

International Student Newsletter - April 2018



Internationals for a cleaner future!



"A team of 50 international students from all over the World took part in a Beach Clean in Criccieth last Saturday, 25th of March. This was organised by the International Student Support Office at Bangor University as part of their Sustainability Project *Internationals Go Green!* together with The North Wales Wildlife Trust.



Little did they know that a large amount of litter was expecting them in such a famous and beautiful Welsh spot. The students, who gave up their free time to help the environment, ventured into the furthest part of Criccieth beach with litter picks, bin bags and tons of enthusiasm. In only 2 hours, 26 big bags of litter had been collected with anything from plastic bottles to fishing gear and cans. No matter how much work they put into it however, the beach could not be totally cleaned.

As described by Portuguese student Ruth Gabriella Fernandes, who is studying for a BSc in Clinical and Health Psychology, "The beach clean at Criccieth was a real eye-opener. From afar, the beach looked pretty clean and beautiful, but when you look closely amongst the weeds, it was the tiny plastic that made up most of the litter". Two of the most common items found were bottle caps and, believe it or not, earbuds. Hundreds of earbud plastic sticks washed ashore were collected in just a morning in Criccieth due to inappropriate disposal. "The enormous amount of earbud sticks that we found and collected from the beach made me appreciate how simple mistakes made in the bathroom, as regards to waste disposal, pose a threat to marine ecosystem some miles away" said Gracious Ali, a Malawian MSc student in Public Health & Health Promotion.



With Bangor aiming to become the first Plastic Free City in the UK, we can all do our bit to help the environment. But, what can you do? "Going plastic free is really the way to go to avoid contaminating the oceans. If not plastic free, recycle and reuse your bottles, avoid dumping earbuds into toilets and avoid using straws!" said Ruth.



We can make a difference, it is not too late. By making little daily life changes in our behaviour we can secure a cleaner environment that will be better and safer for us and for the next generations. However, this implies making an active effort towards a better future. Will you make that effort? **It's for us.**

HOW TO CONTACT THE INTERNATIONAL STUDENT SUPPORT TEAM:

Website: www.bangor.ac.uk/international/support Cover Photo: C. Dada

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

 www.facebook.com/BangorUniversityInternational

 www.instagram.com/bangorinternational

#Bangorinternational

Greetings from the Bangor International Students' Society!

"As we near the end of the term, it is our pleasure to announce what we have accomplished this year:

- We hosted the International Cultural Fair, a collaboration with over a dozen societies and clubs, to celebrate the many cultures present here!
- The society has been increasingly recognised as a representative for the university's international students, and the Students Union has begun to take notice of our presence!
- Our Chairman, Muhammad Firdaus, was voted in as next year's Vice President for Societies & Volunteering!

Our next activity will be our Annual General Meeting (AGM) next Monday, 23rd April. There, we will hold elections for committee positions for next academic year and discuss our future.

As always, we need your involvement. A good committee with active members next year is essential if we are to continue working to build this society into the international student organisation that our university and community deserves.

If you would like more information on our society, our activities and/or our AGM, do email BISS@undebbangor.com or check out our Facebook group at www.facebook.com/groups/InternationalStudentSocietyISS/

You've heard of us, now we hope to hear from you!"



International Ambassador's Column: Simran Prasad, United Arab Emirates

"Though being in Bangor for my degree has been one of the best decisions I've ever taken in terms of pursuing a career in Marine Zoology, sometimes we all have those days when we question it. Is it worth being so separated from our families? Like any other International Student, I often face homesickness and face the trials and tribulations of being in another country while my family celebrates all our auspicious festivals. Recently however, I was given a unique opportunity that helped me cope better with these obstacles. The University gave us marine zoologists a unique opportunity: to apply our theoretical knowledge in the field! As an additional module, I was given the unique chance to go to Florida for 10 days and implement the skills and techniques actual Zoologists use when in the field. The experience was enlightening in so many ways! Not only did it re-ignite my passion for my degree, a spark I had lost over the past couple months due to missing my family and friends, it created countless opportunities to forge friendships and network and make connections that would be instrumental to my career.

The Field Course was carefully designed to allow us students the first-hand opportunity to conduct aquatic sampling techniques, which involved catching some huge, exotic fish and visiting the affiliated University, the Florida Gulf Coast University Campus to observe Rattlesnakes and their behaviour. The University provides some fantastic opportunities for us to explore, and the exciting part of this is that all we have to do is get involved! So what are you waiting for?"

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



Walk & Talk

Do you feel like you would like some company, someone to talk to or are just in the mood to explore the local surroundings?

"Walk & Talk is a great way to meet new people, de-stress or just walk and have a chat in good company. We are a friendly, inclusive and diverse service organising weekly walks around Bangor accessible to all students. If you'd like to join us, feel free to show up on the day - no sign up is needed!

Our walks leave in front of Pontio main doors on the ground doors at 4pm every Wednesday and Friday.

The project is run by volunteers under Student Volunteering Bangor, and in cooperation with the University Counselling Service. Our volunteers are trained in active listening and are happy to help. Feel free to get in touch with us on Facebook at @walkandtalkbangor or via email svbconnect@undebbangor.com.

If there is any way we could improve our service, we would love to hear about it - for example, we are open to suggestions about new locations to walk to. Let us know and we'll see what we can do. We'd love to hear from you!

We look forward to seeing you on the walks!"

Jenny Lansman

Walk & Talk Project Leader



Bangor University graduate from India wins award

At the last NUS Connect International Student Conference in Sheffield (27th-28th February), one of our recent graduates from India – Ms Charu Dada, won the '**International Student of the Year Award 2018**'.

Charu recently completed a EdD Education degree at the School of Education.

"I was both thrilled and honored to hear that I won the NUS International Student of the Year 2018 award. To receive this award is both personally and professionally fulfilling to me. It gives me great confidence to know that my contributions have had a positive impact on the international students in Bangor University as well as the local community. It is both gratifying and validating to be recognised for one's work. I would like to thank the International Student Support Office for providing me with opportunities which enriched my student experience manifold."



Bangor Indonesian Society is bringing Indonesia to you!

"Bangor Indonesian Society has arranged "Gala Indonesia" an event where you can explore Indonesia from Bangor.

Featuring various songs performed by the society's members, and information about Indonesia, the event will take place on the 20th of April, exactly at 7 p.m. at the Drama Rehearsal Room in the Main Arts building. A traditional "one-thousand hands" dance or Saman dance will be performed by members of the society, and you get to bring Indonesian food home for free! Bring your friends take photos at our photo booth and have fun playing the traditional games we'll be teaching you! We also have souvenirs from Indonesia which you can win by participating in our door prize event. We'll see you there!"



Spring Festival was a total success!

"As we all know, the Spring Festival is the custom of the Chinese nation celebrated for thousands of years. There is no doubt that Chinese students in the UK are also looking forward to the arrival of the Spring Festival and eager to feel the warmth of home in a foreign country. Therefore, on March 9th, the Chinese Students and Scholar Association of Bangor University held a Chinese spring festival gala in PJ hall.

The gala started with a chopstick dance performed by 'Our lady' from North Wales Chinese School, and the lovely dancing was well received by the audience. As the most ceremonious traditional festival in China, there were many performances including Chinese traditions such as the collaboration of Huangmei opera and flute, folk music in Changshu dialect and so on. These performances were very good to propagate the charm of traditional Chinese culture to the foreign friends.

Meanwhile, the performance of pop songs and dancing show were also wonderful. It is worth mentioning that there was a lively atmosphere at the gala, male's solo - "Confession balloon" brought the activity to a climax. Besides, the teachers of Confucius Institute performed both the traditional Chinese Yangko and a modern dance that left a deep impression in all students.

In the interaction with the audiences, we set up a game and did a raffle. The lucky audience got chocolates, a kindle and even a Gopro camera! It was a great evening and Chinese and other nationality students experienced a special and joyful Spring festival!"



International Student meets Welsh political leader

Medical Cannabis and the UK, a possible relationship?

Recently, Jonathan Joe Hernández González, an international student from a Master Degree in Bangor University met with the leader from the Plaid Cymru (Party of Wales) Mrs. Leanne Wood in Cardiff to show the results from his dissertation related to the actual perception of cannabis in North Wales.

Mr. Hernández presented Mrs. Wood with his data which was collected from British citizens living in North Wales. The data included the thoughts and beliefs of people aged between 18 and 90 years old about cannabis in general, the perception of the plant, the issues related to the benefits in some diseases, and their opinions from a possible consumption if a doctor recommends the use of cannabis for treating some symptoms after an eventual legalisation.

This document is aligned with the Party's political agenda that is being debated in the National Assembly for Wales, where the Welsh Government should ask the UK Government to reschedule cannabis for medicinal purposes.

In this study, Mr. Hernández demonstrates, with the help of Bangor academics, the importance of addressing this issue from an objective perspective as it has a major interest from people all over the World.



De-Stresstival

"De-Stresstival is a week-long event giving students the opportunity to have some fun and de-stress! It will allow students to take part in exciting activities, alongside workshops that are designed to be relaxing and promote well-being. We also aim to raise awareness of mental health, educate students on plagiarism and to promote the advice and support provision we have here at the Students' Union.

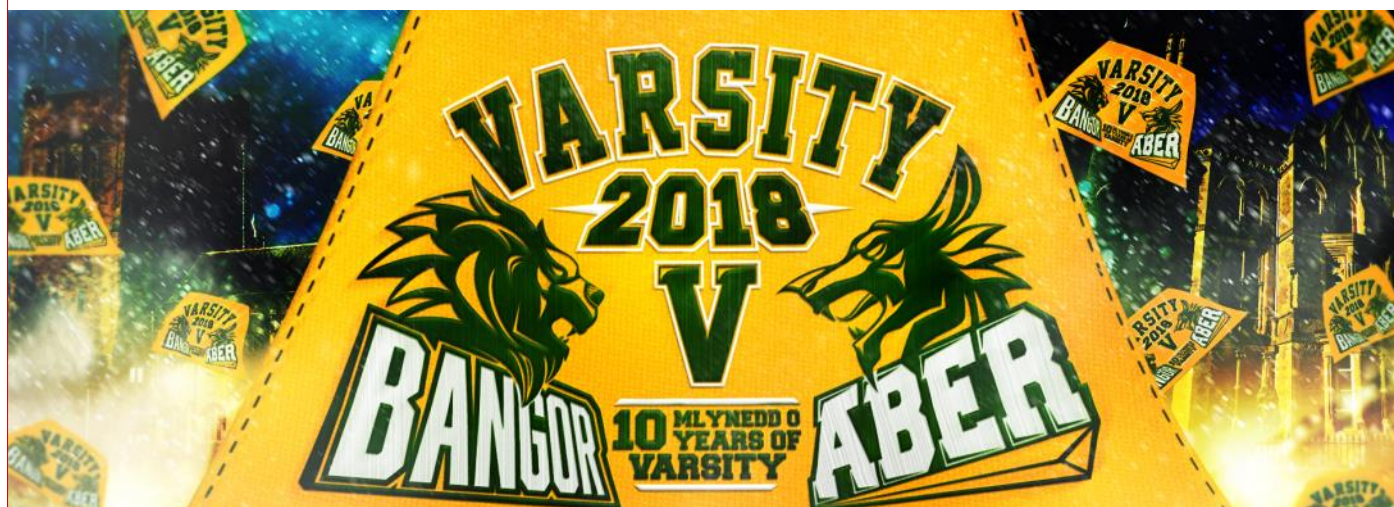
De-Stresstival starts on the 30th of April and kicks off with Buddy Bags and Craft Corner events on the Monday at 2 at Undeb Bangor."

For more information about De-Sresstival please visit www.undebbangor.com

A promotional poster for De-Stresstival. On the left is a circular logo with a stylized umbrella in red and yellow. The text 'De-Stresstival' is written in a large, white, cursive font across the umbrella, and 'UNDEB BANGOR' is written in a smaller, white, sans-serif font below it. To the right of the logo, the text 'DE-STRESSIVAL IS A WEEK-LONG EVENT GIVING STUDENTS THE OPPORTUNITY TO HAVE SOME FUN AND DE-STRESS!' is written in a bold, white, sans-serif font. Below this, the dates '30TH APRIL - 4TH MAY 2018' are written in a large, bold, white font. At the bottom, the text 'Find us at the Students' Union, Pontio & various other locations on campus' is written in a smaller, white font. The background of the poster is a dark purple with a pattern of radiating lines.

Varsity is ON!

This Saturday, 21st of April, is the annual Varsity competition between Bangor University and Aberystwyth University. Come and support the Bangor sports clubs in various venues around Bangor. If you've not already got your wristband you can purchase yours for only £5 at Undeb Bangor in Pontio through the week. Be a part of the electric atmosphere that is Varsity at home!



Employability Workshops for International Students

Tuesday 24 April 2018

- | | | |
|-------------|---|----------------------|
| 12:00-13:00 | <u>Job Search in the UK</u> | Main Arts LR4 |
| | This session for international students will provide you with tips and tactics for a productive job search | |
| 13:15-13:45 | <u>Working in the UK for international students</u> | Alun A1.01 |
| | Come and find out about the rules for working in the UK, both during and after your studies | |
| 14:00-16:00 | <u>Assessment centres for international students</u> | Alun A2.01 |
| | Attendance at an Assessment Centre forms part of the selection strategy of many larger graduate employers. This short session will guide you through what to expect at an Assessment Centre. Booking is essential for this event | |

Wednesday 25 April 2018

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|-------------|--|-------------------|
| 12:00-13:00 | <u>Improve your CV</u> | Alun A1.01 |
| | This workshop for international students gives advice on compiling an effective CV for the competitive UK market | |
| 13:00-14:00 | <u>Interview Skills</u> | Alun A1.01 |
| | This workshop looks at the preparation to give you the confidence to handle interviews effectively. | |

For the full list of events, including times and locations, please go to:
<https://my.bangor.ac.uk/employability/events/>

GRADUATING THIS YEAR?



Check My HEAR



Complete the BEA

on My Employability Hub
my.bangor.ac.uk/employability
by 5pm, Monday, 14th May

Gwasanaeth
**Gyrfaoedd a
Chyflogadwyedd**

**Careers &
Employability
Service**

my.bangor.ac.uk/cyflogadwyedd |
my.bangor.ac.uk/employability



GCB – Gwobr Cyflogadwyedd Bangor
BEA – Bangor Employability Award

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/gyrfaoeddbangor
/careersbangor



@PBcyflogadwyedd
@BUemployability

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#TOGETHER WEEK

#TogetherWe is all about the changes made in response to your feedback, when staff and students work together we make Bangor brilliant! #TogetherWeek is all about celebrating working together and changes made in response to your feedback. So come along to find out more.

16 APRIL UNDEB BANGOR (PONTIO) #TOGETHERWITH STUDENT HOUSING

17 APRIL MAIN ARTS FOYER #TOGETHERWITH INTERNATIONAL SUPPORT & EAT DRINK BANGOR

18 APRIL DEINIOL LIBRARY #TOGETHERWITH LIBRARY AMBASSADORS

19 APRIL MAIN ARTS LIBRARY

20 APRIL MAIN ARTS FOYER #TOGETHERWITH CAMPUS LIFE

ALSO IN ASSOCIATION WITH UNDEB BANGOR & RAG



STUDENT HOUSING OFFICE
WWW.BANGORSTUDENTPUB.CO.UK



Win Pontio Tickets!

Are you ready for Together Week?!

Make sure you attend the different events happening during the week of the 16th-20th April and if you would like to win some Pontio Cinema Tickets make sure you stop by on Tuesday 17th April and take part in our International Quiz!!

You could win Cinema vouchers to go see the latest films with your friends for **FREE!**

CWIS / QUIZ



Welsh History Tour

You have been living in Wales for a long while now. Would you like to know more about its History and Heritage?

Join us for a day packed with mountains, slate, queens & kings and castles. Above all, CASTLES!

£10 tickets include transfer and entry to:

- Caernarfon Castle
- Penrhyn Castle
- Slate Museum of Llanberis!

Get your tickets TODAY from our Reception at the International Education Centre and live the Welsh Experience!

WELSH HISTORY TOUR



Saturday 21 April
9:30am - £10



Castles



Nature



FUN!