

# International Student Newsletter - October 2019



## Record Breaking Airport Pick-Up Numbers

This year saw the International Student Support Office run the largest ever airport pick-up service from Manchester airport. We collected more than 400 of you from the airport on the Wednesday before welcome week – with 12 coaches shuttling back & forth from Bangor until 10pm!

We hope that you found the service useful, especially as many of you had large amounts of luggage, and we are very thankful to all our student volunteers and staff who helped us on the day. However, the welcome does not stop there! Students from all over the world will be arriving at Bangor until the last registration day of the 11<sup>th</sup> of October and we are busy meeting & greeting new students on a daily basis. If you missed the airport pick-up and subsequent welcome programme, please come to see us at the International Education Centre at Rathbone and we can give you a bespoke, individual orientation session.

Following on from the airport pick-up service, our early orientation programme for international students was incredibly busy this year, with all sessions and social events fully booked. The week culminated with a packed PJ hall with some 200 students enjoying a traditional Welsh folk dance evening – the Twmpath. Do not worry if you missed it, we will be organising more during the year! Indeed, we have a very comprehensive trips & events programme for 2019/20, with some two events happening every month – ranging from local history trips, day excursions to cities such as Manchester & Liverpool and our well-renowned 'Internationals Go Green' programme. Please pick up a programme at the office or visit our website to see what is happening – it is a great opportunity to meet new students and make friends, and to get to know the local area and its rich history & unique culture.



**Here to listen, Here to Help! We offer support regarding..**

**Visas and Immigration**

**Settling In**

**Welfare issues**

**Contracts**

**Financial Advise**



**Culture Shock**

**Equality matters**

**Exploring Wales**

**Living in the UK**

**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**

## Working with the Community

At the International Student Support Office we have been bridging the International Student community with the local, Welsh community for years. From individual events to full year-round projects, we believe putting students in contact with local community members can be very beneficial for both. It is crucial to make these links to overcome fears and misunderstanding among people and hopefully, by being part of these events, international students will meet and experience Welsh culture first-hand. This is something we know you might have found difficult at some points as it is easy to miss members of the local public when attending University and engaging with University-only events. For this reason, this year we have the biggest programme EVER in regards to building bridges between you and your local community!

We have organised beach cleans to ensure a cleaner Wales and cleaner planet with the North Wales Wildlife Trust; we will be joining Pobl i Bobl to work together to gather and sort out donations towards refugee support; we will be celebrating international relationships between Wales and the World with the local Rotary Club; a One World Gala with local acts is getting bigger and better by the year and a new project working with local secondary schools is quietly brewing back-stage! So keep your eyes peeled, ask us questions, send us ideas, share your enthusiasm! By working together, hand in hand with our neighbours, we can change the World. Make it friendlier, safer, cleaner. In other words, BETTER!

Will you be part of the change? See you there!



## International Students Go Green Around Bangor!

A team of 35 enthusiastic international students from Bangor University got together last Saturday for a cleaner planet! They spent 2 hours picking up (a lot of) litter around upper and lower Bangor as part of the University's **Waste Awareness Week 2019**. The International Student Support Office's eco-project - called **International GoGreen** - got together with UNDEB Bangor and Sustainability Lab to enhance the Student Experience to the max and to work for a better Bangor.

Students experienced first-hand the problematic of litter and waste in our current societies. Kilos and Kilos of items were picked up from the floor, one by one, in a very short period. These consisted mainly of plastic and glass bottles, cans and take-away related litter. 15 bags full of litter were collected from Main Arts to the High Street to College Road, highlighting the need for a change. Plastic can take up to thousands of years to decompose and in the majority of cases, the litter around Bangor ends up in the sea, becoming a real hazard for many species and habitats.

Think twice before littering our Planet! A time to change our actions has come, as shown by this group of students from all over the World who dedicated their Saturday morning to clean up our city and hopefully influence the actions of others to help reduce littering for a nicer, healthier and even more beautiful Bangor.





### **“LET'S TALK REFUGEES”**

### **“BETH AM DRAFOD FFOADURIAID”**

An evening in the company of John Sloan, co-founder of Refugee Support Europe, who works tirelessly to help refugees all over the world. With many years' experience of providing aid with dignity and helping refugees to rebuild their lives, here's an opportunity to hear more about his work and the global refugee crisis.



Noson yng nghwmni John Sloan, un o sylfaenwyr elusen Refugee Support Europe, sy'n gweithio'n ddiflino i helpu ffoaduriaid dros y byd. Gyda'i flynyddoedd o brofiad yn cynnig cymorth gydag urddas a helpu pobl i ailadeiladu eu bywydau, dyma gyfle i wrando arno'n trafod ei waith a'r argyfwng ffoaduriaid byd-eang.

**Refugee  
support**



**DARLITHFA  
PONTIO**

**PONTIO  
LECTURE  
THEATRE**

**11 HYDREF  
7 yh**

**11 OCTOBER  
7 p.m.**

  
**Pobl i Bobl**  
Canolfan Cymorth a Chymhellwng

# Halloween, HERE WE COME!

With Halloween just around a shadowy, cobwebbed-cloaked corner supermarkets are jam-packed with orange pumpkins to be hollowed out as spooky lanterns. But it was not always this way!

Did you know the staple of the 31 October vegetable-based lantern was a turnip, or swede in Celtic countries? Is the tradition of hollowing out the much tougher innards of a turnip now long dead, or does it still survive in Irish, Welsh and Scottish households?

Donna Heddle, professor at the University of the Highlands and Islands, says she remains committed to the hardy turnip. She says: "This is a very old tradition in Scotland, Wales and Ireland based on will o' the wisps and Celtic mythology which settlers and emigrants took to the USA and, not really finding turnips, used pumpkins. The whole Halloween celebration today has been taken over by the US version which bears no resemblance to ours." Prof Heddle concedes that colourful pumpkins with their soft insides make for an easier proposition than a turnip.

Rachel Chisholm, curator of collections at the Highland Folk Museum in Newtonmore, remembers fondly the making of turnip lanterns in her home. She says: "I remember making our lanterns - or rather my dad making the lanterns - as they were extremely hard thing to do."

After a search through the museum's archives for details on the tradition of turnip lanterns, she says: "The only thing I found was the fact that as the summer came to an end people celebrated the great festival of Samhain. It was at this time that it was believed the dead could return to earth so at that time you went out masked to scare the evil spirits and having a light would also help to keep you safe. It was a custom that bonfires were lit also to scare the evil spirits." They look sooooo scary though! CHECK THIS ONE OUT! Would you give it a try? Or will you stick to their easier-to-carve pumpkin cousins?



## Don't waste your Pumpkin this Halloween - Pumpkin Pie Recipe

- 1 x 500g block shortcrust pastry
  - 350g pumpkin flesh, chopped
  - 3 tbsp golden caster sugar
  - 248ml double cream
  - 3 eggs Large
  - 1 tsp cinnamon
  - 1 tsp vanilla essence
  - 2-3 tbsp maple syrup
  - Crème fraiche, for serving
1. Preheat oven to 180°C.
  2. Lay pumpkin on a baking tray, cover with foil and cook in oven for 15- 20 minutes until soft. Meanwhile roll out pastry and use to line flan tin.
  3. When the pumpkin is cooked, place in a food processor with sugar, cream, eggs, cinnamon and vanilla and whizz together until well mixed. Alternatively you can mix them all together by hand with a wire whisk.
  4. Carefully pour filling into the pastry case and bake for approx. 40 minutes until set. Allow to cool.
  5. Serve with maple syrup and crème fraiche.



## Halloween Spooky Night

Our annual pumpkin carving evening is back! Once again, we are teaming up with Campus Life for the spookiest night of the year! We will supply all the kit so that you just need to get your spook on! Join us in Braint Lounge in Ffrieddoedd or Acapela in StMary's on Thursday 31<sup>st</sup> October at 6.30pm. This is a FREE event but please SIGN UP at our Reception so we can get everything ready for the scariest night of the year!

You could win one of our dragons, so hurry up as limited spaces are available!

Fancy dress is encouraged: vampires, witches and mummies, ALL WELCOME!





## Reuse, Refill, Reduce!

### 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...



### 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



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



### 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.



'Bangor University's Think Before You Drink Campaign was launched on the 29th April 2019, and is a set of waste prevention and reuse initiatives encouraging sustainable consumption across all our catering outlets. Similar waste prevention, reuse and recycling initiatives will follow throughout the year.

The University wanted to lead by example and empower individuals to understand the consequences of their actions and make sustainable choices in their daily lives. By applying the waste hierarchy and understanding that waste prevention is the most sustainable solution to everyday problems; students, staff and visitors are able to consider the effect of their actions and make efficient use of resources.

Think Before You Drink 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." For more information on the campaign and awards please follow the links:

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

<https://www.greengownawards.org/2019-finalists1xx>

## Thinking about your Employability?

"Thinking about your employability? Want to meet with top employers?"

Come along to **Manchester University's Big Careers Fair**: 9<sup>th</sup> & 10<sup>th</sup> October, 2019!

The Skills & Employability Service at Bangor University is organising coaches to this event.

Choose which day has the sectors relevant to you:

### Day 1 - Wednesday 9 October 2019 10:30am - 4pm

For graduate jobs, student internships and placements in engineering, science and technology.

### Day 2 - Thursday 10 October 2018 10:30am - 4pm

For graduate jobs, student internships and placements in consultancy, HR, retail management, finance, marketing and more...

Further information about the fair is here: <http://www.careers.manchester.ac.uk/events/bigcareersfair/> Entry to the fair is free.

Tickets for the bus are £10 per person and can be purchased through the Online Shop here: <https://bit.ly/2kyp9pV>

Places are **very limited** and will be allocated on a first come, first serve basis.

If you have any questions please contact The Skills & Employability team at [targetconnect@bangor.ac.uk](mailto:targetconnect@bangor.ac.uk) or call 01248 382071."



## Build Resilience and Manage Stress

### Develop Your Psychological Resilience

"Would you like to develop your psychological resilience?"

The Counselling Service offers Building Resilience lectures on managing stress, low mood and anxiety. They provide knowledge about how your mind, emotions and behaviour interact that can cause many common problems, and how you can learn strategies to managing these difficulties.

All the lectures are held on Wednesdays at 1.30pm to 3.30pm in Meeting Room 1, ground floor, Rathbone. No booking is required. See our website for dates."

<https://www.bangor.ac.uk/student-services/counselling/events.php.en>



## UndebBangor Update



"It's been an amazing start to the Semester. We've already had so much going on. We welcomed you here over a month ago and we've held Serendipity, our Freshers' Fair, our Course Rep and UBC Elections have been and gone and we've already had a few successful Meet and Mingle events.

Here are a few more things you have to look forward to over the coming month:

**Cultural Fair:** Over 20 clubs and societies will be showcasing cultures from around the world with various cuisines, performances and demonstrations. The event will be held at PJ Hall on the 7<sup>th</sup> of October at 7pm.

**Course Rep Week:** Every course has a Course Rep and we have a whole week dedicated to them. Look out for your Course Reps all over campus, they'll have a variety of activities on all week. Remember that the Course Reps are here to represent you and if you have an academic issue, get in touch with them!

**Destresstival:** Our week long event filled with activities designed to reduce stress. Come with us for walks to beautiful Snowdonia locations, or relax with us in the Canine Calming Room and much more! Destresstival starts on Monday 18<sup>th</sup> November, look out for details on our website.

**Meet and Mingle:** Join us every other Friday for Meet and Mingle at Undeb Bangor. An alcohol free event where you can chat, drink tea and play games."





# Get to know your Library



**Llyfrgell ac Archifau**  
Library and Archives

## KNOW YOUR LIBRARY

Produced by your library ambassadors 2019-2020



**PRIFYSGOL  
BANGOR**  
UNIVERSITY

### Locations and Subjects:

**Main Library** – Arts, Humanities, Languages, Business, Social Sciences, Law and Music

**Deiniol Library** – Psychology, Sciences, Health Sciences

**Normal Library** – Education, Sport, Health and Exercise Sciences

**Wrexham Maelor Library** – Health Sciences, Radiography

### Accessing E-resources:

Your Bangor University username and password will allow you to:

1. Place hold requests on items out on loan
2. View your library record
3. Access e-resources and exam papers on and off campus

Reading Lists - <http://readinglists.bangor.ac.uk>

### Contact us:

Library: +44 (0)1248 382981

General enquiries: [library@bangor.ac.uk](mailto:library@bangor.ac.uk)

Subject specific enquiries: [libsupport@bangor.ac.uk](mailto:libsupport@bangor.ac.uk)

|                  | Borrowing Limit | Loan Period |
|------------------|-----------------|-------------|
| Undergraduates   | 15              | 4 weeks     |
| Masters Students | 30              | 4 weeks     |

Books are automatically renewed up to 14 times unless there is a hold request

### How to find your book:

1. Search for your book in the library catalogue: <http://library.bangor.ac.uk>



2. Details about the call number and the library location will be visible.

BOOK

**Applied psychology : Research, Training and Practice**

Rowan Bayne editors Gordan Jinks editors; Rowan Bayne editor of compilation. compilation.

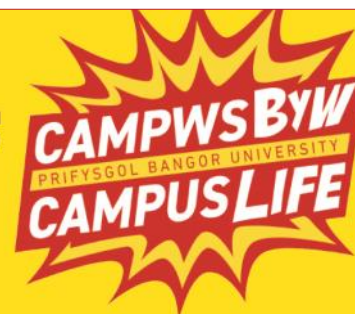
Los Angeles : SAGE Second edition.

Available at Deiniol Library Deiniol Library (BF636 .A62 2013) >

3. When you're at the library, head to the shelf containing the first letters and numbers, ie: BF636.
4. Match the letters and numbers from left to right till you find your book.

**If you can't find your book, just ask!**

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



CAMPUSLIFEBANGOR   

## Make the right choice with The Student Housing Office

### Accommodation for 2020/21

"While it's still early to be thinking about accommodation for next year, don't forget that there is an oversupply of accommodation in Bangor.

It's a tenants' market, so whether you decide to stay in Halls, or look for a house via the University listings on [Studentpad](http://Studentpad), make sure you've made the right choice for you!"

[WWW.BANGORSTUDENTPAD.CO.UK](http://WWW.BANGORSTUDENTPAD.CO.UK)

[WWW.BANGORSTUDENTPAD.CO.UK](http://WWW.BANGORSTUDENTPAD.CO.UK)

## COMING UP - BONFIRE NIGHT!

### Remember Remember the 5<sup>th</sup> of November .....

This famous rhyme refers to November 5th 1605 - the day when Guy Fawkes planned to blow up the Houses of Parliament in London. Now every year on this date, popularly known as **Bonfire Night**, fireworks and bonfires to commemorate the day are lit around the country.

**What was the plot?** It all goes back to May 1604, when the **Gunpowder Plot** was born. The scheme was headed by a man named Robert Catesby. Catesby and a group of men, including Guy Fawkes, planned to use gunpowder to blow up both King James I and the Houses of Parliament.

The plot was born out of anger. The men believed King James I had gone back on his promise to put a stop to the mistreatment of Catholics who were forced to practice their religion in secrecy. Rather than putting a stop to the mistreatment, King James I passed more laws against them.

To carry out their plan, the men bought the house next to the parliament building, which had a cellar that went under the Houses of Parliament. They filled the cellar with barrels of gunpowder. A total of 36 barrels, amounting to two tonnes of gunpowder were hidden and Guy Fawkes had the important job of guarding the barrels and lighting the fuse.

But the plan failed when **Lord Monteagle** received an anonymous letter on October 26th 1605 urging him not to attend the opening of parliament. The letter aroused suspicion and was shown to the King, which ultimately led to the discovery of the barrels of gunpowder.

Guy Fawkes was arrested on the night of November 4th as he entered the cellar. Though he would be classed as a 'terrorist' in today's world, some people regard Guy Fawkes as a hero because he tried to fight wrongdoing in the only way he could.

### Remember Remember: Bonfire Special

Tuesday 5<sup>th</sup> November

FREE – From 6.30pm

Wrap up and watch amazing fireworks from  
Bangor Beach Road to celebrate Bonfire Night

### Bonfire Film Marathon

Wednesday 6<sup>th</sup> November

FREE – 7pm – MALT, Main Arts

Join us on a Bonfire Film Marathon to watch  
**GUNPOWDER**, starring Game of Thrones legend  
Kit Harington

