

# International Student Newsletter - November 2019



## Spooktacular Night !

55 international students carved the best spooky pumpkins in town this past Halloween at our event in collaboration with Campus Life! Check them out! Wowzers!



## Indian Students meet First Minister of Wales

### **Indian students at Bangor University meet First Minister of Wales.**

Diwali is the Hindu festival of lights and this year, to celebrate the occasion, seven Bangor University Indian students were invited to Cardiff for a special event with the Rt Hon Mark Drakeford, First Minister of Wales.

Bangor University's International Student Ambassadors together with Bangor Indian Society members travelled to Cardiff in October with the International Student Support Office at Bangor University. Nothing could have stopped the enthusiastically eager group to get to the Capital of Wales, where a big reception was waiting for them at the Temple of Peace. Students got to meet and mingle with the First Minister of Wales, who dedicated a few words in his speech to acknowledge the importance of the current 2,000 Indian students studying in the UK for the future of this country and for the future relations between Wales and India.



We all really enjoyed the event and everyone made the students feel really welcome. As put by Rt Hon Mark Drakeford, First Minister of Wales "With the way politics are going nowadays, we need to fight intolerance in every way possible". Events like this prove, once more, how Wales is proud of its own language and culture but also works hard to be a welcoming country, celebrating and valuing its diversity.

### 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

## Beware of WeChat Scams

We've been made aware that a number of students across UK universities have been targeted by fraudsters and have lost large sums of money.

This scam is targeting mainly Chinese students and involves WeChat and mobile contacts. Students are contacted on their mobile phone by people claiming to represent their bank, the embassy, police or other reputable agency and are told they owe funds immediately, often being offered preferential exchange rates on currency conversions. Please do not give any payments or personal information from unsolicited calls. If you think you may have been targeted by this scam please contact us at [internationalsupport@bangor.ac.uk](mailto:internationalsupport@bangor.ac.uk) or report it to

[www.actionfraud.police.uk](http://www.actionfraud.police.uk)



我们近期获知有很多在英读书的中国同学被骗，成为诈骗分子的下手对象，造成一定的经济损失。这类诈骗很多是通过微信和电话的形式进行。诈骗分子谎称为银行职员，大使馆工作人员，警察或者其他官方中介机构，让学生降低心里防线，要求学生转账付款，有时候还会给予优惠的换汇汇率。请大家谨记，任何人向你索要个人信息，比如家庭地址、银行账户信息，都不要相信。如果认为可疑或者发现类似骗局，请立刻联系大学的国际学生服务部，或者登录Action Fraud网站：[www.actionfraud.police.uk](http://www.actionfraud.police.uk)

## Important Message on Attendance

Bangor University is required by the Home Office to identify when students on Tier 4 visas have stopped studying. Therefore, the Immigration Compliance Office situated in Penbre building ([immigration@bangor.ac.uk](mailto:immigration@bangor.ac.uk)) will monitor your attendance and participation on your course. If you are not sure, we can explain to you what attendance and participation is required, and how this is recorded. **If you miss a certain number of these expected contacts or attendances**, this could result in you being withdrawn from your course and the University will be required to report this to the Home Office.

'Expected contacts' will vary between institutions, and different types of courses within an institution, but usually include:

- attending lessons/lectures/tutorials/seminars/meetings with your personal tutor/supervisor
- submitting coursework
- attending tests/examinations.

If you know you will miss an expected contact, for example, because you are ill, you must contact your tutor/department as soon as possible. Ask whether they need to see evidence, such as a letter from a doctor. If there are any other reasons why you cannot attend your course for a short time, for example, because of a family bereavement or religious festival, speak to your tutor/department as soon as you are aware of this.

Postgraduate students who are writing up a dissertation/thesis, or waiting to complete a viva, are still monitored throughout this period. Make sure you contact us at [internationalsupport@bangor.ac.uk](mailto:internationalsupport@bangor.ac.uk) if you have any questions, HAPPY STUDIES EVERYONE!

**ATTENDANCE  
IS  
IMPORTANT**



## Change, Grow, Live



"A happy story from a Change Grow Live (CGL) volunteer, supporting Achieving Change through Employment (ACE) project in Bangor.

Etherealda, a Bangor University student completed her course and gained a Mentor Certificate volunteering at ACE project. She continues her fantastic work with us and we are very proud to have her on board!

If you would like to volunteer for CGL, please get in touch with our Volunteer Coordinator Nicola Baggs-Cross on 07970381342; [Nicola.Baggs-Cross@cgl.org.uk](mailto:Nicola.Baggs-Cross@cgl.org.uk)

ACE project aims to support disadvantaged people from a BME or Migrant background into employment. ACE is supported by the European Social Fund through the Welsh Government. Our volunteers help participants with practicing their English skills, writing CVs, job searching and many more activities. If you have any questions, please do not hesitate to contact us!"



North & Mid Wales 07836 592192

[www.changegrowlive.org](http://www.changegrowlive.org)



**Change  
Grow  
Live**



## University's Policy on Smoking

### Smoking!

The University has strict rules regarding smoking on campus. You can only do so in designated areas and

**NOT WITHIN 5 METRES OF BUILDING ENTRANCES.**

Please make sure you don't smoke outside the entrances to buildings – it's uncomfortable for other students and staff and not good for their health. So, think of others and let's keep Bangor University smoke free!



## Eligibility to Vote in the UK General Election

### UK General Election – 12<sup>th</sup> December 2019

#### Can I vote?

Did you know that students from certain countries, e.g. those in the Commonwealth/British Crown Dependencies or Overseas Territories/Cyprus/Malta, are able to vote in UK General Elections- as long as they hold valid Leave to Enter or Remain in the UK?

In order to vote you need to have registered by Tuesday 26th November 2019.

#### How to register

You can apply to Register to Vote on the [Gov.UK website](https://www.gov.uk/register-to-vote). It is quick and free and you will not need to submit any documentation.

You will be asked for your National Insurance Number (NIN) but you would only normally have one of these if you have been working. You **can** continue with the registration process without one. If you do not have one you can click the box on the form saying you *don't know* your NIN and then you click that you *can't provide* your NIN. Just write 'I have not been working in the UK as I am a student' (or something that is relevant to your situation) in the pop-up box. If you don't have a NIN, you may be asked for evidence of your visa at a later date in order to vote.

## Spotlight on Pakistani Society Bangor



"Pakistan Society Bangor is an initiative to unite all Pakistani students in Bangor on a common platform.

Our purpose as student society is to enhance student experience & learning and promote the vibrant culture of Pakistan through academic & cultural events in the University, and outdoor activities & trips. Through this society, we aim to help new students settle in Bangor by welcoming, finding them accommodation, showing them around the city and familiarising them with the UK higher education environment and Welsh culture, so that they can enjoy their time in this alluring and mesmerising city and across the Wales.

Pakistani Society Bangor believes in collaborating with other volunteering clubs & societies to make experience of its members worth remembering beyond their academic life. Being a responsible society, our mission reconciles with the broader vision of Bangor University for a sustainable living within the UK. We are committed to promote sustainability across North Wales in general, and particularly in Bangor through 'going green' initiatives within our society and beyond through collaboration.

We have already successfully held three events in the month of October 2019, which includes a meet & mingle for freshers and trips to Llanberis and

Llandudno. Our next trip will take Pakistani & International students to York (culturally and historically rich city) on November 15-16. We are also going to participate in cultural event on November 7, and finalising a friendly indoor cricket game with Bangladeshi Students Society in addition to a movie night in coming months. Our society and events are open to all nationals since we believe in intercultural harmony and friendly student exposure here in Bangor."

For more details about our society events and memorable student experience in Bangor, please join our FACEBOOK page <https://www.facebook.com/PakistaniSocietyBangor/>

## De-Stresstival

"In the next few weeks the Students' Union, as always, will be very busy. Below you will find a taste of 4 campaigns we have coming up. Be sure to check out our website for more information on these campaigns and others. [www.undebbangor.com](http://www.undebbangor.com)

**Course Rep Week** — A week to highlight Course Reps, the work they do and their importance in bringing about change in your course. Course Rep Week is a student led week and the Course Reps will be bringing a whole host of events to your schools, it takes place between the 11th and 15th of November.

**Destresstival** — De-Stresstival is a week-long event (18<sup>th</sup> – 24<sup>th</sup> November) giving students the opportunity to have some fun and de-stress! It will allow students to take part in exciting activities, alongside workshops that are designed to be relaxing and promote well-being. For more information: [www.undebbangor.com/destresstival](http://www.undebbangor.com/destresstival)

**This Girl Can** — A week of free activity for female staff and students. Free this girl can t-shirts for all women who take part. [www.undebbangor.com/thisgirlcan/](http://www.undebbangor.com/thisgirlcan/) for more information

**No Grey Area** — We must be clear - Sexual Harassment is completely unacceptable. That is why we have scheduled a No Grey Area campaign, which will outline what exactly Sexual Harassment is, and where you can find help and support if either yourself, or a friend, has experienced it. No Grey Area starts on the 2<sup>nd</sup> of December."

**De-Stresstival**  
18<sup>th</sup> - 24<sup>th</sup> NOVEMBER 2019

**LLUN MONDAY**  
Ymlacio gyda chwm  
Canine Calming  
12.00pm - 4.00pm - Undeb Myfyrwyr / Students' Union  
Sesiynau Galw Heibio Iechyd Meddwl  
Mental Health Drop-in  
2.00pm - 3.30pm - Undeb Myfyrwyr / Students' Union  
Yr Hwylfan  
The Fun Centre  
5.00pm - 8.00pm - e-bostwch i gadarnhau lle / e-mail to confirm space  
tara.hine@undebbangor.com

**MAWRTH TUESDAY**  
Sgiliau Ysgrifennu Astudigethau  
Sesiwn Galw Heibio  
Study Skills Writing Drop In Session  
9.00am - 5.00pm - Co-Work Lefel 5 Ponto  
Comedi Thespionage: Yn ôl i Fangor  
Thespionage Comedy: Back in Bangor  
8pm - Ponto  
£9.50 / fyfyrwyr ar ponto.com / for students at ponto.com

**MERCHER WEDNESDAY**  
Sesiynau Galw Heibio Iechyd Meddwl  
Mental Health Drop-in  
2.00pm - 3.30pm - Undeb Myfyrwyr / Students' Union

**IAU THURSDAY**  
Gerddi Iachau a Bwyd Am Ddim  
Healing Gardens and Free Food  
12.00pm - 2.00pm  
Cyfarfod yn yr Undeb Myfyrwyr am 11.50am  
Meet at Students' Union for 11.50am  
Parti Pwll  
Pool Party  
8.00pm - 10.00pm - Pwll Nofio Bangor / Bangor Swimming Pool

**GWENER FRIDAY**  
Meet & Mingle  
6.00pm - Undeb Myfyrwyr / Students' Union

**SADWRN SATURDAY**  
Yoga gyda Champs Byw  
Campus Life Yoga  
10.00am - Accapela, Pontref Santas Fair / St Mary's Village  
Trip i Farchnad Nadodig Manceinion  
Trip to Manchester Christmas Markets  
Gadael Bangor am 11.00am i Gadael Manceinion am 7.00pm  
£10 / fyfyrwyr ar undebbangor.com/shop  
Leave Bangor @ 11.00am / Leave Manchester 7.00pm  
£10 for students at undebbangor.com/shop

**SUNDAY**  
Am dro i Rhaeadr Abergwyngregyn  
Aber Falls Walk  
11.00am - e-bostwch i gadarnhau lle / e-mail to confirm space  
tara.hine@undebbangor.com

[WWW.UNDEBBANGOR.COM/DESTRESSIVAL](http://WWW.UNDEBBANGOR.COM/DESTRESSIVAL)

## It's Easy Being Green — Reduce, Reuse, Recycle

Bangor University's **'Think Before You Drink'** campaign, is a set of waste prevention and reuse initiatives encouraging sustainable consumption across all our catering outlets.

We, as students, staff and visitors are more likely to consider the effect of our actions and use our resources more efficiently if we understand that preventing waste from being created in the first place and reusing existing products is the most sustainable way of ensuring that we have a tidy campus, tidy homes and a tidy city.

### We Are Finalists!

The **'Think Before You Drink'** campaign has reached the FINAL of the 2019 **Green Gowns** awards in the 'Campus Health, Food and Drink' category. This is a UK and Ireland wide competition and the winner will be announced at the **Green Gowns** awards ceremony in Glasgow this month.

**'Think Before You Drink'** is a collaborative campaign between The Sustainability Lab, the University's Catering team and the SU. Similar campaigns are planned throughout the year, so look out for them across campus and our social media channels."

## THINK BEFORE YOU DRINK

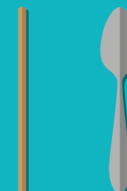


DON'T NEED IT,  
DON'T USE IT



PLASTIC STRAWS ARE AVAILABLE  
ON REQUEST ONLY

STOP STIRRING,  
TRY SPOONING



SINGLE-USE STIRRERS ARE UNNECESSARY.  
METAL SPOONS ARE AVAILABLE

THIRSTY?  
WATER IS ON US!



REFILL AT MOST OF OUR OUTLETS  
ACROSS CAMPUS

BREAK UP WITH  
PAPER CUPS



STOP THROWING YOUR MONEY AWAY ON  
SINGLE-USE ITEMS. BRING YOUR OWN  
BOTTLE OR CUP

TO FIND OUT MORE VISIT  
[BANGOR.AC.UK/ENVIRONMENT/WASTE.PHREN](http://BANGOR.AC.UK/ENVIRONMENT/WASTE.PHREN)



## TogetherWe

"#TogetherWe is all about the changes made in response to your feedback, when staff and students work together we make Bangor brilliant! #TogetherWeek is all about celebrating working together and changes made in response to your feedback. So come along to find out more."

In 2019/20, we have 2 opportunities for you to get involved in Together Week.

These are 2<sup>nd</sup>-6<sup>th</sup> December and 2<sup>nd</sup>-6<sup>th</sup> March. Together Week timetable:

Day	Location	Time
Monday 2 <sup>nd</sup> December	Wrexham Campus	11am-3pm
Tuesday 3 <sup>rd</sup> December	Main Arts Foyer	10am-4pm
Wednesday 4 <sup>th</sup> December	BUIC	10am-12pm
Wednesday 4 <sup>th</sup> December	Main Arts Library	2pm-5pm
Thursday 5 <sup>th</sup> December	Deiniol Library	10am-4pm
Friday 6 <sup>th</sup> December	Normal Site	12pm-4pm

#ARYCYD...  
TOGETHER WE...  
BANGOR

#TOGETHER WEEK

2 - 5 DECEMBER



# RECIPES OF THE WORLD – Abigail Chua, Malaysia

## One Pot Meal

“Want to eat a good meal but are too lazy to cook? How about trying this very easy, delicious method of lazy cooking: a one pot meal. Just follow these simple steps and you will have a good meal in no time.

### What you need:

Rice cooker (since everything will be dumped into it and it will do all the work for you it doesn't matter what kind – as long as it works)

Rice

Chicken

Frozen vegetables or any vegetables of your choice

Oyster sauce (can be found in the Oriental Store)

Light soya sauce (can be found in the Oriental Store)

### Steps:

Pour one cup of rice (enough for two meals) into the rice cooker pot and wash it.

Fill the pot with water and drain it before adding water and leaving it before adding ingredients.

Place your ingredients into the pot, making sure they are at least half covered with water (don't put too much water though, it may become a little bit wet).

Add light soya sauce and oyster sauce into it (as much as you want, depending on how salty you want it to be – rough estimate would be to shake the bottle around 2 to 3 times for the oyster sauce and pour a tablespoon of light soya sauce into it).

Add pepper into it if you wish along with a pinch of salt.

Close the lid of the rice cooker, turn it on and voila, you're good to go in an hour's time with your one pot meal.

You don't have to stand there and supervise as well so it's a great go to meal if you're tired and just want to nap whilst waiting for your dinner to cook.”

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

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



## International Ambassadors' Column – Abigail Chua, Malaysia

“A small village tucked away in the North Wales countryside around half an hour from Bangor, Beddgelert was one of the first places I visited during Welcome Week for international students with my first friends.

Going there and seeing the beautiful scenery, the rushing rapids of the river as well as the gorgeous village was a dream come true when I realised this village played a role in a legend I had read about as a child more than 10 years ago.

Legend has it that a hound by the name of Gelert, who protected the child of his master only to be wrongfully slain when his master thought he had been responsible in killing the child, only to realise all the blood covering him was from the fight that ensued between Gelert and the wolf that had attacked them. In memory of his faithful companion, the village was named after Gelert.

Thinking back at how I managed to pick up a book on this legend in a country half way across the world and being able to see it more than a decade later in the flesh is the ultimate way of saying a child's dream had come true and I hope to find more of these places to explore in the future.” More details about Abigail and how to contact the rest of the Ambassadors at: [www.bangor.ac.uk/international/ambassadors](http://www.bangor.ac.uk/international/ambassadors)



Could You Make a Difference?



HALLS  
OFFICE

# COULD YOU BE PART OF OUR RESIDENTIAL LIFE TEAM?

could this be you?



We're looking for dedicated go-getters who want to make a positive contribution to the halls' community.

If you think you have what it takes...

**APPLY NOW!**

[www.bangor.ac.uk/accommodation/residential-life-team.php.en](http://www.bangor.ac.uk/accommodation/residential-life-team.php.en)



## Student Pad

DOD O  
HYD I'R Tŷ  
MYFYRIWR  
IAWN I CHI

FINDING  
THE RIGHT  
STUDENT  
HOUSE  
FOR YOU



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



## We Want Your Talent

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](mailto:internationalsupport@bangor.ac.uk) or come see us in our office in Rathbone.



## Love Halls



**All inclusive living...** with on-site gym and membership, laundrettes, weekly Campus Life events, award winning internet, 24 hour security, Mentor support & on-site maintenance ...**and no hidden costs!**

- ▶ Choose the room you want
- ▶ Book a flat with your friends
- ▶ Returner only Halls
- ▶ Frozen fees until January 2020 – at 2019 prices!
- ▶ Only £1 pre-payment

**Book online from November 4<sup>th</sup>**

[WWW.BANGOR.AC.UK/MYROOM](http://WWW.BANGOR.AC.UK/MYROOM)



## What's On

# Christmas Markets Trip!

When it comes to Christmas, there's no place like

# MANCHESTER

**Saturday 23rd November**

**9am-8pm**

**£15 adult / £10 child**

