

# WELCOME TO CHEVENING

*Autumn events and more, all inside*



CHEVENING CLASS OF 2020

# WELCOME!

It's the start of your year as a Chevening Scholar... Beginning studies in a new country is exciting, but we know that it might be daunting too. We hope you'll find some useful ideas and tips in this little booklet, as well as a flavour of the extraordinary year ahead.

## Digital goody-bag

Take advantage of some special offers, exclusively for scholars, by clicking on the links below.

### £30 OFF CHATHAM HOUSE STUDENT ANNUAL MEMBERSHIP

Chatham House is an independent, world-leading policy institute. Student membership provides regular webinars with experts on major topics, access to the Chatham House online archives, including International Affairs and The World Today and a £30 discount on books and reports.

Take the opportunity to share, debate and develop ideas on critical international issues.

Sign up for a student membership and apply discount code at checkout: **CHEVENING30OFF**

Find out more about membership on [our website](#).

### 30% FUTURELEARN DISCOUNT

Claim a 30% discount on a short course of your choice on FutureLearn.

Discount Code:  
**CheveningScholarship2020**

Use the code at the discount section of the upgrade payment page before 28 February 2021.

### FREE PERSONALITY TYPE TEST FROM 16 PERSONALITIES

Find out your personality type, explore your strengths, and learn how to harness these in your personal life and career. **Take the free test here.**

### 15% OFF PERLEGO, THE "SPOTIFY OF TEXTBOOKS"

Perlego is a digital online library with over 300,000 academic, professional and non-fiction e-books. It offers users unlimited access to these texts for the duration of their subscription. Use the discount code "Chevening-10" or select the monthly plan option through [this discount link](#) before 15 January.

### CHEVENING DIGITAL BRANDING

Show off your Chevening credentials with your personal Chevening digital branding kit. Download a background for virtual meetings, your PC desktop, as well as cover images for Twitter, Facebook and LinkedIn on [our website](#).

# Dear Cheveners,

Welcome to the Chevening community. Over 50,000 people applied for Chevening last year, and only the brightest and best were successful.

I am enormously proud of Chevening. I believe it has the power to transform the lives of Scholars and Fellows and, through them, the world.

The Chevening programme supports talented professionals from all over the world to study at a renowned UK university, enabling them to build international relationships that will last a lifetime. Many of the challenges that we face today, including the Covid-19 pandemic, do not respect borders. This underlines the importance of global collaboration and relationships, facilitated through communities such as Chevening.

There are now more than 50,000 Chevening Alumni around the world who are working on a huge range of projects and challenges. Many of our alumni have risen to positions of leadership across a wide range of fields including politics, science and technology, law, the environment, business, media, civil society, and academia. You will become part of this influential global network at the end of this year.

While it is unlikely to be a typical year for Chevening Scholars, we are doing our best to make sure you can still experience the very best of UK culture and higher education. The Chevening team have been working hard to give you opportunities to network, and to experience the UK's history, culture, values, and way of life. Some of these activities are detailed in this booklet. Study hard, but make the most of these opportunities too - remember that you can learn as much outside of the classroom as you can inside it.

I have been deeply impressed by how the Chevening community supported each other with kind words and actions over the last year. I know that the Class of 2020 will also rise to meet the challenges of the year ahead and work together to make most of your time as Scholars.

All the best for the coming year.



## Naomi Rayner

HEAD OF THE SCHOLARSHIPS UNIT, FOREIGN,  
COMMONWEALTH AND DEVELOPMENT OFFICE





# TOP TIPS FROM YOUR PROGRAMME OFFICERS

We asked the team who will be supporting you throughout your time as a Chevening scholar for their top tips and advice to help you make the most of your time with us.

## MAKING FRIENDS AND BUILDING CONNECTIONS ACROSS THE WORLD

**Catherine:** The best way to make friends is talk to anyone and everyone that you meet. If you feel comfortable, swap numbers, social media handles or business cards with people that you get on with.

**SUSIE: JOIN ACTIVITIES OR CLASSES THAT YOU ARE INTERESTED IN SUCH AS DANCE OR FITNESS CLASSES. THIS IS NOT ONLY A GREAT WAY TO KEEP FIT, BUT YOU WILL MEET OTHER PEOPLE WITH SIMILAR INTERESTS TO YOU.**

**Suraj:** Chevening organises a variety of events throughout the year. Try to register on as many of these events as possible, as this is a great way to meet other Chevening scholars from around the UK.

**DAN: TRY NEW THINGS AND PUT YOURSELF OUT THERE. MOVING TO A NEW COUNTRY CAN BE DAUNTING, BUT BEING OPEN-MINDED ABOUT NEW EXPERIENCES WILL BE BENEFICIAL TO YOU IN MANY WAYS**

**Lizzie:** If you have not already done so, join the Chevening Facebook Group! This is a brilliant way for you to keep in touch with other Chevening scholars around the UK and to see what everyone is doing, or cities they might be visiting.

## SETTLING INTO THE UK AND ADAPTING TO A NEW CULTURE

**Lydia:** Be pro-active in making friends. You have a whole community of Cheveners to chat to, even if it's virtual. If you're having difficulties in adapting, you might realise you're not alone.

**SOPHIE T: DON'T LET THE BRITISH WEATHER KEEP YOU INSIDE IN THE COLDER MONTHS! GRAB SOME WELLIES (A VERY BRITISH INVENTION), A BROLLY, SOME GLOVES AND A HAT AND EXPLORE YOUR LOCAL PARKS, GARDENS OR OUTDOOR NATIONAL TRUST SITES.**

**Noeme:** Reach out to the communities around you (housemates, coursemates, Chevening friends) for support and encouragement, but don't forget your family and friends at home will be cheering on you all the way.

**KADRI: TRY EVERYTHING BRITISH! WATCH BRITISH FILMS, LISTEN TO THE LOCAL RADIO, TRY LEARNING SOME REGIONAL SLANG AND GO FOR A WALK EVEN IF IT IS RAINING.**

## LOOKING AFTER YOURSELF WHILE STUDYING FROM HOME

**Linda:** Get out for a walk, whether it's a long or short. It's good to break up the day and have a bit of separation between work and relaxation.

**LUISA: DESIGNATING AN AREA FOR WORK ALLOWS YOU TO SWITCH OFF AT THE END OF A WORKING DAY. ALLOW YOURSELF TO WALK AWAY TO HELP YOUR MIND DISSOCIATE AND FULLY REST.**

**Sally:** Take regular screen breaks to help refresh your eyes and mind. A quick 10 minutes away from my computer every hour really helps me to refocus and move my limbs!

# EVENTS PROGRAMME

## Autumn 2020

Be sure to read your monthly Scholargram newsletter for more about our programme of events, plus links to sign up. Some details could change and new events may be added!

### TYPES OF EVENT

Our events come in different categories to help you find the subjects you're interested in. Look out for these events over the next couple of months, and throughout the whole year.



#### BEST OF BRITISH

Exploring the places, spaces and ideas that put the Great in Great Britain, including trips to cultural, political, historical and popular locations.



#### CHEVENING CIRCLES

Meet, connect and network online in a more informal setting. Each month will cover a different exciting topic - expect both academic and non-academic topics and a few surprise guest speakers



#### WORKSHOPS

Interactive events to equip you with skills and knowledge to use in your student life and future career.



#### WELLBEING

Fresh ideas, activities and workshops to help improve your mental health and wellbeing.



#### VOLUNTEERING

Give back to the community, gain new skills and make new friends - there are plenty of advantages to volunteering! We make it easy to get out there, make a difference and meet your fellow scholars.



#### CHEVENING EXPLORES

Hear from academics and experts on important, contemporary topics. Meet and network with scholars who share your interests.



#### CHEVENING CONFERENCE

Present your academic research to your peers, learn and share ideas at our annual scholar-led conference in collaboration with a UK university.

# NOVEMBER



## BEST OF BRITISH

### ADVENTURING IN YOUR PLAYGROUND

MONDAY, 9 NOVEMBER  
14:00 TO 16:00

While we're waiting for the time when we can plan those big adventures again, we're all thinking a little more locally! Inspirational speakers from the UK adventuring world share their own achievements, encourage you to explore your surroundings, and talk about how to connect to your community.



## WELLBEING

### CHEVENING COOKS

TUESDAY, 17 NOVEMBER  
18:30 TO 20:00

Dinner is served! Get some inspiration for quick and healthy meals, designed with the busy student in mind.



## CHEVENING CIRCLES

### YOUR JOURNEY TO CHEVENING

WEDNESDAY, 18 NOVEMBER  
14:00 TO 14:30

How did you get here? This is your space to share stories on why you applied, and how you succeeded. How has your experience in work and education led to you becoming a scholar? We're sure that you'll hear some inspiring stories and connect with your new Chevening colleagues.



## WORKSHOP

### SPEAK EASY: HOW TO COMMUNICATE EFFECTIVELY ONLINE

FRIDAY, 20 NOVEMBER  
10:00 TO 13:00

We've all been Zooming, FaceTiming, Skypeing, Housepartying. You might think you're pretty good at it by now, but communicating online can still be challenging. How can you improve your digital communication skills?



## VOLUNTEERING

### INTRODUCTION TO VOLUNTEERING

DECEMBER

How does the Chevening volunteering programme work? How do you look for volunteering opportunities and record your volunteering time? Take a chance to network and share your altruistic experiences.

Find out more about Chevening's events programme for scholars on our website: [chevening.org/current-cheveners/events-for-scholars](https://chevening.org/current-cheveners/events-for-scholars)

# DECEMBER



**BEST OF  
BRITISH**

## DISCOVERING SUTTON HOO AND VIKING BRITAIN

**DATE AND TIME TO BE CONFIRMED**

Hundreds of years before the Chevening Scholarships programme even existed, the Anglo Saxons roamed these isles in the 6th and 7th centuries. Tour the amazing burial site of Sutton Hoo and explore the Medieval exhibition at the British Museum. Listen to a short talk from an academic and indulge in the ancient art of networking.



**CHEVENING  
CIRCLES**

## FAVOURITE FESTIVE TRADITIONS

**WEDNESDAY 16 DECEMBER**

Pour yourself a warm drink, get cosy, and join your fellow scholars to discuss your favourite festive traditions.



**WELLBEING**

## YOGA AND MINDFULNESS SERIES

**DATE AND TIMES TO BE CONFIRMED**

Bending, stretching, feeling good! Our yoga series is aimed at all levels and will focus on a different routine each time.



**WELLBEING**

## CHRISTMAS CRAFTS

**DATE AND TIME TO BE CONFIRMED**

Join our programme officers for some festive fun as they help you create your own Christmas crafts to decorate your living space.



**CHEVENING  
EXPLORES**

## MEDIA FREEDOM IN A DIGITAL ERA

**THURSDAY 10 DECEMBER  
14:00 TO 15:30**

New threats, challenges, and opportunities – we explore how the world wide web, social media and digital communications have affected the freedom of the press and democracy.

Find out more about  
Chevening's events programme  
for scholars on our website:  
[chevening.org/current-  
cheveners/events-for-scholars](https://chevening.org/current-cheveners/events-for-scholars)

# NEW SCHOLAR CHECKLIST

As you begin your master's degree, we know that you'll be eager to dive straight into your studies. Here are a few suggestions of other things you can do to get to know your university and prepare for the year ahead.

- If you are in the UK, register with a local doctor's surgery. Your university may have a student health service you can register with.

**Make sure you know where to go for support and advice at your university. This could include:**

- Finding the contact details for any student advice or support services
- Finding the contact details for your university's international office if they have one
- Finding the contact details for the students' union officers who represent you
- Check out your university's sports teams and student societies and sign up for the ones you are interested in. This is a great way to make new friends, even virtually, and you may be surprised by the range of activities on offer!
- Make sure you understand and are prepared for the teaching and learning style in the UK. This may be different to your home country. Websites like **prepare for success** can help you with this.
- Research your university's plans for tackling Covid-19 and make sure you are prepared to work with them to keep your campus safe.
- Make sure you have thoroughly read all correspondence from your university and taken any actions advised by them.



# USEFUL CONTACTS IN CASE OF AN EMERGENCY

**999** Ambulance, fire, police (emergency)

**101** Police number when less urgent than 999  
(e.g. mobile phone theft)

**111** NHS number when less urgent than 999

If you are feeling down, or are in need of help, visit [samaritans.org](https://www.samaritans.org) or call **116 123** for free at any time to talk to someone in confidence.

Don't forget to email [welfare@chevening.org](mailto:welfare@chevening.org) if you experience difficulties or want to talk to someone during your time in the UK.

Support related to mental health:  
[studentminds.org.uk](https://www.studentminds.org.uk)

Audio guides to help deal with anxiety and boost your mood:  
[nhs.uk/conditions/stress-anxiety-depression](https://www.nhs.uk/conditions/stress-anxiety-depression)

Advice on how to manage your budget:  
[university.which.co.uk/student-budget-calculator](https://www.university.which.co.uk/student-budget-calculator)

Learning activities to help you prepare for study in the UK: [prepareforsuccess.org.uk](https://www.prepareforsuccess.org.uk)

Specialist advice for international students:  
[ukcisa.org.uk](https://www.ukcisa.org.uk)

Guide to staying safe:  
[chevening.org/staying-safe](https://www.chevening.org/staying-safe)

Information on coronavirus (Covid-19) and more wellbeing links for scholars:  
[chevening.org/coronavirus](https://www.chevening.org/coronavirus)

Expert advice and practical tips on mental health and wellbeing from the NHS and Public Health England to help with Covid-related anxiety.  
[nhs.uk/oneyou/every-mind-matters](https://www.nhs.uk/oneyou/every-mind-matters)



[chevening.org](http://chevening.org)



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Chevening Awards

Share your stories with us through  
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