SUMMER

Imperial College London
International Student Support Newsletter

I 💜 Brighton
The International Student Support team have launched a new trips programme! Please like our Facebook page or follow us on Twitter so you’ll be the first to know about our upcoming trips.

**DAY TRIPS**

**HAMPTON COURT PALACE**
- Explore Henry VIII’s majestic palace, including his magnificent State Apartments!
- And Tudor kitchens! Don’t miss the Hampton Gallery, the Hardinge Pavillon, the - Formal Gardens and the Tudor Maze!
- Saturday 12 May 2018
- Ticket: £2 (normally £4.92)

**BRIGHTON & THE ROYAL PAVILION**
- Full pace including: Tour of the magnificent Brighton Pavilion, visit a Real Ale pub, & tour the Royal Pavilion
- Saturday 26 June 2016
- Ticket: £25
- [More info](http://www.impact.ac.uk/activities/brighthampton.php)

**Yeoman Warder Walking Tour**
- **TOWER OF LONDON**
- 5th June 2018
- Ticket: £6
- Join us for a guided walk through the famous Yeoman Warder, also known as a Beefeater, through the Tower's historic buildings and gardens, discovering the history of the Tower.

More info on all our trips [HERE](http://www.impact.ac.uk/activities/tower.php)
How long have you worked at Imperial?

Just about two months. I'm still finding out about all the things that make this place so great. My current favourites are the piano practice rooms, the Tuesday market, and the library breakfast.

How long have you worked with international students?

About 2.5 years. I worked at the International Student Office at Cambridge University before joining Imperial.

What one word best describes your role?

Varied.

Describe a ‘typical work day’ for you?

Currently, my typical work day involves a lot of learning. Being so new to the role and the team, there is a lot to get to grips with, so I often find myself in meetings with team members or shadowing them in appointments with students, attending training sessions and workshops, or taking on new tasks for the first time. This suits me perfectly, as I love learning new things and taking on new challenges.

What one thing in your office could you not function without?

The camaraderie. My colleagues are wonderful people and they're always there to help when I have questions. They make the job enjoyable, and have made me feel like a part of the College community.

If you could invite three people to a dinner party (current or historical figures) who would it be?

David Attenborough; Billie Holiday; John Steinbeck.

Tell us something we might not know about you?

I'm about to become an uncle for the first time! My brother and his girlfriend are due to have a baby this month.
Summer Events in London

Our Top Picks

LONDON MARKETS

Brick Lane Market is a chaotic, bustling artistic hub which attracts a lot of young Londoners in search of second-hand furniture, unusual clothes and bric-a-brac. They’ll finish with an inexpensive Sunday lunch in one of the many ethnic restaurants and cafes lining the street, which include authentic Jewish bagel shops and Bangladeshi curry houses. The joy of this market is that you never know what you’ll find!

Mercato Metropolitano. Inside the 45k square foot space you’ll find a similarly huge collection of some of the best Italian artisanal talent the country has to offer, including bakers, fishmongers, butchers, cheesemongers, charcuterie specialists, gelato slingers, pasta makers (duh), brewers, coffee roasters, and some genuine Neapolitan pizza cooks.

Broadway Market is one of South London’s oldest markets. With over one hundred stalls selling food, drinks, groceries, clothes, electronics, homewares and so much more, you’re sure to find everything you need under one roof.

Maltby Street is one of London’s most picturesque markets, its railway arches and bustling flapping in the breeze creating an almost villagey vibe. The market is fairly small but a lot is packed in, and the quality of traders is always high.

Stop at Colombia Road Flower Market for plants, shrubs, bulbs and trees. This flower market in London is a must-visit for its super-colourful displays and fragrant blooms. You can also pick up gardening accessories from the surrounding shops in this east London hotspot, and make sure to take home some of the gorgeous cut flowers on offer.

Pick up beautiful products from artisans and small cottage industries at Greenwich Market. Weekends are busiest, with about 150 stalls selling an enticing range of jewellery, pictures, clothes, accessories and unique gifts. There’s also a food court and local shops selling even more goodies.

Soak up the atmosphere at one of the oldest markets in London, on Portobello Road. There’s been a market here since the 1800s, but it’s become particularly famous for its antiques since the 1950s. Nowadays, you can also find everything from vintage clothes and bric-a-brac to music. This Portobello market is in full swing on Saturdays.
International Family Network
The International Student Support team aims to provide support to help with the transition into UK life. Moving to an unfamiliar country and trying to balance study commitments while raising a family can be an isolating and difficult experience. If you’re an international student parent in this position, the good news is that you’re not alone!
We have created the International Family Network in order to bring international families together in a welcoming and informal environment. Our meet-ups allow you to socialise and share experiences/tips with others who may be going through many of the same situations as you.

Dates for your Diary:
13th May 2018
Hampton Court Palace and the Magic Garden
£5 ped adult, no charge for children
email s.markey@imperial.ac.uk to purchase tickets

Upcoming trips:
Sensational Butterflies & Picnic
date to be confirmed

For more information and to sign up please email Shelagh Markey on s.markey@imperial.ac.uk

Join our Family Network Facebook Group to be the first to hear of news and events organised specially for you and your family
Stress - are you coping?

Mental Health Awareness Week is the UK’s national week to raise awareness of mental health and mental health problems and inspire action to promote the message of good mental health for all. 2018’s national theme for Mental Health Awareness Week on 14-20 May draws attention to the relationship between stress and our mental health.

Check out Imperial Student Space http://www.imperial.ac.uk/student-space/ where you will find lots of information and support on staying physically and mentally healthy while you are studying at Imperial. Don’t forget that we are here to help.

http://www.imperial.ac.uk/counselling/
http://www.imperial.ac.uk/health-and-wellbeing/mental-health-awareness-week/
https://www.mentalhealth.org.uk/blog/stress-are-we-coping?gclid=EAIaIQobChMn5oC_1u2gI7VEAh6Ch2e4QaEAAAYAASAgIDSTDL_BwE
https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week
INTERNATIONAL STUDENT SUPPORT

come in, we're open!

OUR SERVICE: FREE UK STUDENT VISA ADVICE AND SUPPORT FOR INTERNATIONAL STUDENTS

WHERE TO FIND US: LEVEL 3, SHERFIELD BUILDING, SOUTH KENSINGTON CAMPUS

OPENING HOURS:
09:30-5:00 MON, TUES, THU, FRI
10:00-4:00 WED

HTTP://WWW.IMPERIAL.AC.UK/STUDY/INTERNATIONAL-STUDENTS/