

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 2019 from everyone in our team.



**Nadolig
Llawen a
Blwyddyn
Newydd
Dda!**

Alan, Marcel,
Louise and
your team of
International
Student
Ambassadors.

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

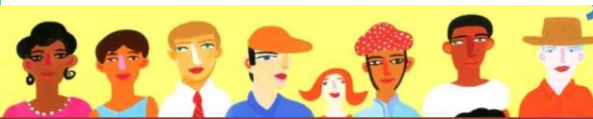
#Bangorinternational



Internationals GO GREEN



As part of our Internationals Go Green programme, at the International Student Support Office we have organised a very special event with Pobl i Bobl, a local volunteer group that works with Refugee Families that are living here in North Wales; supporting them on their arrival to Wales and promoting integration. On the 13th of December a group of international students will join Pobl i Bobl to help sort clothes and items that have been kindly donated by members of the community for refugee support. All the items to be sorted need to be boxed and sent to refugee camps in countries such as Syria and Lebanon **and this is where you can make a difference!** For those of you who would like to join us in our bid to help refugee families, we are having a **DONATION BOX** at our Reception until the 12th of December. If you would like to donate those trousers you never use anymore, or that jumper you didn't get to use in the end, please bring them to our office! As long as the items are in a good state (not broken) they will be really appreciated and make a big difference to people in need here and elsewhere.



Make a big difference to refugees in need here and elsewhere by **DONATING SOME CLOTHES TODAY!**

Please bring your donations to the International Office (Rathbone) by 12th December. Your clothes will be sorted by International Students and given to Pobl i Bobl, a local organisation for the support and integration of Refugee Families in North Wales

DO YOU HOLD A TIER4 VISA?

On the 14th January 2019 we will be holding an ID checking event for all International students who are on a Tier 4 visa –(IF YOU HAVE DEPENDANTS HERE YOU WILL NOT BE REQUIRED TO BRING THEIR BRP CARDS). You will be required to bring your passport and BRP (visa) card with you and for Postgraduate Taught students and Postgraduate Research students, you will also need to bring your original degree certificate from your previous college and a certified translation if the certificate is from a college outside the UK or, is not bilingual i.e. with an English translation printed on the certificate.

THIS EVENT IS COMPULSORY AND IS COUNTED TOWARDS YOUR ATTENDANCE.



Monday 14th January 2019

Rathbone Hall

9.30am to 12.30pm and 1.30pm to 4.30pm

Bang-Bang Updates!

"The Bangladeshi Bangorians (Bangladeshi Student Society) promote the Bangla culture, tradition and language in Bangor University. In this semester, the society has come up with perceptible improvement along with new members by organising multiple events and activities. One of them was 'Ludo Fest' (Board games evening), held on 25th October providing an opportunity to play few indoor games- Ludo and Snake-Ladder. The Society has recently collaborated with the Bangor Indian Society



for the Diwali celebrations on 8th November performing several songs. Another de-stressful event of the society was 'Charukala (Fine Arts)' on 23rd November to show up the artistic skills and creativity of all the participants. Collection of these innovative paintings they will be selling in the upcoming Students Christmas Market on 5th December 2018 including the most fascinating henna paintings with special discount for the members, traditional street foods (Jhalmuri- puffed rice and Bombay mix), clothes and few incredible Christmas Gifts at their stall. The biggest festival of Bangladeshi Bangorians is the 'Victory Day', will be celebrating on 10th December 2018, 6-9 pm. It is an open event with live music, indoor games, quizzes, traditional food and a lots more surprises. Don't miss to purchase the free membership today....!!!"

International Rotary Club Dinner

"On the 8th November 2018, I was invited to attend the International Rotary Club dinner in Llanfairfechan along with other International Ambassadors and Chevening Scholars. All of us were from various countries such as Malaysia, China, and Egypt. We got to converse with the members of the Rotary club and throughout dinner, I spoke to the members seated with me and told them about my home country, including the languages that I spoke back home and how



different it was back home as compared to Bangor. I learned a lot about what the club did, including the Polio campaign, where members had been out to help the immunization efforts in India. The members were very warm and welcoming, ensuring that we felt included in the meeting and making sure that we were given the best hospitality. After dinner, the Ambassadors each did a speech talking about their home country for about 5 minutes. I shared about my high school experience, life back home and why I came to Bangor University. Overall, the evening was very enjoyable and there was never a dull moment!" - Jessica Liew, International Ambassador.

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

www.bangor.ac.uk/international/ambassadors

The spice of life is variety - an ambassador's varied trip around SE

"It started with a meeting that never eventually happened. The follow-up to an IUCN Mangrove Specialist Group gathering in 2017 in Bremen, Germany was supposed to take place in the wake of a Mangroves as a Fisheries Habitat Symposium in Kuala Lumpur, Nov 2018. The IUCN meeting never materialised, but in the meantime a submitted abstract to the symposium was



accepted, dinners with friends around the region arranged, a meeting with a former colleague now at the Asian Development Bank inked in, a request to speak at another conference at the Philippines' Catanduan State University arrived, and Bangor's International Office asked me to do some more recruitment work for them in SE Asia. This developed into a tour of four cities around Vietnam to meet students and promote BU to local academic agents, followed by more recruitment meetings in Bangkok, KL and Singapore. Passing through Thailand provided the opportunity to visit and work with Mangrove Action Project, the NGO I teach for, in Trang southern Thailand. Time in Singapore always means a visit to the excellent mangrove lab of Dr Dan Friess, Assoc. Prof at the National University of Singapore, to give a seminar and act as an outside sounding-board for students' mangrove research ideas. So after 12 flights, five conference presentations, 22 academic agent meetings, five meet-potential-student events, 14 different hotels, and a lot of spicy food, it's time for the final three flights back to Bangor. None of the inflight meals will be as spicy as the near-self-combustion experience of a southern Thai som-tam salad, but variety keeps life spicy." - Dominic Wodehouse—International Student Ambassador.

STAG and Forestry Society work party

"Muhammad and Jess from the Students' Union recently went along to the [STAG and Forestry Society work party](#) at Bangor University's Botanic Garden, Treborth with student members of the two groups.

They had a brilliant day joining in with propagation, pulling out invasive plant species and helping manage the woodlands there. The students said that it was great to tour the garden and see how much hard work goes into making the gardens so beautiful. The student volunteers, Jess and Muhammad worked alongside the Friends of Treborth volunteer group, whose members are drawn from the local community, and Natalie, the Garden's curator.

Muhammad and Jess agreed that it was really nice to see students, staff, and members of the public all working together to achieve a common goal.

To find out more about how you can help out at the garden, get involved in other volunteering projects, or more about making your university a more environmentally friendly place, get in touch with Muhammad at the Students' Union. He's your Vice President for Societies and Community and until very recently an international student!" Muhammad.Firdaus@undebbangor.com



FLAVOURS OF THE WORLD! - Raja Asad, Pakistan

The Hallmark of Pakistani Cuisine

Chicken Karahi is a dish from Indian subcontinent, notable in Pakistani cuisine. It is a mildly spicy curry with several different styles of cooking it. This particular recipe is one of the easiest to make without a compromise on taste.

The spices listed in ingredients can be altered according to taste, if you know how to play around them. It is best served with either Basmati Rice or Nan Bread.

If you're wondering where to get the spices from, ASDA and ALDI has all of them.

Ingredients:

- 500g boneless chicken cubes
- 1 can of chopped tomatoes (400g)
- 1 large onion
- 1 tsp Ginger/Garlic paste or crushed
- 3 tbsps. cooking oil
- 1 tsp mixed herbs + parsley
- 2 pinch red chilli powder
- ½ tsp ground cumin
- 1 tsp ground coriander
- Salt & pepper to taste



Method:

Boil the chicken cubes separately for 10-15 min (like pasta)

Chop the onion in small pieces. Fry it with ginger/garlic paste in a different pan on medium-high heat in the oil until golden brown.

Add the chopped tomatoes with 50ml of water. Add all the spices in, and stir it until the mixture starts to thicken. Leave it to simmer for 5-7 min.

Now add the boiled chicken cubes in the mixture and stir it.

Stir it for about 5 min until its piping hot. Serve it with rice or Nan bread and a bit of parsley on top.

Pro Vegan Tip: Instead of chicken, you can add any beans you like to make it vegan by following the exact same recipe. My personal favorite is to add a can of chickpeas, red kidney beans, and mixed beans each.



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

www.bangor.ac.uk/international/ambassadors

Indian Students at Bangor University meet the First Minister of Wales

Diwali is the Hindu festival of lights and this year, to celebrate the occasion, eight Bangor University Indian students were invited to Cardiff for a special event with the Rt Hon Carwyn Jones AM, First Minister of Wales.



International Student

Ambassadors together with Bangor Indian Society members travelled to Cardiff last week with the International Student Support Office. Nothing could have stopped the enthusiastically eager group to get to the Capital of Wales, where a big reception was waiting for them at the Millennium Centre. Students got to meet, mingle and even dance (!) with the First Minister of Wales, who dedicated a few words in his speech to acknowledge the importance of the current 2,000 Indian students studying in the UK for the future of this country and for the future relations between Wales and India."

Bangor Chinese Students & Scholar Association

"On November 17th, the Chinese Students and Scholar Association of Bangor University held a special Social Party in PJ Hall, with a great number of international students and University staff to share a wonderful night. This party contained several programs like singing, games and dance, with unlimited drinks and snacks for everyone so all participants could enjoy while making new friends. Furthermore, the dancing and games of the party were designed to enhancing friendship among student. Raffle was another selling point of this party with three prizes including vouchers, printers and an Apple pad, in total were prepared as gifts. We also invited teacher Melanie Brown who is from Bangor business school, and the chair of BCSSA, Miss Keyu Zhang gave speeches. Sending their best wishes to the students and further development of BCSSA. The event ended with great fun. We will also hold an annual gala show to celebrate the Chinese New Year around mid-February 2019. Cannot wait for it! Looking forward to see you there!"





**PAID
INTERNSHIP
OPPORTUNITIES
IN BANGOR UNIVERSITY**

During semester 2 and early summer 2019, paid graduate-level internships will be exclusively available to Bangor University undergraduate students

Opportunities include:

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

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

**APPLY BY 1PM
12TH DECEMBER 2018**



**WOULD YOU LIKE TO
WORK WITH US?**

We are looking for an intern to help us organise and run our **One World Gala 2019!**

← **Apply by 12th December**

RYHYOWLAIDL BANGOR INTERNATIONAL

BIG Election—Students Union

The BIG Elections are the students' chance to decide

the future leadership of Undeb Bangor - Your Students' Union.

“Nominations open on the 10th of December. This is your chance to put your name forward to run in our most exciting election of the year.

There are 5 positions to run for; President, VP for Education, VP for Sports, VP for Societies and Volunteering and UMCB President. Each role has something different to offer, but they all offer an exciting time, a once in a lifetime opportunity and the chance to you to make change happen in this full time paid role!

All the information about the elections can be found on www.undebbangor.com/elections. If you are unsure about anything and need to speak to anyone. Feel free to come in and see us on the 4th floor in Pontio or drop us an e-mail, undeb@undebbangor.com”



**MAKE
CHANGE
HAPPEN**

**NOMINATE YOURSELF TO
BECOME A SABBATICAL OFFICER**

NOMINATIONS: 10TH DECEMBER - 1ST FEBRUARY

WWW.UNDEBBANGOR.COM/ELECTIONS

**BIG
ELECTION
2019**

Bangor University Wishes Board



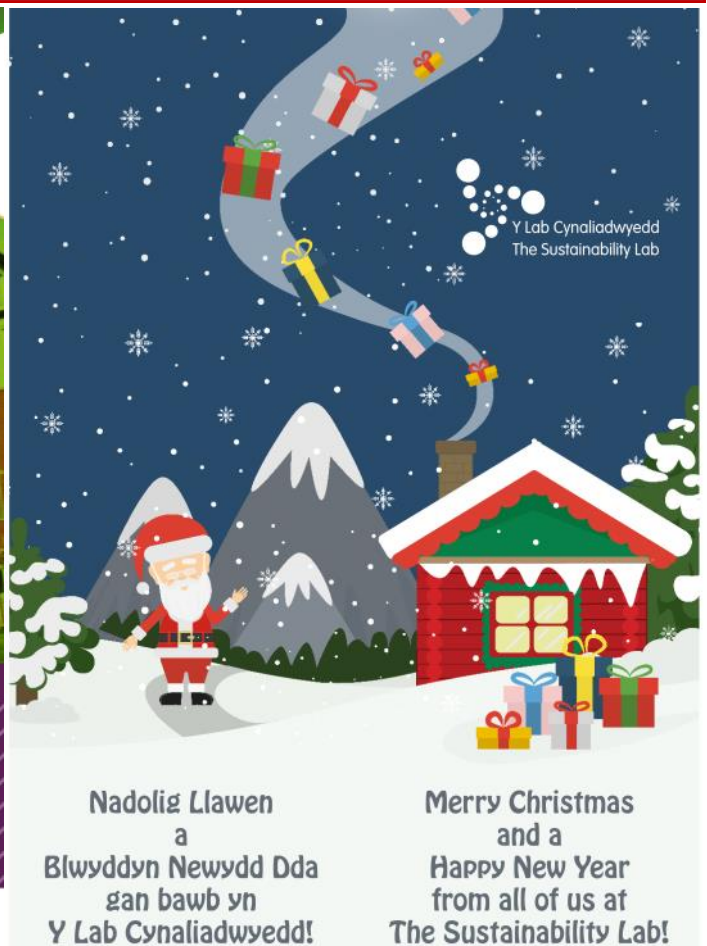
COME HOME!
...TO BANGOR UNIVERSITY'S
AWARD WINNING HALLS
#LOVEHALLS

Live in one of our
award winning student
villages next year
Book online now!
WWW.BANGOR.AC.UK/MYROOM
Opens 3rd December

NO PRE-PAYMENT
FROZEN FEES
2018 PRICES UNTIL JANUARY 2019!
SHOW FLATS AVAILABLE

BANGOR UNIVERSITY
HALLS OFFICE

AWARD WINNING STUDENT CHOICE AWARDS 2018 WINNER



Y Lab Cynaliadwydd
The Sustainability Lab

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

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



CAMPWSBYW
PRIFYSGOL BANGOR UNIVERSITY
CAMPUS LIFE

Merry
Christmas
from
Campus Life

WWW.CAMPUSLIFEBANGOR.CO.UK