职位空缺。</p>
<p>Digital Hub If you need help to get started using the University’s digital resources such as email, ELE or Microsoft Teams and Office 365, you can find guidance on the Digital Hub. See our guide to who to contact for information or IT support.</p> 	<p>数字中心 如果您需要帮助，以便使用大学的数字资源，如电子邮箱、ELE 或微软团队和 Office 365 等，您都可以在数字中心获得相应的指导。 参阅我们的指南，寻找信息或 IT 支持方面的联系人。</p>
<p>Disability Support (Accessibility) Supports students with a disability or long-term health condition including specific learning difficulties and autism spectrum conditions.</p> 	<p>残疾支持（无障碍） 我们对有残疾或存在长期健康问题的学生提供支持，包括特殊学习困难症、自闭症等其他类似疾病。</p>
<p>Education welfare advisers If your psychological or physical health or wellbeing is affecting your studies, or your studying is creating health problems for you, then our Education Welfare Team is available to talk to you in a confidential and non-judgemental way about any issues you may need support with. Please do contact them if you think you might need their help.</p>	<p>教育福利顾问 如果您的心理或身体健康影响到您的学习，或者学习给您造成了健康方面的问题，那么我们的教育福利团队会以保密和非评判的方式，同您讨论需要获得支持的任何问题。如果您认为可能需要得到他们的帮助，请及时与他们取得联系。</p>

	
<p>English language skills development INTO provide free English language skills development courses and workshops covering everything from literacy skills, communication and intercultural competence. INTO also hold free language classes for spouses and partners.</p> 	<p>英语技能发展 INTO 可提供免费的英语技能发展课程和研习班，涵盖读写技能、沟通和跨文化能力等方面。它还为您的配偶和伴侣提供免费的语言课程。</p>
<p>The Exeter Learning Environment (ELE) You will need to use the ELE for your studies. It has online materials which support your course and resources to help you in your studies. Log in with your University user name and password. You can also use the ELE to access your University Email account and your timetable.</p> 	<p>埃克塞特学习环境 (ELE) 您可以在学习过程中使用 ELE。它拥有支持课程和资源的在线资料，在学习中给您提供帮助。请使用您的大学用户名和密码登录。您也可以使用 ELE 访问您的大学电子邮箱帐户和时间表。</p>
<p>Hubs/Info points Contact your Hub/Info point if you have any questions about education support, such as choosing modules, submitting assessments and what to do if you're unwell and need an extension to your deadlines. (This is known as mitigation.)</p> 	<p>中心/信息点 如果您就教育支持方面有任何问题，比如选择模块、提交评估，以及您因身体不适而需延长截止日期等事项，您都可以联系您的中心/信息点。（这就是“纾困”。）</p>
<p>Library The library provides study spaces, resources, and academic support to help you succeed on your programme. There are libraries on Streatham and St Luke's campuses. The Forum Library on Streatham Campus is open 24 hours a day, 7 days a week and the many digital books and resources are available to access online at any time with your University login.</p>	<p>图书馆 图书馆可提供丰富的学习空间、资源和学术支持，助您在求学之路获得成功。斯特里特姆和圣卢克的校园里都有图书馆。斯特里特姆校区的 Forum Library 不分节假日全天 24 小时开放，您可随时登录大学网站在线查阅众多数字图书和资源。</p>

	
<p>Mitigation The mitigation process can support you through unexpected situations that affect your ability to complete an assessment such as illness, and when you need an extension or to defer taking an assessment to later in the academic year.</p> 	<p>纾困 纾困程序可以帮助您应对影响您完成评估的意外情况，如生病、需要延期或将评估推迟到学年晚些时候进行。</p>
<p>Study Zone High quality guidance and skills to support your learning. The online study resources include practical advice and tips to develop your academic skills such as time management, research, and subject specific writing, and you can book an appointment for one-to-one support.</p> 	<p>学习区 提供高质量的指导和多种技能支持您的学习。 该在线学习资源包括实用的建议和技巧，用于发展您的学术技能，如时间管理、研究工作、主题写作，同时您还可以预约一对一的帮助。</p>
<p>Your timetable You can see your schedule of classes and lectures in 'My Timetable'.</p> 	<p>您的时间表 您可以在“我的时间表”中看到相关课程和讲座的时间安排。</p>
<p>Student Information Desk (SID) SID advisors are your first point of contact for non-academic information including international student support, accommodation, exams, fees and funding, graduation, letter, transcripts and certificates. You can contact SID online, on the phone or in person.</p> 	<p>学生问讯处 (SID) SID 顾问是提供非学术信息的首选联络人，包括留学生支持、住宿、考试、费用和资金、毕业、信件、成绩单和证书等方面。您可通过在线、电话或线下方式联系 SID。</p>
<p>Personal Support</p>	<p>个人支持</p>
<p>International Student Support</p>	<p>留学生支持</p>

<p>The International Student Support team provide advice and information on visas and living in the UK before, during and after your studies. Their support includes pre-arrival advice, navigating the visa rules during your studies in the UK and an overview of visa options as you graduate. Specialising in the UK immigration system, the team are your first port of call for any ‘visa’ question and can also help with questions about UK life like setting up a bank account or accessing healthcare.</p> 	<p>留学生支持团队在您学习之前、期间和之后，为您提供有关签证和在英国生活的建议和信息。他们提供的支持包括抵达英国前的建议、在英国学习期间的签证规则以及毕业后的签证选择方案概览。该团队专注于英国移民系统，是您解决任何“签证”问题的第一站，还能帮助您处理有关英国生活的问题，如开立银行账户或获得医疗保健服务。</p>
<p>Physical health</p> <p>The healthcare system in the UK is called the National Health Service (NHS) which includes hospitals, doctors’ surgeries and the ambulance service. The NHS provides free emergency, routine and occasional medical treatment. You should register with a doctor when you arrive at University. We have health centres on or near both Exeter campuses. Before attending the health centre you must call to make an appointment. During your appointment the doctor or nurse will provide you with a prescription for medication if you need this. Do not go direct to hospital to get medication or diagnosis for an illness unless it is an emergency. In an emergency telephone 999 and ask for the ambulance service. If you are unsure, call 111 and they will advise you. There is guidance on what to do if you get ill on the back cover of this booklet.</p> 	<p>身体健康</p> <p>英国医疗保健系统通常称为国民保健服务（NHS），包括医院、医生手术室和救护车服务。NHS 能够提供免费的紧急、常规和偶发性医疗服务。您到校后应及时与医生取得联系并进行登记。我们在埃克塞特大学的两个校区内或其附近均设有健康中心。</p> <p>前往健康中心之前，您必须提前拨打电话预约。就诊期间，医生或护士会根据您的需要为您提供药物处方。除非情况紧急，否则不要直接去医院拿药或诊断疾病。若发生紧急情况，请拨打急救电话 999，并要求提供救护车服务，如果您所处的情况不确定，可拨打电话 111，他们会给您提供建议。本手册封底有关于生病时如何处理的指南。</p>
<p>Psychological support</p> <p>Our Psychological Support is called Wellbeing at Exeter. The wellbeing team provides free, confidential advice, guidance and psychological support when you need it. They also offer multicultural counselling.</p>	<p>心理支持</p> <p>我们的心理支持团队被称为“埃克塞特的身心健康”（Wellbeing at Exeter）。该健康团队在您需要的时候可提供免费、保密的建议、指导，以及心理支持。他们还提供多元文化咨询。</p>

	
<p>Students' Guild Advice Service The Students' Guild Advice Service provide independent advice on finance, accommodation, academic and other concerns.</p> 	<p>学生会咨询服务处 学生会咨询服务处就财务、住宿、学业和其他问题提供独立的建议。</p>
<p>Multifaith Chaplaincy The Multifaith Chaplaincy is here for students of all faiths but also of no faith. You can talk to them like a trusted friend or family member about anything.</p> 	<p>多种信仰的牧师团 多种信仰的牧师团在这里为拥有各种信仰的学生提供服务，也可为无信仰的学生提供服务。您可以把他们看作可信任的朋友或家人，同他们谈论任何方面的事情。</p>
<p>Residence Life If you live in student accommodation the Residence Life Team provides support, guidance and advice. They organise social activities to help you feel part of the community, and you can meet with the team to discuss any issues you're having.</p> 	<p>住宿生活 如果您住在学生宿舍，住宿生活团队将提供支持、指导和建议。他们会组织各类社交活动，让您感觉自己就是社区的一分子，您可以与团队成员共同讨论遇到的各类问题。</p>
<p>Community Engagement Officers Our Community Engagement Officers can provide information and guidance to students living and socialising off-campus including information regarding noise, holding parties, recycling and rubbish.</p> 	<p>社区参与官 我们的社区参与官可以为学生在校外生活和社交提供信息和指导，包括噪音、举办聚会、回收和垃圾等方面的信息。</p>
<p>Your Safety Devon is generally a safe place to live, but it is always best to be aware of how to stay safe and who to contact for help. We have advice on our website to help you take care of your</p>	<p>您的安全 大家通常认为德文是一个适于居住的安全之地，但您最好知晓如何保障自身安全以及关键时向谁寻求帮助。我们的官方网站上提供</p>

<p>personal safety and keep your belongings safe.</p> 	<p>了相关建议，帮助您注意人身安全并确保个人物品安全。</p>
<p>The SafeZone app On campus, Estate patrol, your campus security team is always available, 24/7, 365 days of the year. (See back page contacts).</p> <p>They patrol the campus, respond to emergencies, are trained in first aid and can give you help and advice about safety and security.</p> <p>If you need emergency services on campus – fire, ambulance or police – first call 999 or 112 or use the SafeZone app emergency button. Then contact Estate Patrol’s emergency line.</p> <p>Away from campus, in an emergency call 999 and ask for Fire, Police, Ambulance or Coastguard.</p> 	<p>SafeZone 应用程序 物业部门在校园内巡逻，校园安保团队始终保持全年 365 天全天候 24 小时处于待命状态。（请参阅背面联系人）。</p> <p>他们在校园里巡逻警戒，对紧急情况作出快速反应，并且接受急救护理方面的培训，能给您提供有关安全保障方面的有益帮助和建议。</p> <p>如果您需要校内的紧急服务，如发生火灾、需要救护车或警察等情形，请先拨打电话 999 或 112，或者使用 SafeZone 应用程序的紧急按钮。之后联系物业部门巡逻人员的紧急专线。</p> <p>若在校外发生紧急情况，请拨打电话 999，寻求消防、警察、救护车或海岸警卫队的帮助。</p>
<p>Harassment and discrimination: Speak out Ours is an inclusive community, where everyone has the right to be treated with respect. We won’t tolerate harassment, bullying, intimidation or discrimination (for example racism, homophobia, sexual discrimination). If you experience or witness any of these we encourage you to report it and to get the support you might need. You can report incidents confidentially.</p> 	<p>骚扰和歧视：畅所欲言 我们是一个十分包容的社区，在这里每个人的权利都会得到同等尊重。我们绝不容忍骚扰、欺凌、恐吓或歧视（例如种族主义、恐同、性别歧视）等现象的发生。如果您经历或目睹了以上任何一种情形，我们鼓励您举报，获得您可能需要的支持。您可以保密方式报告事件。</p>
<p>Fraud and scams Unfortunately, some criminals try to get money from students through scams. Common scams involve ‘lost’ parcels, problems with your visa or SIM card.</p>	<p>欺诈和诈骗 不幸的是，一些犯罪分子正试图通过诈骗手段获得学生的财物。常见的诈骗包括包裹</p>

<p>Our top tips are:</p> <ol style="list-style-type: none"> 1. Don't give your bank account details to anyone unless you know and trust them. 2. Change your SIM card and telephone number when you get to the UK. 3. Be cautious of easy money. If it sounds too good to be true, it probably is. 4. Hang up and ask a friend. If you're contacted by someone and it seems unusual or unexpected, end the call or communication and ask someone for a second opinion. <p>If you think you have been affected by fraud or a scam contact the Police by calling 101 and also report it to Action Fraud.</p> <p>International Student Support and SID can offer you support and advice on what to do next.</p> 	<p>“丢失”、涉及签证或 SIM 卡等方面的问题。</p> <p>我们的首要建议是：</p> <ol style="list-style-type: none"> 1. 不要把您的银行账户信息告诉任何人，除非您认识并信任他们。 2. 抵达英国境内时，请更换您的 SIM 卡和电话号码。 3. 对易得之财保持警惕。如果听起来好得不像真的，那很可能就不是真的。 4. 挂断电话，问问朋友。如果有人与您联系，而且似乎很不寻常或出乎意料，请结束通话或交流，并寻求他人的意见。 <p>如果您认为自己受到了欺诈或诈骗的影响，请拨打 101 联系警方，同时向反欺诈行动（Action Fraud）举报。</p> <p>留学生支持中心和 SID 可以为您提供支持和建议，告诉您下一步该怎么做。</p>
<p>Social Life and Fun</p>	<p>社交生活和乐趣</p>
<p>The Students' Guild</p> <p>The Students' Guild has over 300 different special interest clubs, known as 'societies' as well as running their own events called 'Give it a Go'. Joining societies is a great way to meet other students, find people with similar interests or try something new. The Guild are led by and represent all our students.</p> 	<p>学生会</p> <p>学生会有 300 多个不同的兴趣俱乐部，通常被称为“社团”，可以自行主办活动，名为“试一试”（‘Give it a Go’）。加入社团是认识其他学生、找到志趣相投之士、或者尝试新事物的上佳之选。学生会由我们全体学生领导，并代表我们所有学生。</p>
<p>Student Sport</p> <p>Student Sport provide facilities to join the gym, take a fitness class, have a swim, play a sport or compete in a club and everyone can take part. They have free sport sessions called 'Pitch Up and Play'. The Athletics Union represent students who want to get involved in sport, and oversees more than 50 sports club for you to choose from.</p>	<p>学生运动</p> <p>学生运动可提供各类体育设施，每名学生都可以进入健身房，报名健身、游泳，参加一项体育运动，或者到俱乐部一争高下。他们有名为“到场加入”（Pitch Up and Play）的免费体育课。运动员联盟代表了想要参与体育运动的学生，对 50 多个您可以选择的体育俱乐部进行监督。</p>

	
<p>Residence Life Residence Life Team organise social activities and day trips to help you feel part of the community. The Multifaith Chaplaincy and Residence Life both hold regular social events to enrich your experience at Exeter.</p> 	<p>住宿生活 住宿生活团队会组织社交活动和一日游，让您感受到社区的温暖。多信仰牧师团和住宿生活团队会定期举办社交活动，丰富您在埃克塞特的生活。</p>
<p>International student events The Transition and Integration team hold regular events to help you settle into your life at Exeter, build your confidence and make new friends. Global Chums is a 6 week mentoring programme, free Intercultural Café runs each Wednesday and Friday during term time they also help organise cultural celebrations such as Diwali, Christmas Day lunch, Holi and Spring Festival and more.</p> 	<p>留学生活动 过渡与融合团队定期举办活动，帮助您适应在埃克塞特的生活，建立自信并结交新朋友。Global Chums 是一项为期 6 周的辅导计划，学期中，每周三和周五都有免费的跨文化咖啡节，他们还帮助组织排灯节、圣诞节午餐、洒红节和春节等文化庆祝活动。</p>
<p>Useful Contacts</p>	<p>联系方式</p>
<p>University General Contact exeter.ac.uk +44 (0)1392 661000</p>	<p>大学总联络 exeter.ac.uk +44 (0)1392 661000</p>
<p>Emergency Services (Police, Ambulance, Fire Service) 999 Police: Non Emergency 101 NHS advice: Non Emergency 111</p>	<p>紧急服务 (警察、救护车、消防) 999 警察：非紧急情况 101 NHS 建议：非紧急情况 111</p>
<p>Estate Patrol (Campus Security) e.patrol@exeter.ac.uk +44 (0)1392 722222 Estate Patrol (Campus Security): non emergency +44 (0) 1392 723999</p>	<p>物业巡逻 (校园安保) e.patrol@exeter.ac.uk +44 (0)1392 722222 物业巡逻 (校园安保)：非紧急情况 +44 (0) 1392 723999</p>

<p>Student Information Desk (SID): Visa questions, accommodation, exams, student fees and funding, graduation, international student support, letters, transcripts and certificates.</p> <p>exeter.ac.uk/sid +44 (0)1392 724724</p> <p>University accommodation exeter.ac.uk/accommodation +44 (0)1392 723999</p>	<p>学生问讯处 (SID) : 签证问题、住宿、考试、学生费用和资金、毕业、留学生支持、信件、成绩单和证书。</p> <p>exeter.ac.uk/sid +44 (0)1392 724724</p> <p>大学住宿 exeter.ac.uk/accommodation +44 (0)1392 723999</p>
<p>Stay Well- what to do if during your time in the UK you get ill.</p>	<p>保持健康—在英国逗留期间生病了怎么办？</p>
<p>Self-care</p>	<p>自我照顾</p>
<p>Cough, cold, grazes, hangover, small cuts, sore throat. A range of common illnesses and injuries can be treated at home, with over-the-counter medicines bought from your grocery store.</p>	<p>咳嗽、感冒、擦伤、宿醉、小伤口、喉咙痛。 各种常见病和外伤都可以在家里用零售店买来的非处方药治疗。</p>
<p>Pharmacy</p>	<p>药店</p>
<p>Diarrhoea, painful cough, rashes. Pharmacists advise and treat a range of symptoms. No appointments needed. Places like Boots, Lloyds Pharmacy and some supermarkets.</p>	<p>腹泻、咳嗽疼痛、皮疹。 药剂师为各种症状提供建议和治疗。无需预约。如 Boots、Lloyds Pharmacy 和一些超市。</p>
<p>GP</p>	<p>全科医生</p>
<p>Arthritis, asthma, back pain, vomiting, stomach ache. General practitioners and nurses have an excellent understanding of general health issues. Places like the Student Health Centre.</p>	<p>关节炎、哮喘、背痛、呕吐、胃痛。 全科医生和护士非常了解普通健康问题。学生健康中心等场所。</p>
<p>Minor Injuries</p>	<p>轻伤</p>
<p>Bruises, cuts, itchy rash, sprains, minor burns. Walk-in centres provide non-urgent services for a range of issues. Search for NHS Walk-In. Paired with Devon Sexual Health Services.</p>	<p>瘀伤、割伤、痒疹、扭伤、轻微烧伤。 随访中心为一系列问题提供非急诊服务。搜索 NHS Walk-In。与 Devon Sexual Health Services 合作。</p>
<p>A&E/ 999</p>	<p>A&E/ 999</p>
<p>Severe bleeding, breathing difficulties, severe chest pain. Accident & Emergency and/or calling 999 are best used in an emergency for a serious or life-threatening situation.</p>	<p>严重出血、呼吸困难、剧烈胸痛。 如果情况严重或危及生命，最好在紧急情况下去急诊室和/或拨打 999。</p>
<p>University of Exeter</p>	<p>埃克塞特大学</p>