



PRIFYSGOL
BANGOR
UNIVERSITY

**INTERNATIONAL
STUDENT HANDBOOK**

2021/22

YOUR ARRIVAL CHECKLIST

- 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

✉ internationalsupport@bangor.ac.uk

☎ +44 (0) 1248 38 2882

For full updated information you should regularly visit the website:

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

📘 [BangorUniversityInternational](https://www.facebook.com/BangorUniversityInternational)

📷 [bangorinternational](https://www.instagram.com/bangorinternational)

The information in this guide is correct at the time of publication, however due to the current Covid-19 changing situation, information may be subject to change.

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HELLO AND WELCOME

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. Due to the current global Covid-19 crisis, things are a little different here at Bangor at the moment. The University will ensure that you are safe and looked after, and will keep you updated on all important development, but it would also be useful for you to regularly check our coronavirus webpage at:

www.bangor.ac.uk/international/coronavirus

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 hope you will find this Handbook useful, but this is only an introduction. "The International Student Support Office is available throughout the year and we encourage you to contact us at internationalsupport@bangor.ac.uk 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 you
when you get to Bangor!**





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
- Living and Studying in Bangor
- Financial Matters

Contact Details

-  internationalsupport@bangor.ac.uk
-  +44 (0) 1248 38 2882/8070
-  www.bangor.ac.uk/international/support
-  [BangorUniversityInternational](https://www.facebook.com/BangorUniversityInternational)
-  [bangorinternational](https://www.instagram.com/bangorinternational)



Alan Edwards

Head of International
Student Support



Marcel Clusa

International Student
Support Officer



ARRIVING IN BANGOR

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

How to Enrol On-Line

All new students must register with the University. This is a two stage process, the first stage of which (enrolment) you should do online before you arrive in Bangor – you will be notified by e-mail when you are able to complete this process (full details are available at www.bangor.ac.uk/welcome2021/registration) and you will receive a confirmation email once the process is complete.

Once you have completed online enrolment you will need to complete an ID check (full-time students). You must be able to show your original documents which will be checked at one of the ID appointments. Acceptable forms of proof of identity can be found at www.bangor.ac.uk/student-administration

Receiving your BRP Card

For 2021/22 the Immigration Team is working differently, they will contact you shortly after arrival to explain how you receive your Biometric Residence Permit (if required). Please see next page for details or contact immigration@bangor.ac.uk

Within 7 days of any change of address

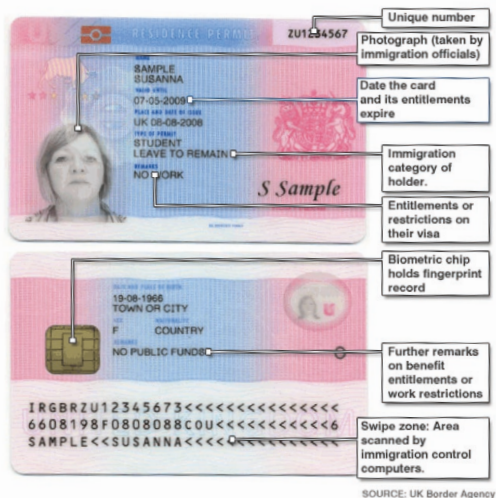
Inform immigration@bangor.ac.uk what your new address is, and notify the police (if required), make a note on your MyBangor University page and inform the Home Office/UKVI.





ARRIVING IN BANGOR

COLLECT YOUR BIOMETRIC RESIDENCE PERMIT (BRP)



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.

Biometric Residence Permit (BRP) collection

Please contact the Immigration Team immigration@bangor.ac.uk for details on how to receive your BRP.

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 Team as soon as possible by emailing internationalsupport@bangor.ac.uk



ARRIVING IN BANGOR 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 contact the International Student Support Team at internationalsupport@bangor.ac.uk

- 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

Please contact the International Student Support office for details on how to register with the Police internationalsupport@bangor.ac.uk



Open a bank account

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

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*

* Please contact the International Student Support Team at:

internationalsupport@bangor.ac.uk

Plan your budget

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 student visa, the Home Office requires that you have a minimum of £1023 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







ARRIVING IN BANGOR REGISTER WITH A DOCTOR

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

☎ 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. 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



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

Global Health Insurance Card

All EU / EAA / Swiss students must apply for a Global Health Insurance Card (GHIC) in their country of residence. This will give you the right to access state-provided healthcare during a temporary stay in the UK. The GHIC 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 GHIC 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 GHIC, having 'comprehensive sickness insurance' is a condition of your stay in the UK and the GHICard 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 GHIC 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
YOURSELF**

SEMESTER DATES

Here are the semester and vacation dates for the 2021/22 academic year:

Welcome Programme

16 September – 26 September 2021 (11 days)

Semester 1:

27 September 2021 (12 weeks)

Christmas Vacation:

20 December 2021 (3 weeks)

Return and Assessment:

10 January 2022 (2 weeks)

Semester 2:

24 January 2022 (10 weeks)

Easter Vacation:

4 April 2022 (3 weeks)

Return:

25 April 2022 (2 weeks)

Assessment:

9 May 2022 (4 weeks)

End:

3 June 2022

Graduation:

Mid July 2022 (exact dates to be confirmed)

For semester dates of the 2022/23 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

Dates currently under review and dependent on the Covid-19 situation



STUDENT LIFE AT BANGOR UNIVERSITY

AN IMPORTANT NOTE ON ATTENDANCE

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 your School and the Immigration team by emailing **immigration@bangor.ac.uk** 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 the immigration team by emailing them at **immigration@bangor.ac.uk** and your School of any plans well in advance of your absence and ensure that your contact information is up to date

For more information on monitoring attendance, please see:
www.bangor.ac.uk/governance-and-compliance





STUDENT LIFE AT BANGOR UNIVERSITY

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



STUDENT LIFE AT BANGOR UNIVERSITY

YOUR INTERNATIONAL STUDENT AMBASSADORS

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/sabbatical_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

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.

MEET YOUR NEW INTERNATIONAL STUDENT AMBASSADORS!

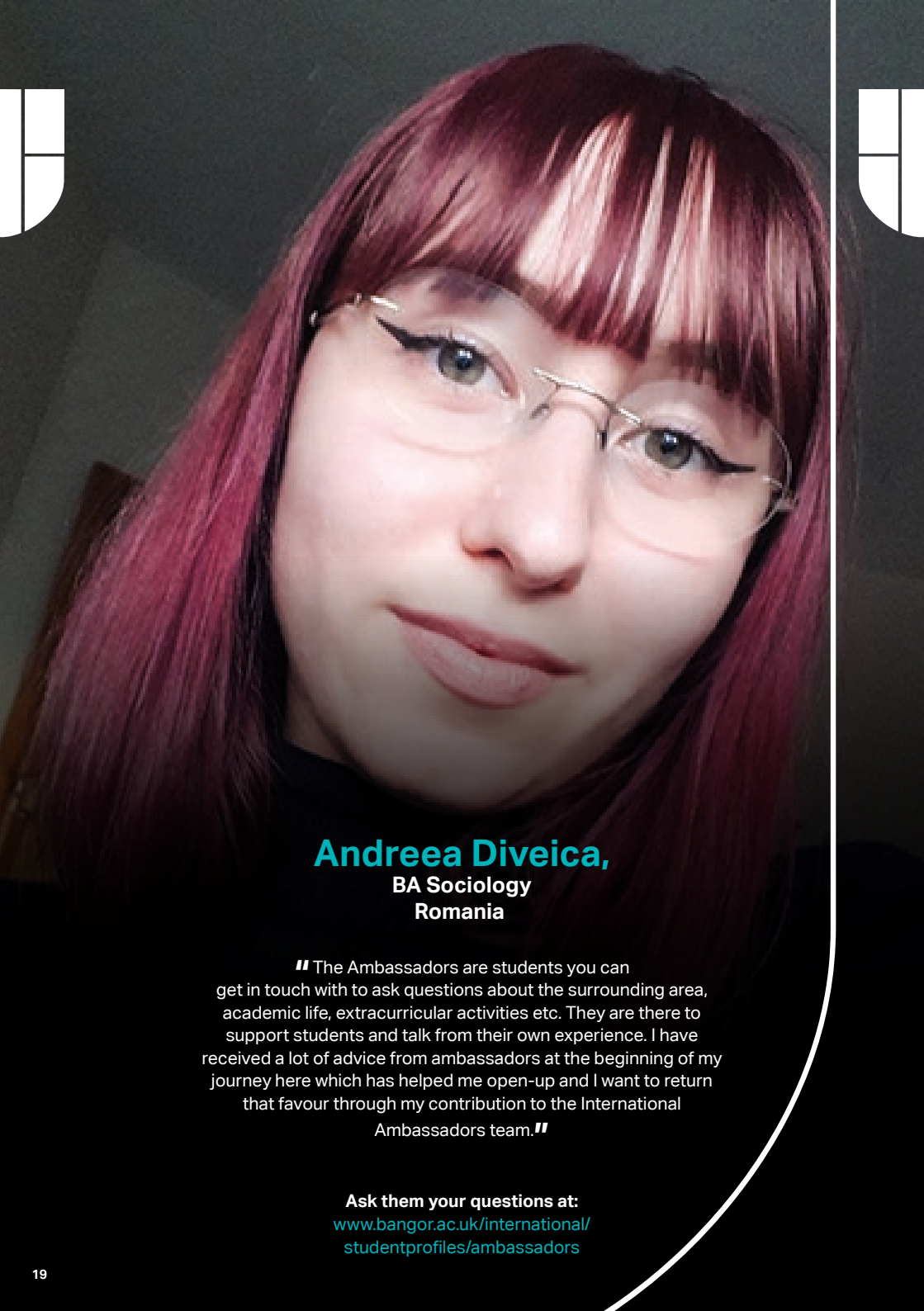
Do you need some guidance?

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!

Moneeb Ur Rehman
BSc Business Management
Pakistan

" Ever since I have been here university staff, personal tutors and other students all have been very helpful."

Ask them your questions at:
[www.bangor.ac.uk/international/
studentprofiles/ambassadors](http://www.bangor.ac.uk/international/studentprofiles/ambassadors)



Andreea Diveica,

BA Sociology
Romania

" The Ambassadors are students you can get in touch with to ask questions about the surrounding area, academic life, extracurricular activities etc. They are there to support students and talk from their own experience. I have received a lot of advice from ambassadors at the beginning of my journey here which has helped me open-up and I want to return that favour through my contribution to the International Ambassadors team.**"**

Ask them your questions at:
[www.bangor.ac.uk/international/
studentprofiles/ambassadors](http://www.bangor.ac.uk/international/studentprofiles/ambassadors)

A portrait of Tathagata Ganguly, a man with dark, wavy hair, a beard, and glasses, wearing a dark hoodie. He is looking slightly to the left. The background is a blurred landscape with a bright sun low on the horizon, creating a warm, golden glow. A white curved line separates the top half of the image from the text below.

Tathagata Ganguly

PhD Media
India

“ Probably the most difficult thing in the beginning was moving into a country far away from my loved ones and my own familiar environment. But the good thing is all these difficulties ease with time and living in a new country is a great experience.”

Ask them your questions at:
[www.bangor.ac.uk/international/
studentprofiles/ambassadors](http://www.bangor.ac.uk/international/studentprofiles/ambassadors)



FEELING STRESSED? HOMESICK? STUDENT SERVICES

FIND IT DIFFICULT TO MANAGE YOUR WORKLOAD OR WANT ADVICE ON WORKING DURING YOUR STUDIES?

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/student-services



STUDENT LIFE AT BANGOR UNIVERSITY

Student Counselling Services

- The Student Counselling Service offers a variety of resources to support students during their time at University. We would encourage students who are seeking counselling support to look at their Self-Help resources in the first instance – these include 'Self- Help links, podcasts and APPS' and 'Information Handouts' on a variety of topics. Check them out at www.bangor.ac.uk/student-services/counselling/self_help
- The Service offers groups and workshops for students throughout the academic year including iCan Building Resilience workshops and Mindfulness Taster sessions on Wednesday afternoons.
- The Service offers the opportunity to talk through personal and troubling issues in a safe, confidential environment with a professional, trained counsellor.
- The current waiting time for an Assessment Appointment is 5-7 working days.

Please visit: www.bangor.ac.uk/student-services/counselling

Disability Services

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/student-services/disability



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/student-services/moneyadvice

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/student-services/studenthousing



Amy Jones and Mair Owen from the Student Housing Office

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





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.



Helen Munro
Student Equality and Diversity Officer

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

 h.munro@bangor.ac.uk
 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/harassment/sexual-violence

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 Mentor
- 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

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

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





STUDENT LIFE AT BANGOR UNIVERSITY

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 student 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





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.

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

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



Marcel Clusa and Alan Edwards
 International Student Support Team



AN OPPORTUNITY TO GAIN MORE THAN A DEGREE

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 cocurricular 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/skills-and-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/student-services/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 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/Bangor.pdf

For more information about schools and childcare visit: www.bangor.ac.uk/international/support/documents/Bangor.pdf





DRIVING IN THE UK

Driving on an International License

You can drive in Great Britain on a full, valid driving license from another EEA country. For non-EEA nationals, if your driving license 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 license for a UK driving license (without having to take a test). The designated countries are:

Andorra	Japan
Australia	Monaco
Barbados	New Zealand
British Virgin Islands	Republic of Korea
Canada	Singapore
Falkland Islands	South Africa
Faroe Islands	Switzerland
Hong Kong	Zimbabwe

Driving with a Non-GB License

If your driving license 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 license and pass a test to obtain a full UK driving license.

www.gov.uk/driving-nongb-license

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.

www.gov.uk/browse/driving

For more information visit:

www.ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Driving





FOLLOW YOUR FAITH

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 the Rathbone Annexe (next to Rathbone Dining Hall), which also has toilets with ritual washing facilities.

Find all the information at:

www.bangor.ac.uk/student-services/faith





THE STUDENTS' UNION

What is a student union?
Simply put; a students' union is the voice of the students and the home of student life at bangor!

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"**.



The Bangor Students' Union has a lot to offer but they need YOU!
JOIN TODAY!!

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



Meet the new Sabbs at: www.undebbangor.com

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/societies





SHOPPING TIME

Did you know Bangor has the longest High Street in Wales?

Shops, a local market and cafes can be found all around.

REMEMBER: Some High Street shops offer a 10-20% discount to students so remember to take your Bangor University student card shopping with you!

Most shops selling general goods (clothes, books, mobile phones, pharmacy/beauty, electrical goods, etc.) are located on the High Street or on Caernarfon Road. Buses run regularly from Bangor City Centre to Caernarfon Road.



Supermarkets

- Morrisons (Holyhead Road)
- Marks & Spencer (Garth Road)
- Asda (Farrar Road)
- Lidl (High Street)
- Aldi (Deiniol Road)
- Tesco Extra (Caernarfon Road)
open 24 hours!

Specialist Food Shops

- Al Baraka Foods (352 – 354 High Street)
– Asian Halal Food Shop
- Zam Zam Food (308 High Street) – African and Middle Eastern Foods
- T2 Oriental Store (7a Holyhead Road)
- Oriental Grocery Food Store (25-27 Holyhead road)

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.

www.bangor.ac.uk/commercial-services/places-to-eat-and-drink

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
- 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
- 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







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

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 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 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 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

01 Take a boat trip

02 Visit Conwy

03 Explore Anglesey's beautiful coastline

04 Climb Snowdon by foot or by train

05 Visit Bangor Cathedral

06 Catch a show or film at Pontio

07 Take the Llandudno tram to the top of the Great Orme

08 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



BANGOR UNIVERSITY AT A GLANCE *

Need more
detailed information
on our campus?

Visit our online map:
www.bangor.ac.uk/campusmap

MENAI STRAIT

SCHOOL OF OCEAN SCIENCES,
MENAI BRIDGE



Accommodation

- 13 Ffriddoedd Village
- 14 Neuadd Garth (Post Grad)
- 15 St Mary's Village

Sports facilities

- 16 Bangor City FC 3G Pitch
- 17 Canolfan Brailsford Sports Centre
- 18 Normal Site Sports Hall & Gym
- 19 St Mary's Fitness Room
- 20 Treborth Playing Fields

Food & drink

- 21 Academi
- 22 Barlow's Cafe Bar
- 23 Bar Uno
- 17 Brailsford Cafe
- 2 Pontio
- 1 Management Centre Coffee Shop
- 24 Y Bistro



University facilities

- 25 Deiniol Library
- 7 Main Library
- 26 Normal Site Library
- 7 Powis Hall
- 7 Pritchard Jones Hall

Switchboard:
01248 351151

Out of hours Security Team:
01248 382795

Student Services and Advice:
01248 382024

University services

- 27 Finance Office
- 28 International Education Centre
- 25 IT & Computing Services
- 7 Main Building
- 29 Student Services
- 2 Students' Union, Pontio

Handy things in bangor

- Doctors
- Post Office
- Cinema
- Supermarket
- Gym
- Takeaway
- Shopping
- Cafe
- Bar



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





Cymraeg

Cymru
Croeso (i Gymru)
Hello
Bore da
Prynhawn da; P'nawn da
Noswaith dda
Nos da
Beth yw dy enw di?
Fy enw i yw.....
Sut dach chi?
Iawn
Da iawn
Diolch
Diolch yn fawr
Croeso
Sori
Mae'n ddrwg gen i
Dim problem
Penblwydd hapus!
Wela i chi!
Hwyl!

English

Wales
Welcome (to Wales)
Hello
Good morning
Good afternoon
Good evening
Good night
What is your name?
My name is.....
How are you
Right/Fine
Very good/Well done
Thanks
Thanks very much
You are welcome
Sorry
I'm sorry
No problem
Happy Birthday!
See you later!
Goodbye!

Pronunciation

Cum-ree
Croy-so ee ee gumree
He-lo
Bor-eh da
Pna-own da
Noss-why-th dha
Nos da
Beth yew dee enu dee?
Venw i yew.....
Seet-dha hee
Yown
Da yown
Dee-olch
Dee-olch in vowr
Croy-so
Sory
My th'roog gen ee
Dee-m problem
Pen-bluidh hapiss
Guela ee hee
Hooil

HERE TO LISTEN, HERE TO HELP!

INTERNATIONAL STUDENT SUPPORT OFFICE

T. 01248 382 882
E. internationalsupport@bangor.ac.uk

BANGOR TAXI COMPANIES

T. 01248 35 35 35 • 37 01 27 • 37 17 17

BANGOR UNIVERSITY SECURITY (EMERGENCY)

T. 01248 382 795
POLICE, HOSPITAL & FIRE EMERGENCIES - 999

EMOTIONAL SUPPORT HELPLINE (SAMARITANS)

T. 116 123 - Free 24hr

USEFUL CONTACT

International Student Support Office

Bangor University
Tel: +44 (0) 1248 38 2882/8070
Email: internationalsupport@bangor.ac.uk
www.bangor.ac.uk/international/support

International Exchanges Office

Tel: +44 (0) 1248 388156
Email: exchanges-incoming@bangor.ac.uk
www.bangor.ac.uk/studentexchange

Bangor University Security (Emergency)

Internal Tel: 333
External: +44 (0) 1248 382795

UK Council for International Student Affairs (UKCISA)

Advice Line: +44 (0) 2077889214
(open Monday - Friday, 1.00 - 4.00pm)
www.ukcisa.org.uk

UK Visas and Immigration

Tel: +44 (0) 3001232241
www.gov.uk/visas-immigration

The British Council

Tel: +44 (0) 1619 57755
Contact form: www.britishcouncil.org/contact



PRIFYSGOL
BANGOR
UNIVERSITY

DISCLAIMER

Bangor University makes all reasonable efforts to ensure that the information in this handbook is correct at the time of printing (January 2022). A copy of the University's current terms and conditions can be found online at www.bangor.ac.uk/termsand-conditions or obtained in writing from the Academic Registrar, Bangor University, Bangor, Gwynedd, LL57 2DG.

For further information please contact:

E: internationalsupport@bangor.ac.uk

T: +44 (0) 1248 382882

www.bangor.ac.uk/international/support

/BangorUniversityInternational



@BangorUni_intl



/Bangorinternational



/Bangortv



Astudïo yng Nghymru
Stuðý in Wales

www.studyinwales.ac.uk