



Dear student,

Hello and welcome to 2024 at the University of Exeter! Regardless of whether you are coming back for more after dealing with exams or landing here for the first time, we are glad to welcome you for a new term in Exeter. This monthly newsletter will keep you updated on social and cultural events, immigration news and much more information to make your time here the most comfortable and enjoyable as possible.

We look forward to seeing you over the coming weeks and hope that you really enjoy your time with us here at Exeter.

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

Meet the Transitions Team



Hi, we're the Transition and Integration Team. Sue has worked at the uni since 2002, mostly with international students. Sophie joined the team 3 years ago and Jimena last year. We love creating spaces and events for students to build community and confidence and to celebrate their culture.

Favourite pastimes?

Sue: I love singing, reading and watching films. Oh, and laughing.

Sophie: Cooking, foraging in the countryside and cuddling dogs.

Jimena: Stories in all their forms

Favourite place in Devon?

Sue: anywhere by the sea

Sophie: Dartmoor's dramatic scenery

Jimena: any of the parks in Exeter

Scones - jam or cream first?

Sue: Jam then cream. It's a controversial opinion living in Devon

Sophie: Cream first!

Jimena: Neither. I don't really like them!

Welcome to all new students



A big welcome to all new Inbound Study Abroad students and Postgraduate students who started with us this January. We hope that you have a great time in Exeter.

The [International Welcome Programme](#) is designed to help you settle in at Exeter through campus tours, informative talks, social events and trips. [You can access all the introductory talks here.](#)

We still have tickets available for some of our social events. [Click here for the latest information on tickets.](#)

Our Inbound Study Abroad Team are running a number of [drop in clinics](#) to discuss your modules and studies at Exeter.

Free cafes for students



[Intercultural Cafe](#) is a great way to meet new people and catch up with old friends. No need to book. Why not come up to 30 minutes before the session starts to get your refreshments and do remember to bring your Unicard with you. We will stop giving free refreshment tickets out 30

minutes after the official start of each session but you are still free to join the activity. Spaces are limited to the first 100 at each session.

- St Luke's: Cross Keys, Wednesdays 11-12 noon
- Streatham: ISCA Eats, Cornwall House, Wednesdays 3-4pm
- Streatham: ISCA Eats, Cornwall House, Friday 10:30-11:30am

Top tip: come 30 minutes earlier to avoid long drinks queues!

Our [Multifaith Chaplaincy](#) also runs **Connections Cafe** every Tuesday 2-4pm in the Forum Library entrance, and Soup lunch every Thursday 12:30-2pm in the Staff House, in St Luke's campus.

Come and discuss interesting topics relating to culture and current events at the **Conversation Cafe** run each Wednesday 10.30-11.30am in the Neil Cross room, Forum Library. This is run by Friends International, who are a Christian charity however this is not a religious group and is open to all students from any faith or none. For more information, contact helen.morrissey@friendsinternational.uk

Now happening every week: Languages Café



Are you a language learner or enthusiast? Then consider popping in to the Languages Cafes run by the Modern Languages department every Wednesday at 2pm, starting the 17 January.

This is an informal space to practice English, French, German, Spanish, Italian, Portuguese, Arabic, BSL, Russian, Mandarin, Japanese and more! All while enjoying a warm cup of tea or coffee along with biscuits, and without the need to book in advance or pay for an entry.

If this peaks your interest, we'd love to welcome you in Forum Seminar Rooms 3, 4 and 6, in Streatham campus. (Later sessions may take place in different Seminar Rooms in the Forum, but these will be clearly signposted on the day.)

[Global Chums: mentoring programme for international students](#)



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](#) but places are limited, so don't miss your chance!

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

Health and vaccinations

We encourage all new students to sign up to a Health Centre on arrival to the UK. This will mean that you won't have to fill out a lot of paperwork when you go and see a doctor! [Click here for more information about Health Centres and the NHS.](#)

And for recurrent and new students, this is a reminder to beware of Meningitis' early symptoms, since this is a life-threatening condition that university students are at a higher risk of contracting:

- fever with cold hands and feet
- headache
- vomiting
- diarrhoea
- muscle pain
- stomach cramps

If you haven't had a Meningitis ACWY vaccination, we would encourage you to get one here. In the UK, the MenACWY and Measles vaccinations are available to everyone under 25 years old for free. You only need to contact your doctors' surgery to check if you have had the vaccines and, if not, book an appointment. If you are registered in The Student Health Centre you can do that through [this link](#).

[We've got your back when it comes to Digital!](#)



Working online and digitally is a central part of the university experience now. [The Digital Hub](#) is your one-stop-shop to:

- Discover digital ways of working
- Watch a video guide
- Read a step by step guide
- Speak to one of our student ambassadors either in Penryn Library or the Forum in Streatham
- Book a session with us on a video call

Students' Guild: Welcome Back Fair



The Students' Guild are hosting a Welcome Back Fair in the Sanctuary on Friday 19 February from 11am-4pm. Pop along to find out more about societies or even join some new ones!

Don't miss their ever popular [Give it a Go events](#) bring you the opportunity to meet new friends, disconnect from studying, get to know the local region, and develop new skills at any time throughout the term.

Students' Guild feedback



The Students' Guild is calling all international students to find out about your experience in Exeter and to improve their support. From how you settled in, to your experiences with the Guild directly, and to how you integrated with UK culture, and everything else you'd like to share. Fill in their [feedback survey](#) by the 14th of January for a chance to win one of these prizes:

- 5 x £50 Takeaway voucher for you and your friends
- 10 x Cinema tickets and popcorn for two

Engage locally: Exeter City of Literature



Exeter City of Literature is a local charity that organises [events](#) and [projects](#) to promote Exeter's literary heritage, including shows, tours, workshops, etc. Or if you prefer to explore the local regions more independently, feel free to have a look at their [literary map](#) with a compilation of landmarks, cozy bookshops, places related to literary figures, and the best reading and relaxing spots around Exeter and Devon.

And if you have any suggestions for Exeter City of Literature, feel free to fill in their [survey](#) to help them find out how to engage more with young people in Exeter.

[Upcoming celebrations!](#)



On 13 February 2024 we will be celebrating the Spring Festival and the Year of the Dragon on campus. There will be stalls and food in the Forum from midday and fireworks at the rear of the Xfi building at 6.45pm. It's going to be fabulous so put the date in your diary if you haven't yet!

We're looking for performers during the afternoon in the Forum. Do you play an instrument or are part of a society that could perform dance or martial arts? Get in touch! s.ohara@exeter.ac.uk

[Free security mark service on campus](#)

Talk to the Community Engagement team about how to keep you and your belongings safe and get your valuables marked/registered to deter theft. This is a great way to ensure that your items can be tracked and found more easily, should they ever be stolen.

This service is suitable for small valuables (e.g., mobile phones, laptops) and bicycles. They will be in the Forum on 26 January (12:30 – 2:30pm), 6, 12 and 29 February (10am - 3:30pm).

What not to miss in Exeter: Underground Passages



It might feel strange to know that every time you walk through Exeter's city centre, you are stepping merely 4 to 6 metres above a network of tunnels built during Exeter's Medieval times to transport fresh drinking water to the city.

Nowadays, these narrow, dark and fascinating passages are the only ones of this kind to be open to the public in Britain. [And for £6 you can join one of the guided tours that walks you through them.](#) Feel free to have a look at [this video](#) for a concise preview.

If you are curious about Exeter's history, this is a must see. Although, beware that it can feel claustrophobic!

Your International News updates

We will send you an edition of Your International News at the beginning of each month during term time. In it will be lots of events on campus for you to get involved in, important immigration updates, local festivals and lots more. We hope you enjoy it. If you have any questions at all please contact [SID online](#) or through iExeter. They work 6 days a week during term time so you'll get an answer very quickly. In the meantime have a great start to term and we'll see you all very soon.

