

# International Student Newsletter - January 2018



## A very warm welcome from the International Student Support Team

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



Marcel Clusa

Alan Edwards

**International Student Support Team**

This is the 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. We hope you enjoy your time in Bangor and we look forward to seeing you at our regular social activities!

And for those of you who are facing the exams period this January, **GOOD LUCK TO YOU ALL!** Year after year you prove to be great students and you make us proud with your successful stories. Join us in our upcoming events and lets celebrate together, see you soon!

## Undeb Bangor - Your Student's Union

"Hello! Welcome to Bangor! As a student at Bangor University you are automatically a member of Undeb Bangor. Undeb Bangor is Bangor University's Students' Union. What do we do? We facilitate a range of activities and opportunities for students and we are your voice! We have Sports Clubs and Societies you can join, and the best thing is; they're all free to join! Come to our Opportunities Fair on the 10<sup>th</sup> of February in Pontio and see which club, society or volunteering project is the right one for you. If you have any issues with your education and welfare and you're not sure who can help you; come to us and we'll be able to guide you.

We have a team of dedicated **Sabbatical Officers (Sabbys)** who work all hours to ensure that the Student Voice is heard and that the kind of activities that are needed are being developed.

You can come and visit us with any issues that you have, we're on the 4<sup>th</sup> floor in Pontio. You can contact us by e-mail on [undeb@undebbangor.com](mailto:undeb@undebbangor.com) or find us on Facebook and Twitter."

You can find everything there is to know about Undeb Bangor on [www.UndebBangor.com](http://www.UndebBangor.com)



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

### HOW TO CONTACT THE INTERNATIONAL STUDENT SUPPORT TEAM:

Website: [www.bangor.ac.uk/international/support](http://www.bangor.ac.uk/international/support)

Email: [internationalsupport@bangor.ac.uk](mailto:internationalsupport@bangor.ac.uk) Telephone: 01248 382882

f [www.facebook.com/BangorUniversityInternational](https://www.facebook.com/BangorUniversityInternational)

ig [www.instagram.com/bangorinternational](https://www.instagram.com/bangorinternational)

**#Bangorinternational**

## The BIG Election 2018

"It's important that as students you have a say in how Undeb Bangor, your Students' Union, is run. That's why we use democratic elections to help you decide who you want to speak and work for you on a range of issues while you're a Student at Bangor. You really can make a difference by being involved!"

We are currently in the midst of the BIG Election 2018, where the student population decide who their new Sabbatical officers will be. There are 5 Sabbatical Officer Positions available for the next academic year; President, VP for Sport, VP for Education, VP for Societies and Volunteering and UMCB President. You can nominate yourself any time before January 26<sup>th</sup>. No experience needed; we just ask that you're enthusiastic about the role and that you are a current student.

All the information is available on the Students' Union website or you can always pop in to see us."



## A Bangladeshi Student Society Celebration

"Bangor University Bangladeshi Student Society organized a program for the very first time to celebrate 'the 47<sup>th</sup> Glorious Victory Day of Bangladesh' on December 17, 2017 at Powis Hall in Bangor University, UK with great enthusiasm and festivity.

The Victory Day celebration began with the hoisting of red-and-green national flag and playing of national anthem on the Powis Hall premises with a renewed pledge to build "Golden Bangla" imbued with the spirit of Liberation. A short documentary on Bangladesh Liberation was also presented there. The ceremony presented a cultural show of songs and poetry and the function was attended by a large audience of friends of Bangladesh who are students from different countries. The foreign students participated willingly in an open quiz competition regarding the history-culture of Bangladesh and won attractive prizes.

At the end part of the ceremony, the most enjoyable segment was to take part in a traditional game named 'pillow passing' with the participation of all audience.

The ceremony offered a lunch having different items of traditional foods cooked by Bangladeshi students. The foreign friends of Bangladesh widely praised the whole presentation of the ceremony especially the food and gifts. Finally, the function was concluded by taking oath against any kind of injustice, tyranny and falsehood."



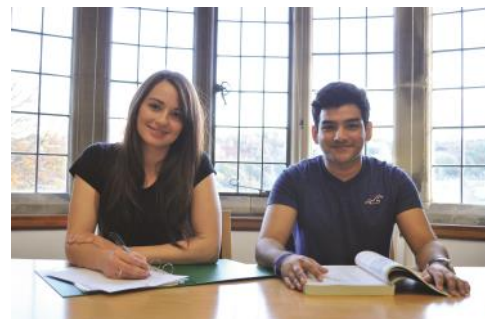
## Exams approaching fast? Here are some revision tips!

The exams' period can be stressful and full of worrying. Whether you've left it till the last minute or you're ahead of the game, these revision tips will hopefully help you go through it all:

- ◇ Perhaps the number 1 tip for exam success is knowing what's included on the syllabus. Lecturers and teachers alike will have a basic set of aims and objectives they're required to ensure their students achieve. Find out what you're supposed to know and revise accordingly.
- ◇ Gather and organise relevant notes. Then write summaries of your notes, taking into account a possible thematic structure for your draft answer.
- ◇ Use Facebook and Twitter to discuss your subject with friends. You could create a virtual or real study group to raise questions about the subject and ask peers to mark and assess your draft answers.
- ◇ Look at past exam papers to familiarise yourself with the type of questions that are typically asked and to help you to predict what to expect on the exam day.
- ◇ Take regular breaks and even better, go for regular little walks (even if this means just going to the kitchen and back) to stretch your legs and give your brain some rest.
- ◇ Get into the habit of practicing writing essay exams in full, keeping in mind the structure and timing.

If you find your palms sweating and you tense up at the very thought of exams, just put a bit of perspective and take a deep breath.

**Pob Lwc! Good Luck!**



## The Sustainability Lab

### Good news for 2018: recognition and encouragement to do even better

"In December 2017 Bangor University was placed 8<sup>th</sup> out of over 600 participating universities in the 2017 [UI Green Metric](#), placing us in the top 2% in that particular league of the world's greenest universities. We are demonstrating continuing improvement, going up 20 places since 2014.



In November BU was awarded a 'First Class Honours' degree in the [University League](#). This is People & Planet's independent sustainability ranking of all public UK universities. We were nine places up on the previous year, achieved our highest score and scored a perfect 100% in 4 of the 13 categories.



In 2017 BU became one of the first institutions to achieve the new ISO international standard for environmental management ISO 14001:2015 and UNDEB our Students' Union received an NUS Green Impact Excellence Award – having achieved Gold Award in 2011, 2013 and 2016.

**We can ALL bring sustainability to life**

We know that we're far from perfect. But together we can make a difference. Every year The Sustainability Lab works closely with more and more teams such as the International Office, teaching and service departments and UNDEB to improve the University's position as sustainability leaders. You can get involved too by [sending us your suggestions](#) on sustainability, asking the International Student Support Team about [Internationals Go Green](#), or [discovering more about sustainability@Bangor](#)."

## Practise English with ELCOS

"Now that the time to come back to my country is getting closer... I have to share my feelings... Being a student at Elcos Bangor University was for me more than being a mere student of English as a language. It is an immersion in such aspects of culture that you got involved in a way you don't feel tired or bored while you're learning and also make you feel inspired to use your new skills to help others, to have a say, to stand for your beliefs and share your thoughts... and do all of these things fearlessly, with accuracy and in a proper way.

I really love this course, my fellow students, and my teachers. It couldn't be better and I feel so happy for being part of it. Thank you!" Marcelo Granado Queiroz



**Everyone welcome!  
Chat, have a drink,  
make new friends**



### Have your say!

The Commercial Services department wants to hear your views on the University's food and drink offer

We would like to speak to:

- International students
- Students living at home
- Students living in halls or private accommodation

To register your interest please contact  
Rhian.thomas@bangor.ac.uk

### ThinkTanks

Have your say on environmental, social, ethical, cultural and financial sustainability matters at Bangor at our monthly ThinkTank.



All welcome, no need to book! Visit [the Sustainability Lab events page](#) to find out more!



## Careers and Employability - Put these dates in your diary!

The Careers & Employability Service are running a programme of employability workshops designed specifically for those on postgraduate courses or early career researchers. Come along to our to find out more about managing your career— whether you're thinking of going on to academic or non-academic jobs.

Booking is essential for these workshops. For more information and to book your place go to the Employability Hub: <https://my.bangor.ac.uk/employability/events>. Places are limited and will be reserved on a first come, first serve basis.

Postgraduate masterclass: CVs - academic & non-academic	C029	CM	Tues 23-Jan	10:00- 12:00	Alun A0.01
If you're applying for jobs, an excellent CV is critical to your success. This workshop gives advice on putting together an effective and powerful CV which will make you stand out and be noticed. An overview of CV types and strategies suitable for both academic and non-academic applications.					
Social Media for Postgraduates	C019	CM	Wed 24-Jan	11:00- 12:00	Alun A1.01
The internet is an effective resource for planning, researching and developing your career. This workshop will look at different ways that social media can be useful when looking for work, and for your professional development. From knowing what employers expect to see (and what to avoid!), to showing examples of good practice, this workshop will allow plenty of opportunity for discussion and questions.					
Making the most of LinkedIn	C547	CM	Wed 24-Jan	13:00- 14:00	Alun A1.01
LinkedIn is a powerful networking and job-searching tool, but are you using it correctly? This workshop will explain the benefits of LinkedIn, how to create a profile that makes you stand out, and how to make the site work for you.					
Negotiate your way to success!	C545	ESD	Wed 24-Jan	14:00- 16:00	Alun A0.01
Negotiation is a key commercial skill and a powerful tool for influencing people and events, for making agreements and for making deals. Skilful negotiation is based on a set of steps and processes. Workshop participants will learn these steps and develop practical skills, through negotiation role plays and exploring themes such as planning and preparing for a negotiation, opening, closing, bargaining and asking questions.					
Postgraduate masterclass: Applications - academic & non academic	C030	CM	Thurs 25-Jan	12:00- 13:00	Alun A1.06
As a postgraduate applicant, competition for jobs and academic positions is intense so your application has to stand out from the crowd. This workshop will help you to present yourself effectively as the perfect candidate.					
Postgraduate masterclass: interview skills	C031	CM	Fri 26-Jan	13:00- 14:00	Alun A1.06
Find out what to expect at interviews as a postgraduate and how to prepare for presenting yourself effectively. This workshop looks at the preparation needed to give you the confidence to handle interviews successfully.					

## Campus Life - Awesome Calendar, Awesome Semester!



The new calendar for Semester 2 is out now!

Make sure you check out all the activities that the Campus Life Team have organised for you at <https://www.facebook.com/CampusLifeBangor>, a great semester awaits!

## Ready for a Mindful 2018? Counselling is available for you!

"Apart from the Mindfulness Based Stress Reduction Course for international students organised by the Counselling Service, made possible by a funding award from UKCISA, we would like to remind students that you are most welcome to make use of the counselling service for individual support if needed.

The Service offers the opportunity to talk through personal and troubling issues in a safe, confidential environment with a professional, trained counsellor. Some students expect counselling to provide direct advice and guidance—but this is something that can be obtained through other sources, such as friends, family, tutors and other support services. Counselling is an opportunity to be able to talk through your personal concerns in a confidential setting, and to be facilitated, through exploration and greater self-understanding to discover your own ways through the difficulties. No problem is too big or too small to bring, but if we think that other services would be able to help you more, then we would direct you accordingly.

If you want to know more, please get in touch with us at our Reception in Rathbone or by emailing [counselling@bangor.ac.uk](mailto:counselling@bangor.ac.uk)—you can arrange to speak to a duty counsellor or arrange a brief support session with us."

Student Counselling Service

International Student Support

### Mindfulness Based Stress Reduction (MBSR) Course for International Students

Orientation Session:  
Monday 22<sup>nd</sup> January 2018; 3-4.30pm.  
Then 8 Mondays 29<sup>th</sup> January to 19<sup>th</sup> March  
3-5pm; Rathbone Annexe Meeting Room.

**Sign Up TODAY! Limited spaces available**

For further information please email  
[counselling@bangor.ac.uk](mailto:counselling@bangor.ac.uk) or ask at the IEC Reception.



### Liverpool and Titanic - 20<sup>th</sup> January

Liverpool was a key trade and migration port from the 18th to the early 20th centuries. It's also the hometown of The Beatles! Walk the streets that inspired The Fab4 by taking a bus to Penny Lane and Strawberry Fields or explore great museums in the old docks (all for free!). We'll be going on a guided tour to the Titanic exhibition to discover the connection between Liverpool and one of the most famous ships in our history (registration needed).



### Santes Dwywnen's Day - 25<sup>th</sup> January

Is that love in the air? If you're in Wales on 25 January, it most certainly is. This is St Dwywnen's Day, when we honour the Welsh patron saint of lovers. It's the Welsh's very own version of St Valentine's Day! To celebrate it, international students will *Spread the Love* around campus by creating personalised badges and sharing them with the students' community. Look for us on the day! More info to come on Facebook and Instagram.



We have many more trips and activities planned for this Semester, including a trip to Cardiff during the Easter holidays. Check our 'Trips and Events' section on our website for a full list

([www.bangor.ac.uk/international/support/events](http://www.bangor.ac.uk/international/support/events)) or pick a copy of the programme in our reception.

All tickets can be purchased on our online shop with a credit or debit card at: [shop.bangor.ac.uk](http://shop.bangor.ac.uk)

Or you can buy them from our office (cash only) - Ground floor of Rathbone Hall.

***We have a limited number of tickets available, so please buy yours as soon as possible!***

**Children:** Although it is not compulsory, if you are bringing young children and wish to use a car seat, please let us know at the time of booking, so that we can request a suitable coach.