



Dear Student,

Hello and welcome as a new non UK student to the University of Exeter. It has been lovely to meet so many of you during Welcome Week, at the Heathrow, at the various International Welcome Programme events or sometimes just walking around campus. Apologies for the awful weather this week!

Most of our [International Welcome events](#) social events are sold out next week. If you have booked tickets but need to cancel please go to FIXR and scroll to the bottom of the page and select FAQs under the 'Use FIXR' heading. Then in the search bar type 'refund' and follow the process.

If there an event you really want to attend the event but it is showing as sold out on Fixr and you still want to come please come to the event and make yourself known to the Welcome Team in pink. If there is a fee for the event please bring the exact money in cash. We will re allocate any spare spaces. This will be done on a first come, first served basis.

The Students' Guild '[Give it a go](#)', sport '[Pitch up and play](#)' and [Residence Life events](#) are running throughout the year and are excellent opportunities to try the different things we have to offer at Exeter. We really hope you enjoy the programmes available and find them useful.

If you arrived a little later in, or after, Welcome Week please come along to one of our [Late arrivals orientation meeting](#) to meet us and we will tell you about the services available to you at the university and answer any questions followed by a campus tour. We have these sessions available on Streatham and St Lukes campuses (so make sure you chose the right location for you!). You can also catch up on any of the [International Welcome Programme presentations](#) which have now been posted online

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



Helping you at Heathrow.



Smiling through the torrential rain on Sunday



We loved taking you on campus tours

Meet the team: Sue O'Hara

Hi, I'm Sue. I've worked at the uni since 2002 and for most of the time I've been working with non UK students and developing programmes and events to help them to settle in. A great part of my job is also to help our students and community celebrate our diverse backgrounds. We're planning huge celebrations on campus this year for Diwali (19 November), Christmas and Spring Festival/Chinese New Year in February.

Favourite pastime? I love singing and I'm in a choir and a band. So you'll often hear me humming when I'm walking around campus.

Favourite place in Devon? Tricky to pinpoint one place but it's definitely by the sea either walking the coast path or paddling my feet. I grew up near London so the fact that I can get to a beach within 30 minutes is still a huge novelty, even though I've lived here for 20 years now.

Scones - jam or cream first? Jam then cream. It's a controversial opinion living in Devon where it's cream first but if you put jam first you can then dollop extra helpings of cream on top!



Meet the team: Sophie Meadows

Hello, I'm Sophie. I'm a Student Support Administrator and have been working in both the Community Liaison Team and the International Transition and Integration team for the past two years. I moved from a marketing internship at the Medical School which has allowed me to interact and support students on a more personal basis to help them settle into Exeter- which is very rewarding.

Favourite past time? Despite being born in London, I'm very much a country girl and love cooking, foraging and cuddling dogs.



Favourite place in Devon? Dartmoor. I used to live very close to Hound Tor so would very often have walks around and take in the dramatic scenery. It's worth wrapping up warm whenever you visit- the weather tends to change very quickly!

Scones- jam or cream first? Absolutely cream first then jam on top!

Meet the team: Jimena Rubio Juncal

Hello, I'm Jimena. I joined as a Student Support Administrator this August, mainly to help international students integrate into the UK and at university. Before then, I had just finished my BSc Psychology degree at the University of Exeter, which I think helps me understand the international student experience here, since I'm from Spain.



Favourite pastime? I love stories. Give me a book, a tv show, a film or a comic and I'll be busy for a while.

Favourite place in Devon? This is harder to choose than I thought... But what I like the most is how green Devon is, so I'd probably say I love to lay down in any of the parks in Exeter.

Scones – jam or cream first? I'm exposing myself here, because I'm not a big fan of scones. But if I had to choose, I'd say cream first.

Connecting with others through our free cafes

Join us every Wednesday and Friday during term at [Intercultural Cafe](#) for a free hot drink and pastry. Last year we had over 1700 visits to cafe so come and discover a whole new community of friends to connect with!

- 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



You don't have to book onto a session, just join in:. students and staff are welcome and we look forward to seeing you there.

TOP TIP: Come along 30 minutes before the session starts to beat the queues and get your refreshments.

Our Multifaith Chaplaincy run a number of events each week and are a great opportunity to chat to friends and meet new people. [Connections Cafe](#) is each Tuesday from 2-4pm during term time in The Neil Cross Room, 1st Floor, Forum Library.

Join them for a free [Soup lunch](#) each Thursday at St Luke's Chapel, St Luke's Campus from 12.30-3pm

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. This term, we have an exciting programme lined up including a night of decorating (and eating!) cakes and cookies, a Cornish night and a special evening where students will be invited to share about their own home cultures. All international students welcome. [Click here](#) to find out more information.

Global Chums 2023

If you have applied for a Global Chums mentor you will be contacted very soon by them to set up your first meetings. Don't forget to follow the Global Chums [instagram](#) and read your emails for updates on social activities from Zainab.



English Language 1:1 appointments

Come and chat in confidence to one of our language experts about your aims and concerns. Find out about the opportunities available to maximise your English skills and develop your cultural competence at your new university.



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.

Your Health

Please make sure you have registered with a Health Centre. [You can find out more about the Student Health Centre here](#)

We would also encourage you to get a Meningitis ACWY vaccination. There has been a rapid increase in MenW, a type of meningococcal disease, and Measles in recent years in the UK. University students, particularly freshers, are known to be at increased risk of meningitis and septicaemia. The MenACWY and Measles vaccinations are available and free to all under 25 years olds. Contact your doctors' surgery to check if you have had these vaccines and book an appointment if not. If you are registered with [The Student Health Centre](#), you can book an appointment online.

Signs and symptoms to be aware of:

- 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.

[Multi factor authentication \(MFA\)](#)

[Multi-factor authentication](#) has been enabled on University of Exeter accounts: it's the additional verification you use from time to time when logging in. We have a couple of important tips to make sure you don't get locked out of your account:



- You can use a variety of verification methods including the Microsoft Authenticator app. It's important not to uninstall the app if it's your only verification method: treat it like a valuable key.
- Adding a backup method (e.g. phone call) is a really good idea.
- If you change or buy a new phone, make sure you can [still access your account](#). Setup access on the new phone while you still have the old one.
- If you lose your phone or computer, you can [sign out remotely](#) to protect your account.

If you have questions about MFA, call our dedicated helpdesk on +44 (0) 1392 72 4994. You can get more hints and tips on the [Digital Hub](#).

Thinking about your career

September might feel very early to be thinking about your career. You only just arrived! But there are some good reasons to start thinking about your career in September:

- Graduate Schemes open in September. This is almost a whole year before Graduate Schemes start. Some close



again in October or November, which means there is only a short time where you can apply for some schemes. You can find out more about [what types of jobs are available in the UK](#) on our Career Zone [information for international students](#)

- [Many Career Zone opportunities](#) open in September or October too, such as [Ask An Alum](#), [Green Consultants](#) and the [Career Mentor Programme](#).
- Our [careers fairs](#) start in October.

To help you plan your time, we have created a [undergraduate and a postgraduate timeline](#), with lots of important dates on it.

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.

