



Dear Student,

March arrives with the warm feeling of spring, at least that's what we are told. I can't promise less rain but we can hope! But March also comes with its load of deadlines that many of us have been definitely not looking forward to. This can be a stressful time, and sometimes the best we can do is step away from our desks and go outside, talk to other people, and get the help we need.

The big news of the month is a fantastic set of events for our [Cultural Festival](#). We're so pleased to promote the events aimed at celebrating the diversity of cultures we have on campus. They have been devised by a talented group of international students working in collaboration with us and the Students Guild. Do come along and support them. We look forward to seeing you there and making great memories.

There are some national celebrations going on across the UK this month - Wales will celebrate St David's Day on the 1st with a wave of leeks, daffodils and singing; Ireland's Saint Patrick's Day on the 17th and we will honour our Mothers on 10th with Mother's Day. We have the Easter bank holiday weekend starting on Friday 29 March and don't forget on Sunday 31st March to put your clocks forward by 1 hour and gain a bit more daylight in the evenings.

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

[Cultural Festival: 20-24 March 2024](#)



We are really pleased to announce an exciting new series of events for our [Cultural Festival!](#) Come and see a range of international societies, watch a free international film showing, join the international board games night, join in an iftar, try a new sport and get covered in colour at Holi.

We're topping off the week with a spectacular variety show in the Great Hall on Sunday (think the Diwali show but bigger!). You can attend the show for free without booking a ticket or we have limited £5 tickets which include a meal after the show in the Terrace (dinner tickets open on 11 March).

We can't wait to share the week with you and create some fantastic memories.

Full details and tickets are available at the [Cultural Festival website](#).

Celebrate Holi: Saturday 23 March



Come and celebrate the most colourful of festivals, Holi, with the Hindu and Asian Societies on Streatham Campus, Saturday 23 March. Colours, music, food available to purchase. Full details will be available at the [Cultures Festival website](#) soon.

Immigration Update: IHS increase



By popular demand, our trained immigration advisers in International Student Support will now be including a short immigration update in each issue of Your International News. You can also check for recent news on our website.

This month, we have the Immigration Health Surcharge (IHS) for Student (and Student Dependant visas) which increased from £470 to £776 per year. The increase came into effect on 6 February 2024. If you need to extend your Student visa or apply for a Student visa to start a new course, you will need to pay the higher fee. If you are planning to apply for the Graduate work visa when you finish your studies, you should be aware that the IHS fee has also increased for Graduate visa applications to £1035 per year.

If you have any immigration queries, you can contact International Student Support at visaadvice@exeter.ac.uk

International Women's Day 2024



The 8th of March will be [International Women's Day](#), which Exeter's local community embraces with passion to celebrate the diversity of our community and work to challenge abuse and discrimination faced by women.

Meet some of the [University's inspiring women here](#). Throughout the whole month, [Exeter Phoenix](#) will show a list of women-led performances exploring themes of nature, sexuality, body image, empowerment, addiction, and more. And if you enjoy art, [Janet Sainsbury will be at the RAMM on Saturday 9th](#) to talk about her collection 'Points in a Constellation', which revolves around other 4 local female artists.

Looking for volunteer work experience

Sue Ryder

If you are looking for volunteer work experience or just want to get more involved in the community then why not consider volunteering with Sue Ryder charity shops in Exeter or Cornwall to gain retail skills, meet new people, and support end of life care. Flexible roles allow you to fit volunteering around your studies. Learn more at <https://www.sueryder.org/form/volunteer-quick-apply>

See the coast line from a whole new angle!



We have a fantastic and exciting opportunity for you to explore our beautiful coastline through Coaststeering in Newquay Cornwall. We will get you there, you just need to be willing! Please fill out the [expression of interest form](#) if you would like to take part, and also to give us some guidance on organising it for when it suits you best.

Introducing the Cherry Project



The Cherry project aims to provide safe spaces for discussions around the queer experience. We want to spread positivity, acceptance and a sense of belonging amongst the queer community through creative art sessions. If you would like to safely (and casually) explore how the intersectionality between coming from a different culture and being queer affects your identity and life, please come along to one of our sessions!

Himangi, one of the groups founders, writes 'Coming from an Indian queer person, I can confidently say that my culture and my queerness come together to form an...interesting life experience, and I get the importance of being able to discuss and share that with other people - especially when doing fun arts and crafts!'

Their first is a relaxed writing session where they'll also be discussing queer characters in popular media and then creating characters of our own. They also have very cool arts and crafts sessions (and a few more writing ones) lined up in March and May – for more information, please [follow our Instagram](#)

We aim to not question anyone's belonging - so please feel free to come to a workshop, regardless of how you identify!

One of our very fabulous International Student Ambassadors, Himangi, is one of the organisers, so please go along and support their events.

[Intercultural Café](#)



Intercultural Café has been thriving with activity so far! And we'd love to meet more of you at the upcoming sessions. [Click here](#) to see the theme of each session.

There's no need to book, just come along to meet new friends, enjoy some interesting conversation and a free hot drink and a pastry!

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!

Education Welfare Support



The [Education Welfare Team](#) are based at the College Info Points and offer advice and support, as well as signposting to specialist services and self-help materials.

Have a look at their [upcoming talks and activities](#) too to help you disconnect and ask any questions you might have for the Education Welfare team.

Film night and quiz nights at Isca Eats, Cornwall House



Come and join the [Isca Eats team](#) on Tuesdays 12th and 26th of March for fun quiz nights for only £6 and with ambitious prizes to win.

Or come on Friday 22nd to enjoy a film night, which will be announced [on instagram](#) some days before. Doors open at 7pm for free and there will be tasty food deals to choose from.

Get your stuff security marked



Free security marking this month at the Forum:
7, 13, 19, 27 March from 10:30am – 3:30pm.

See the [Community Engagement Team](#) at their stall. Talk to the team about how to keep you and your belongings safe and get your valuables marked/registered to deter theft and allow for them to be tracked and found more easily, should they ever be stolen. This service is suitable for small valuables (e.g., mobile phones, laptops) and bikes.

Register to vote in local elections



Elections for Exeter City Council, the Devon and Cornwall Police and Crime Commissioner and some other local authorities will be taking place on 2 May 2024. To vote, you must be on the electoral register. Registering to vote takes just 5 minutes and must be done by Tuesday 16 April.

To find out if you are eligible to vote in these elections you must be 18 years old or over, a British, Irish, Commonwealth or European Union Member State citizen *and* a resident at an address in the local council/Police and Crime Commissioner area, including halls of residence.

Find out more and register to vote at [The Electoral Commission website](#).

Thinking about Postgraduate study?



Stay with us to study a Masters degree, with fast-track application and dedicated scholarships.

Find out more about postgraduate study, including our upcoming postgraduate events, on the [Discover Postgraduate Portal](#).

PTES - PGT experience survey

The [Postgraduate Taught Experience Survey \(PTES\)](#) is the only UK higher education sector-wide survey to gain insight from taught postgraduate students about their learning and teaching experience.

Filling in the survey will help produce interesting data you can use to compare your postgraduate degree at the University of Exeter to others across the country. The survey will open the 18 March until the 13 May. Don't miss your chance to add to it!

Grand Challenges: the most rewarding week of your year!



Thinking about booking your flight home? Keep the 3-7 June available to take part in [Grand Challenges](#), a week-long programme which offers you an opportunity to boost your employability, make new friends, and create meaningful solutions to real world problems!

“Grand Challenges was such a fun and rewarding experience that I recommend to all my international friends.” [Hear more from Marley Pradiou](#), a former Politics student who took part in Grand Challenges.

University Mental Health Day - 14th March

The 14th of March is University Mental Health Day, a national date dedicated to raise awareness about student mental health, since statistics show that 30% of students find their mental health getting worse since starting university.

Have a look at the [University Mental Health Day website](#) for resources and updates, and to explore opportunities for you to take part in the movement.

Student Money Week: 4-8 March



Come and join the Students' Guild in their Student Money Week events. Students continue to be impacted by the cost-of-living crisis with 82% of students worrying about their finances. Look at the [Guild's tips for saving money](#) and the [University's help and advice pages](#).

Join a free Folk Society Ceilidh dance



Folk Society's next ceilidh will be on Friday the 29 March at Lemon Grove Main, Cornwall House, from 7-9pm. It's free to everyone, as we'd love to see some new faces try out folk dancing for the first time!

The dances will be beginner friendly, as all of them will be called, so no prior experience is required. The music is mostly traditional English and Irish tunes, which will be played live by our own ceilidh band!

Clocks 'spring forward'



In the UK the clocks go forward 1 hour at 1am on the last Sunday in March (31 March 2024). There's a saying to help you remember; 'Spring forward' in Spring, and we 'fall back' in Autumn as the leaves fall.

The period when the clocks are 1 hour ahead is called British Summer Time (BST). There's more daylight in the evenings and less in the mornings (sometimes called Daylight Saving Time). Enjoy the extra daylight, but don't forget to check your clocks, watches and devices when you wake up on Sunday morning.

Day trip: The Donkey Sanctuary!



[The Donkey Sanctuary](#) is an international charity dedicated to improving donkey's quality of life. One of their sanctuaries is located in the nearby town of Sidmouth, and it opens every day from 9am to 5pm for everyone to visit for free and without the need for a booking. Drop by to meet the adorable donkeys and mules; taste the fresh, local and seasonal food at The Kitchen; or enjoy Drizzle's Green Guardians Trail to embrace the feeling of spring.

The [bus ride](#) (bus 9A) takes only 1 hour and 10 minutes - from Exeter's bus station to Trow, Donkey Sanctuary - for £8.30 (go and return).

Make the most of a fun and unique experience among these gently loving animals!

