

# Welcome to Leeds

International orientation

[students.leeds.ac.uk/orientation](https://students.leeds.ac.uk/orientation)



# Welcome from the Vice-Chancellor and President



[Watch Professor  
Shearer West's video.](#)

This video can only be viewed with  
a University of Leeds account.

# Aims and plans for today

## Aims

- Formally welcome you to Leeds
- Inspire you to make the most of your experience here
- Suggest ways to start getting involved with university and local life
- Make sure you know about other orientation and settling in support

## Outline

- Vice-Chancellor's welcome message
- Orientation quiz – win a prize!
- 15 minutes of inspiration!
- Activities and opportunities
- Enjoy the City of Leeds this term
- Student panel – ask your questions using Vevox
- Final messages and feedback

# International orientation Webinars

- Money and Banking webinar
- Healthcare and Wellbeing webinar
- Safety and Support in Leeds
- Using your student visa to live, study and work in the UK
- Jobs, careers and volunteering in the UK
- Preparing to Study; Bridging Academic Expectations webinars

Sign up for live sessions this week and next week! From 29 September, you'll be able to download the slides and access recordings at: [Students.leeds.ac.uk/orientation](https://Students.leeds.ac.uk/orientation)

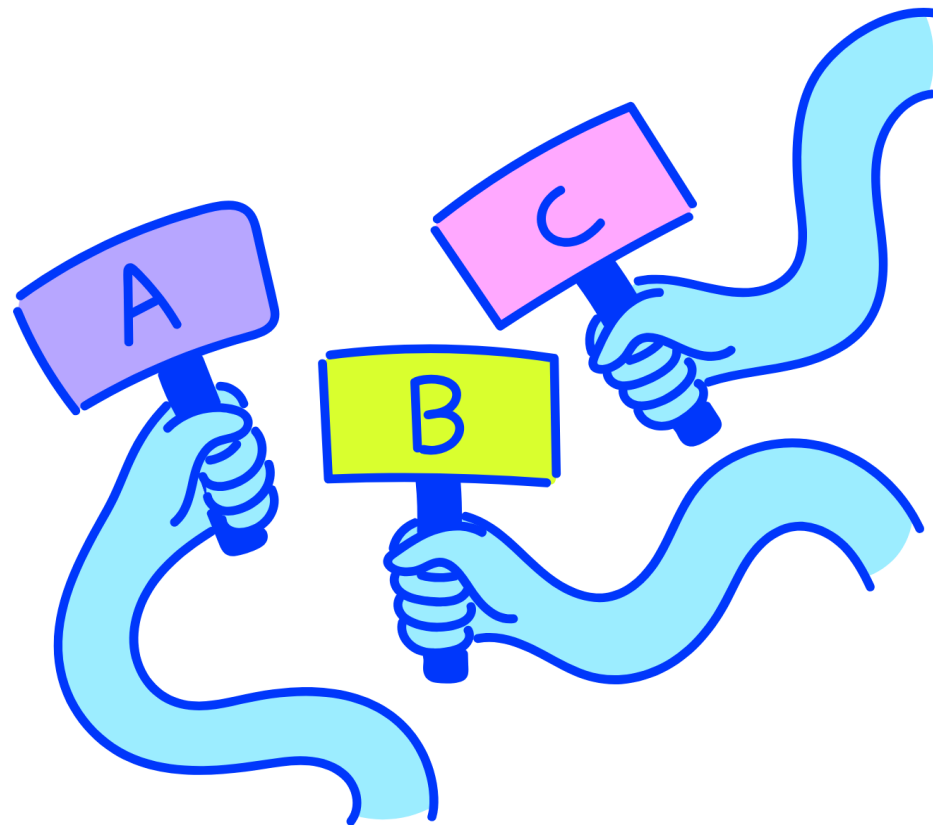


# Quiz time!

[Click on the Vevox join in link](#)

Enter ID - 130-033-027

**Enter your name to join the quiz!**



# Student Information Service

Get help with questions relating to registration, module enrolment, and a range of other matters related to university life, your studies and more throughout your time at Leeds.

- Visit the Parkinson building or another [information point on campus](#).
- Available Monday to Friday 9am – 5pm.
- [Email the Student Information Service at studentinfo@leeds.ac.uk](mailto:studentinfo@leeds.ac.uk)
- Phone:  
0800 9150402 (Inside the UK)  
+44 (0)113 3437000 (Outside the UK)

[students.leeds.ac.uk/askforhelp](https://students.leeds.ac.uk/askforhelp)





# 15 minutes of inspiration!

- Links to all resources can be found on [students.leeds.ac.uk/orientation](https://students.leeds.ac.uk/orientation)
- Keep Vevox open to ask your questions for our student speakers



# Mohammad QutbAldeen

- PhD Civil engineering,  
Architecture and Urbanism
- [Link to Leeds Ambassador](#)

Mohammad shared his experience of studying in Leeds during our live session.





# Mohammad's experience (1)

Hi, my name is Mohammad!

I am from Saudi Arabia. I am studying my PhD at the School of Civil Engineering, specializing in Architecture and Urbanism. In my spare time, I like taking walks around the city and exploring new things and places.

Even though I like to travel, learn and explore other cultures and food, I was overwhelmed at first with the transition to Leeds and moving to a new country and culture. My first message is: don't panic if you are feeling that way today! Attending the induction week helped me tremendously – so well done, you are already here doing that!

I am also grateful that my PhD supervisor encouraged me to learn new things and to try new experiences to strengthen my self-esteem. Trying new things has really helped me to meet people and make connections across cultures.





Taking advantage to  
experience culture

- LUU Societies
- Get Out, Get Active
- Host UK



# Mohammad's experience (2)

As soon as I moved to Leeds, I took part in LUU activities, joined a day trip to York, and joined societies like hiking society, rowing society and Sudanese society where I found a welcoming environment.

I found out my preference of outdoor activities after I took my first trip with Get Out, Get Active (GOGA) to the Welsh Coast at Llandudno and the Great Orme.

The best thing about GOGA trips is that there are two groups. One group that will take the longer path and another that will take a shorter path, which is centered around taking pictures at a slower walking pace. Both are with a student guide, so you do not have to worry about anything. One time I wasn't prepared for a rainy and muddy day, and my shoes could not cope with the mud, so, I went back barefoot 🤪.



# Mohammad's experience (3)

It's a learning experience. But don't worry - GOGA also offer rain jackets or hike boots in case you do not have one. I borrowed a coat for my first hike as I was not well prepared. These trips were my favourite thing in the week. I always look forward to the weekend to go out and be active and explore surroundings.

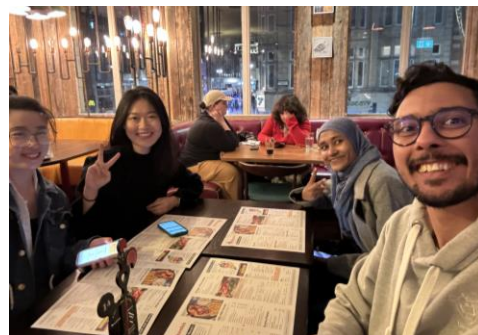
Building connection with people from all over the world helped me with my self-esteem as well. During this induction week, I also learned about the Host UK programme, which gives you the chance to visit a British home as the guest of volunteer hosts who live all over the UK.

I visited my host family near Bristol a few times now and this gave me the chance to live the British experience to the fullest. My favorite park is Cotswolds, and my favorite British countryside is Bibury (you have to look it up yourself 😊). These are places I would never have known about without meeting my UK host family. So I really recommend you try this experience if you can.



# Balancing social and academic life.

The family you meet and make  
in Leeds, will be with you...





# Mohammad's experience (4)

The ideal student-social life balance at the University of Leeds is one of the most fantastic things you will encounter there. You will have access to all the tools and assistance you need to succeed academically, but you will also be able to take advantage of Leeds's social and cultural offerings. This helped me a lot during the challenging times.

So, my advice to you is, **enjoy your time in Leeds.**

**If you are feeling nervous today just say "hey", introduce yourself. Ask for help. Don't feel like you have to cope with everything alone. Be connected. Stay connected.**

Time will fly so fast, make it count. Try some new things. Make friends. Those friends will be your family in Leeds. And remember...

*...Once Leeds,  
always Leeds.*







# Leeds University Union

Katrina Liu

International & Postgraduate Officer

Instagram: @luu\_internationalandpostgrad



# Katrina's experience (1)

**Hi everyone,**

My name is Katrina, I'm from China, and my Chinese name is Liu Yalian.

I'm honoured to be here as your International & Postgraduate Officer at Leeds University Union. I graduated just two months ago with a BA in Cultural and Media Studies, and as a fresh graduate, I'm really excited to go through this journey with you together.



# My journey

## China ---- UK



Well done! To be so brave as to leave everything you're familiar with and come to a new place to start a new chapter.

It was a challenge for me too, but...



Sweet note from my flatmate



Fruity night!



Crafting event at LUU



Friends I made at Global Café

# Katrina's experience

## How I got started

I came to Leeds four years ago during COVID. Like many international students at that time, I had to self-isolate for 10 days in my room—not the most wonderful start, actually.

It is quite nervous about being far away from home for the first time. I wasn't allowed to go out, and I could only use the kitchen when no one else was there. But luckily, I had a wonderful flatmate. She couldn't see me in person, so she left a note with her contact details on my door, offering help if I needed anything. To know that someone cared about me in a new and unfamiliar country felt so kind and reassuring. And it was often the little things that made the biggest difference.

Things like how to turn on the radiator or how to take the bus—things that might seem basic but can feel daunting when you're new. I felt a bit embarrassed to ask, but she noticed and patiently showed me how to manage them without making me feel silly. Later, we became good friends.

A small help from people around you could make a big difference, so don't hesitate to reach out to people; if you both don't know how things work, you can figure it out together. That was the beginning of my Leeds journey—unexpected, but memorable.





# Katrina's experience

## The challenge of a new chapter (1)

Like many of you might feel now, my biggest challenge when I first arrived was language. I am very anxious speaking English and was keen to practice. That's when I discovered the best university event—**Global Café**.

Global Café is a social event open to everyone, and it's a brilliant place to meet people from all kinds of backgrounds. When I first went along, the student staff introduced me to a group, and everyone was patient and friendly. After that, I went literally every Monday.

Of course, the first step is never easy. I remember some of my first chats there were a bit all over the place. One interesting was with a German exchange student who studied philosophy. I said I was interested in philosophy too, and suddenly we were talking about all these different philosophy schools and genres. He was so passionate, but honestly, I barely understood half of it, and it really hit my confidence.

Then my British friend joined in—and she didn't understand either! That's when I realized it wasn't about my English level; it was just a difficult topic.



# Katrina's experience

## The challenge of a new chapter (2)

In general, I usually start the conversation with a very basic topic, like what is your name, what do you study, what kind of society you want to join? These questions are simple, but through these questions and conversation, I gradually get to practice my English, also making a deeper connection with people.

Over time, I built up my confidence in speaking English. And now I am capable of holding myself in a conversation about philosophy - A win! And because I was a student who didn't go home during the holidays, when most of my friends went home, it is usual to feel lonely and isolated. But Global Café is still on; it is a place where I could always connect with others—it felt like a *home away from home*. I will strongly encourage you to go and visit, and 100% you will find me there as well!







# My tips

## Study Is Important— But Don't Miss What's Out There

(Make the most of your time in a total new country!)



Remember, your voice is important!

- Dare to ask for help
- Dare to challenge
- Dare to express yourself

And I am here to support you to do that ! 😊



# Katrina's experience

## Study Is Important — But Don't Miss What's Out There (1)

Looking back, my time as a student wasn't always easy. I worked part-time throughout my studies to cover living costs, and my third year was by far the most challenging—yet also the most rewarding.

I was juggling two part-time jobs, two voluntary internships in York, working as a student ambassador, representing my school as a School Rep, taking part in the Intercultural Ambassador Programme, and, of course, writing my dissertation. And just two weeks before my dissertation deadline, I decided to run in the Lead LUU election—which brings me here today as your International & Postgraduate Officer.

It was such a busy time, but getting involved with student leadership was one of the best decisions I made.



# Katrina's experience

## Study Is Important — But Don't Miss What's Out There (2)

What I want to share from this is: Leeds is full of opportunities and support, especially on campus. But there's a lot I wish I'd known earlier.

For example, I spent a long time searching for part-time jobs before I discovered **Joblink**. I wish I'd known about **LUU Essentials** when I was financially stretched—there's even a foodbank that could have helped me eat healthier instead of living on oat porridge every day.

And also, one thing I found immensely important is academic support, especially coming to academic integrity. I did my foundation year here; we have systematic training in understanding the British academic culture, it helps me avoid a lot of trouble when I do my assignments. I will definitely encourage you to check it out before your first assignment comes in.



# Katrina's experience

## Study Is Important — But Don't Miss What's Out There (3)

I know that right now, with so much information coming your way, it can feel overwhelming. But I really encourage you to explore—go to events and try roles that interest you. And definitely check out our societies!

It could be a good event to do together with your new friends, a topic to start a conversation with.

And I also get my English improved by joining society events, people from different regions will have different accents and expressions, and you will learn a lot of interesting expressions from them as well.





# Katrina's experience

## Study Is Important — But Don't Miss What's Out There (4)

In my first year, I joined the **Students Against Sexual Harassment and Assault** Society and later helped a friend set up the **East Asian Feminist** Society. There's truly something for everyone here; if not, creating a society could also be an option.

Sometimes people might worry "oh I am international my voice and my opinion doesn't count", but we are in university, the most diverse community and embrace diverse, something does not exist yet, but it doesn't mean it is not important.

So your experience and your thinking could bring a new perspective into the community, you could be that pioneer.



# Katrina's experience

## Study Is Important — But Don't Miss What's Out There (5)

At the same time, remember to take care of yourself—and know that both the University and LUU are always here to support you.

During my third year, I felt incredibly stressed: my dissertation was not progressing fast enough, the quality was not good enough, why was my writing still not authentic or academic-like even after 4 years of study here? I was so drained, so I talked to my personal tutor, accessed some mental health support from my school, and joined a few wellbeing sessions, which really helped.





# Katrina's experience

## Study Is Important — But Don't Miss What's Out There (6)

When I felt I needed to relax, I will go to the LUU website, scroll through the events, and pick an activity to distract myself from the stress. Sometimes it was a crafting session, sometimes a hiking event, or clubbing.

I did my first clubbing night at Fruity, threw myself into the crowd, loud music stops you from thinking. Just finding something to do gave me a break from worrying, and it really helped me manage my stress levels.



# Katrina's experience

## Study Is Important — But Don't Miss What's Out There (7)

Lastly, to look back on my student life, there is more I hope I can do now as your International and Postgraduate Officer. Being in this elected position provides me with the opportunity to do more for all international and postgraduate students.

I wish to bring change; I wish to uplift our voice, so this year I am planning a campaign about breaking cultural stereotypes, and also having a conversation with the university about improving the student financial and career support.



# Katrina's experience

## Final message

So every one of you, your experience matters, your presence matters.

I'm here to amplify our voice to be heard. If you pass by LUU, our office is located on the second floor, and you are welcome to drop by and say hello.

I hope you all have the best experience here and make the most of your student life.

Welcome to the University of Leeds.

*"So every one of you,  
your experience  
matters, your  
presence matters"*



# Activities and opportunities

Check these web pages throughout the year for:

- Events across campus  
[students.leeds.ac.uk/leedsandyou](https://students.leeds.ac.uk/leedsandyou)
- Events in the Leeds University Union  
[engage.luu.org.uk](https://engage.luu.org.uk)



# Global Café

Come to Global Café for a relaxed way to meet new and current students.

**Between 15 and 26 September – every day**

5.30 - 7.30pm, in Common Ground in the Leeds University Union.

**From 29 September onwards – every Monday**

5.30 - 7.30pm, in Common Ground in the Leeds University Union.

[students.leeds.ac.uk/globalcafe](https://students.leeds.ac.uk/globalcafe)





# Buddy scheme

**The Buddy scheme will connect you with a student from across the University who shares:**

- Similar interests to you
- Your same level of study

Applications are open — Find your people at Leeds.  
Start connecting from now.

[students.leeds.ac.uk/universitybuddy](https://students.leeds.ac.uk/universitybuddy)





# Intercultural Ambassadors programme

**A volunteering opportunity for all students.**

- Run meaningful projects on campus and in the local community.
- Get mentorship from university professional staff.
- Enhance your employability.
- Meet like-minded students and make memories.

**Applications for the programme are now open!**

[students.leeds.ac.uk/interculturalambassadors](https://students.leeds.ac.uk/interculturalambassadors)



# World Unite Festival

Immerse yourself in culture – come celebrate our diverse campus!

- **From 10 to 14 November** – a programme of events in Leeds University Union and across campus.
- Music, shows, workshops and more!

Look out for more information on World Unite Festival in the coming months.



# The Language Zone

- **Dedicated language learning centre** with resources, self-study materials, and spaces to help students improve their language skills.
- **Support for over 50 languages** with access books, online tools, and resources for conversation practice.
- **Opportunities for practice**, including language exchanges, workshops, and events that connect learners with native speakers and peers.

[students.leeds.ac.uk/languagezone](https://students.leeds.ac.uk/languagezone)



# Get Out, Get Active (GOGA)

**The Get Out, Get Active programme at Leeds offers fun, inclusive, and affordable activities with no long-term commitment required.**

The programme gives students the opportunity to stay active, make friends, and boost their wellbeing.

## **Popular activities include:**

- Social runs and guided walks around campus, the city, and nearby countryside - you only need to pay for transport (if needed).
- Low-cost Yoga, Pilates and dance sessions.
- Climbing, badminton and team games.

[sport.leeds.ac.uk/health-wellbeing/get-out-get-active](https://sport.leeds.ac.uk/health-wellbeing/get-out-get-active)





# Host UK

The **HOST UK programme** connects international students with welcoming UK families for short visits.

- Take part in a unique cultural exchange.
- Experience life beyond campus.
- Improve your cultural awareness, practice English, and form friendships with local families.



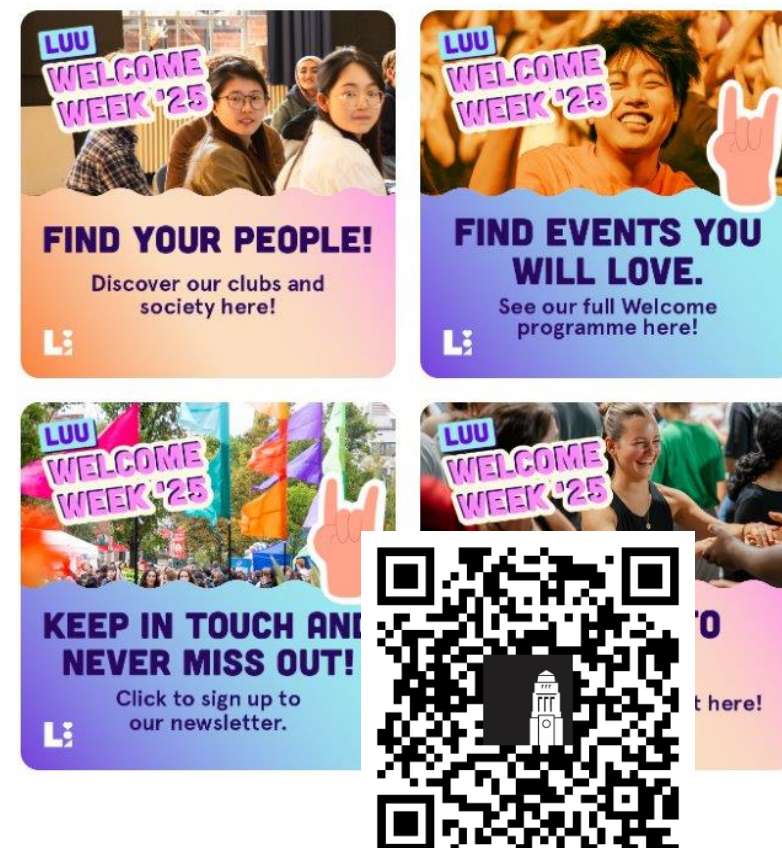
[Ways to meet people and get involved](#)

# LUU clubs, societies, events and trips

**Welcome Week is a week of events when you can discover clubs and societies and join exciting events.**

Come to the Welcome Fair, join in taster sessions, and take part in social events.

- Go to [engage.luu.org.uk/events](https://engage.luu.org.uk/events) for all activities in September and beyond!



# Enjoy the city of Leeds and beyond!

Events and activities in the City, all year round:

- Leeds Inspired  
[www.leedsinspired.co.uk](http://www.leedsinspired.co.uk)
- Visit Leeds  
[www.visitleeds.co.uk/whats-on](http://www.visitleeds.co.uk/whats-on)



# Culture Fair

## 13 October

**Discover Arts and Culture Opportunities and events happening in Leeds and across West Yorkshire.**

- Delivered by the Careers team and Employability team in the Faculty of Arts, Humanities and Cultures.
- Meet organisations that work in the arts.
- Enjoy performances happening throughout the day.

[See a list of partners taking part in the event and register your interest.](#)

A poster for the 'Culture at Leeds Fair' event. The poster has a bright blue background. At the top left is the University of Leeds logo. The title 'Culture at Leeds Fair' is written in large, bold, black font. Below the title, the text '11am to 3pm', 'Welcome Marquee', and 'Meet local arts organisations' is displayed in a smaller black font. In the bottom right corner, there is a QR code with the University of Leeds logo in the center. The poster is flanked by vertical images of a brick building on the left and a decorated tree on the right.

UNIVERSITY  
OF LEEDS

# Culture at Leeds Fair

11am to 3pm  
Welcome Marquee  
Meet local arts organisations





# Light Night Leeds

## 22 – 23 October

**UK's largest light art festival, happening across the city, including on campus, in October.**

An arts and culture festival that lights up the city with creative installations, performances, projections, music and immersive artistic events over one or more nights.

[www.lightnightleeds.co.uk](http://www.lightnightleeds.co.uk)



# Leeds International Film Festival

## 30 October – 16 November

**The UK's largest film festival outside London, offering a diverse and inclusive platform for international cinema.**

LIFF showcases over 250 films from more than 120 countries, featuring a mix of feature films, short films, documentaries, and genre-specific screenings.

- Apply to volunteer by 26 September.

[www.leedsfilm.com](http://www.leedsfilm.com)





# Marathons and park runs

- **Every Saturday**

The [Woodhouse Moor parkrun](#) is a free, weekly 5K event welcoming participants of all ages and abilities to walk, jog, run, or volunteer.

- **30 November 2025**

The [Leeds Abbey Dash 10K](#) is a charity run through the heart of Leeds.

- **10 May 2026**

The [Rob Burrow Leeds Marathon](#) is a 26.2-mile race through Leeds.



# Christmas in Leeds

**Visit the Christmas markets and join in activities offered on campus and in the city out of term time.**

The [Leeds and You page](#) will be updated in December with more information on out-of-term activities.

[students.leeds.ac.uk/leedsandyou](https://students.leeds.ac.uk/leedsandyou)





# Bradford City of culture 2025

**As the UK City of Culture 2025**, Bradford will celebrate its arts, culture, and community with a rich annual programme of events.

Getting to Bradford is easy – catch:

- The 72 First bus from Leeds – 30-40 minute.
- A train – about 20 minute journey.

[Check the full programme at bradford2025.co.uk](https://bradford2025.co.uk)



# Final messages

Remember **you're not alone.**

**Look for help** whenever you need it

**Be patient and kind** with yourself and others

Take part in activities and **come out of your comfort zone**



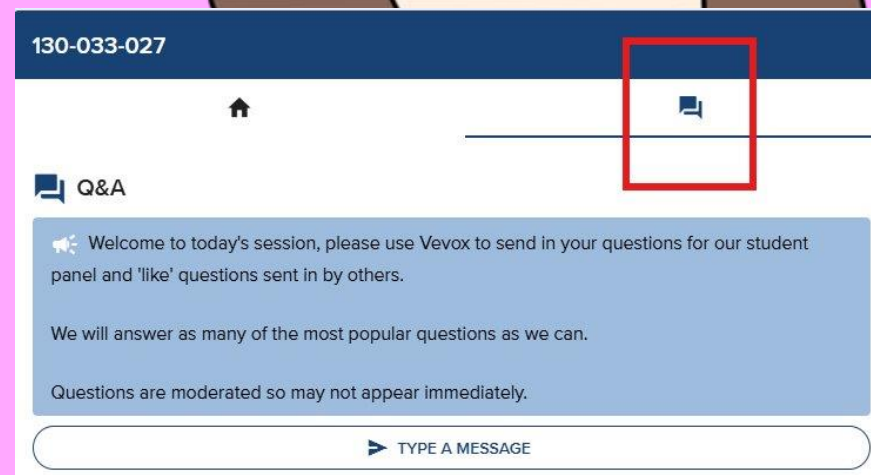
# Student panel

**Ask a question or vote for other people's questions.**

Questions are moderated so they may not appear immediately.

Go to **vevox.app** on your device and enter the session ID **130-033-027**

Or scan the QR code



# Questions and feedback

- **Visit the Welcome Hub** or email [studentinfo@leeds.ac.uk](mailto:studentinfo@leeds.ac.uk)
- **Meet our student hosts**  
Come to [Global Café](#)
- **Slides and resources**  
[students.leeds.ac.uk/orientation](https://students.leeds.ac.uk/orientation)

**Please tell us what you thought about today's talk.**

Prize draw!

Win one of four £30 "Love2Shop" vouchers.

**Scan the QR code or visit**

[Tinyurl.com/W2L25](https://tinyurl.com/W2L25)

