

International Orientation Postgraduate Programme

January 2021

International Student Support Services

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

How do I join an activity?

Most of these will be delivered online and available to access at your convenience. For the live sessions they will be offered 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.

Social activities, these are not compulsory, but we do hope you will join us to connect with other students.

Thursday 21/01/2021

| Time | Event | Book it | Description of Event |
|-------|---------------------------|---------|---|
| 13:00 | 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! |
| 16:00 | 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! |

Friday 22/01/2021

| Time | Event | Book it | Description of Event |
|---------------|---|---|---|
| 10:00 - 11:00 | Meet the International Student Support Services (ISSS) team | To book yourself on any activities please click here and select your chosen activity to register. | 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. |
| 11:00 - 11:30 | Introduction to Student Information Desk (SID) | | Find out what the Student Information Desk does and how they can help you during your studies. |
| 12:00 - 13:00 | International student Experience | | Join us for a live session with one of our wonderful international students who will talk to you about her experiences. |
| 13:00 - 14:00 | 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! |
| 14:30 - 15:00 | Living in Halls | | An introduction to life in Halls of Residence and find out how the residential life team can help you. |
| 15:30 - 16:00 | Safety and security Talk | | Meet one of the Northamptonshire Policing Team who will give you advice on staying safe during your stay. |

| | | |
|---------------|------------------------|---|
| 16:00 – 17:00 | The Great British Quiz | Join us for a fun online quiz along your fellow students for a chance to test your knowledge and see how well you know British culture! |
|---------------|------------------------|---|

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!

Please look at our videos on our Orientation page: <https://www.northampton.ac.uk/international/new-students/>

Which cover: Student Support and Advice

English Language Support

Employability

Healthcare

Money Management

The Residential life Team also organise events please follow them to see what is happening!

uon_reslife

<https://www.facebook.com/UoNResLife>

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/>