



PRIFYSGOL
BANGOR
UNIVERSITY

**INTERNATIONAL STUDENT
HANDBOOK**

2024/25

YOUR ARRIVAL CHECKLIST

- Tell your family you have arrived
- Attend Welcome and Orientation events
- Register with the University
- Find accommodation
- Open a UK bank account
- Register with a doctor
- Find out about clubs and societies
- Find out about Library and University services
- Learn how to use your IT account e.g. Bangor University email, Blackboard, MyBangor, etc
- Get your timetable
- 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 2882/8070



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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.

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. We provide advice 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!





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
bangorinternational



Meet Marcel Clusa & Alan Edwards
International Student Support Team

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!



Your journey starts here



REGISTRATION

All new students must formally register at Bangor University

How to enrol online

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/registration/online-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 in-person 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/registration/online-registration#id

In person registration will run through to the last permitted arrival date at Bangor.

Follow up ID-Checks

During the academic year, you will be invited by the University Immigration Team to undertake a follow-up ID check, to ensure all your details are up to date.

Within 7 days of any change of address

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



COLLECT YOUR BIOMETRIC RESIDENCE PERMIT (BRP)



International students studying for longer than 6 months should have a study visa for Bangor University before arriving. 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 90 day 'entry clearance' visa in your passport.

You will have received a letter with this visa stamp, confirming that your visa application was successful and noting the end date of your visa. **KEEP THIS SAFE!**

Some students will have an electronic visa, others will have a Biometric Residence Permit (BRP).

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 internationalstudent@bangor.ac.uk

* Not all students will get a BRP, and some student visas will be in electronic form - sent to you by email.



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, HSBC, Lloyds, Natwest, Santander and Principality Building Society or an online account such as Revolut or Monzo

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 (Once you have completed the registration process, this can be obtained via the request center on MyBangor.)

Cost of living would depend on the type of accommodation you live in and your lifestyle.

A VERY broad estimate would be a minimum of £1023 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/cost-of-living-and-money-support

IT IS IMPORTANT TO PLAN YOUR BUDGET

LLANFAIRPWLLGWYNGYLLGOGERYCHWYRNDROBWL LANTYSILIOGOGOGOCH



BE SCAM AND FRAUD-SAVVY

This information is not to scare but to make you aware

You're in a new country, everything is different so it's easy to become a victim of a scam or fraud. Here are some tips for you to avoid falling victim to fraudulent activity:

- Be suspicious of all 'too good to be true' offers and deals.
- Don't hand over money or sign anything until you've checked someone's credentials and their company's.
- Never give banking or personal details to anyone you don't know or trust.
- Always log on to a website directly rather than clicking on links in an email.

Don't be embarrassed about reporting a scam. Because the scammers are cunning and clever there's no shame in being deceived. By reporting it, you'll make it more difficult for them to deceive others.

Common fraud/scam activity include:

Fake Police contacting you via WhatsApp asking for money

Fake Home Office calls threatening your visa status and asking for money

Deposits required to view accommodation – Typically on Facebook

Job scams – asking for money/bank details to progress job applications

If in doubt contact
International Support Team





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

ADDITIONAL HEALTH INFORMATION

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

Immunisations

Please bring with you a record of the immunisations you have been given – both for you and your family, if they are also coming to the UK/Bangor

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

STUDENT LIFE AT BANGOR UNIVERSITY

Here are the semester and vacation dates for the 2024/25 academic year:

Welcome Programme

18 September 2024 (7 days)

Semester 1

30 September 2024 (12 weeks)

CHRISTMAS VACATION

23 December 2024 (3 weeks)

Return & Assessments

13 January 2025 (2 weeks)

Semester 2

27 January 2025 (11 weeks)

EASTER VACATION

14 April 2025 (3 weeks)

Return

5 May 2025 (1 weeks)

Assessments

12 May 2025 (4 weeks)

End of session

6 June 2025

GRADUATION

Mid July 2025 (exact dates to be confirmed) For semester dates of the 2024/25 academic year, please see:

<https://www.bangor.ac.uk/international/exchanges/incoming/semester-dates>

GET YOUR TIMETABLE

Once you have registered your module choices, you can find your lecture timetable online by checking MyBangor

NOTE ON SEMESTER DATES

It is important to note that the Summer is not a vacation period for our Postgraduate students and is classed as term-time.





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 academicengagement@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 academicengagement@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/student-services/monitoring-and-compliance-team



LEARNING RESOURCES

Learning Support, Resources and Facilities provided by Digital Services at Bangor

At Bangor, the Digital Services department supports students' learning needs. The department comprises the library and IT services. Students can seek assistance from any of the friendly staff or use the helpdesk support system.

Library facilities and borrowing resources

The library offers various attractive quiet study environments, in addition to collaborative study and social learning spaces in the Pontio building, which are open 24hr, seven days a week. Various study spaces will offer library, print, PC, wireless and other facilities for quiet or collaborative study. There are over 1M items available on-line, and there are opportunities to borrow, once registered, students receive a student card, which allows borrowing up to 15 items for 4 weeks as an undergraduate, up to 30 items for 4 weeks as a postgraduate taught student, and up to 30 items for 4 weeks as a research student.

Study Skills Support

Digital services support students in developing strategies and processes to enhance their studies. The department works with lectures to develop student academic skills. In addition to study skills sessions within your course, a limited number of one-to-one sessions for support in academic writing, general study skills, and maths and statistics are offered. A host of useful study resources about these topics are available on the [Digital Services SharePoint website](#).

Student Academic Support

Digital services staff, help students maximise the use of available information and resources. They assist students in sourcing information for essays or dissertations and in using the library catalogue and resources. They deliver library sessions that will be integrated into your course. These sessions cover how to find and use high-quality references, evaluate evidence, manage references, and use reference management software.

The University's virtual learning environment, Blackboard, provides the online home for your learning: including course notes, audio and video materials, blogs, and quizzes. Here you will find recordings of your lectures, your assessments and feedback and marks from your tutors. Digital Services offers a range of services to students, including free access to Microsoft Office 365. They manage and support the campus-wide Wifi, open-access PC labs and printing facilities.

To assist with any IT queries, staff are available at the IT helpdesk online and in person in the library.

More information and resources can be found on the Digital Services SharePoint pages. Please note you will need to use your Bangor IT account to log into these pages <https://bangoroffice365.sharepoint.com/sites/DigitalServices>.



YOUR SUPPORT

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/trutee-board/sabbatical-officers

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.

Hall Mentors

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/mentors

International Student Mentors

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 99 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 20 International Student Mentors to support international students from the application process right up to their graduation day.

MEET YOUR MENTORS ...

INTRODUCING YOUR 2024/25 INTERNATIONAL STUDENT MENTORS ...

**Trish Mutonono, BSC Biomedical Sciences
Zimbabwe**

'I am excited to be a student mentor because it is an opportunity to help all international students navigate their way at Bangor University by sharing my own experience and the knowledge I have gained so far. I look forward to connecting with everyone and make our university journey an unforgettable experience.



**Tathagata Ganguly
PHD Media
India**

"My favorite part about being an International mentor is meeting new students from across the world and sharing experiences of being a student at Bangor.



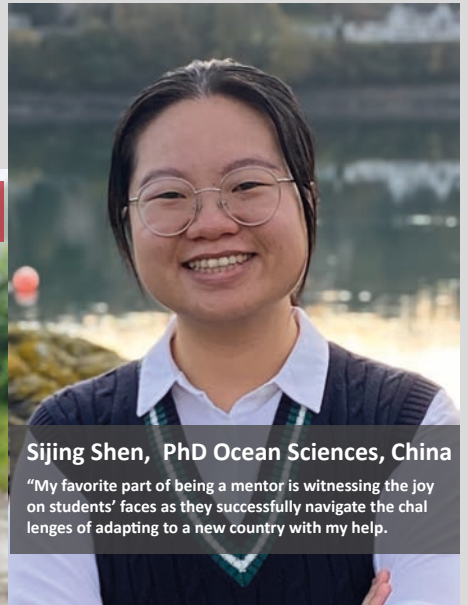
**Manas Ganguly, PHD English Literature
PHD Education, India**

'I am looking forward to being a mentor to engage with new students and to help them adjust to a new environment



Sijing Shen, PHD Ocean Sciences, China

"My favorite part of being a mentor is witnessing the joy on students' faces as they successfully navigate the challenges of adapting to a new country with my help.



Minhajul Kahir Mehrab
BSC Accounting and Finance
Bangladesh



"I love being a mentor because it allows me to witness the joy and satisfaction students feel as they navigate and conquer the challenges of adapting to a new country, thanks to my guidance."

Madison Ramsey
PHD English Literature
USA



"I'm so excited to be a mentor this year! Being able to be the person I needed when I first moved to Bangor is a full circle moment for me. Getting to share experiences

Perpetua Ifemior, PHD Geography, Nigeria



"Being an international student mentor is a role I'm passionate about. I remember how it felt to be a new international student, navigating an unfamiliar campus and culture. That's why I'm here to be a friendly face and supportive resource for any international student feeling lost or overwhelmed. My goal is to let you know that you're not alone. I've been in your shoes, and I'm here to say, 'It's okay, and I'm here to help.' Please don't hesitate to reach out if you need assistance adjusting to campus life, advice on academics, or someone to talk to. I'm excited to connect with you and make this transition easier."

Onohomen Audu (Celestine)
PHD Education
Nigeria



As a member of international student mentors, I always feel so excited to welcome new students at the airport and to see the joy on their faces with the assurance that someone is waiting to receive, support, and answer any questions they may have.

Rahul Kumar
BSC Psychology
Nepal



"I'm a digital student ambassador for Oxford International Group for Bangor University International Collage (BUIC) but being an International Mentor at Bangor University allows me to engage in fun activities and meet students from various countries in person and being a Psychology Student eager to learn about different journeys, I explore every opportunity. You'll likely see me everywhere, whether as an International Mentor, Student Ambassador, or Student Rep for BSc Psychology—so don't hesitate to say hello!"



STUDENT SERVICES AND ADMINISTRATION

FEELING STRESSED? HOMESICK?

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 Wellbeing Services

The Wellbeing Service is part of the Student Support and Wellbeing Service based within Student Services. We have professionally qualified counsellors, mental health professionals and information specialists that are experienced in helping students to deal with all kinds of practical and emotional issues such as study related matters, trauma, relationships, emotional regulation, mental health disability related issues, accessibility, harassment, inclusion and much more.

<https://my.bangor.ac.uk/student-services/wellbeing/index.php.en>

Our contact details are:

Email: wellbeingservices@bangor.ac.uk

Phone: 01248 388520

Location: Rathbone Hall, College Road.

Our Office Hours are:

Monday - Friday: 8.45am - 5.00pm

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.

For information visit:

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

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 course-work and with organisation (e.g. managing time, workloads and stress)

Email: disabilityservice@bangor.ac.uk

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

Financial Support

If you are experiencing financial difficulties you should contact the International Student support team in the first instance: internationalstudent@bangor.ac.uk





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*



inclusive@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/

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/student-services/student-health/drugs



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, should not 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: Students 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.

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

Those 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!**

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/work-and-volunteering

WORKING DURING YOUR STUDIES

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, or you can go online at:

www.gov.uk/apply-national-insurance-number

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)

Careers & Employability Service

This service provides Bangor University students and graduates with resources and practical advice to help them find work and pursue their chosen career both during and after their studies, including a dedicated International Students' Career Toolkit.

Experienced Advisors can help you with a range of services, such as CV writing, job searching, networking and professional skills development. You can get exclusive access to powerful AI tools to help improve your CV, your interview performance, and search opportunities in the UK and worldwide. You can continue to access these services including one to one appointments, for up to three years after you graduate from Bangor University.

For more information visit:

www.bangor.ac.uk/careers-and-employability

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.

The University's CareerConnect platform enables you search for opportunities locally and across the UK and beyond, and the Careers and Employability Service can advise on searching and applying for local jobs. The Students' Union also offers volunteering opportunities, advertised on their webpages.

To access the CareerConnect platform visit:

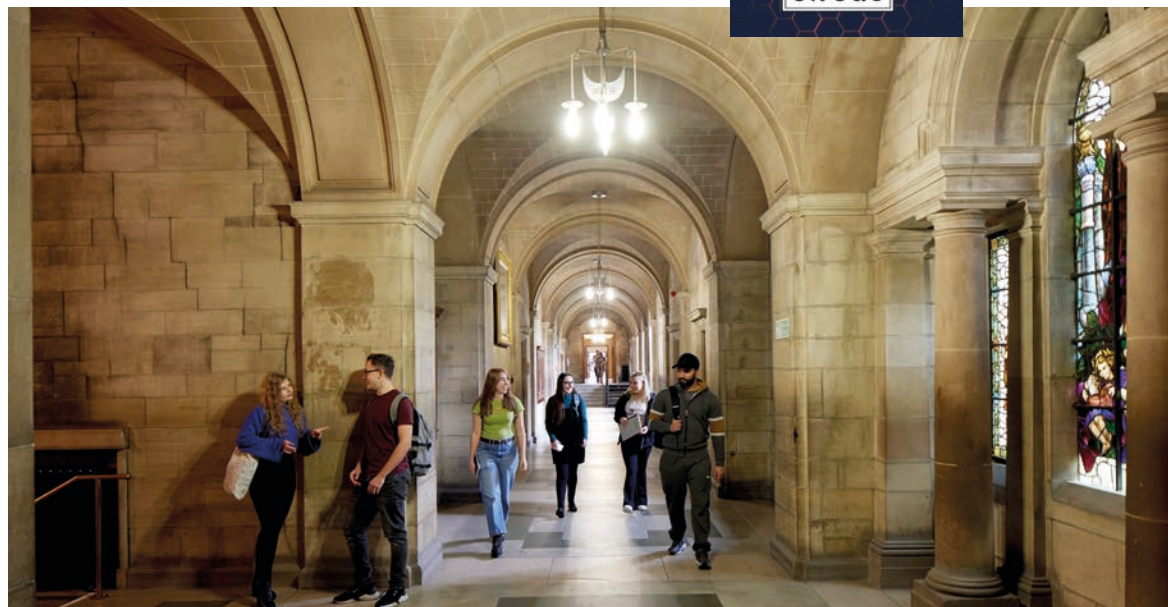
<https://careerconnect.bangor.ac.uk/>

STUDENT CIRCUS

As a Bangor University student, you have free access to the powerful Student Circus job-readiness platform - developed exclusively for international students and graduates. Student Circus enables you to search for hundreds of jobs and other work-related opportunities with employers that will sponsor the Skilled Worker Visa. Student Circus also offers bespoke resources, articles, webinars and country guides for international students, to help you job seek, prepare and succeed in your chosen career, whether you wish to work in the UK or elsewhere- currently 30+ countries represented.

Students can sign up here:

<https://bangor.studentcircus.com> and register with their Bangor University email address





AT HOME IN BANGOR

HELPFUL TIPS AND IMPORTANT INFORMATION WHEN LIVING IN PRIVATE ACCOMADATION

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, and they are not working
- 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. DO NOT 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 £159 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!



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:
<https://www.daynurseries.co.uk/>

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 website to help you find a school with details on financial help/support and how to secure a place in school for your child. This information is available at:
www.gwynedd.llyw.cymru/en/residents/school

For more information students with families, visit:
<https://www.bangor.ac.uk/international/support/families>





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
- Australia
- Barbados
- British Virgin Islands
- Canada
- Cayman Islands
- Falkland Islands
- Faroe Islands
- Gibraltar
- Hong Kong
- Japan
- Monaco
- New Zealand
- Republic of Korea
- Republic of Macedonia
- Singapore
- South Africa
- Switzerland
- Taiwan
- Ukraine
- UAE
- 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-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.
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/bangorcru), the Bangor Islamic Centre (www.facebook.com/bangoric) and the Kalpa Bhadra Buddhist Centre in Llandudno (www.meditateinnorthwales.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 has 4 key principles where they create inclusive communities, support you, hear and represent you and celebrate the welsh culture.

Did you know? Undeb is the Welsh word for Union!



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 over 100 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

Clubs & Societies

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:

- Afro Caribbean
- Arab Society
- European Horizons
- International Student Society
- Bangor Indian Society
- Japanese Society
- Sisters in Islam



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

Check out the clubs and Societies here:

www.undebbangor.com/societies



SHOPPING TIME!

DID YOU KNOW BANGOR HAS THE LONGEST HIGH STREET IN WALES?

Bangor high street has lots of shops, a local market and cafes can be found all year around

Some high street shops offer a 10%- 20% discount so remember to take your student ID 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.

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.

Supermarkets/ Grocery stores

- Morrisons (Holyhead Road)
- Marks & Spencer (Garth Road)
- Asda (Farrar Road)
- Lidl (High Street)
- Aldi (Caernarfon Road)
- Farmfoods (Caernarfon 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 Rd)

FOOD & DRINKS

There are multiple Restaurants and Pubs where you can enjoy anything from local recipes to international cuisines.

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.

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

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

Local Food

- * Bwyd Da (275 High Street)
- * Blue Sky Cafe (236 High Street)
- * 1815 (2 Waterloo Street)
- * The Black Bull (107 High Street)
- * The Castle (Glanrafon, just off the high street)
- * Rubens Coffee House (37 Stanley Street)

Vegetarian/Vegan and Eco-friendly

- * Kyffin (129 High Street)
- * Domu (206 High Street) – Pure Veggie food
- * Green Olive (Uxbridge Square, Menai Bridge)
- * Viridian (307-309 High Street)- Local Vegan

International Food

- * Jade Village (Mona Road, Menai Bridge) Authentic Chinese food
- * Torna a Surriento (Bangor Pier)
- * Wok & Go (230-232 High Street)- Asian noodle takeaway/dine in
- * Woodfired Shack (205 High Street)- Woodfired Italian Pizza
- * GRK Spot (147-149 High Street)- Delicious Greek Gyros
- * Jasmine (162 High Street) – Traditional Chinese food
- * Clio Lounge (276 High Street) – International Tapas
- * Bangor Tandoori (347 High Street) – Authentic Indian Food
- * China hot chilli (3 Glanrafon town centre)- Traditional Chinese food





PUBLIC TRANSPORT

NORTH WALES AND THE UK AWAIT!

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

Coach

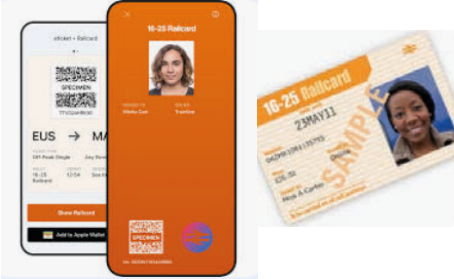
Fancy a trip to London, York, Edinburgh? Flying from Manchester Airport? For coach services travelling to and from most cities in the UK Visit: www.nationalexpress.com



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 on 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 16-25 years old from any Train Station or www.16-25railcard.co.uk at £30 per year.

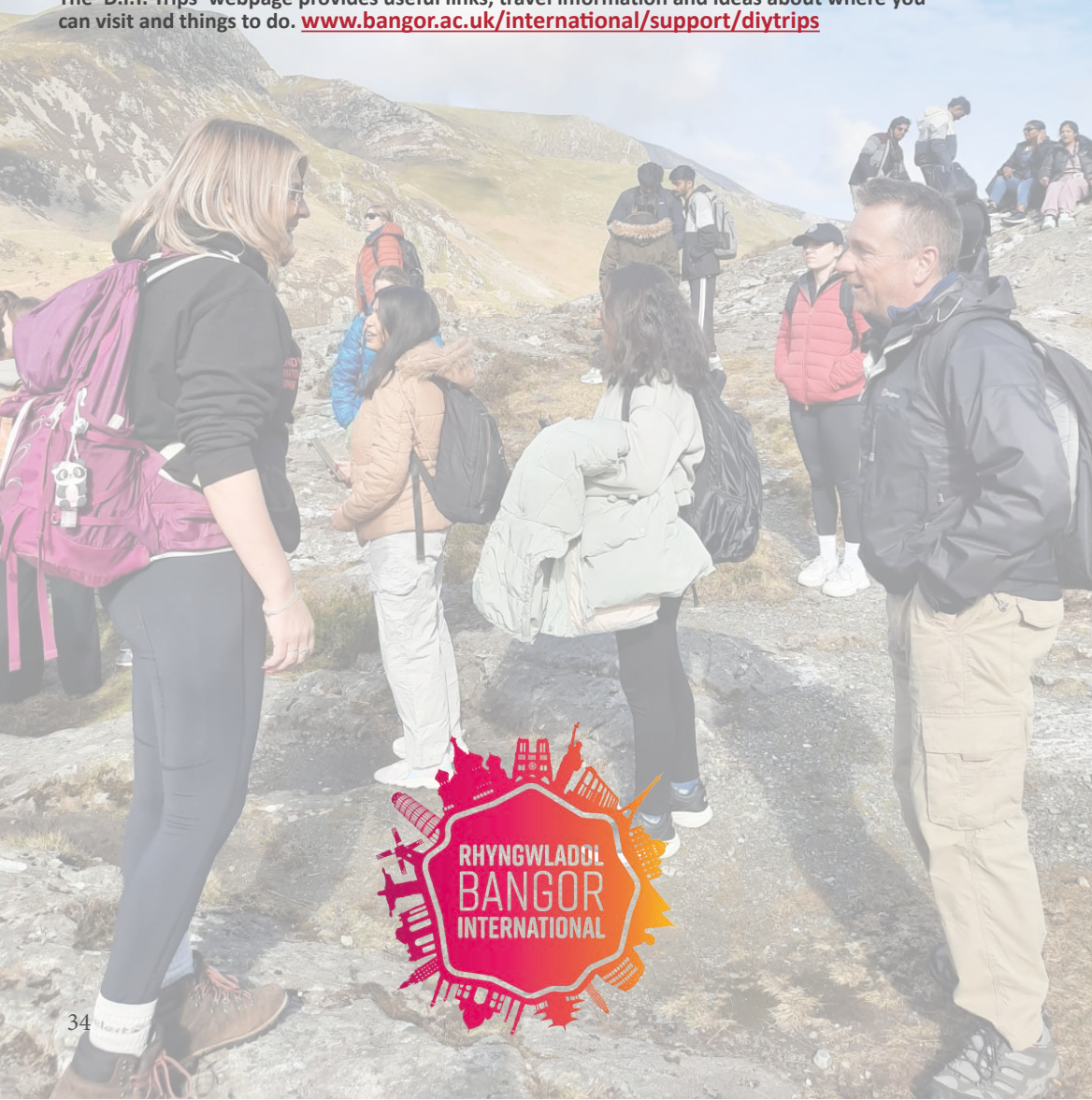
EXPLORE WHERE THE MOUNTAINS MEET THE SEA

NORTH WALES

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

01 Take a boat- you can get boat trips in Caernarfon, Beaumaris and Llandudno



02

02 Visit Conwy



03

03 Explore Anglesey



04

04 Visit Bangor Pier

05 Climb Snowdon (Y Wyddfa) by foot or by train



05

06 Catch a show or movie in Pontio



06

07 Visit Bangor Cathedral



07

08 Dare to ride the fastest zip wire in the world at zipworld



08

09 Visit Caernarfon Castle



09



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 (WELSH)	ENGLISH	PRONUNCIATION
Cymru	Wales	Cum-ree
Croeso (i Gymru)	Welcome (to Wales)	Croy-so ee gumree
Helo	Hello	Hel-lo
Bore Da	Good Morning	Bor-eh da
Prynhawn da	Good Afternoon	Pna-own da
Nos Da	Good Night	Nos Da
Beth yw dy enw di?	What is your name?	Beth yew dee enu dee?
Sut dach chi?	How are you?	Seet-dha hee
lawn	Good/Fine	Yown
Diolch	Thanks	Dee-olch
Diolch yn fawr	Thank you very much	Dee-olch in vowr
Sori	Sorry	Sory
Hwyl!	Goodbye	Hooil



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. 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 Campus map.

Key buildings across campus

- | | | | |
|---|--------------------------|----|-----------------------|
| 1 | Main University Building | 6 | The Management Centre |
| 2 | Music Building | 7 | Brambell |
| 3 | Pontio | 8 | Alun Building |
| 4 | JP Hall | 9 | Hen Goleg |
| 5 | Brigantia Building | 10 | Fron Heulog |





PRIFYSGOL
BANGOR
UNIVERSITY

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

DISCLAIMER

Bangor University makes all reasonable efforts to ensure that the information in this handbook is correct at the time of printing (July 2024). A copy of the University's current terms and conditions can be found online at www.bangor.ac.uk/termsand-conditions