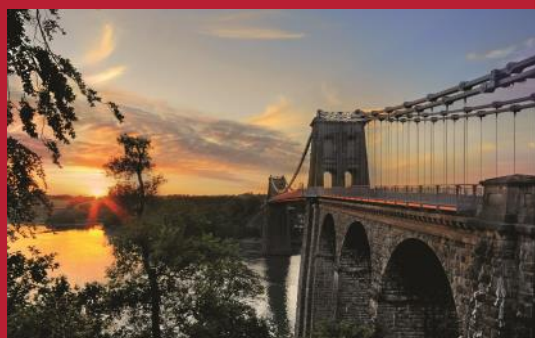


International Student Newsletter - September 2017



PRIFYSGOL
BANGOR
UNIVERSITY



Croeso i Fangor! Welcome to Bangor!

Welcome to all our new students, and welcome back to our returning students. We hope you had a good Summer and that you are looking forward to the new academic year—we know we are!



This is our monthly newsletter for international Students, their families and staff. The newsletter gives an overview of what's happening in the University, in the local area and other useful information. The newsletter is sent to all international students to their Bangor University email addresses. If you don't receive it and you want to be added to our mailing list please email us. We hope you enjoy your time in Bangor and we look forward to seeing you at our regular social activities! **Best Wishes and POB LWC, Alan and Marcel.**

One World Gala 2018

Every spring, the International Student Support Office hosts the One World Gala, which has become an important date in Bangor University's calendar. This event presents an excellent opportunity for students and staff from all over the world and the UK to showcase their **talents and culture**, and, of course, to make new friends in the process. One World Gala also raises money for charity during the event.

Previous years' acts included belly-dancing, a Welsh choir, Chinese opera, an Afro-Caribbean fashion show, a Bollywood dance medley and a traditional Japanese act, to name a few!

International Student Ambassadors

Starting university can be a daunting experience to say the least but for you, as international students, we realise you also have to adjust to a new culture and surroundings and in many cases face the challenge of adjusting to a new language. We strongly believe in looking after you during your time at the University and we aim to make sure that everyone is made to feel welcome and settles in with ease. That's why we have over 50 International Student Ambassadors whose role is to provide advice and support for all international students at the University.

More details about how to contact the Ambassadors at:

www.bangor.ac.uk/international/studentprofiles/ambassadors



Whatever your talent is, we want to hear from you!

The event will take place on 9 March 2018, but rehearsals will begin in the Winter, so if you are interested in taking part get in touch on

internationalsupport@bangor.ac.uk or come see us in our office in Rathbone.

HOW TO CONTACT THE INTERNATIONAL STUDENT SUPPORT TEAM:

Website: www.bangor.ac.uk/international/support

Email: internationalsupport@bangor.ac.uk Telephone: 01248 382882

www.facebook.com/BangorUniversityInternational www.instagram.com/bangorinternational

#Bangorinternational



Internationals GO GREEN



Let's show the World that Bangor Internationals care about Planet Earth!

At the International Student Support Office we have put together a new project for the academic year 2017/18 - **Internationals Go Green** – consisting of a series of trips and events aimed at raising awareness on environmental issues, sustainability and wellbeing among international students. With this project, we will help local communities and will promote ways to ensure a greener present and future not only in Wales but also worldwide, whilst making our bit for Bangor University to become The Sustainable University.

But to do so, we need your help! Have a look at some of the activities we have prepared for this year in collaboration with other University Departments and Local Organisations. Make sure you join our Green Adventures around North Wales to learn, to make a

difference and to work together towards a fairer, better and greener future for all!

November

- Volunteering Day with *UNDEB Opportunities* = 4th November

December

- A Merry Green Christmas with the *North Wales Wildlife Trust* = 1st December
- Sorting Winter clothes for Syrian refugees with *Pobl i Bob!* = Date TBC

February

- Sustainability Carnival! with *Bangor University Sustainability Lab* = 1st-28th February

March

- Beach Clean with the *North Wales Wildlife Trust* = 24th March



www.bangor.ac.uk/international/support/events



The Sustainability Lab



Get Involved with Sustainability@Bangor

– your ideas, your university, your planet – join in and make it happen!

Bangor University established The Sustainability Lab to be a focal point of leadership on Sustainable Development as we aim to become 'The Sustainable University'. Our big ambition is that sustainability is for everyone. To do that we need to involve as many people as possible – you could be one of them!

In order to Bring Sustainability to Life at Bangor, to make sure that all our decisions and actions are accountable, and that we make continuous progress as The Sustainable University, we have set up a number of initiatives and groups to put sustainability at the heart of teaching, learning, research and innovation.

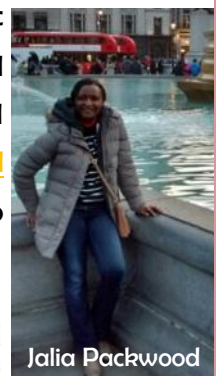
Our motto is “doing things with you not to you or for you”, and whether you're a student, staff member, a visitor, or a member of the local or global community, your contribution is vital to our success.

How to get involved

Please join our **Internationals Go Green** activities (see above) and if you already know what you want to do to help Bangor become more sustainable, tell Marcel Clusa at the International Student Support Office. If you're not sure but you want to get involved why not talk to Marcel for inspiration, or Jalia Packwood, our international students' liaison? Look at our [Get Involved](#) web page, or read our summary of what happened last year, to help guide you to the group that suits you, your ideas and your best interests.



More info: [What is sustainability@Bangor?](#)
[What is sustainability and why are we doing it? The Sustainability Lab](#)



Jalia Packwood

UNDEB Bangor - Students' Union

"We are Undeb Bangor, Bangor's Students' Union. We can't wait to welcome you to Bangor during Welcome Week 2017. Our Students' Union Heroes will be here to greet you on the 13th of September and help you move in to your new halls of residence.



Look out for Serendipity (20th and 21st of September in PJ Hall) during Welcome Week; over 2 days we'll be giving you the chance to join over 100 societies, over 50 sport clubs and over 30 volunteering projects. There will even be some local businesses who'll be there looking to give you some freebies. Undeb Bangor's work doesn't stop at Welcome Week, we work tirelessly during the year to give students the best representation.

Undeb Bangor Council exists to debate ideas in relation to Undeb Bangor policy (e.g. its strategic and future direction), national and/or local campaigns or political activity, ideas in relation to activities or student opportunities that Undeb Bangor facilitate, or for the development and improvement of the student experience.

Undeb Bangor want to be relevant to international students and so have a specific place for International Students on the Council. Put your name forward to be the next international representative through www.undebbangor.com/elections. Nominations open on the 18th of September!

You can also directly impact the student academic experience on your course by running to be a course rep. Nominations also open on the 18th of September!



Ruth Plant
Students' Union President



Mirain Llwyd
UMCB President



James Williams
Vice President for Societies
and Volunteering



Helen Marchant
Vice President for Education



Tatenda Shonhiwa
Vice President for Sports

International Exchanges Team

Welcome to Bangor from the International Exchanges Team!

Croeso i Fangor gan y Tîm Cyfnewidiadau Rhyngwladol!

We are Lowri and Charlotte and we want to welcome you to Bangor and tell you a little bit, about what we do!



Hi! My name is Charlotte and I am from Birmingham. I studied French and German at Bangor for the last four years and now I am doing an International Experience Year working in the International Education Centre as the Incoming Exchanges Assistant. You can easily recognise me as I often wear hats! If you have any queries about learning agreements, modules, alternative assessments or transcripts you should email me at exchanges-incoming@bangor.ac.uk or visit the International Education Centre in Rathbone from 10am-12pm or 2pm-4pm Monday to Friday.

Hi, I'm Lowri. I work mainly with Bangor's outgoing exchange students so you might not see as much of me as Charlotte. If you get the chance, make sure you encourage Bangor students to apply to do an exchange at your home university or country! Just send them over to me at the International Education Centre in Rathbone Hall to talk about their options. I hope you have a wonderful and rewarding time in Bangor. Remember: there's no such thing as bad weather, only the wrong clothing!



Chinese Students and Scholar Association

"During 21st-22nd September, members of the Bangor Association will be participating at the Serendipity Welcome Fair (PJ Hall, Main Arts).



In this two-day recruiting event, we will wear Chinese traditional clothing, we will hold a variety of interesting activities and we will also hand out Chinese presents to everyone! By doing so, we hope to get the attention from Bangor teachers and students and get them interested in Chinese culture and learning Chinese. In the event we will not only share this with foreign students who may be interested in Chinese calligraphy and Chinese culture, but also answer the questions of Chinese students. We will be happy to help you with any problems as you slowly adapt to your new life so you will have a good start to the semester.



In the new semester we will organise a variety of activities such as: a New Year party, basketball games, the Spring Festival party and so on.

We will join all efforts in this multi-party Bangor association to usher you into a better tomorrow, join our [CSSA Bangor group](#) on Facebook!" Qimeng Zhang.

A message from The Afro-Caribbean Society

"Culture is a basic need! A community thrives through its cultural heritage, it dies without it! The Afro-Caribbean society (Bangor) is a body of like-minded individuals that seeks to preserve, promote and celebrate the African and Caribbean culture and heritage. The members of the society are unified and enriched culturally, socially and professionally through a range of fantastic events across the year. The events



include career, financial and academic workshops, talent exhibitions, lively cook outs, fashion shows, and bus trips to historical places.

We are also an award winning international society – twice International Society of the Year 2013 & 2015 and currently won the Award for the best Achievement of the year 2017 in collaboration with Mona-Peters Foundation that supports breast cancer treatment in Africa. Do you foresee a boring academic year? Come join us and let's spice it up for you. You don't need to be African or Caribbean - just have an interest in the culture and you're welcome to join! Register with us at Serendipity or add us on our Facebook page @[Bangor University Afro-Caribbean Society](#) and come to our meetings! We have something for everyone!

Upcoming Events

1st October 2017 – Inter-cultural Night and Welcome Party for New Students (Socialise with old & new students and enjoy delicious Afro-Caribbean foods).

1st – 30th October 2017 – Black History Month Celebration (High street dancing & drumming, Trips to Liverpool, Cardiff and North Wales, and Lots more."

The Hong Kong Society welcomes you!

"Hello there! Welcome to The Hong Kong Society of Bangor University. We are a student-led organisation which aims to improve the academic experience of students in Bangor. Our main goals are to provide a chance for our members to meet and make new friends in a warm, caring and friendly atmosphere, along with experience and learn more about Hong Kong culture. We have been slowly growing and learning these past few years, and with the very kind support of the Students' Union and the Oxford International Education Group (OIEG), we hope to be able to achieve more than ever!

We are here to help and provide support for freshers from Hong Kong. Last year we organised an orientation camp, freshers dinner, karaoke night, and a pre-departure briefing before their arrival in Bangor.

Here's some of what you can expect from us this year:

- Trip to Snowdonia National Park
- Hong Kong Traditional Food preparation classes
- Some exciting Hong Kong style games

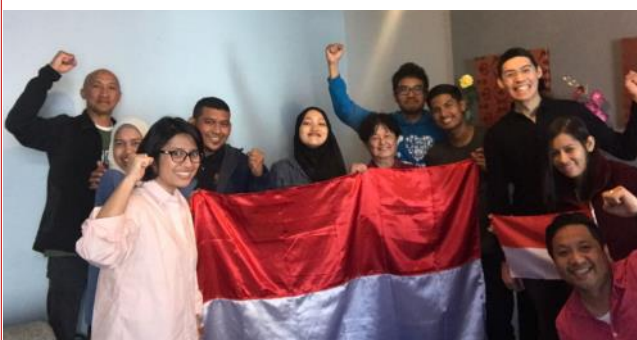
Check our Facebook page for dates and further details of the activities, See you at Serendipity!"

Felix Wong
President, Bangor Hong Kong Society



We have a NEW Society this year! Bangor Indonesian Society

"We are a newly-born society with a few members, mostly Indonesian students (although there have been non-Indonesian students/residents coming along to our gatherings). At the moment, we have anything from undergraduate to doctoral students joined in this society. We love travelling, hiking and eating while gathering (yes, our country is listed as one of the best culinary destinations in the planet!). This year, we had some potluck parties during the Summer (August 17th to celebrate the nation's Independence Day), as well as occasional



gatherings for lunch or dinner, fishing, or for a friendly sports match with other fellow international students.

This coming academic year, we are aiming to get more members and have more fun! Snowdon hiking, backpack travelling, more sports activities, or anything that we can do, have and share together. And of course, we will have more potluck parties and Indonesian food throughout the year!"



Campus Life

A big welcome to Bangor University from Your Campus Life Team!

“Every semester we bring you a calendar full of exciting activities; from film nights and cooking sessions to open mic nights and day trips away. We want you to all come together and love being part of this amazing residential community as much as we do!

You will find us at Ffriddoedd and St Mary’s villages wearing our bright orange hoodies and promoting our great programme of FREE events for everyone in University Halls’ accommodation.

Check out the bright yellow Campus Life Calendar in your room or find us at Serendipity. Don’t forget to wear your wristband for our famous Campus Life welcome BBQ. We can’t wait to see you soon!” Deirdre, Jess, Lorna, Gabe, Irina, Lizzy, James, John, Mariya - Your Campus Life Team!



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EATDRINKBANGOR

HEAR: Recognition for your University Activities and Achievements

When you graduate, in addition to your degree certificate, you will be presented with a comprehensive transcript of everything (that Bangor University recognises) that you have achieved academically, or been involved with throughout your time as a student, including any extracurricular activity that has been verified by the University (e.g. peer guiding, societies, SVB volunteering).

This transcript is called a HEAR - Higher Education Achievement Report. Its main purpose is to allow your strengths to be clearly defined and distinguished, whilst providing easy access, for both you and any prospective employers, to a secure electronic record of Bangor University-related achievements.

You can record all of your activities for the HEAR by using the My Employability Hub page on MyBangor. Through this system, you can also take part in the Bangor Employability Award.

For more information on the BEA, or to find out how you can get started, log into <http://apps.bangor.ac.uk/bea>



Employability Workshops for Postgraduates—June 2017

The Careers & Employability Service (CES) offers a range of services, activities and events to support all students in developing personal and employable skills, within the framework of the Bangor Employability Award. Attendance at events counts towards the Bangor Employability Award.

This semester we will be running a selection of employability workshops and employer events, some of which are aimed specifically at international students, though you are welcome to attend any of our workshops.

Put the following dates in your calendar and see My Employability Hub for details of all our events: <https://my.bangor.ac.uk/employability/events/>



Wednesday 27 Sept 12:00-14:00 **Jobs fair - part time jobs, work experience & volunteering**

Wednesday 04 Oct 13:00-15:00 **Employability event for new international students***

*This is a special event for international students to help you make yourself employable in the UK. Find out how the University can help you to find work experience, voluntary work and employment to boost your CV/resume.

Tuesday 10 Oct 10:30-16:00 **The Big Careers Fair - Manchester Univ** (Coach transport)

Wednesday 11 Oct 0:30-16:00 **The Big Careers Fair - Manchester Univ** (Coach transport)

Wednesday 15 Nov 14:00-17:00 **Employability workshops for international students**

Careers Advice

Careers clinics are available every day with one of our employability advisers. To book an appointment, go to: my.bangor.ac.uk/careers/students/seeingaca.php.en

B-Enterprising

Through the B-Enterprising programme you can take advantage of free enterprise workshops on a range of topics, such as How to Freelance and How to Price your Goods or Services. Other enterprise support available includes one-to-one mentoring for those wishing to explore a business idea, local and national competitions, plus a range of one off events such as the Student Christmas Market: www.facebook.com/benterprising

UNDEB Opportunities

WELCOME! Or Welcome back as the case may be.

“Undeb Opportunities has a wide range of clubs, societies and volunteering projects for all Bangor University students to be a part of again this year. With over 50 sports clubs, 130 societies and 50 volunteering projects, Undeb Opportunities can provide a fun and exciting way to meet new people, learn new skills and broaden your horizons whilst studying at Bangor.



Why not come along to our Serendipity event on the 20th and 21st September at the Main Arts building to find new experiences and chat to students, who are already a part of Undeb Bangor, or our Staff, who are here to help you.

Not only that, immersing yourself in Opportunities at Undeb Bangor can help earn plenty of BEA and HEAR points, which can be added to your CV!”

For more information on Opportunities, please visit www.undebbangor.com or email opportunities@undebbangor.com



Study Skills Centre

“We offer 1–2–1 writing appointments, workshops, and Maths and Stats support*.

To arrange a [1-2-1 Writing appointments](#) or for [Maths and Stats support](#) visit our website.

Also why not attend one of our free, interactive workshops aimed this semester? [Visit our website to reserve your place.](#)”

For further information or advice:

Website: www.bangor.ac.uk/studyskills

Email: Studyskills@bangor.ac.uk

Telephone: 01248 38 2689

Or [Facebook](#) and [Twitter](#).



Folk Society

Do you enjoy dancing?

Do you want to explore some old British dance traditions?

Bangor University has just the thing for you!



*Every Thursday evening during term time, there are workshops teaching traditional Morris Dancing, open to all. Starting Sept 14th.

*On Tuesday evenings, monthly, you can learn Playford dancing - a 17th/18th century collection of social dances with our annual Playford Ball in October. Gentle and old fashioned. Starting Sept 12th.

*There is a taster day on Sunday Oct 1st, where you can try Morris and Playford dancing. Come along and bring your friends!

Look at the [Bangor Uni Folk Soc facebook](#) page for more information and send a message if you want to come along.



Walk & Talk With Us

“Walk & Talk is a brand new project that allows students to enjoy refreshing walks around the scenic spots of Bangor, it’s a great way to explore the city and meet other students. The walks are led by student volunteers who are trained in active listening – if students feel like they need someone to open up to, the volunteers are specifically trained to lend their ear if needed. The walks are designed to suit everyone, and no previous history in sports is needed. A healthy dose of fresh air and good company are guaranteed! No better way to lift one’s mood than taking a stroll in the nature after a hard day of studying.

What would be better than enjoying the stunning sights of Bangor while also getting to know other students? The walks run every Wednesday and Friday, lasting for approximately an hour and leaving at 4pm from the outside of Pontio’s main entrance.

Should you have any questions feel free to connect with us via email or social media.”



[@walkandtalkbangor](#)



svbconnect@undebbbangor.com

Jenny Lansman - Walk & Talk Project Leader

Student Safety

"Hello and welcome to Bangor! We are your Bangor University Policing team and we hope you enjoy your time whilst studying at the University.

Bangor is one of the safest areas in the country and it is important to us that your time as a student is an enjoyable, successful and safe experience. If, during your time at the University, you require our support or advice then we are happy to help you!

The team is made up of four people, PC Helen O'Reilly, PCSO Elin Roberts, PCSO Julie Cunningham and PCSO Ahmed Refaat. If you see us about then please say hello or you can drop in to our office in the Main Arts Library (next to the Santander). We can also be contacted in the following ways:

Telephone: 01286 670924

Email: BangorUniversity.PolicingTeam@nthwales.pnn.uk

Twitter: [NWPBangorUniPolice](https://twitter.com/NWPBangorUniPolice)

Facebook: [NWP Bangor University](https://www.facebook.com/NWPBangorUniversity)



HEDDLU GOGLEDD CYMRU
Gogledd Cymru diogelach
NORTH WALES POLICE
A safer North Wales

Your University Policing Team



PC 2811
Helen O'Reilly



SCCH / PCSO 3400
Elin Roberts



SCCH / PCSO 3435
Julie Cunningham



SCCH / PCSO 2905
Ahmed Refaat

Welcome to Bangor University

North Wales is one of the safest areas in the country and it's important to us your time as a student is enjoyable, successful and a safe experience at Bangor.

Student Housing Office

**YDYCH CHI ANGEN CYMORTH
I GAEL HYD I'R Tŷ MYFYRIWR
IAWN I CHI A'CH FFRINDIAU?
NEU ANGEN RHYWFAIN
O ARWEINIAD AM DAI?**

Gallwch chwilio am lety a
lawrlwytho ein '**Llawlyfr i
Fyfyrwyr ar Lety Preifat**'
Neu dewch draw i'n gweld!



**NEED HELP FINDING THE
RIGHT STUDENT HOUSE FOR
YOU AND YOUR FRIENDS?
OR JUST NEED SOME
HOUSING GUIDANCE?**

Search for accommodation and
download our "**Student Guide
to Private Accommodation**"
Or just pop in and see us!

www.bangor.ac.uk/student-services/studenthousing

**ADRAN SWYDDOGOL
LLETY SECTOR PREIFAT
Y BRIFYSGOL**

Cymorth a chynghor am eich
holl anghenion tai

Rydym ar y llawr cyntaf,
Neuadd Rathbone, Ffordd y Coleg

Cysylltwch â ni!

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E-bost / Email: studenthousing@bangor.ac.uk



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Gogledd Orllewin
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Dysgwch Gymraeg
efo ni —
Learn Welsh
with us



Gogledd Orllewin
Cyrsiau / Courses 2017-2018

01248 383928
dysgucymraeg@bangor.ac.uk



Languages For All

Languages for All offers a range of evening classes in six languages: *French, German, Italian, Spanish, Chinese (Mandarin) and Japanese.*

These courses are designed to cater for a variety of levels, from beginners to learners who may want to brush up rusty language skills and/or continue from GCSE/A-level studies. Subject to availability, students may take one **FREE** module per semester. Each module consists of two taught hours per week, over 10 weeks; all classes take place in the evenings, from 6-8pm.

How do I enrol on a module?

Please see the full information leaflet at www.bangor.ac.uk/ml/EveningClasses.php.en, and download, complete and return the enrolment form by email to languagesforall@bangor.ac.uk



What's On

International Student Support

Snowdonia



Tour

Saturday 23 Sept
10am - £10



Castles



Nature



FUN!

October Trips & Events

Liverpool and the Beatles

Saturday 7th October

£15 adult / £10 child
(extra £10 for the Beatles Story Museum)



Conwy: Castle & Conwy Feast

Saturday 28th October

£8.50—£15.50



This is one of our 'D.I.Y. Trips' please check www.bangor.ac.uk/international/support/diytrips

Halloween Spooky Night

Tuesday 31st October

6.30pm, Halls of Residence, Free

