Welcome to the International Student Orientation Programme
Welcome to our Global Community

• 31,000 students • 7,500 staff • 150 countries

...bringing you a world of different ideas and experiences
Today’s Orientation programme

- Student Support and Wellbeing
- Safety Essentials
- International Student Advice
- UK Study Skills
- Language Support
- Culture Shock Comedy Drama
- Leeds University Union
- Get Out, Get Active
- Volunteering
- Global Community

This presentation will be on our website from next week.
Collect your welcome pack and attend a welcome talk
Open 09.00 - 17.00, 9 - 22 September
Michael Sadler Building (building 77)
Student Support and Wellbeing
Simon Morris
Assistant Head of Student Support
We understand that there are differences in how people seek support and talk about personal difficulties, and that it may not be easy to ask for help.
What you can do

- **Get involved**
  - Intercultural Ambassadors
  - Volunteering
  - Student Societies
  (more information coming later)

- **Maintain a healthy lifestyle**
  - Join The Edge (Sports Centre)

- Speak to your School Student Support Officer

- Speak to your Personal Tutor
How to get support

- Check your School Handbook
- Information for International Students
- Student Advice in Leeds University Union
- Student Counselling and Wellbeing
- Disability Services
- Chaplaincy
Feeling low or stressed? Having a tough time?

Whatever you’re struggling with, Big White Wall can help.

Safe, anonymous wellbeing support available 24/7, with trained professionals online at all times.

Free to students at the University of Leeds.

Join today bigwhitewall.com
Safety essentials
PC Becky Hurrell
Campus Police Officer
PC981 Becky Hurrell
07590 359138
R.Hurrell@leeds.ac.uk
Feeling safe in Leeds

- Don’t let your concerns stop you from enjoying yourself

- Stay together, walk in well lit busy areas, keep your phone out of sight, use transport at night. Taxi/bus.

- The University, Students’ Union and Police all work together. If you have concerns, however big or small, we’re here to help you.

- Security Emergency; 0113 343 2222 or 0113 343 5494

- Emergency services number; 999 or 101 non emergency
Protecting your belongings

- Don’t leave laptops/mobile phones or wallets/purses out in public.
- Keep doors locked all the time and windows locked when you go out.
- Don’t trust anyone online.
- Banks and official organisations will not phone or email you and ask you to transfer money or provide bank details.
- Warning signs: requests to forward money; cash payments; requests for money upfront.

- If it sounds too good to be true it probably is.
Alcohol and socialising

- There are loads of activities in Leeds which don’t involve drinking alcohol!
- Students’ Union web page
- Schedule

If you drink alcohol, remember:

- Alcohol in Leeds may stronger and cheaper than what you are used to
- Have some water or some soft drinks in between your alcoholic drinks saving you money and helping you stay in control
There are lots of services available to help you if you are a victim of crime, or have concerns about crime:

- Student Advice in Leeds University Union
- Student Counselling and Wellbeing
- Victim Support
- Your tutor/supervisor
- Student Support Officer

Come and talk to us this week and next week at the International Student Information Point.
International Student Office is the only place in the University that can legally give immigration advice

- 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

More information at www.students.leeds.ac.uk/livingintheuk
If you have a question about any aspect of your visa, please bring your passport to the International Student Office.

Drop-in service at 10.30 daily

The International Student Office can:

• Answer quick questions at the enquiry desk
• Direct you to a drop-in session for more 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!

Please **do not** take immigration or visa advice from your friends!
• The University of Leeds has a legal requirement to report international students with Tier 4 visas who do not register or who consistently fail to attend.

• It is very important to keep in touch with your School or Department during any period of absence.

• Immigration rules are applied very strictly and staff have little discretion.

• If you change your study plans (e.g. extend or shorten your study period at Leeds), it is your responsibility to seek official immigration advice to make sure you understand how the rules may affect you.
UK Study Skills
Jiani Liu
Learning Advisor
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<th>Academic skills</th>
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<td><strong>Academic integrity</strong></td>
<td>• Referencing</td>
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<td><strong>Communication at University</strong></td>
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<td>• Digital skills</td>
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<td><strong>Independent learning</strong></td>
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<td>• Searching and researching</td>
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<td>• Academic reading</td>
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<td>• Note-making</td>
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<td>• Revision and exams</td>
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Topics include:
  Critical thinking
  Academic writing
  Referencing
  Essay writing
  and many more…

All available at

https://library.leeds.ac.uk/skills
SKILLS@LIBRARY
THE UNIVERSITY LIBRARY

WORKSHOPS and WEBINARS

Open to all (internationals and home) students

Opportunities to work with someone from different subjects and countries

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

Book online
http://library.leeds.ac.uk/skills-workshops
1-TO-1 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
Study Skills

Skills@Library.leeds.ac.uk
Laidlaw Library level 1
http://library.leeds.ac.uk/skills
Language support
Academic English courses and workshops (in-sessional)

• Booking for courses opens 2\textsuperscript{nd} October
• Part-time courses alongside your studies
• Make use of the Language Centre expertise to raise your grades

Language Zone

• Drop in Language Advice on Monday and Wednesday afternoons
• Resources for 50 languages
• Books, CDs, DVDs, magazines, online resources
• Multilingual TV
• Language activities

www.leeds.ac.uk/languagesupport
Culture Shock Comedy Drama

Universities Chaplaincy team
Culture Shock Comedy Drama

1. Arrival
2. Holiday Stage
3. Unhappy Stage
4. Despair Stage
5. Confident Stage
6. Independent Stage
If your friends missed today’s Culture Shock Comedy Drama, there is another chance to see the performance during International Students Club.

When: Wednesday 27 September
- ISC starts at 18.00
- Drama starts at 19.15

Where: Emmanuel Centre (62 on campus map)
Don’t hesitate to ask for help
Leeds University Union
Tasha Mutch-Vidal
Equality & Diversity Officer
Welcome to Leeds University Union
We’re here to make sure all our students Love Your Time at Leeds!
We’re here to help you to have fun...

Pre-Arrival Party
Malham Cove
Fruity
Create: Cushion

Buy tickets at https://www.luu.org.uk/union-events/ or the LUU Helpdesk
We have over 320 clubs and societies

Register your interest at https://www.luu.org.uk/clubs-and-societies/
or visit the freshers fairs in LUU
We’re here if you need help or support

For help and advice see https://www.luu.org.uk/student-advice/ or pop and see one of our friendly Help & Support team in the union foyer
We’re here to help you make change

Submit your ideas to make the Union, University or city of Leeds better at [https://www.luu.org.uk/yourideas/](https://www.luu.org.uk/yourideas/)
Your reps are here to help you to make change in all aspects of university life

For more info and contact details see https://www.luu.org.uk/representation/
Get Out, Get Active
Lisa & Marcello
Activators
GET OUT.
Get active.

There’s so much more to discover

DISCOVER FRIENDSHIPS - DISCOVER YORKSHIRE - DISCOVER WELLNESS - DISCOVER YOU

Leeds University Union

UNIVERSITY OF LEEDS
GET OUT.
Get active.

Register with us— it’s free!

Google ‘goga leeds’
We come up as the first result, so click on to our website
Click on the REGISTER FOR FREE button at the top:
Complete the short registration form, click ‘Submit’ at the bottom and you’re done!
Volunteering

Katy Gregg

Project Officer
What is volunteering?

“Any activity that involves spending time, unpaid, doing something that aims to benefit the environment or someone (individuals or groups) other than, close relatives.”

• Volunteering is a choice freely made by each individual

• Students volunteer with charities, community groups or other students who feel passionate about similar causes
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!
How can you get involved?

- **Leeds University Union** - www.luu.org.uk
  - 15 student-led volunteering societies
  - [https://www.youtube.com/watch?v=BEhEyZVpQo4](https://www.youtube.com/watch?v=BEhEyZVpQo4)

- **LeedsforLife Opportunities** – www.leedsforlife.leeds.ac.uk
  - 197 volunteering opportunities

- **Autumn Volunteering Fair**: Thursday 19th October 11-3pm in Parkinson Court

- Twitter (@LeedsVolunteer), Facebook (/LeedsVolunteer)
Global Community
Dulcie Huwew
Intercultural Opportunity Assistant
Intercultural Ambassadors

• 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 22 October

www.leeds.ac.uk/globalcommunity
Language Groups, Tandem & Language Exchange

Language Groups - leader application deadline 2 October
Lead or take part in language conversation group: English, French, German or Spanish

• Participant applications open 5 October

Tandem - deadline 2 October
Structured language exchange with a partner

Language Exchange
Informal language exchange with a partner
Find a partner on Language Exchange section of the Leeds for Life website

www.leeds.ac.uk/languagezone
Cultural exchange opportunity for International Students to visit a British home for a day/weekend/at Christmas.

“The HOST visit was one of the most exciting and rewarding experiences I’ve had during my stay in the UK.” – student from Malaysia

“You get to try good food, get out of the city and see some beautiful places.” – student from Mexico

“A very good experience that I would not only recommend to others but would repeat myself.” – student from Canada

www.hostuk.org
Meet up every Monday in Global Café!
17.30 - 19.30 Common Room in LUU
Get involved!

So many opportunities! What will you choose???
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!