



Dear Student,

February can often feel rather cold and grey more than anything else. Winter is starting to become annoyingly persistent, overall if you are used to a warmer weather. But this also makes February the perfect opportunity to make sure you are taking care of yourselves after all the exams and deadlines from January.

You might like to hide under a blanket to enjoy some films or a show you've been meaning to watch; or perhaps trying out a new recipe that someone recommended you or that reminds you of home; or maybe you'd like to join evening socials from societies to make evenings feel warmer.

And you can look forward to plenty of social events at the university this month, from the [Spring Festival campus celebrations](#), to [Intercultural Cafe](#), or [Give It A Go activities](#) from the Students' Guild. We look forward to seeing you there!

All the best,

Sue O'Hara, Sophie Meadows, and Jimena Rubio Juncal
Student Support Officer: Transition and Integration

Have your say! International Student Experience

Can you help us to improve the Uni experience for all our students and make sure we're a welcoming and inclusive place for everyone?

Please come along to one of our events, and tell us about your experience as part of our global community. We'd love to hear your thoughts on how we can improve and provide the services and support that you need to thrive.

- Complete our [short online survey](#) and maybe win £100.
- Come to our **drop-ins to have your say**:

Streatham Campus: Tuesday 6 February, 11:00 – 15:00 at The Forum, Building:One or Xfi's



Global Lounge.

St Luke's Campus: Wednesday 7 Feb, 11:00 – 15:00 at Cross Keys.

• Be part of a [discussion group](#) on Wednesday 7 February.

£20 shopping voucher for each session attended. Maximum 2 workshops per student.

For more information [see our website](#)

[Celebrate the Spring Festival on campus: Tuesday 13 February](#)

Spring Festival is the most celebrated and longest of all Asian festivals and is observed by millions of people around the world. Different countries in East Asia hold their own new year celebrations at this time and we are pleased to be able to showcase those different traditions in our festival on campus.



We will be celebrating in the Forum on Tuesday 13 February from 12-3pm. We encourage everyone to wear something red and come find us in the Forum, where you can collect a red packet with a little gift inside, try some food and enjoy some traditional crafts and activities.

Then join us at 6.45pm at the rear of XFI for a spectacular firework display. Wrap up warm and come and watch the sky light up! There will be a free coach service available for students to travel back to St Lukes campus after the fireworks display. The coach will depart from Harrisons Building at 19:10pm. You cannot book - this will be a first come first served basis.

[Click here to see the full programme](#)

[Vote in the Students' Guild Elections 29 January - 1 February](#)

It's vote week: time to vote in our Student Elections! Your votes will elect the Student Officers who will represent you in 2024-25.



Your Officer team are here to improve your student experience and make sure you have the best time at Exeter. Officers can help to create change along with students on things like: £2 meals, living costs, jobs and careers, your academic experience and more!

Look out for some [free events](#) and refreshments taking place this week too in and around the Forum, and at St Luke's.

Voting is quick and easy – you can find out who the candidates are and vote at www.exeterguild.com/elections

[Intercultural Café](#)

Intercultural Cafe has been growing the past months, becoming a great opportunity to meet new people, to learn about different cultures, and to get to know a bit better some of the services offered



by the university through the activities organised. All without needing to book and while enjoying a free drink and a pastry every time!

There are 3 cafes a week:

- St Lukes: Crosskeys, Wednesday 11-12 noon
- Streatham: ISCA Eats, Cornwall House, Wednesday 3-4pm
- Streatham: ISCA Eats, Cornwall House, Friday 10.30-11.30 (first 100 students only)

We will be there to book you in 30 minutes before the session starts and will stop giving out tickets 30 minutes before the end of the session or when we reach 100 people, whichever comes first!

The different activities scheduled for each session are listed in [our website](#).

Still time to request a Global Chums mentor

Did you join us as a new student in January?

We know that settling into a new environment doesn't just happen during Arrivals Week, which is why new international students are more than welcome to request a Global Chums Mentor! These mentors are returning Exeter students who are keen to meet you and answer your questions for the next six weeks.



[Applications are open now until 31 January so don't delay.](#)

There will also be some social events for you to attend. You can follow [@globalchumsexeter](#) on Instagram to find out about those.

Refugee Support Devon appeal

With the spotlight on refugees and asylum seekers over the last few years, charities like Refugee Action are needed now more than ever. As well as supporting individuals, Refugee Action provides support and training to local charities such as Exeter's very own Refugee Support Devon. It would be awesome if you could [make a donation](#), no matter how small, to this great charity through Suzanne Aburagheb's [JustGiving page](#). Once you donate, they'll send your money directly to Refugee Action, so it's the most efficient way to give - saving time and cutting costs for the charity.



[Come to Globe Cafe](#)

[Globe Café](#) is a weekly event for international students where we have fun, build friendships and share between our different cultures. This term, we have lots of fun activities, including a celebration of Lunar New Year on Monday 5 February, and a chance to join in a traditional English 'Barn Dance' on Monday 26 February. This event is run by Friends International, which is a Christian charity. However, Globe Café is not a religious event and all international students are welcome. We meet every Monday from 7.30-9.15pm at Belmont Chapel on Western Way. For more information, search @1globecafeexeter on social media or contact Helen Morrissey - Helen.morrissey@friendsinternational.uk



Try Nordic Walking

Come and try Nordic Walking from our St Lukes sport centre (EX1 2LU).

- 10 weekly sessions: Wednesday 7th February to Wednesday 24th April (with a two-week break on the 6th and 13th March) from 2-3pm.
- £15 fee for the course, you will have access to ALL 10 sessions which include two weeks worth of technique tuition followed by instructor-led walks using different routes starting at finishing at campus.
- Dress for the weather conditions on the day of the sessions, as well as suitable footwear i.e. trainers or walking shoes/boots. A rucksack is also recommended for personal belongings.
- Walking poles will be provided for you.



[Sign up now to avoid missing out!](#)

Have 'Fun A Day' for February

Are you up for a challenge? Could you create something every day for a month? Consider joining [Fun A Day Exeter](#).

There are no entry fees and no prizes, no age limit, and no exclusions. Just a creative spark to light the gloom of February. [Registration is required to participate](#) then (1) pick a project, (2) do it daily during February 2024, (3) document it, (4) show your work during our group show 23-24 March 2024, and (5) have fun with it. [More info here](#).

Fill out the National Student Survey and enter the prize draw!

Every year, all final year undergraduate students studying in the UK are invited to complete the National Student Survey (NSS). It's really important that we hear the opinions of all our students including those from overseas and we encourage you to fill it out.



The survey is anonymous and is run by an independent UK research agency, called Ipsos. It's an opportunity to give your honest views about your time with us. This

Tell us out about university catering

The University Caterers Organisation (TUCO) who provides catering to universities all over the UK want to know the views and experiences of International students currently studying at university in the UK.

Your feedback will help better understand the opinions and experiences about catering for international students at universities in the UK to inform and improve the current catering offer. The survey should take no more than 10 minutes to complete depending on your answers and you could win £50 cash!

[Survey closes Sunday 25 February.](#)

