

## Immigration & International Student Advice Newsletter

Welcome to our Social and Support Newsletter. The newsletter is a new format this week, to not only continue the weekly activity planners, but to include your contributions, weekly wins and a catch up from the International Challenge group and what they have been getting up to.

Remember the University is now updating all students and staff every day on the main COVID-19 update page: <https://www.southwales.ac.uk/news/coronavirus-overview/>

### Ongoing Immigration & International Student Advice Support

We fully appreciate that this is a stressful time for students and the updated Government advice may have implications for you.

Remember the IISA team are still working to support students. You can [chat with us live on Ask an Adviser](#), email us on [international.advice@southwales.ac.uk](mailto:international.advice@southwales.ac.uk) or call 01443 482083 if you need to speak to someone

Telephone appointments remain available - email the IISA team to book a phone appointment. Please include your name, basic query and student ID as well as your mobile number in the email.

### What are you doing? Continue to contribute to our Newsletter

We have included the first of our student contributions in this newsletter, and its fantastic to see what you have been doing. Remember you can contribute with anything from a store cupboard recipe to an exercise regime you have been following.

We also want your Weekly Wins, where we celebrate all the things you are doing, from trying a new physical activity to creating new art in your home. Send us pictures of your Weekly Wins and we will feature them in the coming weeks.

### USW - Keeping in Touch Programme

During this unusual time of coronavirus lockdown, we want you to know that you are not on your own and we are still here for you.

We invite you to our ['Keeping in touch'](#) programme if you would like to receive a phone call from a member of staff from time to time.....for a casual chat, a quick catch up or to ask a question if you are facing any challenges during this time of self-isolation

### Weekly Win



#### Our Weekly Win, for 18<sup>th</sup> May 2020 is.....

Atul Jai Shyam, who handed in his final project last week. Here he is celebrating Social Distancing Style. Congratulations on completing your project! We love this photo and the real sense of accomplishment you must be feeling. Keep smiling and enjoy your weekly win!

## **Managing your Energy**

With exams, final projects and dissertations due in the next few weeks, its important you think about how you manage your energy through each day while you study from home.

Studying at home for this length of time is a new experience for many of you, so we have gathered some tips together to help you stay healthy, productive and to help keep your studies on track in the next few weeks.

### **1. Make realistic Goals**

Its important to know that there will be challenges ahead, but you have the perfect opportunity to set some great personal goals around your study. Eat well, take rest and set personal development goals. Want to set some goals for after University? Check out the Careers team for help and advice.

### **2. Manage your Environment**

Our campus is maintained beautifully, and the fantastic flowers always cheer us up. Setting up your home environment for an effective study and for your wellbeing is important. Schedule your day as you would if you were going to campus, and take regular breaks

### **3. Snack sensibly**

When you are inactive, you need less food in your body. It is important that you plan meals well, but also plan snacks to be as healthy as possible. Got a favourite study snack, then why not let us know?

### **4. Its not all about the coffee**

Caffeine is great, and we all know that it helps with our alertness and our physical activity. Everyone is different, but we know the effects don't last forever. Plan your caffeine intake carefully throughout the day, and tail off in the afternoon and evening to help you sleep.

### **5. Rest and Recharge**

Breaks during the day are important. Looking at the same thing for too long will mean that your brain doesn't take in the information as well, and you will eventually become bored. Set sensible study goals, and plan in rest breaks. You also need to plan your sleep. Your bedtime and waking up time should be as consistent as possible. Next week we will be providing tips on sleep hygiene to help you get the best nights sleep possible.

### **6. Friends and Family Time**

Make sure you add time to your diary for friends and family. There is nothing wrong with saying you have set times for socialising. This prevents you being interrupted when studying and means you know how your day will progress.

### **7. Share, share and share some more**

We are all in this together, and we need to be as social as possible while respecting the social distancing rules. Connect with friends, family and us in IISA via social media, email or by contributing to the next newsletter.

## **Week 7 Monday**

Social – Have you ever been to Hay On Wye? It's the biggest literary festival in the world. Our IISA team love to visit, but this year its been moved online. Check out the free [Schools Programme](#) or [Main Programme](#) for more information.

Physical – Its back to Yoga! This week a [brain boosting yoga](#) for you to try to fit in with our energy tips.

Wellbeing – Lets make a bucket list, of all the lockdown things you want to accomplish. Start with small, realistic goals and try and check one off each day.

## **Tuesday**

Social – Start a blog. It's a great way to keep in touch with friends and family during this time and let everyone know how your getting on and what your up to.

Physical – A social and a physical in one go today. Ikea have some [hacks for turning your living room into a fort](#). Get inspired and involved with your housemates and see what you can, safely, build.

Wellbeing – Plant a seed or 2. You don't need to have a huge garden to grow something green. Cactus and small plant kits are available all over the internet and will provide some great wellbeing energy for your personal space.

## **Wednesday**

Social – Back to The National Theatre as they are still offering a free weekly play. This week you can watch [Barber Shop Chronicles](#) with housemates.

Physical – You can go out every day for a walk, but have you ever thought of having a run? The [couch to 5K programme](#) is designed to get you fit enough to run your first 5K in just 10 weeks. Remember to respect social distancing on your run.

Wellbeing – Kitchen Clear-out time. So we did a spring clean a few weeks ago, but what's in the back of the kitchen cupboard? Have a clean out and see what you can make with everything you had for gotten about.

## **Thursday**

Social – Challenge someone to [a game of chess](#). Don't know hot tow to play? Get a friend to teach you.

Physical – Learn to juggle! Its surprising how much you move giving this a go. There are lots of tutorials on Youtube. Grab 3 object the same size (try toilet roll), move all the breakables and have a bit of fun.

Wellbeing – Lets take some time for ourselves today and read a book. You can get loads of [free eBooks on Project Gutenberg](#).

## **Friday**

Social – Learn to make a cocktail or mocktail. Learn with friends online and then toast the fact it's another Friday as you spend some time together. Check out [Steve the Bartender](#) for inspiration

Physical – Have a dance party in your kitchens with your friends or family on a social media app? Why not invite the housemates. Everyone loves a disco, so pick a DJ, choose a dance and give it

a go together. It's a great social activity as well!

Wellbeing – Paint! It's a great stress reliever and you might just be amazing at it. [Get inspired by Bob Ross](#), who walks you through paintings in just 30 minutes!

**Weekend:** We did it! Another week done, and we are still going strong. Be proud of what you have done this week and send us videos, photos, and comments about what you enjoyed and what you did not.

That's it for this weeks activities, but we will see you Monday with more things to try!