



Dear student,

Hello and welcome back to Exeter and to another year of Your International News - a monthly update of all things we think you should know about on campus or in the city for our non-UK students. We hope this newsletter finds you well and healthy and we look forward to another great academic year with you.

Apologies in advance, this is a bit of a bumper edition with lots to tell you! If you have any events or research topics relevant to international students that you would like us to publicise please email s.ohara@exeter.ac.uk by 20th of the month for inclusion into the following month.

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

Introducing a new member of the team: Jimena



Hi, I'm Jimena and I joined the Transition and Integration team this August, and ever since I've been getting stuck into the job. I was a Psychology graduate at Exeter and, as a Spanish student myself, have a good understanding of the international student experience. You'll probably see me at Intercultural Cafes so do say hi!

[Connecting with others through our free cafes](#)

WELCOME TO INTERCULTURAL



[Intercultural Cafe](#) is back and bigger than before! Come along to meet new people, celebrate our different cultures and approaches. The cafe is open to everyone - international or home student or staff member.

Top Tip: Please remember to bring your unicond with you to sign in and arrive 30 minutes before the session starts to beat the drinks queue and allow us to start the sessions relatively on time!

- Wednesday 11-12 noon: St Lukes: Crosskeys
- Wednesday 3-4pm: Streatham: ISCA Eats, Cornwall House
- Friday 10.30-11.30: Streatham: ISCA Eats, Cornwall House

[Connections Cafe](#) is run by our Multifaith Chaplaincy and meets each Tuesday from 2-4pm during term time in the Forum Library Entrance.

Join them for a [free Soup lunch](#) each Thursday on first floor of Staff House, St Luke's Campus from 12.30-2pm

[Globe Café](#) is a weekly event run as a partnership between Christian charities [Friends International](#) and the [ECU](#). They meet at 7.30pm on Monday nights at Belmont Chapel, Western Way. All international students welcome. [Click here](#) to find out more information.

[New University of Exeter App](#)

We're developing a [new University of Exeter app](#), which is now ready for all students to use. We've built it especially for students, so it has had lots of student input. As we are always looking for ways to improve the student experience at Exeter, this web-based app is being continuously developed based on your feedback, with regular updates and releases. You can find a study space, discover the latest University updates and more. [Learn more about the app and how to download it here.](#)

[ESSENTIAL READING: Important update in attendance monitoring](#)

Due to requirements from the Home Office, international student visa holders must check-in to all timetabled teaching sessions using the [new University of Exeter app](#). (The exception is students in the Medical School on the Nursing and BMBS programmes who need to use iExeter to check-in).

Completing this process allows us to monitor your attendance on your academic programme, which is an essential condition of your visa. If you do not check in to teaching sessions multiple times, you may receive a notification from our immigration team directing you to further support.

[Please read the guidance here](#) to learn how to complete check-in using the University of Exeter app. Information for Nursing and BMBS programmes about check-in on iExeter is available [here](#). For more information about why visa holders are required to complete this process, please read our [FAQs here](#).

[Late arrivals meetings](#)



If you arrived late or after Welcome Week come book onto a [Late Arrivals Meeting](#) and meet one of the Transition and Integration team for a short induction into university life. This is a great opportunity to meet other students, find out all the information you missed and ask any questions you may have. The talk will be followed by a short campus tour.

[Employment opportunity: Exeter Student Ambassador and International Student Ambassador!](#)



We are looking for current students, who feel positive about their course and student life at the University of Exeter and would like to share their experiences with others, to join the Exeter Student Ambassador Scheme. Student ambassadors work on a wide variety of paid jobs (e.g. promoting their subject, campus tours, open days, workshops with schools, mentoring, etc.), and are able to increase their employability and skills while doing so.

We choose our International Student Ambassador team (those that met you during the International Welcome Programme, Heathrow etc) from the Student Ambassador pool. So, if you want to work with us in Transition and Integration throughout the year, you need to be a Student Ambassador first!

To find out more and to apply please visit www.exeter.ac.uk/esas.

Deadline for applications is Monday 9 October at 9am, however applications may close earlier than that if the threshold for the number of interview slots available is reached.

Developing your English Language



English Language Skills Development offers a range of opportunities to develop and enhance your English language skills to meet your goals at university. Whether you want to boost your oral confidence or improve your assignment writing, we have classes and courses to suit you. Find out more on our [website](#) or visit the [Guided Independent Learning site](#) for all our online resources. Don't worry if you are unsure of the best option for you. If you would like to make a 1:1 appointment to get some practical advice on making the most of your English [click here](#).

[Join the University of Exeter Business school for Global Festival 2023!](#)



Following the resounding success of last year's event, we're thrilled to invite you to the University of Exeter Business School's Global Festival 2023 - this is a fantastic opportunity to make new connections, have some fun with colleagues and friends, learn more about our incredible support services and share your own experiences and culture.

Hosted at the Business School on Streatham Campus, you'll get the opportunity to find out what makes Exeter such a welcoming and fun place to live, study and work. With free food, art and dance workshops, games, support stands, independent retailers, guest speakers and a special Black History Month film screening, there's something for everyone.

Time: 3.30-7pm

Date: Thursday 19 October

Location: Business School, Streatham Campus

For more information, please visit the [Global Festival 2023 website](#) and [sign-up for free via Eventbrite](#)

[Celebrate Navaratri on campus](#)



[Exeter Hindu Society](#) will be celebrating [Navratri](#) on campus on Sunday 22 October. Navratri is an annual Hindu festival observed in honour of the goddess Durga, an aspect of Adi Parashakti, the supreme goddess. It spans over nine nights to honour the nine different forms of Durga.

Check out their [instagram page](#) for information and tickets nearer the event. The event is always a joyous celebration with food, dance and music.

And don't forget to put our [Diwali celebrations](#) on Sunday 19 November in your diary. Think culture, food, dance, crafts and fireworks on a grand scale! More information coming soon.

[Meningitis – know your symptoms](#)

[Meningitis](#) can be a life-threatening condition so it's important to make sure you know the [signs and symptoms](#). Early symptoms can include:

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

Get urgent medical help if you think you, or someone you know, has meningitis - call 999 and ask for the ambulance service, or if you aren't sure whether it's anything serious [call NHS 111](#).

The [MenACWY jab](#) protects against four types of meningitis and it is free for students (under the age of 25) from the [Student Health Centre](#) on the Streatham Campus or from your doctor. It doesn't cover all strains so do continue to be aware of the symptoms.

[Time to talk](#)

If you have something on your mind and would like to talk to someone, our Multifaith Chaplains are available to provide a confidential, non-judgemental listening ear, in person or online. You can [book one of our 'Time to Talk' slots](#) by clicking the link on our homepage. You can also e-mail chaplaincy@exeter.ac.uk if you would prefer an alternative time or slots are fully booked.

Opportunity to participate in Exeter Carnival



Make lasting memories by participating in something truly unique. Last year students had a great time marshalling at Exeter Carnival but this year we want to give you the opportunity to be in the carnival carrying your very own fabulous handmade lantern that you will make with the help of Tonic Creatives ([click here](#) to see their work with families at last year's carnival)!

To participate you must be available for the lantern making workshop Wednesday 25 October 1-3pm and participate in the Carnival Saturday 26 November 3-7pm.

Places are limited to 25 so only email s.ohara@exeter.ac.uk if you can definitely make both dates and want to participate. Places will be allocated on first come, first served basis.

Don't fall for the fraud



We have had reports this term of at least three students being scammed by criminals online and by telephone. This is incredibly distressing for those involved and, for some, has involved significant amounts of money being lost.

Scams (frauds) against students are getting more sophisticated so please be careful. Be very cautious of anyone demanding you to pay a fine/receive money. Some of the frauds are related to UK SIM cards bought outside the UK. If you think this may affect you our advice is to get a new SIM card in the UK (there are some free ones available at SID in the Forum).

You can read of [recently reported fraud schemes and our advice here](#) but here is some advice from the Police to help protect yourself:

The Police advice is to 'take 5' minutes:

Stop - take 5 minutes to stop and think. Talk it through with someone you respect to sense-check the situation.

Challenge - it's ok to reject, refuse or ignore requests. Only criminals will try to rush or panic you.

Protect- if you think you have been a victim, contact your bank immediately, change passwords etc. Report the incident to the Police. Contact SID or International Student Support Office for support.

Working on your student visa webinar

International Student Support are running a new 'Working on your student visa' webinar on Wed 18th October.

This webinar is designed to give University of Exeter students an overview of the work conditions attached to their Student visa. The team will explain the working hours restrictions, the type of work permitted and provide students with resources to help navigate working in the UK. [Register your attendance here.](#)

Thinking about your career



Access the [India Career Ready online programme here](#) – and [book into the live workshops](#) to help you understand how to identify and apply for and jobs in the UK.

[Joint Careers and International Student Support workshops](#) during term 1 are now bookable on Handshake. These sessions give you careers and visa advice together so you can maximise your chances of understanding the labour market and apply for the appropriate visa.

Develop your CV: Become a Voluntary Teaching Assistant

Are you a French, Spanish, Italian, German, Mandarin, Portuguese, Japanese, Russian or Korean native speaking student looking to gain valuable experience for your CV?

As a Voluntary Teaching Assistant you will participate in the Modern Languages seminars by simply engaging in conversation with students of your native language once a week for 1 hour (additional hours can be offered subject to availability). Full guidance and training from experienced language tutors provided, and you will never be left on your own in the classroom. Teaching Assistants receive an official University Certificate at the end of their contribution.

The deadline to apply is Sunday October 15th. If interested, please follow the link below and submit your application form.

[Click here to apply](#) Deadline 15 October 2023.

Community Engagement Officers



Hello! We're your [Community Engagement Officers](#). We're Exeter students who have lived in the Exeter community before. Our team provides a range of advice and guidance to students living off-campus from explaining recycling rules and personal safety, to neighbour disputes and how to 'security mark' your valuables.

You may see us walking around the community so if you have any questions, feel free to come say hello. Or you can email us: communityengagement@exeter.ac.uk

Discover Devon: Free Exeter Red Coat Tours



Exeter is built over centuries of history, from the remnants of the Roman wall that used to protect the city to the marks left by the English Civil War and the Exeter Blitz during World War II. The Red Coats guides will tell the stories written in the buildings, museums, tunnels and monuments as they walk you through Exeter for free! This is a great opportunity to learn about the city we have now and the past that shaped it.

[Follow this link](#) to know more about tours available for booking.

Santander Uni Students Prize Draw

Santander Universities are giving away 20 lots of £500 to university students across the UK in their latest prize draw. The draw is open to all students including undergraduates, postgraduates, part-time and full-time students. You do not need to bank with Santander to enter - just visit the [Santander Scholarships platform](#) and register your details then enter the prize draw by 31 October 2023.

[Multicultural Society](#)



We're [Exeter's Multi-Cultural Society](#), a community for students with multiple ethnicities, nationalities, places they call home, or anyone interested in learning about different cultures. We run various events from pub quizzes and clubbing to hiking and picnics and collaborate with many societies. See our social media for more information!

Are you a first-year undergraduate student and want to earn extra £15 or 1 SONA credit?

Veronika Kosikova, a PhD Student & Postgraduate Teaching Associate in the Department of Psychology is running a study on Social relationships formation among first-year undergraduate students over the first few months at the university (all backgrounds are welcome).

We will ask you to fill out an online survey (25 – 30 minutes long) at two time points (Oct 2023 and Dec 2023), and for participation, you will receive together £15 High Street Voucher or 1 SONA credit plus academic tips as a bonus!

Interested? [Sign up here](#) (Do not worry - you can always decide whether you will participate or not).

Library Research Cafe

Chat to a librarian over free tea / coffee
Get advice & support for your library research
Every Tuesday during term time 12:00-14:00
Find us in the Forum Library Lounge

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](#). They work 6 days a week during term time so you'll get an answer quickly. In the meantime have a great start to term and we'll see you all very soon.

