WELCOME TO KENT!

Jo Ganderton-Smith
ACADEMIC EXCELLENCE AND WORLD-LEADING RESEARCH

You have chosen well!
• Ranked in the Top 20 of UK institutions
  •  *Guardian University Guide 2015*

• 3\textsuperscript{rd} highest score for overall student satisfaction
  •  *National Student Survey*

• World-leading research
  •  Kent is in the top 15% of UK universities in terms of internationally excellent research (*Research Assessment Exercise*)

• One of the world’s top young universities
  •  *Times Higher Education ‘100 Under 50’*

• 25% international students

• 149 nationalities

• The UK’s European university
Meet the Erasmus and Study Abroad Teams

- **Erasmus**
  - Janet Wilson-Sharp
  - Françoise McKee
  - Brechje Klok-White (Monday, Tuesday and Friday)
  - erasmus@kent.ac.uk
  - 01227 824042 or 827818

- **Study Abroad**
  - Hazel Lander, H.Lander@kent.ac.uk
  - Sophie Baker, S.Baker@kent.ac.uk
  - Sammy-Jo Foster, s.foster@kent.ac.uk (Monday-Wednesday)
  - 01227 827994, 824088, 824904

- **Where we are:**
  - International Development
  - Room 155
  - First floor of the Registry extension
SUPPORT AND SAFETY

Dermot O’Brien, Master of Turing College
Personal Support Services

- **Masters’ offices**
  - Advice and support; discipline
  - [www.kent.ac.uk/studentservices/masters-office/colleges.html](http://www.kent.ac.uk/studentservices/masters-office/colleges.html)

- **Student Wellbeing**
  - Free, confidential counselling service
  - [www.kent.ac.uk/studentwellbeing/](http://www.kent.ac.uk/studentwellbeing/)

- **Student Support**
  - Free, confidential advice and support for students with disabilities or specific learning difficulties
  - [www.kent.ac.uk/studentsupport/](http://www.kent.ac.uk/studentsupport/)

- **Chaplaincy**
  - Multi-faith support, social events, services
  - [www.kent.ac.uk/chaplaincy/](http://www.kent.ac.uk/chaplaincy/)

- **Student Advice Centre (Kent Union)**
  - [www.kentunion.co.uk/advice/](http://www.kentunion.co.uk/advice/)

Important note: Data Protection
Canterbury is one of the safest university cities in the UK but you should still be careful.

- Keep yourself and your belongings safe:
  - Be sensible
  - Plan journeys, particularly at night
    - Use reputable taxi firms and be cautious about accepting lifts
  - Keep valuables with you or in a safe place
  - Be careful at cash points, particularly at night
  - Keep your bank cards safe and report loss, theft or unusual activity

- Fire safety
  - Do not misuse safety equipment:
    - It puts you and others at risk.
    - It is a criminal offence and you will incur a large fine!
  - Be careful when cooking
  - Keep fire doors shut
Important contacts

Campus Watch

- The University’s 24 hr security service
  - Next to the banks on campus
  - Free personal attack alarms and walking escort service
- Emergencies:
  - Phone extension 3333 or 01227 823333
- Non-emergencies:
  - Phone extension 3300 or 01227 823300

Off Campus

- Emergencies only:
  - Phone 999, ask for Police, Ambulance, Fire Brigade or Coastguard
  - Calls and services are free
  - Do NOT abuse this service!
- Non-emergencies: Phone 101 for the police
Behavour

• Be aware that UK laws may differ from your home country’s:
  • Alcohol:
    – Legal drinking age is 18
  • Drugs:
    – Possession, selling or use of mind-altering substances (e.g. cannabis/marijuana, Ecstasy, cocaine etc) is illegal!

Driving while under the influence of alcohol or drugs puts you and other people in danger! It is illegal and there are serious penalties. [http://think.direct.gov.uk/](http://think.direct.gov.uk/)

• Equality and Diversity
  The University seeks to ensure that people are not subject to more or less favourable treatment on the grounds of irrelevant distinctions, including: gender; sexual orientation; colour, race or origin; disability; beliefs, etc
University Medical Centre, Giles Lane

- Specialist Student Health Service
- Doctors (called GPs), Nurse Practitioner, Practice Nurses
- Acute illness and long term conditions
- Contraception (including emergency contraception) and Sexual Health Services
- Access to psychological therapies, physiotherapy and other specialist clinics

Monday to Friday: 8 am to 6.30pm (Tuesdays & Thursdays 6-9pm also)
Saturday mornings: 10 am to 1pm

Contact by telephone 01227 469333
www.umckent.co.uk

University Nursing Service, Room EG3, Keynes College
01227 823503 (internal extension 3503)

Cheadles Chemist, next to Medical Centre
9am to 6pm
• Register at: www.umckent.co.uk

• NHS (National Health Service)
  • FREE medical or nursing care, investigations or hospital treatment
  • Charges for medication, eye tests and dental treatment
  • www.ukcisa.org.uk/student/information_sheets.php

• Accessing health care
  • Hospital services
  • Dentists
  • Opticians

Visit the University Nursing Service or call Out of Hours number 111

UK emergency number: 999

Reminder - if you have been travelling abroad recently and become unwell phone UMC for advice in the first instance.
WELFARE
Expectations and Reality

- It won’t be the same as at home.
  - Cultural, social, practical differences
- It might not always be easy, but it will be worthwhile!
- Misunderstandings can occur so be patient and ask if something doesn’t make sense.
- You will need:
  - Enthusiasm and a desire to make it work
  - Be willing to adapt
  - An open mind and a sense of humour
  - Patience!
Home sickness

Top tips

Don’t worry, it’s normal!

Talk to someone about it

Allow time to settle in

Eat and sleep well

Keep busy

Take time to do things you enjoy

Facebook – a blessing and a curse

Text or email home rather than phoning
The Five Stages of Study Abroad
1. Euphoria
2. Hostility
3. Acceptance
4. Mastery
5. Reverse Culture Shock
ABOUT YOUR NEW HOME

Accommodation Office
- Reception services
- Maintenance and housekeeping
- Laundry facilities
- Fire safety
- No Smoking
- Accommodation fees
- Room damage
What is included in accommodation fees?

- All utility charges
- 24-hr internet access
- £5,000 personal possessions insurance cover
- College rooms - breakfast or evening meal allowance (Eliot/Rutherford)
- Bed & Bistro rooms - breakfast & evening meal (Becket Court/Keynes College)
Your Social Life

- Join in with social activities
- Cinema/Theatre
- Sports centre
- Societies

- Be a good neighbour
- Keep noise down
- No Smoking
Where to eat

[Image of various food options and logos]

Bag it
Rutherford\rd
K Bar
Mungo's
Create
Revive! Cafe
Dolce Vita
The Sports Cafe
Origins
Your KentOne Card

• Is your official student ID Card
• Is also a cashless card
• Allows you to buy food, drink etc around campus
• Funds can be added online
• Includes a meal allowance (Bed & Breakfast/Bed & Bistro)
• Entry to the examination hall
• Vote in student elections
Need more information?

- **Accommodation Office**
  Tanglewood
  Next to Keynes College car park
- **Email**: accomm@kent.ac.uk
- **Telephone**: 01227 766660
- **Opening hours**:
  - Monday to Friday
  - 9am to 5pm
DON’T FORGET…

International Welcome events
“Studying at Kent” talk
Today, 2pm, here
Compulsory

Welcome Dinner
Tonight, 7pm
Rutherford College Dining Hall
BRING YOUR TICKET!

Asda Trip
Friday 16th January, 10.30
Take a £1 coin for the trolley

Dover Castle
Sunday 18 January, 10.00
Wear warm clothes!

For both trips:
Meet outside the Registry’s Visitor Reception
(opposite Darwin College)
BRING YOUR TICKET!
This term:

Refreshers’ Fair
5th and 6th February
Kent Union
THE UK’S EUROPEAN UNIVERSITY

www.kent.ac.uk