



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 in the glorious sunshine!

If there an event you really want to attend but it is showing as sold out on Fixr and you still want to come please come to the event at the start time 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 and fun.

If you **arrived a little later** in, or after, Welcome Week please come along to an Intercultural Cafe to meet us and we will talk to you about student life and answer any questions you may have.

You can also catch up on any of the [International Welcome Programme presentations](#) which have now been posted online

Sue O'Hara, Cara Stokes and Sophie Meadows,
Transition and Integration



Helping you at Heathrow.



Welcoming you to
Streatham campus



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 our job is also to help our students and community celebrate our diverse backgrounds. We're planning huge celebrations on campus this year for Diwali, Christmas, Spring Festival/Chinese New Year in February and finishing off with a great Cultural Festival in March.



Favourite pastime? I love singing and I'm in choirs and a band. So you'll often hear me humming when I'm walking around campus. I'm also a real book-worm.

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: Cara Stokes

Hi, I'm Cara, and I've recently joined the Transition & Integration Team as a Projects Officer. I'm really looking forward to getting to know you all in the coming months! Before this role, I spent 6 years working in International Student Recruitment, where I primarily advised students from Hong Kong, Taiwan, and South Korea on studying in the UK, particularly at Exeter. Prior to that, I worked in Admissions for King's College London and SOAS, University of London.



Favourite past time? In my free time, I love traveling and discovering new places, but I also enjoy curling up with a good book and experimenting with new recipes.

Favourite place in Devon? I feel most at home by the sea, having grown up near the coast in Scotland. Some of my top beach destinations include Branscombe, Lyme Regis, Maidencombe, and Brixham!

Scones – Jam or cream first? When it comes to scones—it's always cream first, with just a little jam on top!

Meet the team: Sophie Meadows

Hello, I'm Sophie. I'm a Student Support Administrator and have been working in two teams: Community Liaison and International Transition and Integration for the past 4 years. I absolutely love my job as no day is the same! I love talking to people and supporting you guys so you have a great time in Exeter.



My background is in Fine Art so I get very excited when talking about crafty things!

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

Favourite place in Devon? Dartmoor. I used to live very close to Hunters 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!

[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 5700 visits to cafe so come and discover a whole new community of friends to connect with!

WELCOME TO
INTERCULTURAL



- Wednesday Streatham: ISCA Eats, Cornwall House, 10:30-11:30am (first 100 students only)
- Wednesday St Lukes: Cross Keys, 1:30-2:30pm
- Friday Streatham: ISCA Eats, Cornwall House, 10.30-11.30 (first 100 students only)

Doors open 30 minutes before the session so arrive early to avoid disappointment. We ask that you plan to stay for the whole session. 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.

Please bring your Unicard with you to sign in.

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 Forum Library Entrance.

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.

Social events to book this week

We still have tickets the following social events next week in our International Welcome. [Click here to book tickets.](#)

- Monday: Cream Tea
- Monday: Cathedral tour
- Tuesday: English Pudding Night
- Wednesday: Board Games Evening
- Thursday: Ikea
- Saturday: Day trip to St Ives, Cornwall



If you wish to cancel your ticket and receive a refund (minus booking fee) please email International Transition and Integration Team intstudentevents@exeter.ac.uk before ticket sale ends.

[Join our International Student Mentoring Programme](#)

We know that finding out an answer to your questions (no matter how small!), settling in quickly once you get here, feeling comfortable and meeting some local students are crucial to getting the most out of your studies here at the University of Exeter and enjoying the UK. Global Chums can help you achieve this.



Benefits of having a mentor:

- Settle in to University of Exeter life faster
- Someone to answer your questions
- Someone to introduce you to societies, clubs and sports
- A great way to meet other students of all nationalities
- 3 social events just for you as Global Chums!

[If you would like a mentor please use our online form.](#)

Applications close Monday 23 September, 12 noon

Welcome To Exeter booklet

If you have attended International Student Clearance you will have received your Welcome To Exeter booklet. Please keep it safe to refer to when you need it. At the beginning we have top tips for shopping, travel, places to visit all from our Intercultural Cafe students. At the back we have a handy reference guide to all the services at the University.



You can also see it [online here](#) and as a [Chinese translated copy](#).

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 - information for visa holders

Student Visa holders must check-in to all timetabled in-person teaching sessions using the [MyExeter app](#).

Each teaching session on your timetable in the My Day section of the app will have a green check-in button at the top right. Click this button and follow the steps to check-in successfully. You can find technical guidance to help you complete check-in using MyExeter [here](#).

If you study Nursing or are on the BMBS programme you must complete your digital check-in using a One Time Code (OTC). This is available as a tile on the [iExeter app](#). Information on [how to use One Time Code check-in is available 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**. If you are registered with [The Student Health Centre](#), you can book an appointment online.

Meningitis 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.

Recommended online training

Part of building healthy relationships is a healthy understanding of consent. We encourage all students to complete the consent training the university offers.

[Complete the consent training here.](#)

(There is a [special dispensation form](#) for those that may be negatively impacted by completing this training)

[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](#).

Message for our new Indian National students

The High Commission of India invites you to a Welcome Reception. The event aims to provide a warm introduction to students and facilitate their transition to the UK academic environment

Date: 18 October 2024

Time: 17.45 onwards

Venue: The High Commission of India, London and online

If you wish to **attend online please follow this link to register**.

If you have any questions please email pol3.london@mea.gov.in

Free kitchenware and other things

If arriving at University this September and moving into accommodation on campus - you can take advantage of a great new scheme – **Gift It, Reuse It**. Students moving out over the summer have donated unwanted items, from kitchen equipment like frying pans to kettles, woks and rice cookers, to clothes hangers and much more, which you can then pick up for free! So, when you first arrive, before heading into town to buy new items, why not check out one of our Free Shops on campus and see if you can find what you need? When it's time for you to move out, you can repeat the favour and donate your unwanted items for new students coming in. This all helps us move towards being a more sustainable university.



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.

Friends International

Friends International are a Christian charity who run free events for International Students. Our biggest event is Globe Café on a Monday evening, with a different theme each week celebrating aspects of British and international culture and having a lot of fun in the process. This is a great way to get to make new friends and to get to know some of the people living in our city, as many of our volunteers are local Exeter residents. We also have a group for practising English conversation, and a group especially for female students. For information about when and where our events are, you can [download our free app here](#), or find us on Instagram by searching for @FRIENDSINTERNATIONALEXETER . All our events are free and all international students are welcome!



Your International News updates

We will send you an edition of Your International News at the end of each month throughout the year. 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 MyExeter. 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.

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