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GO! News

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Dear Reader

Welcome to our September Welcome Edition 2025! We hope the move to Swansea went smoothly and that you are settling in to your new home!

This newsletter should help you get a bit more information on the type of events we have to offer, our volunteering scheme we have available and the services we have to offer.

Our aim for these events is to give you the opportunity to meet new people, to get to know the local area and most importantly to enjoy the first few months of your University experience!

Our activities also run all year round!

If you have any event suggestions please email gosocial@swansea.ac.uk - we greatly appreciate them!

Emma, Fiona, Abbie, Nick, Nic, Mike, Kayleigh, Beth

VISA Advice



VISA Advice Team

Here to help

The VISA Advice Team are here to help and support International students with non academic queries. In particular we can help with visas and immigration, international family questions and cultural aspects of living in the UK. We also provide opportunities for social interaction and community building through our GO! Programme.

Please visit our website to explore our pages of advice and guidance, as well as details on how you can get in contact with us via email, Live Chat, ad hoc webinars or other online activities:

www.swansea.ac.uk/visa-advice

We also have our Instagram account, where you can tag us and when you go on events, keep an eye for your photos!

<https://www.instagram.com/studentlifesu/>

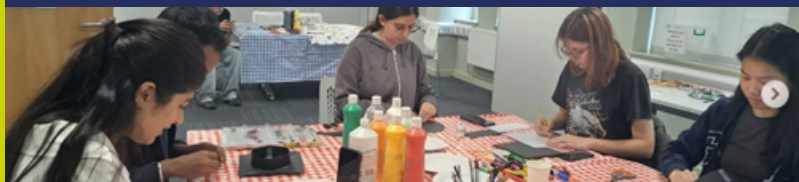
What's Going On?

Our social programme will be bursting with exciting activities to make your time here even more enjoyable! Here is a list of some of our upcoming events:

- 9th September - GO! Social: Pub Quiz
- 10th September - GO! Social: Pub Quiz
- 17th September - GO! Social: Treasure Trail
- 23rd September - GO! Social: Picnic in the Park
- 24th September - GO! Walk: Explore Swansea
- 25th September - GO! Social: Beach on the Bay
- 27th September - International Welcome Day
- 29th September - GO! Social: Welcome Breakfast
- 1st October - GO! Walk: Explore Swansea
- 2nd October - GO! Social: Meet up Mixer - Cardiff
- 4th October - GO! Trip: Cardiff by Train
- 6th October - GO! Social: Welcome Breakfast
- 8th October - GO! Social: Escape Room
- 11th October - International Welcome Day
- 13th October - GO! Social: Arts and Crafts
- 14th October - GO! Eat: Desi Swaag
- 16th October - GO! Social: Coffee and Chat
- 18th October - GET Active - Rhossili Walk

All of these can be booked at:

<https://university-swansea.native.fm/group/5010/student-life-go>



GO! Programme Lookback

GO! Social: Design a Graduation Cap

Our GO! events can vary, from calming crafts, bingo, pub quiz to film nights! This time round our students got the chance to design their own graduation cap for a bit of fun. It was a great way to remember their time at Swansea University, making some crafts and chatting to new and old friends. There was even a prize for the best design.

"Meeting other international students and also getting to go something fun and interesting"

"It was such a nice atmosphere, friendly and fun!"

"Was a great opportunity to socialize and try new things"

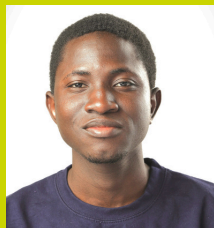
Meet the GO! Team

In each edition we will meet another GO! Team Member!

Your name: Micheal Olawale

Your course: Computer Science

Nationality: Nigerian



Why did you choose to study at Swansea University?

I chose Swansea because I was drawn to the University's strong reputation in Computer Science. Also, on top of the great course, the beautiful coastal location was a massive appeal.

Why did you decide to volunteer as a GO! Team member?

I decided that I wanted to help welcome new students and share my positive experiences at Swansea and my time at University. I thought the best way to do this was to volunteer and meet new people.

What do you see as your main job as a GO! Team member?

As a GO! Team member, I believe that the main aspect of the job is to provide support to new international students, this encourages them to build up confidence and make new friends. By volunteering for several activities through GO! Team, I find I'm able to do this.

What makes a good GO! Team member?

Someone who is friendly, approachable, and enthusiastic. These are key things to remember when volunteering as a GO! Team member.

Why do you think other students should apply to be on the GO! Team?

Joining the GO! Team is a great way to make friends, gain valuable experience, and contribute to the University community. What's stopping you?! Come join the GO! Team!

The GO! Team Volunteer Programme

Volunteering is a great way to meet people, gain employability skills and get involved with the community.

If you'd like to volunteer as a GO! Team Member, and want more information please register for a discovery account and sign up to be a GO! Team Volunteer here:

https://volunteering.discoverysvs.org/volunteers/opportunity/1019315_1 or email gosocial@swansea.ac.uk.



OPEN NOW

INSIDE
HARBWR ON
THE FIRST
FLOOR OF
FULTON



All of our
Singleton
socials will
be here!

5 Welsh Foods to Try:

- Welsh Rarebit - No one really knows how Welsh rarebit got its unusual name – though it's thought it was originally meant as a jibe by the English suggesting Welsh people couldn't afford to eat actual rabbit, and so had to eat cheese instead (hilarious!). What's certain, however, is how good it tastes: Welsh cheese, usually mixed with mustard (and sometimes beer!), is slathered over toasted bread to create the ultimate Welsh comfort food.
- Welshcakes - Perhaps the best-loved of all Welsh treats, these small, circular cakes are dusted in sugar and provide the perfect accompaniment to a hot cup of tea.
- Cockles and Laverbread - There's nothing like the smell of cockles and laverbread sizzling away in a pan to bring the essence of the Welsh coast directly to you, wherever you might be. And that's the beauty of the Swansea breakfast. For those who haven't come across it before, laverbread is a type of seaweed which is collected along the coastline, topped with some seafood (cockles).
- Bara Brith - The ultimate Welsh pick-me-up is a slice of bara brith smothered in butter. The tea-infused bread, sprinkled with dried fruit, dates back to the 19th century and still holds pride of place on the counter of cafes and coffee shops throughout Wales.
- Cawl - Dating back to the 14th century, cawl, is a hearty stew of lamb and seasonal vegetables that is considered to be the national dish of Wales. Usually accompanied by slabs of fresh bread, it's the perfect meal to warm up during a frosty Welsh winter.

Most of these can be picked up from Swansea Market in the City Centre - and you can find recipes here: <https://www.visitwales.com/things-do/food-and-drink/welsh-food-and-recipes>

hapus

The Student Life Toolkit
Pecyn Cymorth Bywyd Myfyrwyr

Our online Student Life Toolkit, **Hapus**, contains information on how to deal with culture shock, and lists the many teams across the University who can support you and help you settle in! You can access the course via your Canvas account