International Orientation Programme
Welcome to our Global Community

#weareinternational
Over 34,000 students, 8,000 staff, 150 countries

...bringing you a world of different ideas and experiences

http://students.leeds.ac.uk/globalcommunity

@LeedsGloCo
Our aims for today

Welcome you to our Global Community

Reassure you about the support available to you

Give you some essential information that you need to know

Help you start to explore opportunities and activities

Excite you about life in Leeds
Today’s Orientation programme

Welcome and Transition
- Icebreaker
- International Student Information Point
- Feeling at Home in Leeds online guide
- Culture Shock Comedy Drama

Wellbeing and Success
- Support at Leeds
- Feeling Safe in Leeds
- International Student Advice
- Academic, Language and Employability Skills
- Get Out Get Active

Global and Local Experiences
- Intercultural activities
- Volunteering Opportunities
- Leeds University Union
- This term in Leeds

Presentation will be on: http://students.leeds.ac.uk/internationalwelcome
Welcome and Transition

‘Gladly received (of a guest or new arrival)’

‘The process or a period of changing from one state or condition to another’

http://en.oxforddictionaries.com/
Collect your welcome pack, ask questions, attend a welcome talk
09.00 – 17.00 Thursday 13 – Friday 28 September
Michael Sadler Building (building 77)
Feeling at Home in Leeds

Online guides to help you settle in and make the most of University life

Explore ideas and strategies to help you:

- Navigate change and cultural differences
- Make friends and maintain your wellbeing
- Find support and discover opportunities
- Thrive in your academic and social life at Leeds

Learn from:

- Videos and interactive activities
- Students’ and researchers’ experiences

Explore the guides at your own pace

students.leeds.ac.uk/feelingathome
Feeling at Home in Leeds online guide

Culture change and transition
Culture Shock Comedy Drama
Universities Chaplaincy team
CULTURE SHOCK

1. Arrival
2. Holiday Stage
3. Unhappy Stage
4. Despair Stage
5. Confident Stage
6. Independent Stage
The Chaplaincy is for students of all faiths and none.
If your friends missed today’s Culture Shock Comedy Drama, there’s another chance to see the performance during International Students’ Club.

When: Wednesday 3 October 18.00
Where: Emmanuel Centre (62 on campus map)
Wellbeing and Success

‘where each individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community’

http://www.who.int/

‘the achievement of something that you have been trying to do’
Support at Leeds

Online information you can use independently

- students.leeds.ac.uk
- www.luu.org.uk

Key contact points for questions and to find out how to get the right support

- Student Office in School
- Help and Support in Leeds University Union

Specialist support and advice to enable and empower you to meet challenges

- Personal Tutor (academic support)
- Skills@Library (study skills)
- Leeds University Union Advice
- Student Counselling and Wellbeing
- Disability Services
- International Student Office
- Chaplaincy & Muslim Student Adviser
- Wardens and Sub-wardens in University Accommodation

Look at “Getting the right help and support” in your Feeling At Home in Leeds online guide students.leeds.ac.uk/feelingathome
Support at Leeds

Click on the picture to play the video
Feeling Safe in Leeds

The University, Students’ Union and local Police work together to keep students safe. If you have any questions about safety or crime, we’re here to help you.

PC981 Becky Hurrell is our campus police officer
07590 359138 R.Hurrell@leeds.ac.uk

You can ask Leeds University Union Advice for safety advice and support and the University’s Crime Prevention Adviser: crimeprevention@leeds.ac.uk

University has an [online form](#) for reporting harassment

Police/Fire/Ambulance Emergency: **999**
Police non-emergency: 101
University Security Office:0113 343 2222 (Emergency)
University Security Office:0113 343 5494 (non-emergency)
Feeling Safe in Leeds: Key tips

- Stay together, walk in well-lit busy areas, keep valuable items hidden.
- Use transport at night - taxi/bus. Amber Cars can take you home in exchange for your Student ID card.
- Lots of social activities don’t involve alcohol. If you drink alcohol, take safety precautions.
- Don’t leave laptops/mobile phones or wallets/purses out of your sight.
- Keep doors locked all the time and lock windows when you go out.

Don’t let safety worries stop you enjoying yourself!
Feeling Safe in Leeds: Be aware of the risk of fraud

Banks, Home Office (UKVI) and official organisations will not phone or email you and ask you to transfer money or provide bank details. This includes organisations both here and in your home country.

Even if callers/emailers sound convincing and already have your personal information, say no.

If someone makes you an offer that sounds too good to be true, it’s almost certainly a scam.

Check with LUU Advice or International Student Office first.
International Student Advice Team can help you with immigration-related questions including:

- Registering with the police
- Tier 4 Visa extensions
- Correcting errors with your visa/BRP
- Inviting your family
- Travelling overseas from the UK
- Working during and after your studies
- The regulations under the Points-Based System

Information on UK rules and regulations including:

- TV Licence
- Driving in the UK
- Healthcare entitlements

International Student Office is the only place in the University that can legally give immigration advice

https://students.leeds.ac.uk/livingintheuk
https://students.leeds.ac.uk/visa
Immigration Advice

If you have a question about any aspect of your visa, bring your passport to the International Student Office in the Marjorie and Arnold Ziff Building.

The International Student Advice Team can:

- Answer quick questions at the enquiry desk
- Direct you to a 10.30 drop-in session for detailed, confidential advice
- Refer you to someone else if we can’t help

Immigration procedures can take a long time so don’t leave your questions until the last minute!

Don’t take visa or immigration advice from your friends!
Attendance

- Every UK University has a legal requirement to report international students with Tier 4 visas who do not register or consistently fail to attend.
- Immigration rules are applied very strictly
- It’s essential to keep in touch with your School and let your student office or personal tutor/supervisor know your situation during any period of absence
- If you change your study plans (e.g. extend or shorten your study period at Leeds), it’s your responsibility to seek official immigration advice to make sure you understand how the rules may affect you
Working During Your Studies

EU/EEA/Swiss Citizens

**No restrictions on work:** Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, United Kingdom, plus Iceland, Liechtenstein and Norway and Switzerland

Non-EU/EEA/Swiss Citizens on Tier 4 Student Visa

20 hours per week in term time
Full-time in University vacations and when you have completed your studies

Non-EU/EEA/Swiss Citizens on Short Term Study Visa

**NO paid work or voluntary work**
Volunteering is allowed

Further information: [http://students.leeds.ac.uk/working](http://students.leeds.ac.uk/working)
Careers Centre

Advice on:
• Finding jobs and work experience
• CV’s, applications and interviews

Access expert advice through:
• Drop in services
• Careers events
• Mock interviews
• Guidance interviews
• Online questions via MyCareer

http://careerweb.leeds.ac.uk/
Employability Skills: Top Tips

1. Get application and CV advice

2. If you’re thinking of a graduate job in the UK, visit the Careers Centre and research future jobs/companies early

3. Apply for volunteering opportunities, clubs & societies roles or part-time/temporary jobs to gain work experience

6. Develop your language skills

7. Learn the expectations of UK employers

8. Attend career and networking events

9. Have a plan – what do you really want to do?


Look at “Getting the most from University life” in your Feeling At Home in Leeds online guide students.leeds.ac.uk/feelingathome
Getting the most from University life

Getting the most from University life

Why get involved?
- Whatever your goals, volunteering, mentoring, personal growth or career progression... there are opportunities at Leeds to help you achieve them.
- Improve your profile and CV by seeing the types of opportunities available for you. You can also find out how opportunities available on the Minerva and Cash Mob sites of your choice.
- Tells important people with senior clinicians or researchers.
- Increases your breaking out the market.
- Some opportunities include: please refer to your local community or career center.
- Take part in different cultural and ethnic year, cultural activities.
- Will help you break the city of Leeds and expand your network.

Look for possible activities
The best way to find activities that are right for you is to actively look for them. Discovering an enjoyable activity helps you on your chosen path is unlikely to happen by chance.

- Browse University, LUI and Leeds websites regularly to see what's available.
- Stay up-to-date by subscribing to emails and newsletters and checking Minerva announcements.
- Explore what's available through different Minerva organisations.
- Sign into mycareer for employer events, careers fairs and internships.
- Join relevant social media groups for areas and activities that interest you.

https://students.leeds.ac.uk/feelingathome
Navigating the academic environment

Managing academic challenges

As you settle in, many students found that changing to Leeds was different from their previous learning experiences. Learning appropriate help and support when you need it will help you overcome academic challenges.

Explore these case studies by selecting the name of each person on the left. After reading about their experiences and academic challenges, use the menu on the right to see what helped them to overcome these challenges.

Case studies

Kata

Yiwei

Emily

What will help Kata?
- Starting routines with other students
- Rebalancing a weekly timetable
- Attending SheffieldMoment skills workshops

What will help Yiwei?
- Using lecture capture
- Attending SheffieldMoment one-to-one academic workshops
- Seeking academic English support from the Language Centre

What will help Emily?
- Spending time in campus cafes
- Using Library online resources
- Attending workshops from UCD and The Ridge

https://students.leeds.ac.uk/feelingathome
Online Resources

Topics include:

• Critical thinking
• Academic writing
• Referencing
• Essay writing
• and many more…

All available at https://library.leeds.ac.uk/skills
Workshops: face-to-face and online

Sessions on:
• Critical thinking
• Speed reading
• Structuring your essay
• Planning / Structuring / Writing UG/Masters research project

In collaboration with the Language Centre

Sessions on:
• Sentence grammar
• Key grammar points
• From sentence to paragraph
• Developing your vocabulary

Book online
http://library.leeds.ac.uk/skills-workshops
1-to-1 Academic Skills Support

Laidlaw Library level 1

• academic writing
• presentation
• referencing
• critical thinking
• research skills

Book online
https://library.leeds.ac.uk/skills-1-to-1-support
1-to-1 language support

The Language Zone, Parkinson Level 2

• Language in academic writing
• Language in spoken communication
• Developing vocabulary
• Grammar questions

Book online
https://library.leeds.ac.uk/skills-1-to-1-support
Maths

Two tutors providing drop-ins 4 days a week
13:00 – 16:00
Monday – Thursday

Online resources
https://library.leeds.ac.uk/mathematics
FOR LEARNING 50 LANGUAGES

• Drop in Language Advice
• Resources for 50 languages
• Books, CDs, DVDs, magazines, online resources
• Multilingual TV
• Language activities

www.leeds.ac.uk/languagezone
Making friends and finding balance

Some people are night owls, they'll be able to study at night. I’m not one of those. I’m focused in the morning and afternoon. In the evening my brain shuts off and that’s when I need to be around people and relax and have fun. That’s when I’ll go out to a society event or hang out with friends.

Keeping a schedule has helped me. Putting in one hour blocks where I can study, do chores, or go to a social event. Trying to stick to it, but always leaving in time for breaks, to breathe, so you don’t have a completely packed schedule.
Get Out, Get Active

- Outdoor activities programme allowing you to explore the amazing countryside on our doorstep
- Main programme is walking trips
- More than activity, we want to improve wellbeing & encourage meeting new people
- High percentage of international & postgraduate participants
- More information on our website: www.leeds.ac.uk/getoutgetactive

facebook gogaleeds  instagram gogaleeds
Keeping Active

The University sports centre, The Edge, has a great range of fitness suites and facilities.

Visit the Bike Hub on campus to hire a bike for one week or a whole academic year.

Visit https://sport.leeds.ac.uk/ to find out how to get involved with Sports at the University of Leeds.
Leeds University Union
Leeds University Union

Click on the picture to play the video
Global and Local Experiences
The more you get engaged, the more life skills you learn. And University is not just about education, but it's also about learning all these life skills and having all these experiences that make you the person you are meant to be.

Global and Local Experiences

Look at “Getting the most from University life” in your Feeling At Home in Leeds online guide students.leeds.ac.uk/feelingathome
Language Exchange

- Informal language exchange with a partner
- Find a partner on the Language Exchange section of Leeds for Life website: http://leedsforlife.leeds.ac.uk/languageexchange/

Language Groups

- Lead or take part in a language conversation group: English, French, German, Spanish or Italian
- Applications for language group participants open in early October
- Deadline to apply to be a language group leader is 7 October

www.leeds.ac.uk/languagezone
Spotlight on: Think Global Act Local

- Sign up for one of our volunteering taster sessions and spend a day making a difference in the local community alongside other students.
- Volunteer with charities, community groups and other students who feel passionate about similar causes.
- Meet people from a diverse range of backgrounds, and develop your skills and global outlook.

https://students.leeds.ac.uk/globallocal

It was good opportunity to meet new people who I haven't come across in daily life. I got intercultural competence, skills to work as a serving at a cafe. I could learn more about Rainbow Junktion itself.

It allows us an opportunity to do something for others, and did not require us to be fully committed on a long term basis.
You can also get involved with ‘Students into Schools Go Global’ to create fun educational after school clubs in local schools.

You’ll develop creative activities which have a global theme, ranging from dance crafts or storytelling to learning about a subject, language or culture.

This opportunity is open to any student or researcher in any year of study.

For more information and to apply visit: https://students.leeds.ac.uk/globallocal

Deadline: 21 October 2018
Spotlight on: Intercultural Ambassadors Programme

- Volunteering opportunity for international **and** UK students in **any** year of study
- Develop cross-cultural and employability skills
- Run an impactful intercultural project on campus or in the local community
- Meet amazing people and new friends from all across the world
- Runs from November to April
- **Application deadline:** 21 October 2018

https://students.leeds.ac.uk/globalcommunity
Volunteering at Leeds University Union

Click on the picture to play the video
Why Volunteer?

- Gives you the chance to meet people from the wider Leeds community and to experience British culture
- Meet a variety of students who perhaps you wouldn’t meet normally in your day-to-day University lives
- Get to know other people who feel passionate about the same things you do and develop key contacts
- Gives you experiences and skills that are useful for your employability
- Make a difference to a cause you feel passionate about and have fun!
Leeds for Life supports your personal and academic development to help you to get the most out of your time at university.

Around 200 volunteering opportunities

Volunteering Fair October 16th 2018
This term in Leeds
Spotlight on:
What’s on in the city of Leeds

**Market Festival**
27 - 29 September
Discover the history of Leeds Kirkgate Market with entertainment and interactive demonstrations

**Light Night**
4 - 5 October
A free multi-arts and light festival in Leeds.

**Leeds International Film Festival**
1 - 16 November
The Leeds International Film Festival (LIFF) is the largest film festival in England outside London

**Compass Festival**
16 - 25 November
Compass Festival brings live art and interactive encounters to Leeds.

**Leeds Christkindelmarkt**
9 November – 22 December
A traditional German Christmas Market in Leeds Millennium square.

Find out more about what’s going on in Leeds by visiting the below websites:
Leeds List: [www.leeds-list.com/](http://www.leeds-list.com/)
Leeds Inspired: [www.leedsinspired.co.uk/](http://www.leedsinspired.co.uk/)
Visit Leeds: [www.visitleeds.co.uk/](http://www.visitleeds.co.uk/)
Leeds City Council: [https://whatson.leeds.gov.uk/home](https://whatson.leeds.gov.uk/home)
Spotlight on: Christmas in the UK

Christmas in Leeds is a programme for all students staying in Leeds over the winter break, providing opportunities to meet others, experience Christmas traditions, and find out about help and support.

https://students.leeds.ac.uk/outofterm

Search for Christmas in Leeds 2018 on Facebook and join our group!

The HOST visit was one of the most exciting and rewarding experiences I’ve had during my stay in the UK.

HOST UK
Cultural exchange opportunity for International Students to visit a British home for a day/weekend/at Christmas.

www.hostuk.org

When we play Christmas games during the traditional Christmas lunch, it was super fun. I was in team with some new friends from China and Canada and we worked really well even though we just know each other.

Thank you so much for holding these events, we feel so happy staying here without loneliness and boredom.
Have a fantastic experience!

Make time to get involved in different opportunities and have fun. Don’t hesitate to ask for help. There’s so much support in Leeds.
What will you do?
“Aim for the sky, but move slowly, enjoying every step along the way. It is all those little steps that make the journey complete.”

Chanda Kochhar – Indian Businesswoman