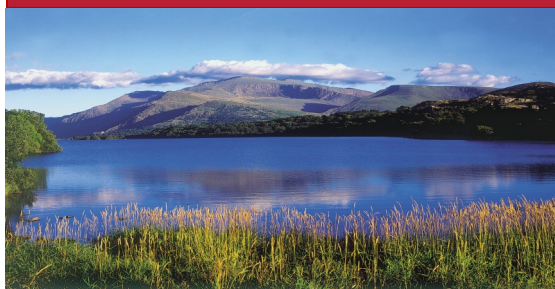


# International Student Newsletter - January 2019



## 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 that you are looking forward to the new semester

We know we are!

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 success stories. Join us at our upcoming events and lets celebrate together, see you soon!

*Alan, Marcel & Louise welcome you to Bangor !*

[International Student Support Team](#)

## 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 20 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](http://www.bangor.ac.uk/international/studentprofiles/ambassadors)

## Important Message for Non-EU students

### NEWSFLASH

Non-EU students at Bangor with a Tier 4 student visa

We have been informed by The Home Office that charges for making a Tier 4 visa application will rise on the 8<sup>th</sup> of January 2019. Although the visa fee will remain at £475, the Immigration Health Surcharge will rise to £300 for each year of extension. This does not mean that you need to make any extra payments on your current visa. If you apply for a new visa or an extension in the future, these changes will apply.

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

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

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

**#Bangorinternational**

## Career Success for International Alumni

"Graduates of the MSc Public Health & Health Promotion course at the School of Health accomplish a wide range of achievements, across a diverse variety of occupations. Here is a glimpse into the achievements of some of our international alumni – congratulations to all:

Emily Christine Casarez graduated in 2015, and returned to California to work as a Community Health Programme Manager at the Lompoc Valley Community Health Coalition. She has recently been promoted to the position of Director of Community Health at this organisation.

Dr Namuuntsetseg Namdeg completed her course in 2015. She returned to Mongolia, and now works as the Quality Manager of Ulaanbaatar Songdo Hospital where the first 'Pulmonary Centre' for Mongolia opened this year

Dr Ramin Ziway from Afghanistan (a Chevening Scholar) graduated in 2017. On returning home, he was appointed as Head of Health Affairs at the Office of the Afghan President; he was then promoted to Director of Policy Research.



Dr Rafi A H Siddique (a Bangor University 'Full Tuition Fee Scholarship' Winner) graduated in 2018, and was appointed as Programme Specialist for a non-governmental organisation that aims to help people in remote and unaddressed communities in Bangladesh.

Leah Gatimu Kamweru graduated in 2018, and now works for the Ministry of Health in Kenya. She is a National Programme Officer for Health Promotion and Community Engagement and Communicable Diseases. She is directly involved in making decisions about Kenyan policy directives that guide disease prevention and health promotion.

Dr Xiaotong Liu graduated in 2018. She is currently a Teaching Assistant at Dalian Medical University, China. "

If you want to find out more about the MSc Public Health & Health Promotion course at Bangor University, contact Dr Jaci Huws at the School of Health: [j.huws@bangor.ac.uk](mailto:j.huws@bangor.ac.uk)

## Confucius Institute- Upcoming Events



Selyddiad Confucius ym Mhrifysgol Bangor  
Confucius Institute at Bangor University  
班戈大学孔子学院

"In 2019 we continue our FUN course in Mandarin at the Corporate Communications and Marketing Building, Dean Street. If you want to brush up on conversational Mandarin or prepare for Chinese Proficiency test (HSK), you are welcome to join us on Saturdays (term-time) from 10 am to 12 pm. All sessions are **FREE!**

If you simply want to learn more about Chinese culture, the Confucius Institute also hosts Chinese Open Day on Fridays from 1-3pm! This is your chance to come and see what your Bangor Confucius Institute is all about. Join in different cultural and language activities every week, such as paper folding, cultural music / dance, Taiji and much more! We are also providing light refreshments (biscuits and tea/coffee- Yum!) and not to mention that this is all **FREE!** So why not pop along and bring some friends to share the fun and experience with!

Last but not least, mark down February the 9<sup>th</sup> 2019 (12-2pm) and join in our **Chinese Year celebrations!** We are planning a colourful Chinese Dragon Parade on Bangor High Street followed by a Gala event at the Bangor Cathedral! Bring your friends along and experience a day like no other!"

For more information about our activities, please check our web pages, email: [confuciusinstitute@bangor.ac.uk](mailto:confuciusinstitute@bangor.ac.uk)





## Bangladeshi Bangorians— Active Bang Bang!

“December, the last month of 2018-19 first semester, the most festive and awaited days of the year! We have received a grant fund of £100 to arrange the stall at the Student Christmas Market in Bangor University, earned enough by selling varieties of stuffs specially, most famous street food ‘Jhalmuri’; our arts, clothes, name cards; the henna painting- the ‘must-do’ activity. On 6th December we performed live for the first time ever at Storm FM. In conjunction we have organized a fantastic event- the National Victory Day on the 10th December commemorating our Victory after a bloody nine-month of liberation war on the 16th December 1971.

Our event was made successful with the presence of many international students from different countries where traditional Bangladeshi foods ‘Chotpoti’ and ‘Jorda’ are marked as the limelight including the presentation, songs of various themes showcasing our talents besides studies.

The documentary on Bangladeshi diversified culture prepared for the International Student Day is well appreciated.



The target of Bang-Bang in 2019 is to emphasize on Mother tongue for all the students of Bangor University with an idea to build up the 5<sup>th</sup> replica of the monument for language movement at campus area .”



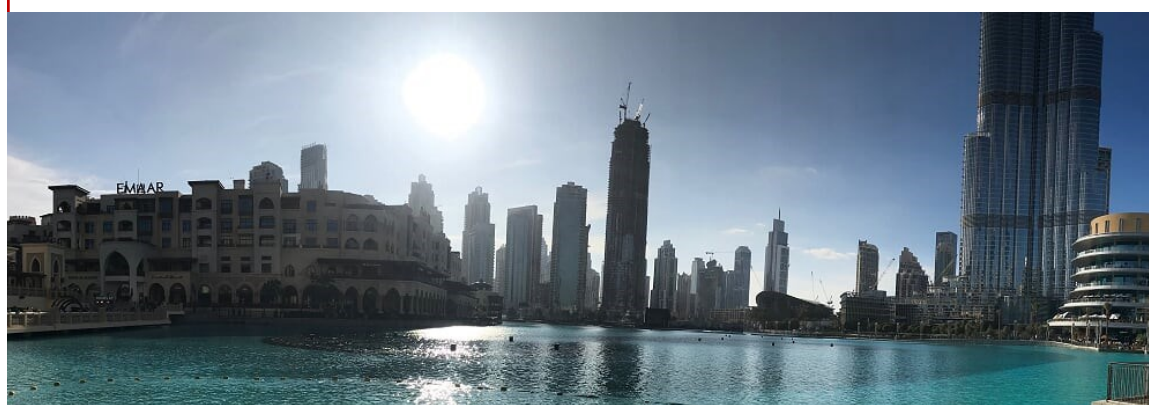
## The Missing Sun — Nebu George, India

“Having lived more than five years in Wales one thing that has always been elusive is the bright yellow ball of fire in the sky. While there is a familiar phrase ‘once in a blue moon’, in north Wales that phrase can be corrected to ‘once on a sunny day’. Saying that I have seen the full moon and new moon more often than sunny days in Bangor wouldn’t be a stretch. But the elusive sun did grace me with its presence in two of my trips abroad in the past two months. The first being in Austria while I was there for a conference. I was lucky enough to visit Linz and Vienna and the village of Neurisshof. While the food and different kinds of beer were among the highlights, it was the sun and the snow on the last couple of days that were the most enjoyable.

The second time I met the elusive sun for days at a stretch was when I went to Dubai to celebrate Christmas with my family. With its shiny lights and glittering like gold buildings, Dubai seems like a mirage in the desert. Overall, I realised that I had to go to places of fire and ice to see the elusive sun and while writing this I notice that the sun is still a hidden mystery in Bangor!”

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

[www.bangor.ac.uk/international/studentprofiles/ambassadors](http://www.bangor.ac.uk/international/studentprofiles/ambassadors)



## FLAVOURS OF THE WORLD! - Ronya Someschan, Germany

"So we Germans have a thing for waffles, especially in a circle formation of hearts. If you feel like making some here is what you will need:

3 Eggs  
125g Sugar  
1 packet of Vanilla Sugar (~8g)  
125g Butter  
1 Teaspoon Baking Powder  
250g Flour  
250ml Milk  
And a pinch of Salt



Preferably with a hand mixer, mix the eggs, the sugar and the vanilla sugar together to a creamy consistency. Add the butter. Then mix the rest of the dry ingredients (flour, baking powder and salt) and the milk to add to your sugar-egg liquids.

Now prepare your waffle iron. Don't have one? A pan works too, now this is a recipe for pancakes instead (don't forget to flip them!) When your heated metal object of choice is ready, butter it up and add the batter. You will know when you are done when the batter turns golden brown!

If you are having a good day, try adding fruit into the mix such as blueberries or (small pieces of) apple! Guten Appetit! "

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

[www.bangor.ac.uk/international/studentprofiles/ambassadors](http://www.bangor.ac.uk/international/studentprofiles/ambassadors)



## BIG Election— Student's Union

"It's a busy period for us at the Students Union, with various campaigns currently in full swing, from our BIG Election, to Food Poverty.

The BIG Election is your chance to decide the future leadership of Undeb Bangor, your Students' Union. Nominations are open till the 1<sup>st</sup> of February, if you feel you've got what it takes why not nominate yourself?! For further information about our BIG Election go to our website:

[www.undebbangor.com/elections](http://www.undebbangor.com/elections)

Food Poverty is a campaign ran by the President of the Students' Union, Ruth Plant. It was brought to her attention that students are going without food and this is not acceptable. We're reaching out to students to complete our quick survey about their eating habits, this will give us the information we need to make the #FoodPoverty campaign relevant here in Bangor. For more information and to complete the survey head over to: [www.undebbangor.com/foodpoverty](http://www.undebbangor.com/foodpoverty)

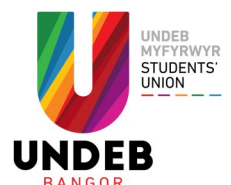
Undeb Bangor is working hard with the University to ensure that the proposed cuts has as little effect on student experience as possible. We appreciate your concerns and please rest assured that we as your Students' Union are continuing to talk and raise concerns with the University. We want to ensure that the Student Voice remains at the forefront of every conversation and that your interests are taken into account. If you have any further questions or concerns, please feel free to email: [studentvoice@undebbangor.com](mailto:studentvoice@undebbangor.com)

Alternatively you can come along to the question and answer session that will be held on Tuesday, 15th of January, between 6pm – 8pm , in PL5, Pontio."

To keep up to date with the work your Students' Union is doing, find us on

Facebook: @BangorStudentsUnion, Instagram: @UndebBangor

or head over to our website: [www.undebbangor.com](http://www.undebbangor.com)





## Assignment and Dissertation Workshops—Study Skills Centre

# LEVEL UP YOUR WRITING

JANUARY – MARCH 2019

## WRITING & RESEARCH SKILLS WORKSHOPS

**STUDY SKILLS CENTRE**

Helping you get the most out of your studies

"The Study Skills Centre has designed two workshop programmes for Semester Two: Being Critical workshops focusing upon assignment-related tasks, and Great Dissertations workshops exploring strategies to enable you to approach your research. Our workshops provide an opportunity to explore practices and strategies that help to develop your understanding of academic expectations and to improve the quality of the work that you produce. Conversation is central to our approach, and the workshops are task-based, enabling you to learn by doing and questioning.

The Being Critical series, held on Wednesday afternoons at 1pm, provides a sound foundation for approaching future assignments by exploring topics such as the management of your studies, the use of source material, critical approaches to reading and writing, and discussing ways of generating and organising your ideas.

The Great Dissertations series, held on Thursday mornings at 10am, provides a hands-on opportunity to develop your research goals and proposal, to approach your literature review, abstract and introduction, to consider possible solutions and to reflect on your progress.

E-mail: [studyskills@bangor.ac.uk](mailto:studyskills@bangor.ac.uk) Phone: 01248 382689

## High Achieving Student from Saudi Arabia, Osama Alruwail

"HRH Prince Mohammed bin Nawaf Al Saud, the Ambassador of the Kingdom of Saudi Arabia to the UK, held a celebration in honour of high achieving students from Saudi Arabia, the award ceremony was held at the Royal Embassy of Saudi Arabia in London.

Bangor University student, Osama Alruwail, received an award for being the Best Saudi Students Club President in the UK.

Osama Alruwail, a PhD student at the School of Linguistics. This award shows recognition of the important work Osama carried out for supporting Saudi students studying at Bangor University.

The club has given an excellent representation of the University; congratulations Osama."



## Practise your Presentation Skills...



- ❖ in an informal atmosphere
- ❖ to an international audience
- ❖ to gain confidence and experience

To discuss a suitable topic contact  
Jan: [jannieu@tiscali.co.uk](mailto:jannieu@tiscali.co.uk)

ICE ELCOS



**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 3<sup>rd</sup> December

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

 **BANGOR UNIVERSITY** | **HALLS OFFICE**

WINNER  
STUDENT  
CHOICE  
AWARDS  
2018  
WINNER  
ACCOMMODATION

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



Connect@Bangor and Walk&Talk are student led volunteering projects and are great way to do j u s t t h a t . Whether you face barriers when engaging in student activities or need some general support, Connect@Bangor is here to help.

Some students feel more comfortable joining clubs and societies, as well as going shopping, visiting their GP, or going to the gym with someone else. All you need to do is fill in an online form through UNDEB Bangor and you can ask for this service anytime throughout the academic year.

Whether you are looking for a more open and refreshing way to meet new people, de-stress or to just walk and have a chat in good company, Walk&Talk provides this. We organise 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 floor at 4pm every Wednesday and Friday.**

## Liverpool and Titanic - 19<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 Dwywnwen'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 Dwywnwen'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. 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 up 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.