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**Preparing for Exeter:
Information for Parents
and Carers of students**

Meet the Transition and Integration Team

Sue O'Hara

Sophie Meadows

Jimena Rubio Juncal

Over 20 years experience welcoming and working
with international students at Exeter.



Meet the International Student Support Team



- Advising students before, during and after their studies
- Trained immigration advisers
- Experts on the Student visa route
- Free service!



Preparing for Exeter webinars



Topic	Dates
Planning your travel to our campuses	11 and 20 June
Q&A's for parents and carers of students	21 and 27 June
Getting to know your campus (Exeter)	9 and 22 July
Getting to know your campus (Penryn)	8 and 22 July
What's it like to study at University of Exeter	6 and 13 August
Travelling and what to pack	23 and 29 August
Your first week and tips for settling in	3 and 10 September

Click here to book onto a webinar

<https://www.exeter.ac.uk/students/international/accessourservice/onlineevents/>



In this session

- What international students can expect from arrivals and first weeks
- Expectations and adjusting
- What's available to them
- Questions?



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Preparing for Exeter

- Read [International Students Guide](#)
- Attend [Preparing for Exeter webinars](#)
- Read summer emails (July, August, September)
- Apply for accommodation (by 31 July)
- Welcome to Exeter email (August)
- Academic Welcome email (September)

Information for international students on our [‘Before you arrive’](#) webpages



Arrival and Welcome Week 2024



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- 14-15 September Arrivals Weekend
[Airport Collection Service](#)
[Planning your travel webpage](#)
- 16-22 September Welcome Week
- 23 September Term 1 starts

Welcome Week

- International Welcome Programme
- Academic Induction
- Social opportunities



International Welcome Programme



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[Exeter programme](#)

[Cornwall programme](#)

- Campus tours
- City tours
- Shopping trips
- Social events: cream teas, quizzes, day trips and more

Great opportunity to get used to our city, your campus, ask questions and meet new friends



What will students be expected to do?

- [International Student Clearance](#) (information in admissions letter, August)
- Collect uni card and your BRP (after International Student Clearance)
- Complete [University Online Registration](#)
- Register for a [Health Centre](#)
- Attend your [Academic Induction sessions](#) during Welcome Week and your Academic Induction modules
- Get ready to start classes from 23 September (or your course start date)!

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

Other things students might want to do...

- Attend some International Welcome Programme sessions (or if arriving late then come to Intercultural Café session and meet the team)
- Learn more about [Exeter](#) or [Cornwall](#) student societies by joining in any events during Welcome Week and beyond
- Join the sports centres at [Exeter](#) or [Cornwall](#)
- Open a [UK bank account](#)
- Explore the city

- Everything is listed on our New Students Guide:
<https://www.exeter.ac.uk/students/newstudents/>



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What students are not expected to do?



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- Know everything
- Have the best time of your life
- Have made your best friends for life

Friends or family may tell students this will be the best week of their life and it might be but... it's also just the first week of your new life at Exeter. The first of many!



People who can help with transition

- Residence Life ([Res Life on Instagram](#))
- Transition and Integration
- Wellbeing
- Students' Guild/Student Union
- Multifaith Chaplaincy

Free events

- Intercultural Café
- Connections Café
- Res Life events



Students will be given a 'Welcome to Exeter' booklet at their International Student Clearance appointment. It details all the support services.





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
- Speak Out: Help, advice, reporting



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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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Emergency care/A&E

Call 999

Ambulance
Fire service
Police
Coastguards

Urgent medical problem

Call 111
[NHS 111 online](#)

Online service
can advise you

Minor Injuries Unit

Visit local MIU:
Exmouth,
Honiton and
Newton Abbot

Sprains
Strains
Minor head
injuries
Infected
wounds

Health Centre / GP Surgery

Make
appointment at
GP surgery to
see a nurse or
doctor

General medical
conditions
Blood tests
Vaccinations
Referrals

NHS walk in centre

Need to see a
doctor or nurse
but can't wait
for a GP
appointment

General medical
conditions

Pharmacist

Available in
most
pharmacists
(drug stores)
and large
supermarkets

Minor illness
advice
Access to
medicines
Fulfilling
prescription
items from GP

Student Health and Wellbeing at Exeter

exeter.ac.uk/students/wellbeing/

- Free and confidential services available
- Student Health Centre
- Student Wellbeing:
 - Drop in with experienced practitioners
 - Education Welfare Advisors
 - Specialist CBT packages for low-medium depression and anxiety
 - One off workshops
 - Short term counselling
 - Weekly mentoring/individual learning plans/reasonable adjustment
 - Welfare consultants
 - Nilaari offering range of therapies online and econsult to BAME students
 - Hikmat Devon offering support to minority ethnic students

Information for the rest of term

Term and exam dates:

Term 1: 23 September – 13 December 2024

Term 2: 6 January – 28 March 2025
(exams 6 – 11 January)

Term 3: 28 April – 13 June 2025 (exams)

Information for Parents page

[https://www.exeter.ac.uk/students/newstudents/
supportandservices/informationforparents/](https://www.exeter.ac.uk/students/newstudents/supportandservices/informationforparents/)



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Any questions for the team?



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