

International Orientation Programme

September 2020

International Student Support Services

Welcome! Below is a timetable of all the activities we have on offer for you to join in this September.

How do I join an activity?

Majority of those will be delivered online, via a virtual platform called Collaborate. **To book yourself on any activities please click [here](#) and select your chosen activity to register.** You will then receive a confirmation email, and a link to join the session on Collaborate (if applicable).

To access the virtual session, you should:

- Use a laptop or desktop computer that has a Chrome, Firefox or Microsoft Edge browser installed and make sure they are up to date.
- You will need a good, reliable Internet connection. Close all other websites and programmes on your computer. If your Internet is slow, you may need to ask others in the household not to use the Internet for high-demand activities such as streaming video, music or online games, at that time.
- You will need speakers or preferably headphones to hear the speaker.
- If you have a problem with sound or video, leaving and re-joining the session usually fixes a lot of issues.

For your convenience, and to make our timetable friendly and easy to understand, we have used colours so you can easily find what you need:

	Activities in this category are compulsory for all the students- please ensure that you attend those, as they cover a range of essential topics relating to your safety and health, visa conditions as well as cover information about essential services provided to you by the university.
	Academic skills talk- to help you gain understanding of how to develop your academic skills; and the support available.
	Social activities, games, live sessions and drop ins. These are not compulsory, but we do hope you will join us for some fun.
	Guided Tours- your chance to explore new surroundings with one of our Welcome Team members- please note, these are only for students who do not need to self- isolate. Please note face coverings are required.

Week commencing 14/09/2020

This week:

Shoe Trail Hunt- Make sure you follow **@intUninorthants** on Instagram and celebrate Northampton's rich shoe heritage. Visit the Town Centre in search for gigantic shoe sculptures. How many can you find? Post a selfie on Instagram with each of the sculptures you find and make sure to include **#UONShoeTown** so we can easily locate your pictures, for a chance to win a bundle of Uni goodies.
Have fun and good luck!

View from my window- The University of Northampton prides itself on being home for students from all over the world. This has never been truer, as this year many of our students will be starting their UON student journey from their home country. Wherever in the world you are- we would like to see the view from your window! Take a photo and post it with a **#UONWindowView** hashtag and let us all admire the view! We will continue this activity for the next three weeks, so don't worry if you won't have a chance to do it this week. Make sure you follow **@intUninorthants** for a chance to win a bundle of Uni goodies!

Monday 14/09/2020

Time	Event	Description of Event	Book it
10:00 – 10:20	Introduction to Student Information Desk (SID)	Find out what the Student Information Desk does and how they can help you during your studies.	To book yourself on any activities please click here and select your chosen activity to register.
10:30	ISS Coffee and Chat	An informal session to say Hello to us, introduce yourself and meet other international students over a tea/coffee from the comfort of wherever in the world you are!	
14:00	Drawing and guessing game	Join us and the other students for a fun game of Scribble- Draw and guess words with up to 12 people all around the world! Score the most points and be the winner!	

Tuesday 15/09/2020

Time	Event	Description of Event	Book it
10:00 – 10:45	Meet the International Student Support Services (ISSS) team	Introduction to the services provided by the International Student Support Services (ISSS) team and find out what you need to do in the first few weeks of arrival into the UK.	To book yourself on any activities please click here and select your chosen activity to register.
13:30 – 14:00	Living in Halls	An introduction to life in Halls of Residence and find out how the residential life team can help you.	
14:00	Language cafe	Would you like to practice your English by having a one to one friendly conversation with one of the ISS team members? Please note that booking for this activity is required and 4x10 min slots are available. Filled up on first come first serve basis.	
15:30	Waterside Campus Tour	A face to face guided tour of Waterside Campus. (For students who do not need to self-isolate)	

Wednesday 16/09/2020

Time	Event	Description of Event	Book it
9:00 – 10:30	Student Union Virtual Drop-in Session	Can't get to campus? No problem! Grab your drink of choice and come and meet your Students' Union Sabbatical Officers and fellow students in this virtual setting. Pop in and meet students similar to yourself and find out how you can get more involved.	To book yourself on any activities please click here and select your chosen activity to register.
11:00 – 11:30	Safety and Security Talk	Information and advice from Northamptonshire Police on how to stay safe during your studies.	
13:00 – 13:30	Tier 4 Responsibilities	Essential for all Tier 4 students. Find out what your responsibilities are as a Tier 4 student and how to protect your immigration status.	
14:00	Great British Quiz	Join us for an online quiz along your fellow students for a chance to test your knowledge and see how well you know British culture.	
16:00	Supermarket Shopping Trip	A face to face guided tour of the local shopping area. A chance to stock up on food, drink and household essentials. (For students who do not need to self-isolate)	

Thursday 17/09/2020

Time	Event	Description of Event	Book it
10:00- 11:30	Developing your Academic Skills	The session will inform you about the types of support the Educational Linguistics team offers during the academic year and will provide suggestions to help you develop some key skills, including critical thinking and planning for assignments.	<p>To book yourself on any activities please click here and select your chosen activity to register.</p>
13:30 – 14:00	International Student Experience-What is it like?	Join us for a live session with our Welcome Team, one of our wonderful international students will talk to you about her experience of being an international student at Northampton University, as well as talk about how to acclimatise in the UK, culture shock, homesickness etc. You will be able to ask any questions you might have.	
14:00	Language café	Would you like to practice your English by having a one to one friendly conversation with one of the ISS team members? Please note that booking for this activity is required as only 4x 10 min slots are available. Filled up on first come first serve basis.	
16:00	Waterside Campus Tour	A face to face guided tour of Waterside Campus. (For students who do not need to self-isolate)	

Friday 18/09/2020

Time	Event	Description of Event	Book it
10:30-11:00	Introductory Talk from Student Union	Student Union is here to help you when you need your voice to be heard or just feel a bit homesick. You can also join their diverse societies ranging from sports to culture.	<p>To book yourself on any activities please click here and select your chosen activity to register.</p>
11:30-12:00	Introductory Talk from Chaplaincy	Operating as a part of Student Services, the Multi-Faith Chaplaincy Team draws from a number of faith traditions and works for the benefit of all students. Join the session to learn more about their services available on campus.	
13:00	Drawing and guessing game	Join us and the other students for a fun game of Scribble-Draw and guess words with up to 12 people all around the world! Score the most points and be the winner!	
14:30	Northampton Town Tour	A chance to explore Northampton town centre with our Welcome Team. (For students who do not need to self-isolate)	

Week commencing 21/09/2020

This week:

Where am I? - Make sure you follow **@intUninorthants** to play a guessing game on our Instagram page. Each day this week we will be posting a photo of an object or a place from around the campus-let us know in the comments if you can guess its location. We have some goodies for a lucky winner, selected at random from the correct entries.

View from my window-This week we are carrying on with our View from my window activity. Wherever in the world you are- we would like to see the view from your window! Take a photo and post it with a **#UONWindowView** hashtag and let us all admire the view! Make sure you follow **@intUninorthants** for a chance to win a bundle of Uni goodies!

Monday 21/09/2020

Time	Event	Description of Event	Book it
10:00	ISS Coffee and Chat	An informal session to say Hello to us, introduce yourself and meet other international students over a tea/coffee from the comfort of wherever in the world you are!	To book yourself on any activities please click here and select your chosen activity to register.
14:00	Drawing and guessing game	Join us and the other students for a fun game of Scribble-Draw and guess words with up to 12 people all around the world! Score the most points and be the winner!	

Tuesday 22/09/2020

Time	Event	Description of Event	Book it
10:00	ISS Coffee and Chat	An informal session to say Hello to us, introduce yourself and meet other international students over a tea/coffee from the comfort of wherever in the world you are!	To book yourself on any activities please click here and select your chosen activity to register.
14:00	Language cafe	Would you like to practice your English by having a one to one friendly conversation with one of the ISS team members? Please note that booking for this activity is required and slots are filled up on first come first serve basis.	

Wednesday 23/09/2020

Time	Event	Description of Event	Book it
10:00	ISS Coffee and Chat	An informal session to say Hello to us, introduce yourself and meet other international students over a tea/coffee from the comfort of wherever in the world you are!	To book yourself on any activities please click here and select your chosen activity to register.
11:00	Great British Quiz	Join us for an online quiz along your fellow students for a chance to test your knowledge and see how well you know British culture.	
15:30	International Student Experience-What is it like?	Join us for a live session with a current student from the Welcome Team, one of our wonderful international students will talk to you about her experience of being an international student at Northampton University, as well as talk about how to acclimatise in the UK, culture shock, homesickness etc. You will be able to ask any questions you might have.	

Thursday 24/09/2020

Time	Event	Description of Event	Book it
10:00	ISS Coffee and Chat	An informal session to say Hello to us, introduce yourself and meet other international students over a tea/coffee from the comfort of wherever in the world you are!	To book yourself on any activities please click here and select your chosen activity to register.
13:00	Language café	Would you like to practice your English by having a one to one friendly conversation with one of the ISS team members? Please note that booking for this activity is required and 4x10 min slots are available. Filled up on first come first serve basis.	
15:00	Waterside Campus Tour	A face to face guided tour of Waterside Campus. (For students who do not need to self-isolate)	

Friday 25/09/2020

Time	Event	Description of Event	Book it
10:00	ISS Coffee and Chat	An informal session to say Hello to us, introduce yourself and meet other international students over a tea/coffee from the comfort of wherever in the world you are!	To book yourself on any activities please click here and select your chosen activity to register.
13:00	Drawing and guessing game	Join us and the other students for a fun game of Scribble-Draw and guess words with up to 12 people all around the world! Score the most points and be the winner!	
15:00	Supermarket Shopping Trip	A face to face guided tour of the local shopping area. A chance to stock up on food, drink and household essentials. (For students who do not need to self-isolate)	

Week commencing 28/09/2020

This week:
<p>Waterside Campus Scavenger Hunt- Play a scavenger hunt game to familiarize yourself with various facilities-Check out the list of common areas/buildings on campus- post a selfie with a #UONFoundIt hashtag if found. For chance to win a bundle of Uni goodies and to find the list of places to locate to complete this task -click here: https://www.eventbrite.co.uk/o/international-student-support-services-31025072849 and select Waterside Campus Scavenger Hunt activity. Good luck and have fun!</p>
<p>View from my window-The very last week of our View from your window campaign. Wherever in the world you are- we would like to see the view from your window! Take a photo and post it with a #UONWindowView and let us all admire the view! Make sure you follow @intUninorthants for a chance to win a bundle of Uni goodies!</p>

Monday 28/09/2020

Time	Event	Description of Event	Book it
10:00	ISS Coffee and Chat	An informal session to say Hello to us, introduce yourself and meet other international students over a tea/coffee from the comfort of wherever in the world you are!	To book yourself on any activities please click here and select your chosen activity to register.
14:00	Drawing and guessing game	Join us and the other students for a fun game of Scribble-Draw and guess words with up to 12 people all around the world! Score the most points and be the winner!	

Tuesday 29/09/2020

Time	Event	Description of Event	Book it
10:00	ISS Coffee and Chat	An informal session to say Hello to us, introduce yourself and meet other international students over a tea/coffee from the comfort of wherever in the world you are!	To book yourself on any activities please click here and select your chosen activity to register.
13:00	Language cafe	Would you like to practice your English by having a one to one friendly conversation with one of the ISS team members? Please note that booking for this activity is required and slots are filled up on first come first serve basis.	
15:00	Waterside Campus Tour	A guided tour of Waterside Campus. (For students who do not need to self-isolate)	

Wednesday 30/09/2020

Time	Event	Description of Event	Book it
10:00	ISS Coffee and Chat	An informal session to say Hello to us, introduce yourself and meet other international students over a tea/coffee from the comfort of wherever in the world you are!	To book yourself on any activities please click here and select your chosen activity to register.
14:00	Great British Quiz	Join us for an online quiz along your fellow students for a chance to test your knowledge and see how well you know British culture.	

Thursday 01/10/2020

Time	Event	Description of Event	Book it
10:00	ISS Coffee and Chat	An informal session to say Hello to us, introduce yourself and meet other international students over a tea/coffee from the comfort of wherever in the world you are!	To book yourself on any activities please click here and select your chosen activity to register.
13:00	Language café	Would you like to practice your English by having a one to one friendly conversation with one of the ISS team members? Please note that booking for this activity is required and slots are filled up on first come first serve basis.	
15:00	Supermarket Shopping Trip	A face to face guided tour of the local shopping area. A chance to stock up on food, drink and household essentials. (For students who do not need to self-isolate)	

Friday 02/10/2020

Time	Event	Description of Event	Book it
10:00 – 11:00	Meet the International Student Support Services (ISSS) team	Introduction to the ISSS team, your Tier 4 responsibility and find out what you need to do in the first few weeks of arrival into the UK. This is a repeating session for students who missed the ISSS introductory talk in the first week.	To book yourself on any activities please click here and select your chosen activity to register.
13:00	Drawing and guessing game	Join us and the other students for a fun game of Scribble-Draw and guess words with up to 12 people all around the world! Score the most points and be the winner!	
15:00	Northampton Town Tour	A chance to explore Northampton town centre with our Welcome Team. (For students who do not need to self-isolate)	

Self-isolation or in your own time

Whether you find yourself stuck in self-isolation or you are looking for something to occupy your time, we have put together a list of interesting links and various activities- these are not live sessions and can be enjoyed at the time that suits you!

A lot of excellent tips on academic skills, how to manage your time and how to succeed while studying online:

<https://skillshub.northampton.ac.uk/>

<https://skillshub.northampton.ac.uk/international-students/>

Why not to go on virtual tour of some of the most iconic British landmarks?

14 UK Landmarks to visit from your room, including Buckingham Palace and Stonehenge and Abbey Road:

<https://www.housebeautiful.com/uk/lifestyle/g32005735/virtual-tours-uk-landmarks/>

Healthy body, healthy mind

Yoga: <https://www.youtube.com/watch?v=AUJW1Kd4zik>

Exercise with Joe Wicks : <https://www.youtube.com/watch?v=AUJW1Kd4zik>

Mindfulness colouring pages: <http://getcolorings.com/mindfulness-coloring-pages>

Art and Fashion:

Learning to draw cartoons, portraits etc. : <http://www.drawingcoach.com/>

Free Art tours with the Royal Academy including Andy Warhol and Edward Hopper: <https://www.royalacademy.org.uk/article/9-virtual-exhibition-art-tours-to-watch-online>

British fashion with Vivienne Westwood: <https://artsandculture.google.com/exhibit/vivienne-westwood-politics-and-fashion/6gICcZODtuyELA>
or

Alexander McQueen: <https://artsandculture.google.com/exhibit/the-craftsmanship-of-alexander-mcqueen/MALybhvhk1gXJA>

All things sport:

British Sport: <https://www.bbc.co.uk/sport>

All things politics:

British politics: <https://www.parliament.uk/about/>