

Preparing for Exeter: Information for Parents and Carers of students



Meet the Transition and Integration Team

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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?

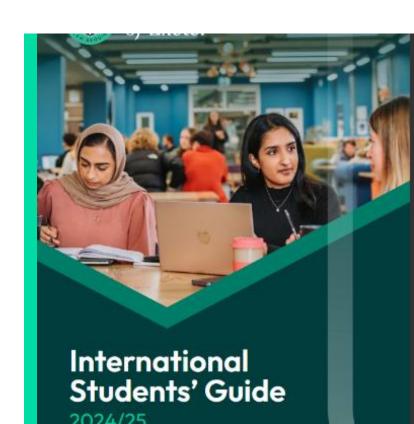


Preparing for Exeter



- 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



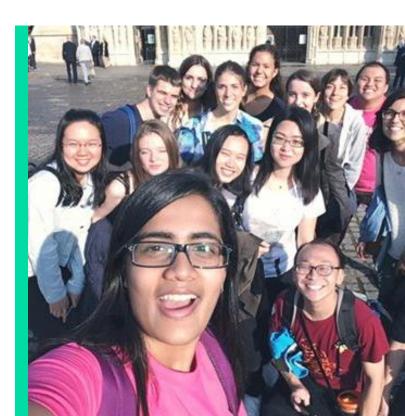
Arrival and Welcome Week 2024



- 14-15 September Arrivals Weekend <u>Airport Collection Service</u> Planning your travel webpage
- 16-22 September Welcome Week
- 23 September Term 1 starts

Welcome Week

- International Welcome Programme
- Academic Induction
- Social opportunities



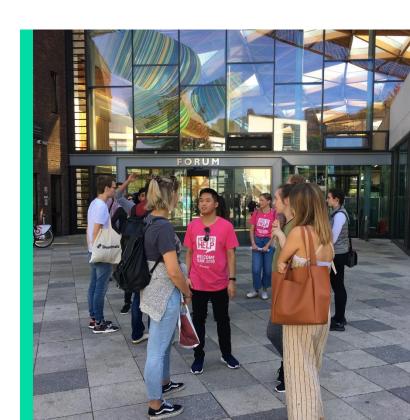
International Welcome Programme



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 <u>University Online Registration</u>
- Register for a <u>Health Centre</u>
- Attend your <u>Academic Induction sessions</u> 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 <u>Exeter</u> or <u>Cornwall</u> student societies by joining in any events during Welcome Week and beyond
- Join the sports centres at <u>Exeter</u> or <u>Cornwall</u>
- Open a <u>UK bank account</u>
- Explore the city
- Everything is listed on our New Students Guide: https://www.exeter.ac.uk/students/newstudents/



What students are not expected to do?



- 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 (<u>Res Life on Instagram</u>)
- 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





National Health Service

Free Services:

- Urgent health care
- Routine health care
- Specialist appointments

Not Free:

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





Emergency care/A&E

Urgent medical problem Minor Injuries Unit

Health
Centre /
GP Surgery

NHS walk in centre

Pharmacist

Call 999

Call 111 NHS 111 online Visit local MIU: Exmouth, Honiton and Newton Abbot Make appointment at GP surgery to see a nurse or doctor Need to see a doctor or nurse but can't wait for a GP appointment Available in most pharmacists (drug stores) and large supermarkets

Ambulance Fire service Police Coastguards

Online service can advise you

Sprains Strains Minor head injuries Infected

wounds

General medical conditions Blood tests Vaccinations Referrals

General medical conditions

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/



Any questions for the team?

