

International Student Newsletter - March 2019



Dydd Gŵyl Dewi Hapus! - Happy Saint David's Day!

The 1st of March is Wales' National Day. People celebrate St. David's day by wearing a daffodil, the symbol of Wales, or a leek, St. David's personal symbol. It is a great opportunity to discover some Welsh traditions and foods, such as TWMPATH (traditional dance) or freshly baked Welsh Cakes. We encourage you to celebrate this festivity by challenging you to say *at least* ONE word in Welsh every day this month! Next time you go shopping or someone holds the door for you, say **DIOLCH** instead of Thank you! #yesyoucan #cymraeg



Internationals Go Green - Beach Clean



As Sir David Attenborough once said: "No one will protect what they don't **care** about, and no one will care about what they have **never experienced**". At the International Education Centre we care about the environment and the Planet's future so the International Student Support Team has organised a Beach Clean trip on the 24th March in collaboration with the [North Wales Wildlife Trust](#) (NWWT). On the day, and together with NWWT guides, we will travel to a beach on Anglesey and collect litter from the beach to later analyse what has been found and think about ways to stop littering and why it is important to do so. Act Local, Think Global! SIGN UP TODAY! Even if the event is FREE, you will need to get a ticket from our Reception as spaces are limited. Don't Delay! Get yours today and join us in our quest for a cleaner, better world by helping the local community and having fun on a day out by the sea with your friends!



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

Experience nature @ Holyhead Breakwater Country Park



"The Holyhead Breakwater Country Park is an ideal year round place to visit. It has a wonderful blend of nature and heritage. Enjoy spectacular scenery, tranquil settings, a sense of nature and history. Nestling below Mynydd Twr / Holyhead Mountain, the park has trails that help you to explore, to experience nature and stunning scenery.

Walk along the beautiful Rocky Coast, Carneddau ponies graze this area, part of an ongoing grazing project. The park used to be a working quarry (supplying stone during the building of the Holyhead Breakwater then quarried for stone for the brick making process), the former Brick Shed has been turned into an outdoor gallery exhibiting local artwork and photography, also providing information about local history relating to the park and also places such as South Stack lighthouse.

There is a café which is open throughout the year and a seasonal shop. There are exhibitions, spectacular scenery, fishing at the park's lake (Llyn Llwynog) , wildlife, walking (the park is a gateway to trails on Mynydd Twr / Holyhead Mountain) and events.

Why not try out the permanent orienteering course – maps and course sheets available."

A warm welcome to all.

The park is open all year and run by

Ynys Mon / Anglesey County Council



Don't Miss Our One World Gala

Come and join the International Support team, students and members of the Community to celebrate our One World Gala! Taking place on Friday 15th March, 7pm In PJ Hall, Main Arts, this is a FREE event packed with singing, dancing and energetic performances. The event is in support of Croeso Menai to raise funds for charity. ALL WELCOME – See you there !!

internationalsupport@bangor.ac.uk

INTERNATIONAL STUDENT SUPPORT

ONE WORLD GALA

In support of Croeso Menai to raise funds for charity

March 15, 2019 | 7 PM
PJ HALL, MAIN ARTS | FREE ENTRY

Expect colourful and lively performances from both our students and members of the local community



PRIFYSGOL
BANGOR
UNIVERSITY



CEFNOGI MYFYRWYR RHYNGWLADOL

GALA UN BYD

I gefnogi Croeso Menai a chodi arian ar gyfer elusen

15 MAWRTH, 2019 | 7 YH
NEUADD PJ, PRIF ADEILAD | AM DDIM

Perfformiadau lliwgar a bywiog gan ein myfyrwyr ac aelodau o'r gymuned leol.



Welcome Nayel Chowdhury to the International Education Centre



Nayel Chowdhury from Bangladesh recently joined Bangor University as the new International Officer for South Asia. He will be responsible for student recruitment in South Asia including Bangladesh, India, Nepal, Pakistan and Sri Lanka.

This will involve the management of recruitment agents, developing country specific promotional campaigns, attending overseas exhibitions and developing institutional links.

Nayel has worked in the education industry for several years in both recruitment and marketing, here in the UK as well as in Bangladesh.

Nayel's contact details are below:

Email: n.chowdhury@bangor.ac.uk

Tel: +44 (0) 1248 388416

Ambassadors Column — Dominic Wodehouse

"For all the environmental science the university teaches, much of the time solutions to environmental problems are not technical or scientific, but social. The mangrove challenge I recently witnessed in Tanzania's Rufiji Delta illustrates this. As well as being a part-time PhD student, I'm also a trainer for NGO Mangrove Action Project, delivering its 'community-based ecological mangrove rehabilitation' training course. This training helps various groups work with local stakeholders to mitigate mangrove stressors and facilitate natural mangrove regeneration.

In the Rufiji, the challenge was clearance of hundreds of hectares of upstream mangroves by landless farmers for relatively unproductive subsistence rice cultivation. In the meantime, the benefits of the mangroves, their incredible productivity and carbon storage ability have been lost. History shows that eviction will not work. The solution is to work with local people and the government to ensure they do not encroach further and to incentivise them to restore the mangroves they have already cleared, with appropriate training. Later on allocate them inland areas to farm, give them farming training and appropriate community facilities nearby to ensure a successful transfer.

Hopefully, in the future, SENRGY's teaching and research output will better reflect the need for more social science training and research." More details about Dominic Wodehouse and how to contact the rest of the

Ambassadors at: www.bangor.ac.uk/international/studentprofiles/ambassadors



Important Message from the Student Housing Office

Before you leave for Easter - Secure your house

- Remember to make sure that all the windows and doors are locked and secure before leaving for the Easter vacation, don't assume someone else will do it.
- If you have to leave anything valuable, then store it out of sight.
- Remember to tell your landlord when you will be leaving and for how long.



Enjoy the Easter vacation and we'll see you after the break!

Student Housing Office www.bangorstudentpad.co.uk

Skills & Employability @ Bangor

AFTERNOON FOR INTERNATIONAL STUDENTS

Wednesday 20th March 1pm -4pm, Main Arts LR2

13:00-13:50 Improve your CV

This workshop for international students gives advice on compiling an effective CV for the competitive UK market

13:50-14:40 Interview Skills

This workshop looks at the preparation to give you the confidence to handle interviews effectively

14:40-15:30 Job Search in the UK

This session for international students will provide you with tips and tactics for a productive job search

15:30-16:00 Working in the UK for international students

Come and find out about the rules for working in the UK, both during and after your studies

You can come along to any of these sessions – you do not have to attend all four workshops – booking is not required, you may just turn up on the day.

Further information – and the list of all our other workshops – are listed on the Employability Hub

<https://my.bangor.ac.uk/employability/events/>



Prestigious Award given to Mohammed Saeed Alyami, Saudi Society



Dr Abdul Aziz Al-Maqoushi, Saudi Cultural Attache, London, has awarded Bangor University student, Mohammed Saeed Alyami with a certificate of appreciation for his dedication to founding and chairing the Saudi Scientific Society at Bangor University.

Mohammed Saeed Alyami, is a PhD Chemistry student and International Ambassador. The award shows recognition of the work Mohammed and the Saudi Scientific Society carry out, supporting Saudi students studying at Bangor University.

Congratulations Mohammed !

More details about Mohammed Saeed Alyami and how to contact the rest of the

Ambassadors at: www.bangor.ac.uk/international/studentprofiles/ambassadors

Coriander Chutney Chicken

"This is a fun take on your quintessential roast chicken, with an Indian twist. Coriander and mint chutney makes a stunning marinade, adding a decidedly eager zing to the meat and creating just the pizzazz you need for a delectable, exciting meal. I do hope you enjoy it!

Ingredients:

- 500 grams boneless chicken breasts
- 2 bunches (packets) fresh coriander
- 1 bunch fresh dill
- 1 bunch fresh mint leaves
- 8 large cloves of garlic (adjust to taste if necessary)
- 1 inch-long piece ginger
- 1-2 green finger chillies (more for spice-lovers, deseeded for milder flavour)
- 1 tsp ground cumin
- 3 tbsp lemon juice
- 3 tbsp yogurt (preferably Greek)
- Salt to taste

Method:

Score and brine the chicken in a pot of heavily salted water – preferably overnight, but at least for a couple of hours. This helps tenderise the meat.

Put all the other ingredients into a grinder/ food processor and blitz into a thick paste. Taste and adjust the flavour as required.

Give the chicken a quick rinse with fresh water, then wipe down with a kitchen towel until dry on the outside. Add to the marinade and using your hands, rub it into the meat – especially in the cuts made.

Rest for at least an hour (if not overnight), then pan-fry on a medium-high heat or roast in a preheated oven at 180 Celsius until cooked through – about 20-25 minutes, depending on the size of the cut.

This chicken can be used in many ways – you can cut it into chunks and serve it with yogurt as a starter, or shred it and add lettuce for a wholesome and scrumptious salad, or eat the pieces as they are with rice. You can make a large batch of marinade, divide into Ziploc bags and freeze it, using as required. “

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

www.bangor.ac.uk/international/studentprofiles/ambassadors



What's On!

Study Skills Workshops

CAMPWSBYW
BANGOR UNIVERSITY
CAMPUS LIFE

CAPELA

**MAE GAN
FANGOR
DALENT**

**DEWCH I DDANGOS
EICH SGILIAU!**

Craeso mawr i
gantorion, downswyr,
acrobatiaid, jygtywyr a
pherfformwyr eraill

**BANGOR'S
GOT
TALENT**

**SHOWCASE
YOUR SKILLS!**

Singers, Dancers,
Acrobats, Jugglers &
all others performers
welcome



E-bostiwrch
campwsbyw@bangor.ac.uk
i rannu eich talent ac i
archebu eich slot perfformio

**SUNDAY NOS SUL
10.03.19**

8.00PM

Share your talent by emailing
campuslife@bangor.ac.uk to
book your performance spot

**Santes Fair
St Mary's**

The Study Skills Centre

"We offer 1-2-1 writing appointments, workshops, and Maths and Stats support. To arrange an appointment for [1-2-1 Writing appointments](#) or for [Maths and Stats support](#) visit our website.

Why not attend one of our free, interactive workshops this semester." [Visit our website to reserve your place.](#)

For further information or advice contact us:

Website: www.bangor.ac.uk/studyskills

Email: Studyskills@bangor.ac.uk

Telephone: 01248 38 2689

Or search for us on [Facebook and Twitter.](#)

**THIS
TIME IT'S
PERSONAL!**

**ONE TO ONE WRITING,
MATHS, STATISTICS
& STUDY SKILLS
APPOINTMENTS**

STUDENT
SERVICES



Pobl i Bobl Update



It was inspiring to see the amount of clothes donated by our Bangor University students to the Pobl i Bobl charity. 120 full bags were loaded onto a lorry this month, to be taken to a centre which would then distribute them to

refugee camps in Europe and the Middle East.

These clothes will really help those people in desperate

need, and will get them through the cold winter months. Thank you all!



Pobl i Bobl

Cefnogi Ffoduriald - Supporting Refugees



Come & Find us @ TogetherWeek

#TOGETHERWEEK



IS ALL ABOUT CELEBRATING WORKING
TOGETHER AND CHANGES MADE
IN RESPONSE TO YOUR FEEDBACK.
SO COME ALONG TO FIND OUT MORE.



11 MARCH DEINIOL LIBRARY 10-4PM

#TOGETHERWITH EATDRINKBANGOR & CAMPUSLIFE



12 MARCH MAIN ARTS QUAD 10-4PM

#TOGETHERWITH HOUSING OFFICE



13 MARCH PONTIO LEVEL 5 10-4PM

14 MARCH MAIN ARTS QUAD 10-4PM

#TOGETHERWITH INTERNATIONAL OFFICE

15 MARCH MAIN ARTS FOYER 10-2PM

#TOGETHERWITH UNDEC BANGOR

