International Orientation Programme
Welcome to our Global Community

#weareinternational
Our Global Community at the University of Leeds!

What is it?
• A community of over 34,000 students and over 8,000 members of staff from 150 countries
• Global Community activities and friends bring you a world of different ideas and experiences!

Our aims
• Everyone feels part of our community
• Everyone develops through being part of our community

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/orientationdates
Icebreaker

Tell the person next to you:

• Your name
• What you are studying
• Where you are from
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 12 – Friday 27 September
Michael Sadler Building (building 77)
Feeling at Home in Leeds

Helping you make the most of your time here

• Navigate cultural differences
• Find support
• Discover opportunities
• Make friends
• Achieve your academic and personal goals

Online guides and group workshops

Find out more

students.leeds.ac.uk/feelingathome
How to enrol on Feeling at Home in Leeds Online Guides

To enrol onto the Feeling at Home in Leeds Online Guides:

• Use the QR Code on the flyer in your welcome pack or visit http://www.students.leeds.ac.uk/feelingathome and follow the links

• Log into Minerva using your University of Leeds email address and password

• Taught students: click on the Enrol button and follow the instructions to open your guide
Feeling at Home in Leeds Group Workshops

• Share your experiences of culture change with fellow students and postgraduate researchers
• Help each other develop strategies for making the most of your intercultural experience at Leeds
• Workshops are for all international (including EU) students and postgraduate researchers
• Workshops run throughout the year
• Next 5 week course: Every Friday at 2 - 4.15pm from 8 November – 6 December 2019
• Visit students.leeds.ac.uk/feelingathome to find out more and register your interest

The course was a breath of fresh air for me. This activity helped me to enjoy more my time here in Leeds [and] helped me to find the balance between my personal and student life. The course gave me tools to 'survive' in a global environment, not only to understand the British culture but also to understand other cultures.
Feeling at Home in Leeds video: Culture Change and Transition

Click to Play Video

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
Chaplaincy

The Chaplaincy is for students of all faiths and none

Emmanuel Centre
www.unichaplaincy.org.uk

International Students Club
Every Wednesday 6-8pm
www.facebook.com/iscleeds
Culture Shock Comedy Drama

If your friends missed today’s Culture Shock Comedy Drama, there’s another chance to see the performance during International Students’ Club

When: Wednesday 2nd October
Where: Emmanuel Centre
(62 on campus map)
Faith Communities

- Chaplaincy in the Emmanuel Centre supports students of all faiths and none
- Chaplains and advisers from different faiths and backgrounds, offer individual support and group activities
- Christian prayer in the Emmanuel Centre
- Two Islamic prayer rooms on campus and Ramadan activities
- Jewish chaplaincy, Catholic chaplaincy and facilities for other faiths nearby
- Regular Unity events to bring together students and staff https://students.leeds.ac.uk/unity
- LUU Student Societies for different faiths https://www.luu.org.uk/clubs-and-societies/faith
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
- Doctoral College/ Faculty Graduate 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
Support at Leeds Video

Click to Play Video

Support at Leeds
Healthcare

Ambulance/Police/Fire Emergency: 999

If emergency is on campus ring University Security first:
24/7 University Security Office: 0113 343 2222 (Emergency)

Healthcare non-emergency: 111

- **Register with a doctor** (GP – General Practitioner) **now** and find out what to do if you’re ill.
- Hospital Accident and Emergency department is at Leeds General Infirmary next to campus.
- Only go to hospital in an emergency or when you’ve been referred there by a doctor or other NHS service. See your GP (General practitioner) for non-emergency medical treatment.
- If you have permission to be in the UK for less than 6 months, check **now** what healthcare is free for you and if you need insurance.

Find out more about Healthcare in Your Arrival Guide Page 39

[http://students.leeds.ac.uk/internationalstudentshealth](http://students.leeds.ac.uk/internationalstudentshealth)
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. Leeds University Union runs a Night Bus during term time www.luu.org.uk/legal/getting-home/

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!

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

The University and other reputable organisations will not send you emails asking you to confirm account and/or personal details.
Email: itservicedesk@leeds.ac.uk for help.

Check with Leeds University Union Advice or International Student Office first.
International Student Advice

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

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We would advise that you read the Universities [Brexit information for students](https://www.leeds.ac.uk/eurefereendum) page and check for any updates over the next few months: [www.leeds.ac.uk/eurefereendum](http://www.leeds.ac.uk/eurefereendum)

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

www.luu.org.uk/jobs
www.luu.org.uk/clubs-and-societies/
https://leedsforlife.leeds.ac.uk/
www.leeds.ac.uk/jobs

Look at “Getting the most from University life” in your Feeling At Home in Leeds online guide.
Feeling at Home in Leeds:
Getting the most from University life

Feeling at Home in Leeds

Find out more
http://students.leeds.ac.uk/feelingathome

Includes real life experiences

Getting the most from University life

Why get involved in different activities?

How to find out and choose!

Practical advice and first steps
Feeling at Home in Leeds: Navigating the Leeds academic environment

Feeling at Home in Leeds

Navigating the Leeds academic environment

Find out more

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

Includes real life experiences

- Navigating the Leeds academic environment
- Key academic relationships
- Successful academic communication
- Managing challenges and strengthening your skills
Skills@Library

- Academic Skills Workshops
- Academic 1-to-1 Support
- Online Resources
- Maths & Statistics Support

Level 1 of the Laidlaw Library
0113 343 4096
skills@library.leeds.ac.uk

https://library.leeds.ac.uk/skills
https://library.leeds.ac.uk/mathematics
Step Up to Masters

Online Resource

Express Workshops
12.00-12.30
Academic Confidence, Reading, Academic Voice & Group Work
Laidlaw level 1

Find out about dates and topics:
https://library.leeds.ac.uk/info/1407/express_workshops_144/taught_student_workshops_and_webinars

https://resources.library.leeds.ac.uk/step-up-to-masters/
Express Workshops
13.15-13.45
Lectures, referencing & time management
Laidlaw level 1

Find out about dates and topics:
https://library.leeds.ac.uk/info/1407/workshops/144/taught_student_workshops_and_webinars

https://resources.library.leeds.ac.uk/flyingstart/
The Language Zone: Parkinson Building, Level 2

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
Feeling at Home in Leeds: Making friends and finding balance

Making friends and finding balance

Find out more

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

Includes real life experiences

Different ways to meet people

Balancing academic and social life

Making friends from different backgrounds
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
Campus Discovery

- Find your way around campus with this fun group activity, part of the Get Out, Get Active programme
- Make new friends and discover new places around campus that will help you to become familiar with your new environment
- Download the Get Out, Get Active app on your phone or tablet in advance, then come to the meeting point
- The welcome team will help you find team mates and get started
- The session lasts about one hour

Thursday 12 - Friday 27 September 2019
14:30
Meet at the International Student Information Point, Michael Sadler Building

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.
The University of Leeds is committed to the health and wellbeing of staff, students and visitors. To inspire people not to smoke, we are taking the first step to become a Smokefree campus.

- We are asking people not to smoke outside on campus between 8am and 6pm every day.

- Currently people can still vape on campus, as it’s recognised as an aid to stop smoking, but we’re working towards our campus being completely Smokefree by 2025.

- Smoking and vaping inside University buildings or by their entrances remains prohibited.

http://wsh.leeds.ac.uk/smokefree-campus
Leeds University Union
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.

Look at “Getting the most from University life” in your Feeling At Home in Leeds online guide.
Language Zone

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 Sunday 6 October
- www.leeds.ac.uk/languagezone
Global Community Experiences

Global Café

Coffee Connections

Out of Term Activities

Unity events

Sports match trips

Eat Global

Find out more about Activities and Opportunities in Your Arrival Guide Page 43

www.students.leeds.ac.uk/globalcommunity
Spotlight on: Global Bring and Share

- LUU’s Global Bring and Share events are for everyone. Each event focuses on a different topic.
- Past events include a festive treat share, book swap, craft workshops, film screenings and music nights.
- A space for people to learn about different cultures, share experiences and create new memories.

Visit www.luu.org.uk/union-events and search for Global Bring and Share
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.

It allows us an opportunity to do something for others, and did not require us to be fully committed on a long term basis.

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.

https://students.leeds.ac.uk/globallocal
Spotlight on: Students into Schools Go Global

- 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.

- Applications for the 2019-20 programme are open now.

- [https://students.leeds.ac.uk/sisglobal](https://students.leeds.ac.uk/sisglobal)
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
- Applications for the 2019-20 programme will open in October 2019

www.leeds.ac.uk/interculturalambassadors

I loved working with my team! It was a challenge but it was very stimulating and creative. Great opportunity to socialise with people across the uni.
Volunteering at Leeds University Union

Click to Play 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!
LeedsforLife 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 15th 2019

https://leedsforlife.leeds.ac.uk
This term in Leeds
This term in Leeds: What’s on?

**Yorkshire Sculpture International**
22 June - 29 September
UK’s largest dedicated sculpture festival, a series of exhibitions, events and learning programmes.

**Leeds Kirkgate Market Heritage Tours**
28 September + 26 October
A guided tour of Leeds Kirkgate Market – a building steeped in history.

**Light Night**
10 + 11 October
A free multi-arts and light festival across Leeds City Centre.

**Leeds Abbey Dash**
27 October
A 10k run from the city centre to Kirkstall Abbey in aid of Age UK.

**Leeds International Film Festival**
6 - 21 November
The Leeds International Film Festival is the largest film festival in England outside London.

**Leeds Christkindelmarkt**
8 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

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.

Join our Facebook group:
www.facebook.com/groups/UoLChristmas2019

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
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?
Thank you for listening!

“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

Presentation will be on:
http://students.leeds.ac.uk/orientationdates

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