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# GO!News

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## Dear Reader

Welcome to our January 2026 Edition! There will be some of you that have been here a while and settled into Swansea University life and getting to grips with the Welsh way of life, whilst others who have got here!

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, or continue with your life here!

Our activities also run all year round.

If you have any event suggestions please email [gosocial@swansea.ac.uk](mailto:gosocial@swansea.ac.uk) - we greatly appreciate them!

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

## 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](http://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:

- 7<sup>th</sup> January - GO! Social: Relax and Refresh
- 14<sup>th</sup> January - GO! Social: Relax and Refresh
- 22<sup>nd</sup> January - GO! Social: Meet Up Mixer - Designer Outlet by Bus
- 23<sup>rd</sup> January - GO! Social: St Dwynwen's Day Crafts
- 24<sup>th</sup> January - GO! Trip: Designer outlet by Bus
- 26<sup>th</sup> January - GO! Social: Welcome Breakfast
- 28<sup>th</sup> January - GO! Walk: Explore Swansea
- 31<sup>st</sup> January - GO! Social: International Welcome Day
- 2<sup>nd</sup> February - GO! Social: Welcome Breakfast
- 4<sup>th</sup> February - GO! Walk: Explore Swansea
- 9<sup>th</sup> February - GO! Social: Board Game Bonanza
- 11<sup>th</sup> February - GO! Social: International Welcome Day
- 16<sup>th</sup> February - GO! Social: Board Game Bonanza
- 17<sup>th</sup> February - GO! Eat: The New Slow Boat
- 20<sup>th</sup> February - GO! Social: Meet Up Mixer - Birmingham
- 22<sup>nd</sup> February - GO! Trip: Birmingham
- 28<sup>th</sup> February - GO! Trip: Cardiff by Train

All of these can be booked at:

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



## GO! Programme Lookback

### Language Cafe

Our GO! events can vary, from calming crafts, bingo, pub quiz to film nights! We launched our weekly brand-new Language Cafe in October. Every Wednesday lunchtime in Global Lounge, Singleton Park Campus, we host Language Leaders, where students have the chance to learn a new language or practice their existing skills!

"I really enjoyed the social aspect and meeting new people from different places"

"It was great chance to learn something new and I enjoyed"

"Teachers are enthusiastic!"

## Meet the GO! Team

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

Your name: Hannah Albridge

Your course: Law with Year Abroad

Nationality: English



### Why did you choose to study at Swansea University?

I'm from a small English seaside village so I wanted to be near the sea again and Swansea was perfect for that. Swansea's study abroad programmes also persuaded me!

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

Having returned from a year abroad in Germany where I volunteered with a similar organisation to help international students integrate into the country, I wanted to continue my 'international experience' back here in Swansea.

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

Helping international students feel at home in Swansea and give a helping hand in building their connections in Wales.

### What makes a good GO! Team member?

Having adventurous and welcoming energy.

### What has been the best part of being a GO! Team member so far?

Meeting some students during Swansea's welcome event who I had helped to persuade to study in Swansea when I was living in Germany. Then watching them thrive over the semester has been amazing to see.

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

If you've done a study abroad programme before and miss the experience, being a volunteer can continue your international experience and also offers for you to 'give back' like others in your host countries did for you. If you plan to go on a study abroad experience soon, you can get tips and tricks from current students to take with you.

## 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.discoveryvs.org/volunteers/opportunity/1019315>

or email [gosocial@swansea.ac.uk](mailto:gosocial@swansea.ac.uk).



OPEN NOW

INSIDE

HARBWR ON  
THE FIRST  
FLOOR OF  
FULTON



All of our  
Singleton  
socials will  
be here!

### Recipe Idea: Traditional Cawl

Cawl is a Welsh soup which you can try for yourself. You can make a meat or vegan version!

#### Ingredients

500g lamb cut into 5cm chunks (OPTIONAL)

OR

skip the meat and use 1L Vegetable Stock

500g swede

2 carrots

300g potatoes

2 leeks

Fresh bread and butter

Caerphilly cheese to serve (OPTIONAL)



#### Method

- Chop up your vegetables, nice and chunky.
- The traditional way to cook cawl involves boiling the water with the lamb in a large pan, then adding vegetables. This creates a meaty stock, but if you aren't the meaty type then skip this step and start with 1L of vegetable stock instead.
- Sautee the leeks in some salted Welsh butter before adding the stock and chopped veg. Bring your cawl to the boil and simmer for 15-20 mins, until the veg is tender.

Cawl tastes best after it's chilled overnight to let the flavours really develop. Simply reheat, cut some chunky slices of bread and butter, add a few wedges of cheese and enjoy!



### GO! Eat | Cost £10 (usually)



Why not join us for our next GO! Eat? Our host restaurant will typically provide us with a £10 set-menu for us and there's always plenty of food!

Keep an eye on our social media for where we go next!  
<https://www.instagram.com/studentlifesu/>