



#WeAre  
International

# STUDYING IN THE UK STUDENT WELLBEING AND SAFETY

Presented by Annie Chan



@UKCISA | [ukcisa.org.uk](http://ukcisa.org.uk)

**UKCISA** UK Council  
for International  
Student Affairs

# ABOUT ME

- University of Edinburgh
- MA Economics and Statistics
- Fresh Graduate

## Background

- Studied at a traditional high school back in Macau
- Took International Advanced Levels (A-Level) to enter university



# TOPICS COVERED

- Cultural Shock
- Tips on Saving Money
- Student Safety
- Welfare support



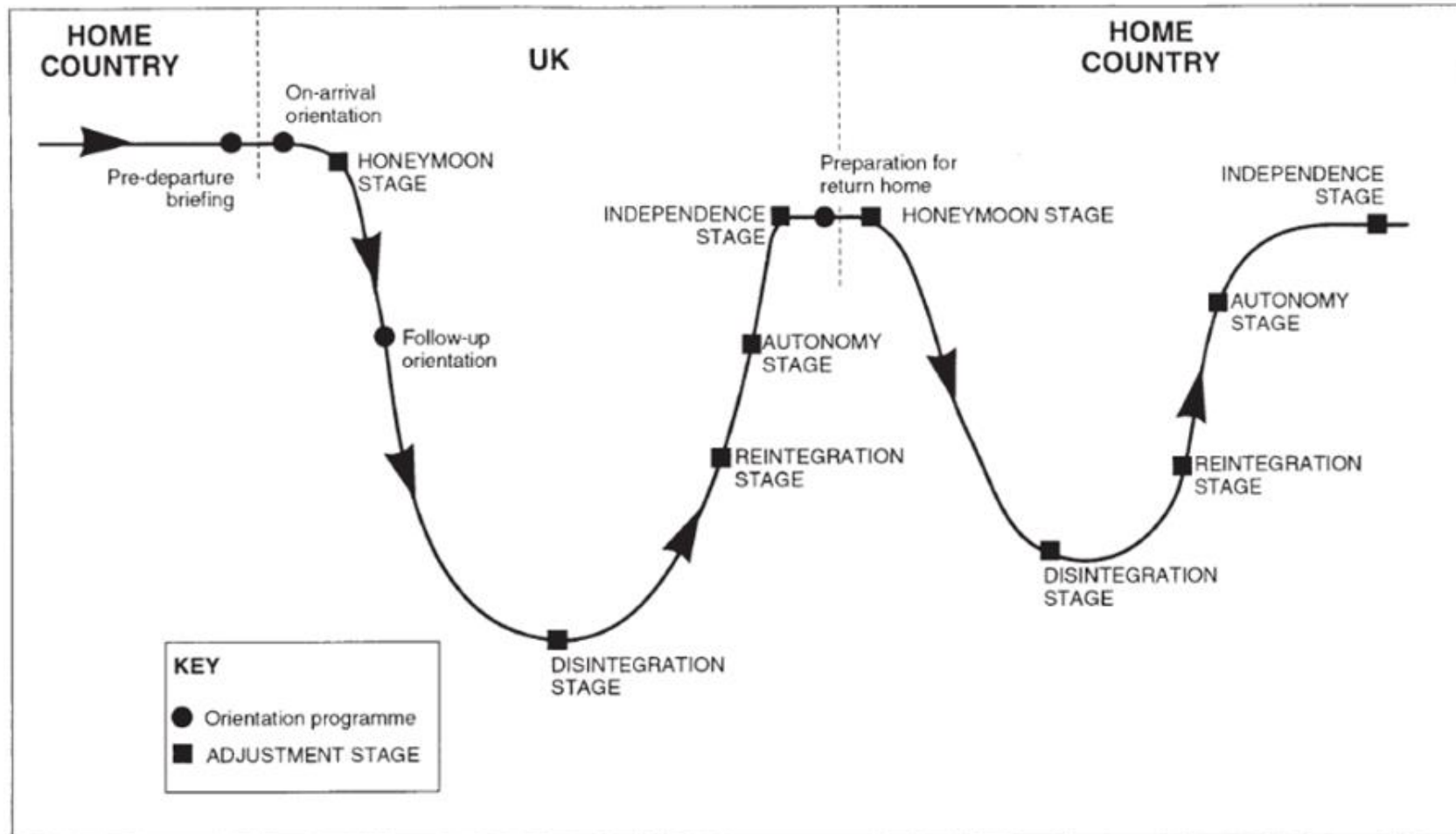


[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

# CULTURAL SHOCK



◆ W-CURVE: stages of adjustment experienced during orientation



Adapted from "Orientated for Success", edited by M. Barker, Australian International Development Assistance Bureau, 1990.



# WEATHER

In summer

- Sunrise 5am- Sunset 10am
- Average temperature 9 -18 degrees Celsius

In Winter

- Sunrise 8am - Sunset 4pm
- Average temperature 2 - 7 degrees Celsius
- Drop below 0 degree sometimes



# SUGGESTIONS

- Generally more rainy and windy than Asia
- Umbrella may break
- Waterproof bag for laptops
- Water-resistant Jacket is essential – Best with a hood
- For winter and snowy season
- Anti-slip shoes and thermal clothing
- Wear Layers – as heaters indoor



# FOOD

- Light Lunches on Campus
- Sandwiches, salad, meal deal in supermarkets
- Hot food options available – more expensive
- Homemade meal prep is cheaper
  
- Water filter (depends on cities)
- Can drink from taps in Scotland





# TIPS ON SAVING MONEY

## Groceries

- Supermarket loyalty cards - enjoy discounts and collect points for coupons
  - > Tesco clubcard, LidlPlus
- Claim and get cashbacks for the promotion items on apps with receipts
  - > Shopmium, GreenJinn
- Get discount groceries bags or takeaway food
  - > Too Good to Go



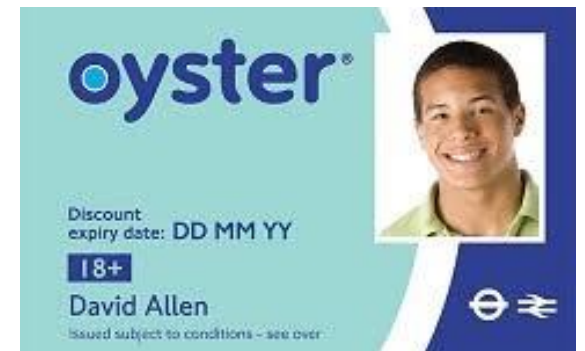
# TIPS ON SAVING MONEY

## Shopping

- Getting cashbacks or discounts
  - > TopCashBack, CheckoutSmart, Shoppix, Unidays, Student Beans

## Transportation

- Young Scot Card (Scotland under 21), Oyster Card (London)



# TIPS ON MANAGING FINANCE

- Set a budget for each month
- Open two accounts
  1. Current Account
    - Daily usage
    - Direct debit (bills, internet etc.)
  2. Saving Account
    - Not linked to debit card
- Transfer money weekly/ monthly to control the budget



# STUDENT SAFETY



# On Campus Security

- Swipe student card to enter buildings
- Security guards and cams around campus
- Reception for student accommodations
- Hotlines for emergencies



# General Advice

- Avoid going out until too late
- Avoid going to quiet streets or crowded places alone
- Don't be afraid to reach out to staff and friends when you encounter difficulties



# Frauds and Scams

- Some criminals specifically target international students
- Pretending to be legitimate organisations and demand money
  - > Be careful with those phone calls
  - > Do not send money or give them your card details
- What if it really happens?
  - > Call the police
  - > Contact the bank to block the account and card immediately



# Other safety issues

- Pickpocketing
- Sexual Abuse
- Spiking

Don't be afraid to contact the police or seek for help!!





# LOOKING AFTER YOURSELF



# How to deal with Loneliness?

- Keep in touch with home
- Make friends with international students and people with common interests
- Investigate the Students' Union and its societies
- Find some one to talk to rather than isolating yourself



# Mental health support in the UK

- Welfare or wellbeing department at your institution
- Counselling services have strict confidentiality policies

## Other Organizations

- **GloballyMindEd**
- **Nightline** (a service open at night for students run by students)
- **Student Space** (with trusted information, support services and tools to help you with the challenges of student life)



# National Health Services (NHS)

- Register with your local General Practitioner
- At local offices ('GP Surgeries') or Health Centres close to where you live
- Or your institution's own Health Centre



## What to bring?

- a letter from your institution as proof that you are a student
- your passport
- any loose immigration documents



# National Health Services (NHS)

- Appointments with doctors are free (except for certain things such as vaccinations for travel or getting a sickness certificate)
- Ask whether you have to make an appointment to see the doctor
- Your first point of contact if you are not feeling well

Do not wait until you are ill to register your GP!



# FINAL TIPS

- Be open minded to try new things
- Seek for advise when needed
- Keep in touch with families and friends
- Bring some cash for the first few months
- Enjoy the university life!



# THANK YOU

Please contact [annie\\_unieng@yahoo.com](mailto:annie_unieng@yahoo.com)  
if you have any other questions!

