

International Student Newsletter - September 2019



Croeso i Fangor! Welcome to Bangor!



Welcome to all our new students, and welcome back to our returning students. We hope you had a good Summer and that you are looking forward to the new academic year—we know we are!

This is 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. We hope you enjoy your time in Bangor, we will do our best to help you get the most of your Bangor Experience! We look forward to seeing you at our regular social activities, **Best Wishes from Alan, Marcel & Louise.**

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 30 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



One World Gala 2020

Every spring, the International Student Support Office hosts the One World Gala, which has become an important date in Bangor University's calendar. This event presents an excellent opportunity for students and staff from all over the world and the UK to showcase their **talents and culture**, and, of course, to make new friends in the process. One World Gala also raises money for charity during the event.

Previous years' acts included belly-dancing, a Welsh choir, Chinese opera, an Afro-Caribbean fashion show, a Bollywood dance medley and a traditional Japanese act, to name a few!



Whatever your talent is, we want to hear from you!

The event will take place on the 13 March, but rehearsals will begin in the Winter, so if you are interested in taking part get in touch on

internationalsupport@bangor.ac.uk or come see us in our office in Rathbone.

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

Photos: D
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Internationals GO GREEN



Let's show the World that Bangor Internationals care about Planet Earth!

At the International Student Support Office we have put together a project - **Internationals Go Green** – consisting of a series of trips and events aimed at raising awareness on environmental issues, sustainability and wellbeing among international students. With this project, we will help local communities and will promote ways to ensure a greener present and future not only in Wales but also worldwide, whilst making our bit for Bangor University to become The Sustainable University.

But to do so, we need your help! Have a look at some of the activities we have prepared for this year in collaboration with other University Departments and Local Organisations. Make sure you join our Green Adventures around North Wales to learn, to make a

difference and to work together towards a fairer, better and greener future for all!

September

Litter Pick with *UNDEB & Sustainability Lab* = 28th September

December

- Sorting Winter clothes for Syrian refugees with *Pobl i Bob!* = Date TBC

February

- Sustainability Carnival! with *Bangor University Sustainability Lab* = 1st-29th February

March

- Beach Clean with the *North Wales Wildlife Trust* = 28th March

April

Dawn Chorus Explorers with the *North Wales Wildlife Trust* = Easter break



The Sustainability Lab

Get Involved with Sustainability@Bangor

– your ideas, your university, your planet – join in and make it happen!

"Bangor University's Sustainability Lab is the focal point for Sustainability at Bangor. Our big ambition is that the news spreads far and wide that sustainability is something everybody can get involved with, not just a few enthusiasts. To do that we need as many people as possible to join in – would you like to be one of them?"

There are many ways to get involved. We will be at Serendipity – come and find us and find out more about our work. We have Sustainability Think Tanks every month with a lively programme for 2019/20. UNDEB, the Students' Union, takes Sustainability very seriously and you can get in touch with the Vice President Muhammad Firdaus to find out how you can get involved with the activities there. The Halls and Campus Life Teams are full of great ideas – look out for our Waste Awareness Week 28 September – 5 October and other campaigns

throughout the year.

How about joining our Internationals Go Green activities (see above) and if you already know what you want to do to help Bangor become more sustainable, tell Marcel Clusa at the International Student Support Office, or visit our Sustainability@Bangor website to find out more."



UNDEB Bangor - Students' Union

"We are Undeb Bangor, your Students' Union. We're here to represent you during your time here through 5 elected Sabbatical Officers who were once students as well!

We can't wait to welcome our new cohort of international students to our friendly city, and it's going to be a very exciting week ahead!

We'll be present on the 11th of September to welcome all the new students to Bangor. Remember to come and find us, we'll have a free bag for you full of great stuff including our wall planner which includes all the top student events happening throughout the year.

On the morning of the 12th of September we will be at the International Students Welcome Morning. We're responsible for your Clubs, Societies, Volunteering and Academic Representation, so we'll be able to answer any questions you have about our student activities!

At 5pm on Saturday and Sunday, 14th and 15th of September we have a great event called Meet and Mingle (Undeb Bangor, 4th Floor, Pontio). Meet and Mingle is an alcohol-free event where students come together to meet like-minded people. We'll be joined by many societies that will make the evening one to remember.

One of the biggest events of Welcome Week is Serendipity.

It is a chance for you to discover and sign up to any of the award winning free-to-join Sports Clubs, Societies, and Volunteering Projects at Bangor, as well as talk to local companies and charities and University Service departments and find out what they have to offer!"



Widening Access Centre



Canolfan Ehangy Mynediad
Prifysgol Bangor
Widening Access Centre
Bangor University

"Bangor University's Widening Access Centre is committed to ensuring that every student is afforded the same opportunity to further their education. Especially students from disadvantaged backgrounds and underrepresented groups, such as carers, estranged students and care leavers. We aim to remove the barriers individuals within such groups face when considering further education.

A number of bursaries, grants and support groups aimed specifically at widening access to higher education are available and it is highly recommended that individuals who may fall into one of the previously mentioned categories contact the widening access centre for more information on the help which they could receive.

Aside from helping individuals looking to move into higher education, the Widening Access Centre also works to reach children in Primary and Secondary schools, to raise aspirations, experiences and open doors of opportunities to progress to higher and further education.

In order to achieve this, we need student volunteers willing to help grow and sustain our projects, in order to aid as many local children as possible to discover their enthusiasm towards learning new skills and potentially setting them on a path towards further education and/or training.

Volunteering is also a great way for students to develop their coaching and mentoring skills, collaborate with local businesses and gain valuable experience working with children. This can also prove a valuable boost to a students' employability and CV."

Visit: www.bangor.ac.uk/widening-access for more information or contact us at profi@bangor.ac.uk

TogetherWe



Croeso!
Welcome Survey

OPEN 23 SEPTEMBER - 18 OCTOBER
... check your email to take part

THE CROESO SURVEY IS YOUR CHANCE TO TELL US ABOUT YOUR INITIAL EXPERIENCES WITH BANGOR UNIVERSITY. WE WANT TO KNOW WHAT YOU THINK: FROM APPLICATION STAGE, THROUGH TO YOUR ARRIVAL, REGISTRATION, AND WELCOME WEEK, INCLUDING THE HOST OF ACTIVITIES, SUPPORT AND EVENTS ON OFFER.

WE WANT TO KNOW WHAT WE DID WELL, WHAT YOU ENJOYED, AND WHERE WE CAN IMPROVE FOR NEXT YEAR'S STUDENTS

RYCYND
TOGETHER WE
BANGOR

YOUR FIRST CHANCE TO GET INVOLVED IN
#TOGETHERWE, BANGOR UNIVERSITY'S
STUDENT FEEDBACK CAMPAIGN!

When students work together we make Bangor University brilliant. During your time studying with us you'll get loads of chances to tell us what you think, through surveys, Undeb Bangor's (your Students' Union) Course Rep system, and chatting with your lecturers. TogetherWe is all about the changes made in response to your feedback - so find out more, and get involved.

"The University takes student feedback seriously.

We provide lots of opportunities for you to tell us what you think of your modules, course, student experience, University services and other aspects of student life. Croeso (means 'welcome' in Welsh) and is the first survey you have the opportunity to complete.

We regularly update and change things in response to student feedback, and its one reason why studying at Bangor is so great: by working together, we make Bangor University the best it can be.

However, we can't do this without you! So please take the opportunities to tell us what you think and get involved!

Look out for examples on your schools **TogetherWe** boards of how we have responded to student feedback, follow us on social media:

Instagram: **Togetherwearycynd**

and come and see us at Serendipity to find out more."

Ambassadors Column - Syed Kaleem Aslam

Barcelona and Cambridge with my travelling companion **Bangor University Dragon**

"My name is Syed Kaleem Aslam and I am a third year PhD student at the School of Computer Science. When I first came to UK from another country (Pakistan) I had to face some common problems such as where the markets are and where to shop to find Halal food etc.

I found out that the International Support Office at Bangor University runs a scheme where students can volunteer to become an International Student Ambassador to help new students so they don't have to go through the problems that I had been faced with when I first came to UK.

At the end of last year I got an opportunity to attend a couple of conferences related to my PhD research. These conferences were an ideal platform to see the results and quality of my work which I have completed in my PhD so far, and an opportunity to gain much needed knowledge for further stages. The conferences I attended were A2IC which was held in Barcelona, Spain and SGAI which was held in Cambridge University, UK. The participants of these conferences came from all continents to present their recent works in the area of Artificial Intelligence (AI). These participants included PhD students, supervisors, industrial representatives, university representatives and experts of AI. These conferences provided me with an excellent opportunity to talk, interact, and exchange our findings during conference sessions, coffee breaks, and conference dinners. Subsequently, I have added a number of academic and professionals in my network circle from different countries. Besides this the venue for both conferences provided historic, educational, and splendid views which I will never forget. Especially, a tour of Cambridge University and Flamenco dance of Barcelona.

Finally, I would like to thank the International Student Support Office (IES) for giving me the opportunity to help new student by joining their International Students Ambassadors Scheme. I have been an Ambassador for the last 3 years and I am looking forward to helping students in my final year as well. I am looking forward to meeting all the new students at Welcome week."

For more information about Syed Kaleem Aslam and how to contact the rest of the Ambassadors at:

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



Think Before You Drink!

"Think Before You Drink campaign launched earlier this year, which aims to prevent, or at least reduce, the number of straws used across campus by making them available on request only; prevent unnecessary waste by removing all single-use drink stirrers from our outlets regardless of material and replacing them with reusable metal spoons; promote the water refill scheme thus reducing the need for single-use water bottles; and, promote the use of reusable cups in order to reduce single-use coffee cups.

This is a collaborative campaign between the Catering team, SU and the Sustainability Lab, and we are finalists for this year's Green Gown Awards."

The link to the webpage can be found here:

<https://www.bangor.ac.uk/environment/wastecampaigns.php.en#catering>

TO FIND OUT MORE VISIT
BANGOR.AC.UK/ENVIRONMENT/WASTE.PHREN



THIRSTY? WATER IS ON US!

DO YOUR BIT TO PREVENT WASTE. RESIST THE URGE TO BUY SINGLE-USE BOTTLED WATER.

BRING YOUR OWN REUSABLE WATER BOTTLE FOR FREE REFILLS AT OUR FOOD OUTLETS.

*NOT AVAILABLE AT COPA,PONTIO



DON'T NEED IT, DON'T USE IT

DO YOUR BIT. DON'T CREATE WASTE.

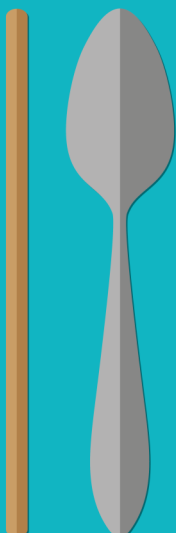
SOME PEOPLE NEED A PLASTIC STRAW SO THEY ARE AVAILABLE ON REQUEST ONLY.



STOP STIRRING, START SPOONING

SINGLE-USE STIRRERS ARE UNNECESSARY. PREVENT WASTE BY USING THE METAL SPOONS PROVIDED AND RETURN THEM TO BE REUSED. PLEASE DON'T TAKE THEM AWAY!

EVERY DRINK YOU MAKE, EVERY SPOON YOU TAKE, WE'LL BE WATCHING YOU...



BREAK UP WITH PAPER CUPS

STOP THROWING YOUR MONEY AWAY ON SINGLE-USE ITEMS.

BRING YOUR OWN REUSABLE BOTTLE/CUP TO USE IN OUR OUTLETS. WHY NOT BUY A BANGOR UNIVERSITY BRANDED ONE WHILST THERE?

GET YOUR 1ST DRINK FREE WHEN PURCHASING A CUP AND GET 10p OFF WHEN USING YOUR OWN CUP THEREAFTER. WATER REFILL IS FREE!



Study Skills Centre

STUDY SKILLS CENTRE

"The Study Skills Centre has designed a series of interactive workshops for Semester One to provide you with an opportunity to explore practices 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. For further information and to book your free place,

visit our [workshops page](#).

This year the Study Skills Centre is holding a special workshop for new international students called '**Top Tips for Successful Studies**' on **Friday, 20th September at 2:30pm**. This workshop will introduce the three key features of studying at a university in the UK.

Please, check the International Welcome Week programme for more details about the workshop. "

Other support offered by the Study Skills Centre include [individual writing and study skills appointments](#), [Maths and Statistics appointments](#) and drop-in, [online study guides](#).

For more information visit our website: www.bangor.ac.uk/studyskills



STUDY SKILLS CENTRE
HELPING YOU GET THE MOST OUT OF YOUR STUDIES

- Individual writing and study skills appointments
- Maths and Statistics appointments and drop-in
- Writing, research and exam skills workshops
- PhD writing groups
- Online study guides

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STUDENT SERVICES

PRIFYSGOL BANGOR UNIVERSITY

Email: studyskills@bangor.ac.uk
Phone: 01248 382689

[f /BU Study Skills Centre](#)
[@studyskills_BU](#)

BANGOR.AC.UK/STUDYSKILLS

Need Help with Student Housing?

Student Housing

"Need help finding the right student house for you and your friends?
Or just need some housing guidance?

Visit www.bangorstudentpad.co.uk or just pop in and see us!

Bangor University Student Housing Office.



Moving into privately rented accommodation later this month?

Check out this useful Moving-In Checklist from the Student Housing Office, to help you remember the basics:"

www.bangorstudentpad.co.uk/local



Student Safety

"Whether you are a new student or a returning one, Bangor welcomes you.

My name is Gethin Owen and I am the dedicated Police Community Support Officer for Bangor University. I am here to help and assist you with any issues you might have during your time studying at the University and I'm always approachable no matter how small your question or issue might be. If I cannot help you, I will be able to give you advice on who to contact.

My office is located on Campus in the Main Arts Library, in the corner next to the Santander Bank. If my door is open, you are more than welcome to come in and say hello. I am interested in getting to know what North Wales Police can do to make your time here at University the most enjoyable it can be.

May I wish every single one of you an enjoyable year of studying at Bangor University. Remember to like our Facebook page: NWP Bangor University!"

Gethin Fon Owen

Bangor University Police Community Support Officer/
Swyddog Cymorth Cymunedol yr Heddlu Prifysgol
Bangor

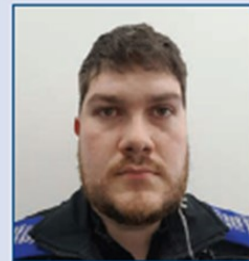
Bangor Police Station/ Gorsaf Heddlu Bangor

[E-bost/E-mail.Gethin.Owen2@nthwales.pnn.police.uk](mailto:Gethin.Owen2@nthwales.pnn.police.uk)



HEDDLU GOGLEDD CYMRU
Gogledd Cymru diogelach
NORTH WALES POLICE
A safer North Wales

Your University Policing Team



SCCH / PCSO 3676
Gethin Fon Owen

Our Inclusive University Community

"With students coming from all over the world and from very different backgrounds, Bangor University aims to create an environment for you to live and study that ensures you can be yourself, take advantage of every opportunity and reach your full potential.

At Bangor, you will meet people from every imaginable community. Your fellow students will be interesting, creative and thought provoking. They will have different opinions to you and may challenge how you see the world. Through the shared experiences of university life, we seek to ensure that all students can embrace their diverse community and learn as much as possible during their time at Bangor.

Our commitment to equality and inclusivity is more than just policy. We make our commitment an everyday practice to ensure that you feel welcome, respected and valued and have equal access to support services.

Our Student Equality and Diversity Officer can provide information about the ways in which we maintain and enhance Bangor's inclusive community including signposting to support and advice should you need it. Information about everything we do can be found on our website www.bangor.ac.uk/inclusive-community

Student Equality and Diversity Officer

Located within the Student Support Team in Student Services, the Student Equality and Diversity Officer focuses on implementing best practice across the university in the prevention of and support for all forms of student harassment and is a central specialised contact of support for students."

Student Equality and Diversity Officer - Helen Munro

First Floor, Rathbone, College Road, Bangor, LL57 2DG

Email: h.munro@bangor.ac.uk

Tel: 01248 388021



FOOD STUFF SOCIAL STUFF LIFE STUFF OUTDOORS STUFF SPORT STUFF MUSIC STUFF LOTS OF STUFF!



Free English Classes

What's On



Who?
For **Students**
partners husbands
wives friends family

Beginners Intermediate Upper Intermediate

What?
On **Mondays Wednesdays Thursdays**

When?
9.30 a.m. to 1 p.m.

Where?
At **Rathbone Dining Hall**
College Road

In-class crèche: Volunteers to look after your children.
Contact: jannieu@tiscali.co.uk

October Trips & Events

Liverpool and the Beatles

Saturday 5th October

£15 adult / £10 child
(extra £10 for the Beatles Story Museum)



Conwy: Castle & Conwy Feast

Saturday 26th October

£8.50—£15.50



This is one of our 'D.I.Y. Trips' please check
www.bangor.ac.uk/international/support/diytrips

Halloween Spooky Night

Thursday 31st October

6.30pm, Halls of Residence, Free

