

International Student Newsletter - Christmas Edition



A Festive Message from the International Student Support Team

-Nadolig Llawen! Happy Christmas! -

December is here! Looks like it was yesterday when we were welcoming all of you for the new academic year and suddenly Christmas is around the corner! The snow on the mountains, the cold crisp mornings and the fairy lights everywhere tell us that the time to say goodbye until the New Year has arrived. Some of you will go home for the holiday, flying to close and far away countries to meet again with your friends and family back home. Some of you will stay in Bangor and spend unforgettable moments with your best friends enjoying Welsh winter days, and some of you will be leaving Bangor forever. Well, experience tells us at the International Student Support Office that nothing is forever and that, wherever you are, Bangor is already a part of you. Don't be sad; your experiences, friends and Bangor memories will always be close to you wherever you go!

We would like to thank all the international societies for the effort they have put into making this a fantastic semester. You make a difference to a lot of Bangor University students! We would also like to thank all the staff at University for all their support and help but, above all, we would like to send a MASSIVE THANK YOU to all of you, international students, for making this past semester such a great one! Your energy, passion and happiness brighten even the rainiest of days.

It is for all this, that we would like to wish you all a very Merry Christmas and a Happy New Year 2018 from everyone in our team.

Nadolig Llawen a Blwyddyn Newydd Dda! Alan, Marcel and your team of International Student Ambassadors.



Christmas Lunch

St John's Methodist Church in Bangor is giving international students who are staying here over Christmas the chance to experience a traditional family Christmas dinner in the home of one of the members of the churches in Bangor.

Anyone who is interested should email, Sarah McDonald Howard at ChaplainSarah.Bangor@gmail.com and she will match you with a host family. Don't miss it!



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



Have you been to Main Arts recently? On Thursday 30th November, a Christmas Tree was decorated with plastic litter by international and home students, together with staff and colleagues from Bangor University as part of a project organised by the **International Student Support Office** - called Internationals Go Green. The initiative consists of a series of trips and events aimed at raising awareness on environmental issues, sustainability and wellbeing among students. In addition, all the events are organised together with other University Departments and Local Organisations (with the **North Wales Wildlife Trust** this time) to enhance the Student Experience to the max and to work as a bridge between students and the local community.



The Tree was chopped down by students themselves in **Cors Bodgynydd**, a nature reserve managed by the North Wales Wildlife Trust as part of their conservation project to preserve a wetland from invasive tree species such as this one. **All** the litter used to decorate the was collected from previous **Beach Cleans** around North Wales, highlighting the problem with plastics and littering in our current societies.

Did you know at least 8 million tons of plastic enter the oceans each year? Or that one million sea birds and 100,000 marine mammals are killed annually from plastic in our oceans? **BUT YOU CAN CHANGE THAT AND MAKE A DIFFERENCE FOR THE FUTURE OF THE PLANET!**

Check out the 5 Golden Rules for a cleaner Bangor below and join the international students at Bangor University in their bid for a better World:

- 1-Always carry 2 shopping bags with you, you never know when you might need them.
- 2-Stop buying bottled water/refreshments, use a stainless water bottle instead.
- 3-Reduce the amount of single-use products and plastic packaging when shopping.
- 4-Dispose your waste in the appropriate bin and do not litter when out and about.
- 5-REINVENT IT! Use recyclable materials to explore your creativity, from flower pots to home decorations.

After Christmas, the Tree will be burrowed in Denbighsire's sand dune reserve to help stabilise this unique habitat together with the Denbighsire Countryside Service. This will close the full cycle of an invasive tree species that went from a Nature Reserve in Snowdonia, to Bangor University to be used for educational purposes and to raise awareness about the problem with plastic and littering, to then end up in a sand dune reserve, helping our unique Welsh coastline to become healthier and nicer for all.

For a cleaner, healthier planet,
Nadolig Llawen Gwyrdd, Happy Green Christmas!



International Evening with the Rotary Club - Angel Tan, Malaysia

“On the 9th of November, 12 international student ambassadors and international societies members representing different nationalities were honoured to be invited to the annual International Evening held by the Rotary Club of Llanfairfechan and Penmaenmawr. This has been an annual event of the local Rotary Club for 12 years now and this year, the evening was held at the Split Willow hotel in Llanfairfechan.



The event started off with a meet and greet session, whereby international ambassadors were arranged to be seated with members of the club who they shared their personal experiences as a student at Bangor University with. It also provided an opportunity for us as students to gain more insight into the club. Later, a 3-course meal dinner was served, and the evening followed by speeches from president of the club and representative from the Bangor University International Office, Marcel Clusa. Marcel also introduced the international ambassadors after giving his speech and each ambassador was given a chance to introduce themselves and share their thoughts about student life in Bangor with members of the charity club.

The event ended at 10 pm after photo-taking session and the opportunity to mingle with those present for the evening. **It was a delightful evening where people from different cultures came together to**

build connections and celebrate diversity.”



More details about Angel and how to contact the rest of the Ambassadors at:



Dare to join the new Latin American Society!

“Latin America is a region made up of Latin languages-speaking countries (mostly Spanish and Portuguese) starting from Mexico at the top North of the continent and ending with Argentina at the bottom South. All of these countries share more than just the language, they share similar traditions and cultures rich in music (having different musical styles such as Mariachi, Salsa, Cumbia, Bachata, Tango etc.), food, history (pyramids, archaeological ruins, temples), literature, cinema, painting and sports.

The Latin American Society aims to light the Latin American fire in Bangor University and spread the traditions by organising activities related to our culture such as dancing lessons, food parks, Spanish lessons, traditional games and other fun activities. Everyone is welcome to join regardless of your country or culture, dare to experience the Latin flavour! Follow us on [Facebook](#) TODAY!”



International Ambassadors' Column - Anaïs Contat, France

Let's visit France!

"During reading week, I had the opportunity to visit a French city named Gap. It is located in the Southern Alps, close to the Italian border and close to Torino. It is two hours driving from the South of France (Marseille) so the climate there is amazing. Indeed, there is the southern sun with an amazing landscape made of high mountains and lakes. It is the sunniest city of France with 300 days of sun.

There are well-known ski resorts like Vars or Osière Merlette, with lovely mountain villages. If you feel like going at the top of a mountain, you can enjoy the Serre-Ponçon lake and appreciate the beauty of the landscape which looks like out of the Lord of the Rings set.

It is snowy at this time of the year, it also gets really cold but the beauty of the view makes you forget about it. Of course, the food is amazing because it's France. The city is well-known for its 'ravioles' with cheese and mushrooms.

The ice hockey team 'Les Rapaces de Gap' is famous and they play really well. Many other French teams come there to play against them.

If you visit France, don't forget to come to the Alps, you'd be surprised!"

More details about Anaïs and how to contact the rest of the Ambassadors at: www.bangor.ac.uk/international/studentprofiles/ambassador



Mindfulness Based Stress Reduction (MBSR) Course for Internationals

The Counselling Service will be running an 8 week MBSR Course for International Students in Semester 2.

What is mindfulness?

- Mindfulness is developed by purposefully paying attention in a non-judgmental way to our experience of our bodies, minds and the world around us. Mindfulness is about being awake and aware and living in the present, rather than dwelling in the past or anticipating the future.
- Mindfulness helps us to take a step back from our thoughts and feelings, giving us space to respond rather than react in stressful situations

The MBSR course has been followed for over 35 years by thousands of people and research has shown its benefits include:

- Greater self-confidence and more acceptance of life as it is.
- An increased ability to cope effectively with both short and long-term stressful situations.
- An increased ability to relax and experience calm.
- More energy, enthusiasm and appreciation for life.
- Improved concentration and ability to focus



The course will run on the following dates;

Orientation session: Monday 22 January 2018 3-4.30

Then 8 Weeks; Monday 29th January to Monday 19th March 2018; 3-5pm

In Rathbone Annexe Meeting Room.

For further information please email counselling@bangor.ac.uk; closing date is Monday 8th January 2018.

#LOVEHALLS

Applications for halls are now **OPEN!**

www.bangor.ac.uk/myroom

- We have dedicated returner halls
- A low £150 pre-payment
- Live with friends and choose your own rooms
- All-inclusive living
- 24/7 service and pastoral support
- Gym and Campus Life membership

We hope to welcome you into halls next year :)

Would you like to be a WARDEN?

In December the University will begin the process of recruiting new Wardens to commence work in the following September.

The warden positions will be advertised on Jobzone.

Successful applicants receive free accommodation in halls of residence in return for the work that they carry out.

More information can be found on our website: <https://www.bangor.ac.uk/accommodation/halls/bewarden>

BANGOR UNIVERSITY | **HALLS OFFICE** | **STUDENT HOUSING OFFICE** | **WORKING WITH YOUR STUDENTS' UNION TO ENSURE YOU HAVE THE BEST ACCOMMODATION AT BANGOR** | **UNDEF**

STAY SAVVY!
STAY WITH
BANGOR
UNI!

With a dedicated team of staff committed to putting your accommodation needs first, be it helping you search for the best private accommodation or finding the right hall for you, getting your next place to live through the university is the **smart move!**

STUDENT HOUSING
Impartial advice and support
Extensive choice of properties
All our landlords have committed to our Conditions
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UNIVERSITY HALLS
All-inclusive living – no surprise bills!
Live with friends and choose your own rooms
24/7 service and pastoral support
WWW.BANGOR.AC.UK/BOOKAROOM

Student Housing Office

IF YOU ARE GOING AWAY OVER THE CHRISTMAS PERIOD, **SECURE YOUR HOUSE!**

Take a look at this security poster from North Wales Police! →

“Also, make sure that the heating is set to come on regularly - constant low heat is better than short bursts of high heat - and of course make sure that there is plenty of credit on the meter if you have one. Tell your landlord when you will be leaving and what you intend to do with regards to the heating.

Enjoy your break and we'll see you in the New Year!"

STUDENT HOUSING OFFICE
WWW.BANGORSTUDENTPAD.CO.UK



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



If you're going to be away from your room, no matter what floor you live on, **close your windows, lock your doors** and make sure **valuables are out of sight, preferably take laptops and mobiles home with you.**

Never assume that others will lock up when you leave, double check it only takes seconds.

Register your items for **FREE** on immobilise.com

Bicycles should be locked to an immovable object using a D-lock. Keep photos and details of your bike and register for **FREE** on Bikeregister.com

Enjoy your time away and party safely, yes it can be done!!

A message from ELCOS students

A group of ELCOS - English Language Learning Students put together a great publication this year as part of their class project.

“ We wrote a magazine called Bangor Eye. It describes Bangor city for new students when they arrive in Bangor. We distributed the work between everyone. First, we did a plan. After that, we got information. Then, we wrote down each part. Finally, we designed it. If anybody visits Bangor city, they will know what is important.” said Turki.

In the words of Aseri: “We wrote a magazine about Bangor University and Bangor City for new student and visitor. We made a lot of effort to be the best guide for the students and visitors. We collected all the information from people, internet websites, Facebook and Twitter. The teamwork was very helpful because we distributed the task among us and every one did very well. Frankly our team goal for this magazine was completed and useful.”

Following the success of the magazine project, ELCOS has also started a course blog which can be found at elcos.blog. The students will run the blog and share their writing, pictures, and projects so keep an eye for new articles and follow their work!



Chinese New Year with the Confucius Institute

“ Bangor University's Confucius Institute will be putting on a fantastic show of events for Chinese New Year in February; teaming up with Pontio and Invertigo Theatre Company on Saturday 17th for a series of fantastic Wales-China workshops and performances, followed by the Institute's annual Dragon Parade and Chinese Gala in Bangor city centre on Saturday 24th. Hold these dates - we hope to see you there!

For updates, please visit:

www.bangor.ac.uk/confucius-institute



RESEARCH VISIONS

A photography competition for Staff and
Postgraduate Researchers

Photo image(s) and entry form(s) must be submitted by
1 February 2018.

Doctoral School
Bangor University,
Bangor, Gwynedd, LL57 2DG

Email: pgr@bangor.ac.uk

Phone: 01248382357

www.bangor.ac.uk/doctoral-school/research-visions/index.php.en

CANOLFAN SGILIAU ASTUDIO

PRIFYSGOL BANGOR UNIVERSITY

STUDY SKILLS CENTRE



The Study Skills Centre offers [1-2-1 Writing appointments](#), [Maths and Stats support](#) & [interactive workshops](#).

For more information visit our website: <https://www.bangor.ac.uk/studyskills/index.php.en>

Or contact us:

Email: studyskills@bangor.ac.uk

Telephone: 01248 38 2689

Social Media:




CYFLEOEDD INTERNIAETH GYDA THÂL

YM MHRIFYSGOL BANGOR

Yn ystod semester 2 a haf 2018, bydd cyfleoedd interniaeth o lefel graddedig (gyda thâl) ar gael yn arbennig i fyfyrwyr israddedig Prifysgol Bangor

Mae'r cyfleoedd yn cynnwys:

- Cefnogi ymchwil
- Trefnu digwyddiadau
- Marchnata
- Cyfathrebu
- Gwaith labordy
- a llawer mwy...!

Porwch drwy'r cyfleoedd yma my.bangor.ac.uk/employability/internopps.php.cy

GWNEWCH GAIS ERBYN HANNER DYDD, RHAGFYR 13^{EG} 2017

PAID INTERNSHIP OPPORTUNITIES IN BANGOR UNIVERSITY

During semester 2 and early summer 2018, paid graduate-level internships will be exclusively available to Bangor University undergraduate students

Opportunities include:

- Research support
- Organising events
- Marketing
- Media
- Laboratory work
- and much more...!

Browse through the opportunities at my.bangor.ac.uk/employability/internopps

APPLY BY NOON, 13TH DECEMBER 2017




CAMPWSBYW
PRIFYSGOL BANGOR UNIVERSITY
CAMPUS LIFE

Merry
Christmas
from
Campus Life

WWW.CAMPUSLIFEBANGOR.CO.UK



Y Lab Cynaliadwyedd
The Sustainability Lab

Nadolig Llawen
a
Blwyddyn Newydd Dda
gan bawb yn
Y Lab Cynaliadwyedd!

Merry Christmas
and a
Happy New Year
from all of us at
The Sustainability Lab!

Student
Christmas
Market

06.12.2017
Pj hall, Main Arts, College Road - 12pm-5pm

PRIFYSGOL BANGOR UNIVERSITY
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Web: www.bangor.ac.uk/b-enterprising 'B-Enterprising Bangor' @B_Enterprising

A detailed illustration of a grand, multi-story building entrance, likely the Pj hall at Bangor University. The building is illuminated with warm yellow lights, and the entrance is decorated with garlands and lights. People are shown walking up the steps, and the scene is set against a dark, starry night sky.