

# Integrating into University Life and Gozo Culture

*“The beginning is the most important part of the work” – PLATO*

Starting at a new University in a new country on your own can feel daunting and lonely at times but rest assured there are ways to make the transition easier. Remember you are all in the same boat. Be understanding, kind, open minded and don't judge other students. Most likely you are all feeling the same way.

Pearson and Wonkhe conducted a year-long study about belonging and inclusion in which they surveyed 5,233 students in partnership with 15 students' unions across the UK. 76 percent of participants believed that “forging new connections & building peer relationships is an essential part of the university learning experience for all students”. Only 1 percent rated it as “an added bonus” but “not material to the learning experience.”

<https://wonkhe.com/wp-content/wonkhe-uploads/2022/06/Inclusion-Confidence-Networks-June2022-1.pdf>

Therefore, it's time to get social!!

The best way to feel part of the University community is to be proactive in building connections and friendships.

## Tips on building connections:

- *Join student societies*
- *Create a study group with other students*
- *Join a workshop run by SAPS: board game session, Mindful Art, Yoga.*
- *Take initiative – be the one to suggest meeting up.*
- *Create or join a football team or another sports group – Gaudos Gym offers basketball, badminton, cricket and more.*

**Ask for help when you need it!** Don't let situations get worse by dwelling on them. The SAPS team are here to support you. If you ever need a chat please book a time to see us by using this link <https://bit.ly/SAPSMaltabooking> or pop by. We are on level 2, close to the contemplation rooms.



### Student Support Office

Contact us at: [student-support-malta@qmul.ac.uk](mailto:student-support-malta@qmul.ac.uk)

Malcolm: 99986160

Aimee: 99108315

**For medical or mental health emergency: 112**

**Gozo General Hospital – A&E Walk-in 24/7**

**Victoria Health Care Centre – 22156820**

**Richmond Foundation (for emotional support) – 1770**

**Support line - 179**

That brings us to **Gozo**! As you may have noticed Gozo is a small and quaint island that lacks the buzz of a big city. However, it is bursting with hidden treasures and fun can definitely be found through different activities such as water sports, hiking, rock climbing, sunset picnics and much more. Check out the discount scheme for great offers on activities and restaurants. Malta is just a ferry ride away and here you shall find beautiful towns such as Valetta and Mdina as well as lovely beaches, shopping and nightlife. To find out what is happening on the islands visit the website: <https://www.whatson.com.mt/en/home.htm>

The best way to experience a different culture is to integrate as much as possible by getting to know the locals, the language, and the traditions.

### **Tips on Integrating on Gozo:**

- *Help the community by volunteering with one of our affiliated organisations.*
- *Be adventurous and try the local cuisine. Most bakeries will sell freshly made ftiras which are leavened breads with various fillings.*
- *Learn some Maltese words.*
  - o *“Iva” is yes*
  - o *“Le” is no.*
  - o *“Mela” – probably the most spoken word in the Maltese language with several meanings: “Of course”, “OK”, “alright”, “certainly”, “so”, “then” or “ummm”.*
- *Enjoy the processions and village feasts throughout the year where locals dress up and celebrate their village with massive amounts of fireworks.*



**A Big Welcome to all of you from us here at SAPS.**

**We wish you the best of luck to new beginnings!**