

How you can help support international students

Learning and living alongside people from around the globe is a rare opportunity and helps you to avoid stereotyping and form more informed opinions for your future career. You are going to work with people from lots of different backgrounds and cultures and all your experiences when studying will help you be a more inclusive person.

- Make your peers **feel welcome** (e.g. welcome them to join your group)
- Offer opportunities to connect (e.g. A walk, grocery shopping, lunch together etc.)
- Make it easy for your peers to get involved
- If possible, talk about what life is like in the town or what your social circle/ life is like
- Involve your peers in a diverse and varied range of activities and events
- Encourage them to spend more time with others that are not from the same culture.

YOU CAN MAKE A DIFFERENCE

Some feedback from international students ...

I came all the way to improve English, please don't presume I would only be hanging out with same language peers

I want to be friends with them in my classes, but I am shy to start a conversation.

Sometimes I feel left out by home students, people tend to ignore me

I want to hangout with them at lunch and get to know them more

I am trying my best to speak slowly and confidently, I hope they won't laugh at me.



MAKE THEM FEEL WELCOME



LET'S

MAKE

IT

OUR BEST

UNI EXPERIENCE

TOGETHER



HOW TO

INTEGRATE



- Try to **not** spend all your time with peers who speak the same language as you
- Connect with peers in your year and others from the year above
- Attend activities offered by the university, societies and halls etc.
- "Please, Sorry and thank you" are common phrases in English, we use them a lot in the UK
- If you don't drink but would like to join your group, they offer juice and **non alcoholic beverages** in the pub, club or a bar

WHO CAN YOU TALK TO



YOU CAN TALK TO:

- Peers
- **SSGT**
- Personal Tutor
- Any teaching members
- People who are doing the same degree but a year above



Many international students find Student Support and Guidance Tutors (SSGT) really helpful, especially with well-being, personal issues, difficulties with the course and homesickness etc. SSGT's will talk through your options and may direct you to specialist services across the university as well as the support available locally.

School of Sport and Health Sciences SSGT contacts

Robert Dodd RD146
Hilbrow G38
Westlain 371
ssgtshseastbourne@brighton.ac.uk
ssgtspportandnutrition@brighton.ac.uk
ssgtshsfalmer@brighton.ac.uk
www.brighton.ac.uk/ssgt

Please email to check availability and secure an appointment .

TO IMPROVE ENGLISH

YOU CAN

- Spend time talking to **English speaking peers**
- Take every opportunity on offer, eg become a student ambassador
- Try to make friends with people from different cultures
- If training for a professional course, it often **requires using certain terminology**- this can be learnt and improved when you are speaking English in class, practical groups and on placements.
- Listen to podcasts on YouTube, Spotify and BBC
- Check out the **Brighton Student Skills Hub** for English language support
- Read newspapers, literature papers, books, magazine, subtitles from Netflix
- Ask for constructive feedback
- **Practise!**