



### Candidate for the position of International Students' Rep (Chelmsford)



**Sandra Mikosinska**

"Vote Sandra for the International Rep

I am a Polish student, in my first year of Law. I am also a course rep and I lived in both Poland and the UK for several years. I know what it is like to live in a country that is not your own. I understand the cultural differences that can be completely overwhelming at first, but also how hard it can be at times to be far away from family and friends.

But I also know how amazing it is to get to know a new culture and the moment of feeling at home in another country. To achieve this, some things have to improve; and I want to be the person to make this change happen.

My aims for the position of the International Rep are:

- **Approachable Rep:** I don't want you to see me just during the election. I want students to know me, to know how to contact me and to feel comfortable to approach me for any help and support.
- **Support:** I know that international students (as well as EU students) struggle at first when they arrive on campus. I want to be able to support you with many issues: housing, course issues as well mental health. As a qualified Mental Health First Aider I will be able to support you with any issue. This includes making students aware of their rights as tenants, dealing with the University and accommodation, finding English courses if needed, etc.
- **Social Events:** In corporation with the International Society, I would like to make more events aim at you, international and EU students. From movie nights, language classes, to different trips and events promoting diverse cultures. As not all countries have societies created for them, these events would also help you network with other students.
- **Cooperation:** As your rep what is important are your struggles and in order to represent you, the students, I welcome feedback in any way. Let me help you."