

# International Student Newsletter—April 2019



## We've Been Nominated!!!

Bangor University has been shortlisted for eight of 15 Awards in this year's Whatuni Student Choice Awards 2019, with the nominations based on the excellent reviews and opinions of the University's own students. The Whatuni Student Rankings are based on averages taken from tens of thousands of reviews submitted by students and published on Whatuni.com

And one of the nominations is for 'INTERNATIONAL'!

So, a big thank you to those of you who nominated us and let's hope we do well!

The official 2019 Whatuni Student Rankings will be announced on 25 of April at a ceremony in London. You can follow all the action on the night with the hashtag **#WUSCA**



## One World Gala TRIUMPH

### WHAT A NIGHT!

We really hope you enjoyed the Gala as much as we did! A big thank you to the presenters Raja and Fiona and to all the performers for putting so much effort, enthusiasm and good vibes into the One World Gala! Really proud of the talent and diversity at Bangor University.

Your hard work and dedication raised nearly **£700** to Croeso Menai, a group set up by one of the members of staff at Bangor University. It functions around North Wales to sponsor and help families settle in North Wales from war-torn areas around the world.

Angharad Thomas, Director of International Recruitment and Development, said: "The One World Gala has become an established highlight within the University social calendar. It never fails to demonstrate the talent amongst our international students, and the pride they have in their various national cultures.

The range of songs, dances and instrumentals demonstrate the diversity we have here at Bangor University and reminds us how important it is for us to celebrate and embrace each other's cultures particularly at times of turmoil elsewhere in the world."



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**

## Calling Final Year Undergraduates ...

### Calling Final Year Undergraduate Students!

If you'd like to complete the Bangor Employability Award this year, please let the Skills and Employability Service know by filling out this short online form as soon as possible:

<https://www.bangor.ac.uk/careers/finalists/index.php.en>

The deadline to complete the BEA, and check activities for your HEAR is 5pm, 15<sup>th</sup> May, 2019.

Please email [employability@bangor.ac.uk](mailto:employability@bangor.ac.uk) if you require information and support.

# GRADUATING THIS YEAR?



Check My HEAR

Complete the BEA

on My Employability Hub  
[my.bangor.ac.uk/employability](http://my.bangor.ac.uk/employability)  
5pm, Wednesday, 15<sup>th</sup> May

## Born To Run— Ronya Somerschan

"On March 3rd me and other psychology students went to Menai Bridge to face a first challenge of many that we had committed to back in our second year. What united us was a novelty module called **"Born to Run"**, taught by Dr Fran Garrad-Cole and John Parkinson. In this module they teach us about motivation and achieving your goals, and train us to run a marathon. For some of us the Anglesey Half Marathon was the first big challenge: 21km. We were nervous, chatting amongst ourselves, waiting for the event to start. Many other runners surrounded us, most looking much more experienced already. We weren't lucky with the weather, it started to drizzle as soon as we stepped over the start line. I gently jogged the first mile alongside my friend Monica, we had been motivating each other since day one and I was glad we got to do this together. Being Team Slow we made our way toward Beaumaris. After we exited the forest into the more open parts I definitely felt the wind and rain messing with my motivation. It was also around there that I started losing Monica. Feeling quite miserable for a good chunk of the middle bit of the run, I did start to feel better the closer I came to the finish line. Many people still did cheer for me, even though I am way behind the big crowds of runners. I finished with a time of 2h 43min 39sec, feeling incredibly accomplished. Walking over the line was overwhelming and underwhelming at the same time. I was so happy to have done this, pushing myself to limits I didn't know yet, but at the same time I was fairly alone until Monica crossed the line. Nonetheless, we celebrated our success together! Soon after I found out that I hurt my knees, but the half marathon inspired me nonetheless. I will do my second one back home in Düsseldorf, Germany, with hopefully better weather, with support of family and friends. Our final challenge will be the Liverpool Marathon in May and I feel so ready to tackle it!"

More details about Ronya Somerschan and how to contact the rest of the Ambassadors at: [www.bangor.ac.uk/international/studentprofiles/ambassador](http://www.bangor.ac.uk/international/studentprofiles/ambassador)







## Internationals for a cleaner future!



A team of over 30 international students from all over the World took part in Sea Watching on the cliffs of Bull Bay and a Beach Clean in Rhosneigr on Sunday, 24<sup>th</sup> 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. The aim was to learn about the importance of recycling and environmental caring whilst helping the local community to get a cleaner beach.

Whilst spotting seals, dolphins and porpoises was fun and a lot was learned about marine wildlife, little did students 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 onto the beach with litter picks, bin bags and tons of enthusiasm. In only 2 hours, many big bags of litter had been collected with anything from plastic bottle pieces to fishing gear and rope. No matter how much work they put into it however, the beach could not be totally cleaned.

The beach clean at Rhosneigr 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. Lots of earbud plastic sticks washed ashore were collected in just one afternoon in Rhosneigr due to inappropriate disposal.

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!

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 ! Think Global ! Act Local !*



### Invest in Yourself: Explore your creative side

"It's pretty eye-opening to take a step back and think about what you do during your time at University. Even the smallest of hobbies may not seem significant as you start, but as you begin to include that hobby into your daily routine, you begin to realise the time allotment, dedication and commitment you put in toward that particular hobby.

I recently looked back on societies I've joined, volunteering activities I've done, and hobbies that I continue to participate and realised that I've hardly done anything spontaneous or creative! Life at University tends to be monotonous, and it is so easy to get caught up in the daily routine that never changes, however, one thing I've realised from my experience, is that putting yourself out there to try out new and exciting hobbies makes life at University exciting! You value the hobbies you're used to more than you did in the past, and through the experimentation with new hobbies, you unlock the creative potential you have which leads to so many opportunities!

I recently felt the monotony, and in an attempt to try something different, I signed up for an exciting Welsh dancing (Twmpath) session with the International Student Support Office. Before attending the session, I expected that it would serve as a good break from assignments, and I would enjoy the little break and feel wholly rejuvenated to head back to getting work done, but it was so much more than that!

The session was completely different to what I expected, and the couple hours spent toward it made me understand that it meant much more than merely learning about the culture. I made a lot of new friends, met people with similar interests and had an exciting experience that I'll look back on as a fond memory!

Attending the Twmpath session spontaneously made me realise that I could take up other dance sessions and engage myself creatively in learning more about the Welsh culture in an attempt to do something different!

Through this experience and others, I've come to realise that spontaneity plays a key role when it comes to exploring your creative side! If you don't push yourself to engage with others and learn a new hobby, you'll be stuck in the monotony! Though people enjoy a routine, you always need something different to look forward to from time to time, in order to cherish what you have and what you work towards!

After conversing with my friends about this, I've realised that I'm a little late to this revelation! Some friends of mine have started Yoga classes, while others have signed up to craft classes, jazz band and many more!

So my advice to you, if you're like me and you're just realising the potential of your creativity: put yourself out there and be confident in your quest for spontaneity!"

More details about Simran Prasad 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)





# Graduate Recruitment Fair

The Skills & Employability Service at Bangor University is organising a coach to the **Manchester Graduate Recruitment Fair on May 8<sup>th</sup>**

Manchester University holds one of the largest graduate recruitment Fairs in the UK, with around 130 exhibitors offering hundreds of opportunities including:

- Local and national vacancies with immediate start dates
- Work, teach and study abroad programmes
- Postgraduate and further study courses
- Internships and summer positions

Tickets for the bus are £10 per person and can be purchased through the Online Shop here: <https://bit.ly/2GUKRu9>

**There are only 45 places available.**

To register for the event please visit <http://www.careers.manchester.ac.uk/events/gradfair/>



Entry to the fair is free.



## Confucius Institute experience Anglesey's natural beauty!

"I work for Cyngor Sir Ynys Môn / Isle of Anglesey County Council and I am part of the Council's Countryside & AONB Service (usually based at Parc Gwledig Morglawdd Caergybi / Holyhead Breakwater Country Park).

It was a pleasure to give a talk and presentation at Bangor University's Confucius Institute on 1<sup>st</sup> March 2019. I was made to feel very welcome by Dr. Lina Davitt, Director of the Confucius Institute and Kunyan Li, Associate Professor, as well as everybody who attended.

I wondered if the experience of overseas students, while studying at Bangor University, could be further enhanced by experiencing more of the natural beauty of the local area. My passion is the local area, taking photos of what I see, sharing what I have seen by giving such presentations.

Some of the feedback from the Confucius Institute was the following –

'All Chinese tutors and staff at the Confucius Institute were mesmerised by the beautiful pictures and interesting stories that Wil Stewart presented during his talk. We are all looking forward to visiting Holyhead Mountain and seeing in person the natural beauty of Anglesey'.

I greeted, at the beginning of the presentation, in all three languages Welsh / Chinese / English. I had a quick lesson (which is what I requested) in how to pronounce 'Good morning' in Chinese. I'm confident, judging by nods of approval, that I was quite good.



We are looking forward to furthering links with Bangor University, it was both our pleasure, both myself and Anella Bennett to be there, to meet people, to share what we love about the area. It was a pleasure to meet such nice and efficient people." Wil Stewart

Cyngor Sir Ynys Môn/Isle of Anglesey Council



## IMPORTANT MESSAGE from 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](http://www.bangorstudentpad.co.uk)

## First Alumni Meeting In Kuwait



"The 1st Bangor University Alumni Meeting in Kuwait was organised on 8th of March 2019 in Kuwait. More than 45 of Bangor graduates attended the event. Bangor University representatives Dr Mohammad and Noor Al-Zubaidi celebrated the achievements of our graduates, special thanks for Fared Dashti for being the event host.

The Kuwaiti Bangor graduates expressed their thanks and appreciation to Professor Paul Spencer, Dr Iestyn Pierce and many faculty members in the School of Electronic Engineering and Computer Sciences. Many commended on the knowledge and wisdom while their times here in

Bangor, Abdullah Almahous expressed his times in Bangor by knowledge and wisdom gained during our times in Bangor has been a great help and support throughout our careers.

I believe that the success of Bangor graduates is at least in part due to your sincere support and not forgetting to mention how kind and patient you all were with us." **Noor Al-Zubaidi** Email: [n.alzubaidi@bangor.ac.uk](mailto:n.alzubaidi@bangor.ac.uk)

## 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](https://www.facebook.com/walkandtalkbangor) or via email

[svbconnect@undebbangor.com](mailto:svbconnect@undebbangor.com).





## SMOKY PARTY JOLLOF RICE

### Recipe

4 Cups Easy Cook Rice

3 Large/4 Medium Red Bell Peppers (Tatashe)

1 Can of Plum Tomatoes/ 2 Medium Size Tomatoes

2 Scotch Bonnet (Ata Rodo) (If you like spicy food) or ½ or none at all (if you don't like spicy food)

2 cups Beef or Chicken Stock

120g Tomato Paste

2 Onions

100ml/6 Tablespoons Cooking oil

1 Tablespoons Butter

1 Medium Size Tomato for Garnishing

### Spices

1/2 Teaspoon Curry powder and Thyme

3 Knorr Chicken cubes

Salt to taste

Cayenne pepper and black pepper

2 teaspoons of white pepper

3 Bay leaves

Garlic or onion powder

1 Tablespoon Minced Ginger

1/2 Teaspoon any seasoning of your choosing



### Method of cooking

"Blend red bell peppers, tomatoes, scotch bonnet and 1 onion to a smooth paste and set aside

Add the cooking oil into a large pot and place on medium heat. Add half sliced onion into the hot oil and let it fry till fragrant (that Aroma hmmm)

Add the blended pepper, tomato paste, knorr cubes, curry powder, one teaspoon white pepper, bay leaves, cover and let it fry. Leave for 15 to 20 minutes. Stir at intervals

While that's frying, parboil your rice to get rid of the starch for 5-8 minutes with little water on low heat. The rice should still be very firm and not soft, wash with cold water and set aside.

Add the chicken/ meat stock to the fried paste, cover and let it fry for a further 8-10 minutes

Then add the washed rice into the fried paste. Stir thoroughly with a wooden spoon to ensure that the paste is properly mixed with the rice. Add the butter, the minced ginger, the remaining teaspoon of white pepper and Mix again with the wooden spoon.

Cover and let it cook till the rice softens. Stir at interval with a WOODEN spoon; this prevents clumps and doesn't break the rice up.

Be careful not to add too much water. Don't be alarmed if/when the rice begins to burn, that is what gives it the much loved smoky flavour. When the rice is soft enough, add the onion rings and sliced tomato and stir. Onions and tomatoes should be added just a couple of minutes before final doneness. Mix thoroughly. Switch off the heat and leave to steam with the residual heat for another minute or two.

Your Smoky Party Jollof Rice is ready."

More details about Adekemi Adebowale 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)





Academi BANGOR UNDEB CAMPUSS LIFE

# GŴYL YR HAF SUMMER FEST 2019

## SIGMA DJ SET LETHAL BIZZLE MASSAOKE

BANDIAU TEYRNGED I... TRIBUTES TO...  
ED SHEERAN . ADELE  
COLDPLAY . FALL OUT BOY

TOBY O'CONNOR . ENDAF  
CHRISTIAN HOCKING . ED MACKIE  
GAV DISCO . MORGAN HUW EVANS  
ZACK OLIVER . PAUL HOGAN . LA FOLIE

DISGO TAWEL . THE REAL REEL CINEMA CLUB . FFAIR . DEFNYDDIAU CHWYDDADWY  
SILENT DISCO . THE REAL REEL CINEMA CLUB . FUNFAIR . INFLATABLES

TOCYNNAU AR GAEL O: **TICKETS AVAILABLE FROM:**

DERBYNFA UNDEB BANGOR RECEPTION SIOP FFRIDDOEDD SHOP SIOP ACADEMI SHOP SYSTEM BLAENDAL FAN IYNN YN UNIG DEPOSIT SYSTEM AVAILABLE FROM HERE ONLY

skiddle

DYDD SUL SUNDAY 2PM-5AM **26.05.19** **£50**

gcb bea Bangor University

## CYFLEOEDD INTERNIAETH GYDA THÂL YM MHRIFYSGOL BANGOR

Yn ystod haf 2019, bydd cyfleoedd interniaeth o lefel graddedig (gyda thâl) ar gael yn arbennig i fyfyrwyr israddedig Prifysgol Bangor

Mae'r cyfleoedd yn cynnwys:

- Cefnogi ymchwil
- Gwaith labordy
- Trefnu digwyddiadau
- a llawer mwy...!

Porwch drwy'r cyfleoedd  
[my.bangor.ac.uk/employability/internopps.php.cy](http://my.bangor.ac.uk/employability/internopps.php.cy)

**GWNEWCH GAIS ERBYN 1YP  
DYDD GWENER EBRILL 5<sup>ED</sup> 2019**

**PAID  
INTERNSHIP  
OPPORTUNITIES  
IN BANGOR UNIVERSITY**

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

Opportunities include:

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

Browse through the opportunities at  
[my.bangor.ac.uk/employability/internopps](http://my.bangor.ac.uk/employability/internopps)

**APPLY BY 1PM  
FRIDAY 5<sup>TH</sup> APRIL 2019**

my.bangor.ac.uk/cyflwgadwydd  
my.bangor.ac.uk/employability

cyflwgadwydd@bangor.ac.uk  
employability@bangor.ac.uk

01248 382071

gcb bea - Bangor University



## 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 on **Saturday 6th April** 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 Support Office and live the Welsh Experience!

