YOUR ARRIVAL CHECKLIST

WHEN YOU ARRIVE

Tell your family you have arrived
Attend Welcome and Orientation events
Register at the University
Register with the Police (if applicable)
Find accommodation
Open your bank account
Get your timetable
Register with a doctor
Find out about clubs and societies
Find out about the Library and University services
Learn how to use your IT account e.g. Bangor email, Blackboard, myBangor etc.
Ask us any questions you have
Visit the International Student Support Office

NEED HELP?

If you are uncertain about what to do, have any worries in the first few weeks of term or if you want advice before you come to Bangor, we will be very happy to help you.

International Student Support Office
Email: internationalsupport@bangor.ac.uk
Tel: +44 (0) 1248 38 2882

For full updated information you should regularly visit the website:

www.bangor.ac.uk/international/support

Facebook: BangorUniversityInternational
Instagram: BangorInternational
04-11
Arriving in Bangor
Information for your first few weeks in Bangor including Registration, Collecting your BRP Visa and Banking.

12-39
Student Life at Bangor University
All you need to know about student life in Bangor. Practical information, including work, local amenities, Bangor University services and local places of interest.

40-41
After Your Studies at Bangor
How we keep in touch with you once you leave Bangor and practical things to remember before you leave.

42-45
Map and Welsh Phrase Book
We are very much looking forward to welcoming you to Bangor and hope that you, too, are excited to begin a new chapter in your academic life.

Founded in 1884, Bangor University has a proud tradition of welcoming students from all over the world and international students make up a large, and important, part of our community.

Bangor is a small city and is therefore easy to settle in to, but we understand that arriving in a new country and getting used to a new culture and language can sometimes be difficult. As a result, the University has a wide range of staff and departments who are here to help and support you in this transition.

In this, we hope that you will see the International Student Support Office as your first point of contact. We are here to support you and also to give you opportunities to get to know the area, experience some of the unique Welsh culture and to meet students from all over the world. In addition to the advice we give on a range of issues, which are highlighted in this handbook, we also organise an annual social programme with a variety of trips and events happening every month. We hope you will be able to attend some of these, which will add to your Bangor experience.

We hope you will find this Handbook useful, but this is only an introduction. The International Student Support Office is open throughout the year and we encourage you to come and see us in person if you need advice or support on any issue concerning your studies and life here at Bangor. Our aim is to ensure you have an excellent experience at the University – both academically and socially – and that you leave us having been well supported and made friends and memories that will stay with you forever.

We look forward to welcoming and meeting you in person when you get to Bangor!
The International Student Support Team provides advice and guidance on a range of issues, including:

- Employment Regulations
- Immigration
- General Welfare Issues
- Visa Applications
- Travelling Abroad
- Health Care
- Living and Studying in Bangor
- Financial Matters

Contact Details

E-mail: internationalsupport@bangor.ac.uk
Telephone: +44 (0) 1248 38 2882
Web: www.bangor.ac.uk/international/support

INTERNATIONAL STUDENT SUPPORT TEAM
HERE TO LISTEN, HERE TO HELP!

The International Student Support Team provides advice and guidance on a range of issues, including:

- Employment Regulations
- Immigration
- General Welfare Issues
- Visa Applications
- Travelling Abroad
- Health Care
- Financial Matters

Contact Details

E-mail: internationalsupport@bangor.ac.uk
Telephone: +44 (0) 1248 38 2882
Web: www.bangor.ac.uk/international/support

Facebook: BangorUniversityInternational

Instagram: BangorInternational
There are a few important things you must do during your first week in Bangor. You will need to register at the University, view your lecture timetable, open a bank account, and more. Read carefully and make sure everything is ready for the academic year!
REGISTRATION

All new students must formally register at Bangor University.

Step One: Before you arrive you must enrol online.
Please see: www.bangor.ac.uk/ar/main/sturec/reg.php.en for full details.
You will be notified by email when the system becomes available.

Once you have completed the online registration, you will receive a ‘Confirmation of Registration’ email (within 24 hours) and you will then be able to access ‘MyBangor’ which provides details of your academic timetable and other important information.

Step Two: After you arrive you must complete your registration by providing your identification document. “ID checking” opens on Thursday 12th September, the sessions are listed on the Orientation and Welcome Week Programmes. Failure to do this may result in delaying your university registration and access to university resources.

Acceptable forms of ‘proof of identity’ can be found at: www.bangor.ac.uk/registration/proofofidentity
If you need to collect your BRP Visa (see next section), you should do this BEFORE you complete your ID check.

The Student Admin team from the Academic Registry will be available to help you if you have any problems. They can be contacted at student-admin@bangor.ac.uk or +44 (0) 1248 388484.

Important Immigration Dates
Within 10 days of arriving in the UK- Collect your Biometric Residence Permit (if required) from your designated collection point. Please see next page.

Within 7 days of arriving in the UK: Register with the police (if required).

Within 7 days of any change of address: Notify the police (if required), make a note on your MyBangor University page and inform the HomeOffice/UKVI.
Unless you are an EEA/EU National, you should have a study visa for Bangor University before you arrive. If you applied for your visa from outside the UK and got granted permission to stay in the UK for longer than 6 months, you will have been issued with a temporary 30 day ‘entry clearance’ visa in your passport.

You must then collect your Biometric Residence Permit (BRP) within 10 days of arriving to the UK. The letter that you were given by the UKVI will give details of where to collect your BRP and what documents you need to take with you.

**Please note** it is not a legal requirement to carry your ID with you in the UK. Please keep your BRP safe as replacing it in case of loss may take time and will incur a cost. If you ever lose the letter, your BRP, or you are not sure about what you need to do, contact the International Student Support Office as soon as possible.
REGISTER WITH THE POLICE

If registering with the police is one of the conditions of your stay in the UK (this should be written on your visa or on the decision letter accompanying your visa), you must do so within 7 days of first arriving in the UK. You must also notify the police within 7 days if your visa, address or circumstances change. If you are unsure, please come and see the International Student Support Team in Rathbone Hall. The following nationalities must register if noted on the visa:

- Afghanistan
- Algeria
- Argentina
- Armenia
- Azerbaijan
- Bahrain
- Belarus
- Bolivia
- Brazil
- China
- Colombia
- Cuba
- Egypt
- Georgia
- Iran
- Iraq
- Israel
- Jordan
- Kazakhstan
- Kuwait
- Kyrgyzstan
- Lebanon
- Libya
- Moldova
- Morocco
- North Korea
- Oman
- Palestine
- Peru
- Qatar
- Russia
- Saudi Arabia
- Sudan
- Syria
- Tajikistan
- Tunisia
- Turkey
- Turkmenistan
- UAE
- Ukraine
- Uzbekistan
- Yemen
- Holders of Stateless Documents

There will be police drop-in sessions during which you will be able to register with the police, on Tuesday 17th September (10am-4pm), Wednesday 18th September (10am-4pm), Friday 20th September (10am-2pm). The sessions will take place in Rathbone Building, College Road.

The first time you register with the police, you will need to provide: Passport, BRP, two passport photographs and the registration fee of £34 (Cash Only—Please bring exact change). You should only register with the police after receiving your BRP.

PLEASE keep the registration certificate safe, as you will need it for any future visa applications in the UK. For your University Police Team, please contact: bangoruniversity.policingteam@nthwales.pnn.police.uk
International students are strongly advised to open a UK bank account. You may want to open an account at one of the following banks, all of which are located on Bangor High Street: Barclays, Halifax, HSBC, Lloyds, Natwest, Santander (Santander is also located at the University’s Main Arts Building on College Road).

You may be asked to provide some of the following documentation to open a bank account:

- Your passport (and visa, if applicable)
- Acceptance/CAS letter from Bangor University
- Certificate of student registration*

* Available from Student Admin, 1st floor Main Arts building. Many banks will not allow you to open an account without your certificate of student registration and this could take up to a week following the start of your studies.

Cost of living would depend on the type of accommodation you live in and your lifestyle. A VERY broad estimate would be between £900 and £1100 per month for a single student living in the Bangor area including accommodation. When you apply for a Tier 4 student visa, the Home Office requires that you have a minimum of £1015 per month to cover your living costs.

For further information and a living costs calculator, please visit: www.bangor.ac.uk/international/support/cost_living.php.en
International students who are doing a course of 6 months or longer are entitled to free National Health Service (NHS) treatment (some exceptions apply). Do not waste this opportunity and register today!

If your course is for less than 6 months, you can still get treatment, but you may have to pay.

Before you can see a doctor, you need to register with a local GP (doctor) or Medical Centre. There are several GP surgeries in Bangor. To register with a doctor, you must go to the surgery and ask to fill in a ‘new patient’ form. Many students choose to register at Bodnant Surgery on Menai Avenue as it is close to the University. **Please register within 10 days** of your arrival to ensure access to free NHS treatment.

**Bodnant Medical Centre**
It is not far from the University’s Ffriddoedd Accommodation.
Bodnant Medical Centre, Menai Avenue
Bangor LL57 2HH
**Telephone:** 01248 364492

If you do not live close to Bodnant Surgery, you can find a list of other local GP surgeries online at: [www.wales.nhs.uk](http://www.wales.nhs.uk).

It is not compulsory to register with a doctor, but it is recommended. When registering with a doctor, please tell them about medication you have been taking and have a record of your vaccination history. You can ask to see a male or female doctor, and once you are registered you can see a doctor for FREE (there are some exceptions to this please ask us if you are unsure). More information can be found on our health webpages: [www.bangor.ac.uk/international/support/health](http://www.bangor.ac.uk/international/support/health)
Prescriptions
In Wales, prescriptions are currently free. If you need medication, you may be able to get it prescribed by your doctor so that you do not have to pay for it.

Private Medical Insurance
If you are studying at Bangor University for more than 6 months, having private medical insurance is not essential (see previous page). You would only need to be insured if you are worried or you are likely to have a dental or eye emergency, or if you wish to access certain tests and treatments quicker than you would do on the National Health Service (NHS).

Dental and Eye Care are not covered by the National Health Service and hence you will have to pay the requested fee. For more information on Dentists and Opticians available in the area, please visit the International Student Support Health Webpages at: www.bangor.ac.uk/international/support/health

European Health Insurance Card
All EU / EAA / Swiss students must apply for a European Health Insurance Card (EHIC) in their country of residence. This will give you the right to access state-provided healthcare during a temporary stay in the UK. The EHIC covers treatment that is medically necessary until your planned return home. Treatment should be provided on the same basis as it would to a resident of the UK. The EHIC also covers the treatment of pre-existing medical conditions and routine maternity care, provided the reason for your visit is not specifically to give birth or seek treatment.

Although a GP practice may register you without an EHIC, having ‘comprehensive sickness insurance’ is a condition of your stay in the UK and the EHICard must be obtained before arriving to the UK.

If you have not got the card, you can apply for it online and delegate your parents/tutors to pick it up for you in your country of residence. Please visit our webpage for EEA students for more information: www.bangor.ac.uk/international/support/eea-students

For more information on applying for your EHIC and what is covered in each country, see: ec.europa.eu/social/main.jsp?catId=563
STUDENT LIFE AT BANGOR UNIVERSITY

Whether you are at university, at home, ‘out and about’ or at work, this section tells you all you need to know about student life in Bangor.

“PERFECT PLACE TO DISCOVER”
Semester Dates
Here are the semester and vacation dates for the 2019/20 academic year:

International Orientation Programme:
11 September – 15 September 2019 (5 days)

Welcome Week:
16 September – 21 September 2019 (6 days)

Semester 1: 23 September 2019 (12 weeks)

Christmas Vacation: 16 December 2019 (3 weeks)

Return & Assessment: 6 January 2020 (2 weeks)

Semester 2: 20 January 2020 (11 weeks)

Easter Vacation: 6 April 2020 (3 weeks)

Return: 27 April 2020 (1 week)

Assessment: 5 May 2020 (4 weeks)

End: 29 May 2020

Graduation: Mid July 2020 (exact dates to be confirmed)

For semester dates of the 2020/2021 academic year, please see: www.bangor.ac.uk/ar/main/calendar

Get your timetable
Once you have registered your module choices, you can find your lecture timetable online by checking MyBangor or using the following link:
www.bangor.ac.uk/itservices/admin/timetable
Residency: It is expected that full-time students at Bangor University will normally live in Bangor or in the immediate vicinity. All students must provide an up to date address and contact telephone number while studying at the University.

If you change address during your studies, please remember to update your MyBangor University webpage.

Attendance: Students will be expected to attend ALL timetabled teaching sessions for their degree programme. As an international student, if you miss a succession of timetabled teaching sessions, your school will contact you to discuss why you have been absent. If the reasons for your unauthorised absences are not satisfactory, the University is obliged by UK law to inform the Home Office. This may have consequences for your student visa and your ability to continue studying in the UK.

Therefore, it is extremely important that you attend all of your timetabled teaching sessions and inform the school if you have any planned absences. If you plan to be absent from the University at any point during your studies as a registered student, you must inform your school of any plans well in advance of your absence and ensure that your contact information is up to date. Please remember that you must have a valid student visa for the whole duration of your university course.

If you need help with your visa application, please contact the International Student Support Team.

For more information on monitoring attendance, please see: www.bangor.ac.uk/international/support/documents/AttendanceMonitoring.pdf
LEARNING RESOURCES

Library and Archive Services
• Our 4 libraries provide a range of attractive study environments.
• Once you have registered, you will receive your student card, which will allow you to borrow up to 15 items for up to 4 weeks as an undergraduate student, up to 30 items for up to 4 weeks as a postgraduate taught student, and up to 30 items for up to 4 weeks as a research student.
• Bangor libraries also have electronic resources, study areas, computer rooms, wi-fi spots and printing/photocopying facilities.

Online Learning
• Blackboard, the University’s virtual learning environment provides online support including course notes, audio and video material, blogs and quizzes.
• You can also access most of the University’s networked software off-campus using Desktop Anywhere without having to install special software on your own laptop/computer.

IT Facilities
• The Bangor University IT Services department is located in Deiniol Library.
• They provide a range of services to students, including special deals on student software purchases, printing and binding facilities and an IT advisory service.

Study Skills Centre
• Bangor University’s Study Skills Centre provides a drop-in advisory service for help with taking notes in lectures, planning and writing essays, oral presentations and preparing for exams and a drop-in advisory service offering help with Mathematics, Statistics and Numeracy and IT Study Skills session.

www.bangor.ac.uk/library
www.bangor.ac.uk/itservices
www.bangor.ac.uk/studyskills
Personal Tutor
When you become a student, you will be allocated a Personal Tutor by your academic School. You will meet regularly with your Personal Tutor throughout your course, and she/he is there to provide advice and support on both personal and academic matters.

Students’ Union Representative
The ‘Sabbs’ (or Sabbatical Officers) are students who have chosen to take a year out and have been democratically elected in a cross-campus ballot to run your Students’ Union and represent you.
www.undebbangor.com/voice/democracy/sabatical_officer_team

Hall Mentor
If you live in University accommodation, there will be a live-in mentor available to support you at any time during your stay in Halls.
www.bangor.ac.uk/accommodation/halls/wardens.php.en

Course Reps
During the first few days of your course, your ‘Course Coordinator’ will usually ask for a volunteer to represent and to help voice the opinion of the class.

International Student Ambassadors
Starting university can be a daunting experience to say the least but for international students it doesn’t just mean leaving home. Students from over 85 different countries choose to study at Bangor and therefore have to leave their native homeland, their families and friends and move to a foreign country.

They not only have to adjust to a new culture and surroundings but in many cases face the challenge of adjusting to a new language. Bangor University strongly believes in looking after their students and making sure that everyone is made to feel welcome and settles in with ease. That’s why Bangor has over 30 International Student Ambassadors to support international students from the application process right up to their graduation day.
Do you need some guidance?
Do you need some suggestions when planning your next trip? They have the experience, they have been in your situation before and they are willing to help you with a BIG SMILE! Meet our worldwide ambassadors!

Abigail Shannon Chua, Malaysia
BSc Psychology
"As an international student, I know how hard it can be moving away from home, feeling homesick and having to adapt to a different culture and climate. Having to juggle University with all of these factors in mind can be very challenging and I want to make sure people have the best experience Bangor has to offer in terms of studying and living as a student in the UK."

Chin Jun Yuan, Singapore
BSc Zoology with Marine Zoology
"If you are looking for a quiet, cosy and peaceful place to study, Bangor is worth considering. Everything you need is within reach and is suitable for students to focus on studying. There is also a whole range of Clubs & Societies to join and plenty of social activities here for you to choose from be it in an indoor or outdoor setting. There will definitely be one for you!"

Nenie Eunice Anetekhai, Nigeria
MBA Law and Management
"The best thing about living in Bangor is the town is walkable, the air is clean, the people are warm and willing to help, tap-water is drinkable and there are lots of shopping discounts for students, so lifestyle is not expensive."

Ask them your questions at:
www.bangor.ac.uk/international/studentprofiles/ambassadors
We want you to enjoy your time in Bangor! However, we appreciate that during your course you may need support to help you overcome personal difficulties which might arise.

Student Services are here to ensure you have a positive experience whilst at Bangor and can help you resolve any problems or unexpected issues that you may come across. They are based near the International Student Support Team, in Rathbone Hall (College Road).

Student Services can offer the following assistance:

• Free and confidential counselling service on an appointment or ‘drop in’ basis.
• A Mental Health Adviser can assist you to manage your studies and can identify sources of help and support.
• An adviser to help if you fall ill or have a change in circumstances and need to interrupt your studies.
• Designated daily surgeries with our partner GP surgery.
• Study mentors that provide support based upon individual requirements.

For further information about Student Services please contact: Student Services, Neuadd Rathbone, Bangor, Gwynedd LL57 2DF Email: studentservices@bangor.ac.uk
www.bangor.ac.uk/studentservices
Don’t be put off by its name! Not everyone who uses our Disability Services will think of themselves as disabled or as having a ‘disability’. We use this single term however to cover the barriers faced by students with a wide range of physical and sensory impairments, long-term health conditions, mental health needs and specific learning differences.

Examples of how we can help you:
• Advice on strategies to make studying and everyday tasks more manageable.
• Help with arranging adjustments to examinations and assessments.
• Work closely with your department’s Disability Tutor.
• Arrange loan of equipment (e.g. digital recorder, where available).
• Arrange access to Assistive Technology Rooms.
• Provide support workers, for example Mentors, Notetakers and Practical Assistants.
• Advice and support for dyslexic, dyspraxic and AD(H)D students.
• Individual advice from specialist tutors with coursework and with organisation (e.g. managing time, workloads and stress)

For more information: Disability Services, Neuadd Rathbone, Bangor, Gwynedd LL57 2DF
Email: disabilityservice@bangor.ac.uk
www.bangor.ac.uk/studentservices/disability
THE STUDENT HOUSING OFFICE

The Student Housing Office aims to provide a one-stop shop for students’ private sector housing needs/issues, providing you with the tools to make informed decisions and taking the worry out of house hunting.

For most students, living in private rented accommodation is an enjoyable and fun part of University life. However, if problems with housemates, landlords or properties arise, then the Student Housing Office team have a widespread range of knowledge and experience of housing issues, plus access to outside agencies and resources. This means that they can give you the knowledge and skills to tackle any housing issues you may have during your tenancy.

They also provide contract guidance, so before you sign a housing contract bring it to the Student Housing Office and they will go through it with you, explaining the terms and conditions, so that you can make an informed choice. Should you require legal advice on any issue, they can refer you to the appropriate service.

For information on any of these topics please visit: www.bangor.ac.uk/studentservices/studenthousing

And if you are looking for private accommodation at any point during your stay in Bangor, please visit their Studentpad website, where you can search their database for your ideal property to rent: www.bangorstudentpad.co.uk/Accommodation

MONEY SUPPORT

The Money Support Unit is part of the Student Support Team and the experienced members of staff can provide advice, information and guidance on all aspects of student funding including:
• Undergraduate funding for full and part-time courses
• Postgraduate funding
• University Bursaries and Scholarships
• Hardship Fund and Crisis Grant
• Budgeting

For information on any of the above please visit: www.bangor.ac.uk/studentservices/moneyadvice

Amy Jones and Mair Owen from the Student Housing Office
INCLUSIVE COMMUNITY

Life at the University should be fun and enjoyable for everyone. To help keep it this way and to provide a healthy, safe and pleasant learning environment for everyone we need your help!

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 a policy. We make our commitment an everyday practice to ensure that you feel welcome, respected and valued and have equal access to all our services.

Student Equality and Diversity Officer

Our Inclusive Community is championed by our Student Equality and Diversity Officer located within Student Services. Their role is to implement best practice across the university in the prevention of and support for all forms of student harassment and to be a central specialised contact of support for students.

Student Equality and Diversity Officer - Helen Munro
First Floor, Rathbone, College Road, Bangor, LL57 2DG
h.munro@bangor.ac.uk
Tel: 01248 388021
Zero Tolerance to Harassment and Sexual Violence

Bangor University is committed to promoting a safe and supportive environment that is free from harassment and sexual violence. Harassment is any form of unwelcome behaviour that humiliates, intimidates or offends any person. This includes physical contact, verbal and non-verbal behaviour which may or may not relate to a person’s gender, race, ethnic or national origin, sexual orientation, marital status, religion or belief, age, disability or any other personal characteristic.

Sexual violence is an umbrella term referring to various different sexual offences including but not limited to sexual assault, sexual harassment, stalking, rape and domestic violence. Behaviours such as unwanted groping or kissing along with other forms of sexual assault are criminal offences which may result in an arrest and a conviction.

For more information on Sexual Consent and Sexual Violence visit: www.bangor.ac.uk/inclusive-community/index.php.en

Students who experience or witness harassment/sexual assault (even if it is not directed at themselves personally) can report the incident to:

- The Student Equality and Diversity Officer
- Your Personal Tutor
- A Hall Warden
- A Member of the International Student Support Team
- University Security (01248 382795) or the Police directly (999)

Further information on how to report any form of harassment can be found at: www.bangor.ac.uk/inclusive-community/harassment/index.php.en

Gender Equality

Here at Bangor we promote a gender equal environment and believe that every individual should be treated fairly, regardless of their gender. We aim to ensure that all students can fully participate and enjoy all aspects of university life in a safe and friendly environment.

As a student, you should never have to tolerate any sexist behaviour including the sexualisation and objectification of women. If you experience or witness gender inequality, please contact the Student Equality and Diversity Officer or the International Student Support Team or visit: www.bangor.ac.uk/inclusive-community/gender-equality/index.php.en

Alcohol Awareness

When drinking alcohol, some people are more likely to lose their inhibitions and act in an exaggerated and different manner to normal. Some may be less inclined to think of the consequences of their actions and so can take risks and behave more dangerously.

Here are some tips to drink responsibly:

- Stay with your friends
- Agree at the start of the night, how you will get home - make sure you have taxi numbers with you
- Setting a budget for how much you will spend
- Eat well before you go out
- Drink at your own pace
- Avoid drinking games
- Keep an eye on your drink and never drink something that has been left unattended

For more information, visit www.bangor.ac.uk/inclusive-community/alcohol-awareness/index.php.en
GO FURTHER IN THE FUTURE
WORKING DURING YOUR STUDIES

You may wish to work part-time during your studies. This is a good way of earning some extra income to help with your living costs, you get to meet people and it is a good chance to improve your English (and Welsh!).

However, you are advised not to rely on finding part-time work in order to fund your studies in full because job vacancies are limited and the pay may be at ‘minimum wage’ rate.

Employment Regulations
There are strict regulations which stipulate the number of hours per week an international student can work:

EEA Nationals can currently work unrestricted hours in the UK without permission.

Students from outside the EEA will normally have a restriction on the amount of hours they are entitled to work and the type of work they can do. These restrictions will be written on the Entry Clearance visa in your passport or on your BRP visa card.

A non-EEA national studying at degree level and holding a Tier 4 visa will usually be subject to the following restrictions:

• The student is usually limited to work no more than 20 hours per week during term time*, (except where a placement is a necessary part of their studies and is undertaken with the education institution’s agreement)
• The student must not engage in business, self-employment or provide services as a professional sportsperson or entertainer.
• The student must not pursue a career by filling a permanent full-time vacancy

*Please note that for postgraduate students, summer is considered to be term time!

IMPORTANT: If you are unsure whether you are entitled to work in the UK, please ask for further advice from the International Student Support Office by emailing: internationalsupport@bangor.ac.uk. It is a criminal offence to work illegally in the UK.

For more information on working in the UK, see our website: www.bangor.ac.uk/international/support/volunteering_work.php.en
National Insurance
If you want to work in the UK, you must obtain a National Insurance (NI) Number.

To apply for this number, you must call 0345 6000 643. You can use a free telephone at the International Support Office reception for this. If you are required to attend an interview, you will be asked about your background and circumstances. You may need to travel to the interview.

We suggest that you request an appointment in Liverpool, as this location is the easiest to get to. You can get more information on National Insurance from the Careers & Employability Service (see below).

Skills & Employability Service
This service provides Bangor University students and graduates with resources and practical advice to do with working during and after their studies.

Volunteering, Internships and Job Opportunities
Volunteering, or having a part-time job, are great ways to meet people and experience British culture. Internships are also a good route to get work experience. To find out how Bangor University can help you find a role to suit you, see: www.bangor.ac.uk/careers/students/workexperience

They can help you with a range of services such as CV writing workshops, job searches and information about volunteering placements.

You can access their services for up to three years after you graduate from Bangor University.

For more information visit: www.bangor.ac.uk/careers
Bangor Employability Award

The Bangor Employability Award (BEA) scheme is designed to enhance the immediate and long-term career prospects of Bangor University students. The scheme works alongside the University’s academic Schools, the Students’ Union, and with private, public and voluntary sector organisations.

The BEA will assist students in realising their potential employability, and fully participating in this scheme can make a major difference to personal performance in the graduate jobs market of the future.

The BEA offers accreditation for co-curricular and extra-curricular activities (e.g. volunteering, clubs and societies, work placements, part-time work, learning a new language, etc.) which may not be formally recognised within the academic degree programme, but are considered valuable in the graduate jobs market, and can appear on your Higher Education Achievement Report (HEAR).

So make sure you register today and make the most of your time at Bangor University!

www.bangor.ac.uk/employability
AT HOME IN BANGOR

Here you will find some helpful tips and important information to consider when living in private accommodation. However, remember that our Student Housing Office is here to help! www.bangor.ac.uk/studentservices/studenthousing

Council Tax

Council tax is a tax collected by the local Council which contributes to local services such as rubbish collection, Police and Fire services. It is calculated based on the value of your property. You will not need to pay council tax if you live in University Halls of Residence.

If you live in privately rented accommodation off campus, you will not need to pay council tax if you live in University Halls of Residence.

If you live in privately rented accommodation off campus, you will not need to pay council tax if:

• You and everyone else living in the property are full-time students
• You are a full-time student
• AND you are living in the UK with your spouse and children, who are not from the European Economic Area
• AND your spouse and children have been admitted to the UK as your dependants
• AND no other non-student lives in your property

You may still receive a bill, but the bill should be for zero pounds. If you have received a bill which you think is wrong, please contact the council on the number/email address written on the bill. You may need to send them your certificate of student registration, which can be requested from the Student Admin Team (student.admin@bangor.ac.uk). If following a discussion with the council and you are still having issues, please come and see us at the International Student Support Office. It is not recommended to ignore Council Tax bills as the Council may take you to the court if no action is taken.

TV Licence

Each address where a television (TV) is being used must have a TV Licence. Students living in Halls of Residence must have a TV Licence for individual bedrooms if they own a TV or watch live television via the internet. Using a television without a TV Licence is illegal and you can be fined up to £1,000 for doing so. The current cost for a TV Licence is £150.50 per year and this can be paid in instalments. www.tvlicensing.co.uk

Telephone and Internet Services

If you live in University Halls of Residence, you will benefit from access to free wi-fi. If you are living in private accommodation in Bangor and want a fast and reliable broadband service, you may need to install a home phone line.

Have a look at our website: www.bangor.ac.uk/international/support/welfare under the ‘Communications’ section for useful information.

Utility Bills

If the Council or utility companies send you a letter or bill, do not ignore it. Come to the International Student Support Office and we will be happy to explain and help you. This may prevent bigger problems in the future!
FAMILY LIFE: NURSERIES AND SCHOOLS

Are you in Bangor with your children? Make sure they also get the best of North Wales, its culture and its language!

**Nurseries**
Students with children under 4 years of age may wish to send their children to local nurseries. There is a charge for nursery care and fees vary between nurseries.

A list of nurseries in Bangor can be found at: [www.daynurseries.co.uk/day_nursery_search_results.cfm/searchtown/Bangor-Gwynedd](http://www.daynurseries.co.uk/day_nursery_search_results.cfm/searchtown/Bangor-Gwynedd)

**Schools**
Education is compulsory for all children resident in the UK between the ages of 4 and 16 years. Children who are in the UK as dependants of international students will be able to attend a state school free of charge. The Local Education Authority will provide school places in the catchment area where parents live.

It is recommended that you apply for school places in advance, even if you do not have a Bangor address yet.

For students with children in local state schools, teaching is undertaken bilingually – both in English and Welsh. Children will therefore, naturally, pick up some Welsh during their time in Bangor.

The Local Council has produced a very useful booklet detailing how to secure a place in School for your child available at: [www.bangor.ac.uk/international/support/documents/GwyneddCouncilSchoolsGuide_002.pdf](http://www.bangor.ac.uk/international/support/documents/GwyneddCouncilSchoolsGuide_002.pdf)

DRIVING IN THE UK

Driving on an international licence
You can drive in Great Britain on a full, valid driving licence from another EEA country. For non-EEA nationals, if your driving licence was issued in a designated country, you may use it to drive in the UK for up to 12 months. You need to exchange it after that.

You have up to 5 years after becoming a resident of Great Britain to exchange your licence for a UK driving licence (without having to take a test). The designated countries are:
- Andorra
- Australia
- Barbados
- British Virgin Islands
- Canada
- Falkland Islands
- Faroe Islands
- Hong Kong
- Japan
- Monaco
- New Zealand
- Republic of Korea
- Singapore
- South Africa
- Switzerland
- Zimbabwe

Driving with a Non-GB Licence
If your driving licence was issued in any other country, you may use it to drive in the UK for up to 12 months. To continue driving, you must then apply for a UK provisional driving licence and pass a test to obtain a full UK driving licence.

LEGAL OBLIGATIONS AS A MOTORIST

Before you drive your own vehicle, you must have car insurance and road tax. All vehicles over three years old must pass an MOT test annually, which confirms that the car is safe to drive.

British Police Officers regularly patrol roads to ensure that motorists are driving within the law. You are likely to incur strict penalties if you do not comply with driving legislation.

The Police can confiscate your vehicle, fine you and ban you from driving in the UK. You will also have to declare any driving offences in your future UK visa applications.

For more information visit:
www.gov.uk/browse/driving

www.ukcisao.org.uk/Information--Advice/Studying--living-in-the-UK/Driving
Bangor caters for a variety of faiths. The Chaplaincy Team at Bangor University has representatives from local faith groups and offers activities open to all, irrespective of belief, origin, gender, sexuality and politics.

There are also many churches and religious groups in and around Bangor, including the BU Christian Union (www.facebook.com/bangorcu), the Bangor Islamic Centre (www.facebook.com/bangoric) and the Kalpa Bhadra Buddhist Centre in Llandudno (meditatenorthwales.com).

A dedicated Quiet Room is open all day for any students of all or no faith who need a space for silent prayer or contemplation. This is available for drop-in use by students along with a second bookable meeting room that is prioritised for faith-based activities. Both rooms are based in Rathbone Annexe (next to Rathbone Dining Hall), which also has toilets with ritual washing facilities.

Find all the information at: www.bangor.ac.uk/studentservices/faith
FIT FOR LIFE

Sport plays an important part in student life at Bangor University. Get fit for life!

Sports Facilities
The University’s main Sports Centre, Canolfan Brailsford, is situated in the heart of the main student village (no. 17 on map). It has got a wide range of cardiovascular machines, a full range of Hammer Strength plate loaded resistance equipment and a separate 6-platform Olympic lifting area. Canolfan Brailsford is also home to two sports halls, an aerobic studio, cycling studio, gymnastics hall, multi-route climbing and bouldering wall and four squash courts. Next to the Centre is the Dome – a dedicated indoor tennis and netball facility.

Outside facilities include a range of pitches for football, rugby, American football, quidditch and hockey.

Treborth Site also has four full size football pitches, a pavillion and an eight-lane athletics track.

Athletic Union
There are currently over 50 different teams and clubs at Bangor, ranging from rugby and football to octopush and trampolining. Each club is welcoming and friendly, with many social events running alongside the sporting activities.

All the sports clubs are FREE to join, please visit: www.undebbangor.com/opportunities/sports

www.bangor.ac.uk/brailsford
The mission at Bangor Students’ Union (SU) is to enrich and enhance the student experience of Bangor University students. The SU stands firmly by 5 key values to ensure that they do the best job possible for the students: collectivism; democratic; Cymraeg; challenging; and; brave.

The SU stands by the below: “Bangor Students: we work to amplify your voice, enable your opportunities and develop your communities”.

How do the Students’ Union do this?
The SU have a team of dedicated Sabbatical Officers (Sabbs) who work all hours to ensure that the Student Voice is heard and that the kind of activities that are needed are being developed. Supporting the elected Sabbatical Officers are the 17 Students’ Union professional staff, an experienced team supporting the delivery of campaigns and enacting the policies of the Sabbs, working together with the University to better the student experience of all students!

Bangor Student Societies
There are 127 Student Societies at Bangor from Art to Zoological Societies.

• Societies are groups of people interested in a common goal
• You can join for FREE
• You can develop incredible skills
• You can join amazing communities of students
Societies span across all possible areas, there are Societies which can help you with your course, allow you to discover a new interest and let you grow as a person. They include:

- Academic Societies
- Student Media Societies
- Campaigning Societies
- Faith Societies
- Interest Societies
- Performance Societies
- Political Societies

Ultimately it’s about meeting new people, building a community, learning skills that will benefit your future employability and having fun!

Check them out and choose the best one for you: www.undebbangor.com/opportunities/societies

Meet the new Sabbs at:
www.undebbangor.com
Shop opening times in the UK vary across different types of shops. Many of the smaller stores are open 9am to 5pm Monday to Saturday, while larger shops, e.g. supermarkets and clothing shops, stay open later and on Sundays. Most shops close on certain public holidays, such as Christmas Day and Easter Sunday.
FOOD AND DRINKS

There are multiple **Restaurants** and **Pubs** where you can enjoy anything from local recipes to international cuisines. Let our ambassadors recommend their favourites to you!

When it comes to food and drink, Bangor University offers a wide range of options from a light lunch to a delicious supper. Look out around campus for Bar Uno, Teras Lounge, Barlows and Pontio’s various cafes.

For options outside University, check what our ambassadors have recommended specially for you.

**Local Food**
- Blue Sky Café (236 High Street) – Organic local recipes, perfect for lunch
- 1815 (2 Waterloo Street) – Delicious English Breakfast
- The Black Bull (107 High Street) – Pub Food

**Vegetarian/Vegan and Eco-friendly**
- Kyffin (129 High Street) – Deli Wraps and beautiful Homemade Cakes
- Follow Your Bliss (307 High Street)
- Voltaire (25 Garth Road) – Extensive and delicious vegan menu
- Domu (206 High Street) – Pure Veggie food

**International Food**
- Jade Village (Mona Road, Menai Bridge) – Authentic Chinese food
- Torna a Surriento (202 High Street) – Italian Restaurant, best pizzas in town
- Noodle One (166 High Street) – Japanese, Thai and Indonesian mouth-watering noodle dishes
- Jasmine (162 High Street) – Traditional Chinese food; dim sum very popular with Chinese students!
- Clio (276 High Street) – International Tapas lounge
- Bangor Tandoori (347 High Street) – Authentic Indian Food

TRIPS AND EVENTS
2019/20

The International Student Support Team have put a programme together that hopefully will keep you busy and amazed all year round! Join us and meet new friends and cultures while visiting top locations around the UK.

September 2019
• Orientation and Welcome Week
• Welcome Party with Twmpath (Welsh traditional dance) and Live Music
• Trip to Snowdonia National Park

October 2019
• Trip to Liverpool and The Beatles Story Museum
• Conwy Feast – D.I.Y. Trip (please see next section)
• International Halloween Party

November 2019
• Trip to Edinburgh
• Karaoke Night!
• Manchester Christmas Markets

December 2019
• Christmas Fair
• Christmas Day Event

January 2020
• Trip to Liverpool and The Titanic Exhibition
• St Dwywen’s Day - Internationals Spread The Love
• Chinese New Year

February 2020
• International Cinema Night
• Trip to Llechwedd Slate Caverns
• Trip to Manchester

March 2020
• St David’s Day
• One World Gala

April 2020
• Welsh History Tour

June 2020
• Snowdon Hike!

www.bangor.ac.uk/international/support/events

Keep up to date with all our Trips and Events! Follow us and tag us on Facebook and Instagram!

#BangorInternational
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 for the academic year 2019/20 - Internationals GoGreen – 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 we will promote ways to ensure a greener present and future not only in Wales but also worldwide, whilst also doing our bit to make Bangor University a 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**
- Bangor Litter Pick
  – Waste Awareness Week

**December**
- Sorting winter clothes for refugees with Pobl i Bobl

**February**
- Sustainability Carnival together with the Sustainability Lab

**March**
- Beach clean with the North Wales Wildlife Trust

**April**
- Dawn Chorus Explorers with the North Wales Wildlife Trust

www.bangor.ac.uk/international/support/events
NORTH WALES AND THE UK AWAIT!
DISCOVER THEM BY PUBLIC TRANSPORT!

**Bus**
Useful to go to big shops outside Bangor, to the hospital, to visit Menai Bridge or to have an ice cream in Beaumaris.

Bangor Bus Station is located on Garth Road in the city centre. Each bus route has a number, displayed at the bus stop and on the bus itself. Search the ARRIVA Bus app today or plan your visit using the Traveline Cymru website: [www.traveline.cymru](http://www.traveline.cymru)

We have a useful guide to ‘most-used’ bus routes at the International Student Support Office – Call in to collect one!

**Coach**
Fancy a trip to London, York, Edinburgh? Flying from Manchester Airport?
Visit: [www.nationalexpress.com](http://www.nationalexpress.com) for coach services travelling to and from most cities in the UK!

**Train – Go further, quicker!**
Plan great trips with friends and family and buy your tickets at: [www.thetrainline.com](http://www.thetrainline.com) or at the train station on Holyhead Road.

Do you also want to save money while having fun? Ticket prices tend to be cheaper if you book them in advance, but please note that these tickets are usually restricted to specific times. However, whether you are booking in advance or jumping in a last-minute adventure, don’t forget your 16-25 Railcard! You will have a 33% discount every time you travel!

Available for all full-time Bangor students 16-99 years old from any Train Station or [www.16-25railcard.co.uk](http://www.16-25railcard.co.uk) at £30 per year.
D.I.Y. TRIPS
Explore North Wales, where magic mountains meet the sea.

Bangor and its surroundings have a lot to offer. Discover ancient castles, placid lakes, warm beaches and a culture that will keep surprising you wherever you go!

Although the University provides a range of organised trips and events throughout the year, the International Student Support Team want to help you visit even more places by giving you information about ‘Do It Yourself’ trips, or “D.I.Y. Trips”, so you can go on your own adventures!

The ‘D.I.Y. Trips’ webpage provides useful links, travel information and ideas about where you can visit and things to do. www.bangor.ac.uk/international/support/diytrips

Things you must do as a Bangor student

- Take a boat trip
- Visit Conwy
- Explore Anglesey’s beautiful coastline
- Climb Snowdon by foot or by train
- Visit Bangor Cathedral
- Catch a show or film at Pontio
- Take the Llandudno tram to the top of the Great Orme
- Visit Caernarfon Castle
After your studies at Bangor

The end of your studies is not the end of your relationship with Bangor University. We hope that you have thoroughly enjoyed your time as an international student here, but don’t forget to continue to keep in touch with us, wherever you are in the world.

Bangor University Alumni
The Development and Alumni Relations Office at Bangor University aims to stay in touch with as many alumni as possible to keep you up-to-date on latest developments and events at the University after you leave. Whether you want to contact old classmates, organise reunions or send photos and memories of your time at Bangor, you can email the Development and Alumni Relations Office on: alumni@bangor.ac.uk or join them online by searching for ‘Bangor Alumni’ on Facebook and LinkedIn.

The Development and Alumni Relations Office also recruits International Alumni Ambassadors; volunteers who take pride in their association with Bangor University and would like to raise the profile of the University around the world. For further details about this opportunity, please visit: www.bangor.ac.uk/alumni/international
WE HOPE YOU HAVE ENJOYED YOUR TIME IN BANGOR!

Before you leave Bangor, don’t forget to...

- Provide us with student feedback. The University might request that you fill in a survey about your experiences of studying here. Each response is invaluable to us, so please don’t forget to complete yours.
- Pay outstanding tuition fees to Bangor University (Remember - you can’t graduate until you have paid your tuition fees in full).
- Close your bank account.
- Pay any outstanding utility bills.
- Contact your landlord about leaving the property.
- Dispose of unwanted items. (Donate your items to new students or to charity shops on the High Street).
- Register with the Bangor University Development and Alumni Relations Office by visiting: www.bangor.ac.uk/alumni/keepintouch
LEARN CYMRAEG!

Cymraeg (Welsh) is one of the official languages at Bangor University and a Celtic language widely used around North Wales. Why not try learning some while living in Bangor?

Useful Expressions
As soon as you arrive in Wales, you will start realising that all the official signs, as well as people in the street, TV channels and Radio stations, use both English and a probably less familiar language: Cymraeg (Welsh language). This is one of the main pillars of the Welsh culture and identity and we invite you to learn it and embrace it during your stay!

We have put together a list of useful expressions in Welsh and English for you. Use them when going to the supermarket, going to the cinema or chatting with local people and you will be surprised by peoples’ reactions, be ready for BIG SMILES!

Welsh Courses
If you would like to study further, Bangor University offers multiple courses and resources for Welsh learning. For more information, please visit: www.bangor.ac.uk/cio
<table>
<thead>
<tr>
<th>Cymraeg</th>
<th>English</th>
<th>Pronunciation</th>
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<tbody>
<tr>
<td>Cymru</td>
<td>Wales</td>
<td>Cum-ree</td>
</tr>
<tr>
<td>Croeso (i Gymru)</td>
<td>Welcome (to Wales)</td>
<td>Croy-so ee gumree</td>
</tr>
<tr>
<td>Helo</td>
<td>Hello</td>
<td>He-lo</td>
</tr>
<tr>
<td>Bore da</td>
<td>Good morning</td>
<td>Bor-eh da</td>
</tr>
<tr>
<td>Prynhawn da; P’nawn da</td>
<td>Good afternoon</td>
<td>Pna-own da</td>
</tr>
<tr>
<td>Noswaith dda</td>
<td>Good evening</td>
<td>Noss-why-th dha</td>
</tr>
<tr>
<td>Nos da</td>
<td>Good night</td>
<td>Nos da</td>
</tr>
<tr>
<td>Beth yw dy enw di?</td>
<td>What is your name?</td>
<td>Beth yew dee enu dee?</td>
</tr>
<tr>
<td>Fy enw i yw......</td>
<td>My name is......</td>
<td>Venw i yew......</td>
</tr>
<tr>
<td>Sut dach chi?</td>
<td>How are you</td>
<td>Seet-dha hee</td>
</tr>
<tr>
<td>Iawn</td>
<td>Right/Fine</td>
<td>Yown</td>
</tr>
<tr>
<td>Da iawn</td>
<td>Very good/Well done</td>
<td>Da yown</td>
</tr>
<tr>
<td>Diolch</td>
<td>Thanks</td>
<td>Dee-olch</td>
</tr>
<tr>
<td>Diolch yn fawr</td>
<td>Thanks very much</td>
<td>Dee-olch in vowr</td>
</tr>
<tr>
<td>Croeso</td>
<td>You are welcome</td>
<td>Croy-so</td>
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<tr>
<td>Sori</td>
<td>Sorry</td>
<td>Sory</td>
</tr>
<tr>
<td>Mae’n ddrwg gen i</td>
<td>I’m sorry</td>
<td>My th’roog gen ee</td>
</tr>
<tr>
<td>Dim problem</td>
<td>No problem</td>
<td>Dee-m problem</td>
</tr>
<tr>
<td>Penblwydd hapus!</td>
<td>Happy Birthday!</td>
<td>Pen-bluidh hapiss</td>
</tr>
<tr>
<td>Wela i chi!</td>
<td>See you later!</td>
<td>Guela ee hee</td>
</tr>
<tr>
<td>Hwyl!</td>
<td>Goodbye!</td>
<td>Hooil</td>
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# Useful Contacts

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<thead>
<tr>
<th><strong>International Student Support Office</strong></th>
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<tr>
<td>Bangor University</td>
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<tr>
<td>Tel: +44 (0) 1248 38 2882</td>
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<tr>
<td>Email: <a href="mailto:internationalsupport@bangor.ac.uk">internationalsupport@bangor.ac.uk</a></td>
</tr>
<tr>
<td><a href="http://www.bangor.ac.uk/international/support">www.bangor.ac.uk/international/support</a></td>
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<th><strong>International Exchanges Office</strong></th>
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<tbody>
<tr>
<td>Tel: +44 (0) 1248 388156</td>
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<tr>
<td>Email: <a href="mailto:exchanges-incoming@bangor.ac.uk">exchanges-incoming@bangor.ac.uk</a></td>
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<tr>
<td><a href="http://www.bangor.ac.uk/studentexchange">www.bangor.ac.uk/studentexchange</a></td>
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<tr>
<th><strong>Bangor University Security (Emergency)</strong></th>
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<tr>
<td>Internal Tel: 333</td>
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<tr>
<td>External: +44 (0) 1248 382795</td>
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<tr>
<th><strong>UK Council for International Student Affairs (UKCISA)</strong></th>
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<tr>
<td>Advice Line: +44 (0) 2077889214</td>
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<tr>
<td>(open Monday - Friday, 1.00 - 4.00pm)</td>
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<tr>
<td><a href="http://www.ukcisa.org.uk">www.ukcisa.org.uk</a></td>
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<th><strong>UK Visas and Immigration</strong></th>
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<tr>
<td>Tel: +44 (0) 3001232241</td>
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<tr>
<td><a href="http://www.gov.uk/visas-immigration">www.gov.uk/visas-immigration</a></td>
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<th><strong>The British Council</strong></th>
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<tr>
<td>Tel: +44 (0) 1619 57755</td>
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<tr>
<td>Contact form: <a href="http://www.britishcouncil.org/contact">www.britishcouncil.org/contact</a></td>
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**FOR FURTHER INFORMATION PLEASE CONTACT:**

E: internationalsupport@bangor.ac.uk
T: +44 (0) 1248 382882

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