SEREN

PRESENTS

THE STUDENT SURVIVAL GUIDE



The rather nifty little publication you're reading is the Seren Student Survival Guide. It's a collection of tips, tricks, and sage advice gathered by our journalists that, if you follow, might allow you to reach the end of the year with a few extra pounds and a few less white hairs.

We know how stressful being a first year can be. Lectures, seminars, study sessions, socials, inductions, drills, nights out, day trips, and all manner of university-based excitement what else: there's no stopping for the first few weeks. That means it'd be mighty handy to have a pocket-sized piece of Seren that gives you the lowdown on student living and Bangor life, and that's why we've put this together.

We really have packed a lot in here. Inside, you'll find study and budgeting tips, a guide to cheap entertainment, an introduction to navigating the kitchen, and much more besides. We hope it helps!

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WELSH PHRASES
THAT YOU SHOULD TRY TO LEARN

If you're lucky enough to have a Welsh-speaking flatmate, ask them for help with pronunciation.

1	My name is...	Fy enw i yw...
2	I'm from...	Dwi'n dod o...
3	I study...	Dwi'n astudio...
4	I live on Ffriddoedd Road	Dwi'n byw ar Ffordd Ffriddoedd.
5	A pint, please	Peint, os gwelech yn dda.
6	Which way to Bar Uno?	Pa ffordd i Far Uno?
7	I'm using this washing machine	Dwi'n defnyddio'r peiriant golchi yma.
8	That's my milk	Fy lefrith i yw hwna.
9	I speak a bit of Welsh	Dwi'n siarad mymryn bach o Gymraeg.
10	Is Pontio finished yet?	Ydi Pontio wedi gorffen eto?

SEREN TIPS FOR THE YEAR

WE ASKED THE SEREN TEAM FOR SOME ADVICE... HERE'S WHAT THEY HAD TO SAY:



Adam Barnes

Make an effort with the people you live with. You're stuck with them for the next year, so you may as well get along with them."



Jack Greenhalgh

Join a club you want to. The earlier: the better. Try and get to a taster session or the first practice, as, the longer you leave it, the harder it will be to talk yourself into it. If you do enjoy it and join up, you could well find yourself surrounded by people you have lots of thing in common with."

Ask reception for directions and keep this guide on you. The map comes in handy." — **Cristopher Crane**

Hannah Youd



Make sure you're stocked up on things like paracetamol, Lemsip, and aspirin."

Charlotte Morin



Get registered with the local doctors. Make sure to do a proper basic shop before you spend all your money on alcohol!

Look into every opportunity, no matter how obscure you think it might be. I can't count the number of times I thought "Oh, I could have done that!" Surprise yourself." **— Patrick Collins**



Jordan Glendenning

Don't leave it to the last minute. You know what I'm talking about.



KaylaJones

Don't be afraid to **talk to your lecturers**. About anything. Seriously, you will be surprised by how far they will go to help.

Phillip Sutcliffe-Mott



Get into the habit of **reading every day.** Believe me, it's a godsend when you need it. Oh, and make sure to join Seren!

Bring the nicest bedding you can get your hands on and print photos of your friends from home. It'll cheer you up on those quieter nights. **— Catherine Loraine**

Get to Serendipity early to beat the crowds. **— Robyn Dodds**

Pick up a C-Card at Serendipity. It will give you free, anonymous condoms for the rest of the year." — **Sioned Williams**



J.P. Bebbington

Buy fruit, especially citrus fruit. It may seem like an extravagance at the time, but it'll help keep you healthy and even help you avoid the dreaded Freshers Flu.



Heddwen Creaney

Don't add everyone you meet in the first week on Facebook or you will end up having too many online friends.

Always remember to take your ID, as you will get asked for it. **— Bethan Bennett**

AND THEN WE ASKED THE FOLKS AT NORTON HOW TO STAY SAFE ONLINE:



"Always be cautious when sharing personal information such as your name, home address, phone number, and email address online. Since not divulging any personal information is rarely possible, make sure you only divulge personal information on legitimate websites that you have chosen to access. In most cases your personal details will be required in exchange for a particular product/service so think carefully about what you're getting in return. Think of your personal data as a valuable asset, and reflect rationally on how you want to trade it. Ensure that the products and services you buy and sign up to are from reputable companies: look for privacy policies to ensure you know how your data is being used, and by whom. Also remember that shopping, banking, or any other website that requires your sensitive information should begin with "https:" (i.e. https://www.yourbank.com). The "s" stands for secure and should appear in the URL when you are asked to exchange your details. Keep an eye out for the padlock symbol in the web address field. The padlock, and a green address field means that the page is secure. Once you're finished don't forget to log out from the site to keep your details safe. If you're unsure about the safety of a site you can use SafeWeb, a specially designed website, to check the security of the link." **— Nick Shaw, General Manager EMEA at Norton**

STUDY TIPS FROM JP BEBBIGTON

Congratulations. You've made it this far. You probably think you've got this studying thing under wraps – you're certainly not a novice, but university takes it to a whole new level. To help you out, here is a list of some of the best things you can do to survive the gauntlet:

1. Find a quiet space. Go somewhere where you won't be disturbed by external noises. If you can't work in absolute silence, find some music to play quietly in the background. Try to avoid fast-paced pieces or songs with catchy lyrics, or you'll end up getting caught up in the music. We suggest film soundtracks like Hans Zimmer and Studio Ghibli especially because they're meant to go in the background.

2. Use whatever makes you comfortable. Don't like digital? There's nothing wrong with a pen and paper or a whiteboard and pen. If typing's more to your taste, there's no end to the number of programs and apps designed to help you study and focus. If you've got Microsoft Office, OneNote is great, or there's a handy piece of mind-mapping software called Freemind (as the name suggests, it's free). Find what you need.

3. Set goals and make plans. Don't cram everything in at the last minute. Instead, plan your study periods and start them weeks ahead of when you need them. Tell yourself that you'll have memorised a specific topic by the end of the day and don't stop until you do – but remember to leave time for breaks, or you'll crash and burn.

4. Ignore social media. Turn away from Twitter, Tumblr, and Facebook. Especially Tumblr. If your willpower's not that strong or you feel yourself being tempted and your fingers twitch, block them. There are websites and apps like Anti-Social and Concentrate specifically for this problem. Seek them out!

5. Reward yourself. You are not a machine. Your brain will need motivation at some point. Give yourself a reward after you've accomplished a big task. It needn't be a big reward; let yourself have another piece of chocolate if you finish a mind map. You get the idea.

WAYS TO SAVE MONEY...



- The 16-25 Rail card will give you a third off all your train travel.
  1year = £30, 3years = £70



- The NUS extra card will save you a fortune on all your favourite goodies.
  1year = £12, 3years =£32



- If you spend a lot of money in one place, ask for a loyalty card so you're able to get vouchers or points to spend later.





AND SOME BUDGETING TIPS WHILE WE'RE AT IT

Simple Budget - Step 1

Add up all the money that is coming in that semester e.g. loans, grants, money from parents, or job

Simple Budget - Step 2

Add all the outgoing expenses that you know of from September to January (just in case your student finance comes in late). Include your rent, phone bill, Netflix or any repayments. Take the second value away from the first.

Simple Budget - Step 3

This will then leave you with money for yourself. Divide this by however many weeks you have left until your next student finance is meant to come in. (28th Sep–11th Jan will give you 15 weeks.)

Skip Alcohol for a night

Running low on money but still want to join your mates on a night out? You don't have to drink so just pay the entry price and have a night out dancing.

Go Vegetarian

To save even more money, swap your meat for a vegetarian equivalent. Most shops do their own meat free brands or look for the label Quorn. You will mostly find these in the freezer section.

Stick to your goals

Don't go over you're weekly amount! Even if you say "it's okay, I just won't spend as much next week." Because it won't happen. You will still spend more.

TOP TIPS FOR COOKING IN HALLS

- Always have Tupperware. The easiest way to make sure you can have a home cooked meal without needing to put in the effort every day is to cook in big batches. Divide your handy work into single meal-sized poritons and freeze. Most things last around one month in the freezer, although this varies.

- Frozen veg is a cheaper option for your grocery shops. Try using frozen carrots, peas, and corn in stir-frys instead of letting fresh veg go off. A good way to use up any veg that's about to go off is to throw it all into a stew. Again, freeze portions for no-effort homecooked dinners later in the month.

- Don't cook whilst intoxicated. This is very dangerous for you and your flatmates. Take up the opportunity to eat some takeout while tipsy, because it always tastes better. It is also much easier.

- Avoid cross contamination by using different chopping boards for veg, fish, and raw meat. Anything that has touched raw meat needs to be thoroughly cleaned.

- Make sure food cools down to room temperature before placing in the fridge or freezer. It increases the temperature inside the appliance, giving the bacteria an opportunity to grow. The safest way to freeze something is to chill it in the fridge first.

- Clean as you go. No one likes a messy kitchen and it means less washing up to do after you've stuffed yourself. Using plates to store chopped produce keeps your board clear too.

- Once a dairy product has started to defrost or melt, you must throw it away, as dairy can't be refrozen. This means either throwing away your Ben & Jerry's or eating it all in one sitting because it just tastes so good straight from the tub.

- Always do your washing up. If you are in Halls, the cleaners will be coming in but not to do your washing, so it's easier to get used to putting your own things away. If you've left something to soak, set a timer on your phone so you don't forget about it. Most things only need about 15 minutes to soak.

- Don't steal food. Only use what you've bought. Part of the fun in cooking is making something out of nothing. Practice this skill, as it will be very handy throughout the year and you will skip the flat arguments.

- Try new things. Don't worry about whether it will be perfect: just go for it. A fun way to do this is to invite friends over to cook with you. You can try new things together while splitting the cost.

STUDENT COOKING ESSENTIALS:

Two differently sized saucepans, colander, frying pan or wok, oven proof dish, baking tray, cutlery, tin opener, oven gloves, plates and bowls, microwaveable Tupperware, bottle opener or corkscrew, mugs and glasses, ladle, wooden spoons, knives, and a chopping board.

A toastie maker and a hand blender will come in handy.

CHOCOLATE BROWNIE MUG CAKE

2 tbsp melted butter
2 tbsp caster sugar
1 tbsp soft light brown sugar
1 tbsp cocoa powder
4 tbsp self raising flour
1 medium egg yolk
chocolate chips

Melt the butter in the microwave for 10-20 seconds. Add the caster sugar, egg, and cocoa powder and beat together thoroughly. Add egg yolk, beat, and add flour. Mix until smooth and then stir in chocolate chips. Cook in the microwave for 50 seconds at 600w, 30 seconds at 800w, or 25 seconds at 1000w.

Leave to cool before eating.

BASIC TOMATO SAUCE

400g can chopped tomatoes
1 clove of garlic
½ onion
Dried herbs of your choice
2tbsp of tomato puree
Dash of oil
A pinch of sugar

1. Put the oil in a pan and heat on a medium heat. Add the onions with a pinch of sugar. Turn the heat down and stir until the onions are tender. Add garlic and cook for 2 minutes
2. Stir in the tomatoes, puree, and herbs. Remember, don't add too much. Taste as you go. Too much thyme, for example, can make your food taste a bit musty.
3. Bring to the boil and then allow to simmer for 10-15 minutes. For a thicker sauce, leave the lid off the pan, allowing it to reduce.



Mix it up by making your own tomato sauce a bit different. Try something new with these additions:

A tablespoon of greek yoghurt, crème fraiche, or soft cheese.

Mixed peppers, courgettes, and/or aubergines

For a bit of spice, add cumin and paprika.

Or, stir into the pasta, pop it into an oven proof dish, sprinkle cheese on top, and bake at 200 degrees for 20 minutes.



EASY MAC AND CHEESE

200g macaroni pasta
50g butter
200g flour
250ml milk
200g cheddar cheese
Salt and pepper to taste

Cook macaroni for 8 minutes in boiling water or until cooked through but firm to the bite. Drain.

Melt butter in a saucepan over medium heat. Stir in flour, salt, and pepper until smooth (about 5 minutes).

Slowly add the milk while continuously stirring until mixture is smooth and bubbling (about 5 minutes).

Add Cheddar cheese to milk mixture and stir until cheese is melted. Cook for two more minutes. Fold macaroni into sauce until coated.

Add bacon for a tastey twist.

Bulk buying is a lot cheaper in the long run, but with limited storage, the best way around this is to buy as a flat. Ask around and see if some people will split the cost of some food items which you guys can share throughout the week or month. Great things to split the costs of are:

Plain flour, sugar, pastas, rice, potatoes, fizzy drinks, biscuits, and crisps.

Remeber, if you know you might use more of the produce than others, offer to put in a little extra money. It won't make a big difference to you, and other's will appreciate your great kitchen etiquette.

EGG-FREE MICROWAVE CAKE

4 tbsp self raising flour
2 tbsp melted butter
1 tbsp cocoa powder
2 tbsp semi skimmed milk
1 tsp vanilla extract
3 tsp light soft brown sugar
A handful of chocolate chips

Melt the butter in the microwave for 10-20 seconds. Add the cocoa powder and beat.

Mix in milk, vanilla, and sugar until smooth. Add flour and chocolate chips and mix together.

Cook in the microwave for 1 minute 45 seconds at 600w, 1 minute 30 seconds at 800w or 1 minute 15 at1000w. Leave to cool before eating.

Replace the milk with soya or almond milk to make a vegan option.

BREAKDOWN:

HOW TO ENTERTAIN YOURSELF WITHOUT BREAKING THE BANK





For those with gaming needs, you may already know about Steam, the PC gaming platform. The Steam Christmas/Winter sale is almost as good as its Summer one, and you'll often find excellent and current games on sale for anywhere between 15–90% off its normal pricing. Add some of your most wanted games to a wish-list and you will receive an e-mail when it goes on sale. And believe me, it *will* go on sale at some point.

Another less well known site is GOG.com, formerly known as Good Old Games, which is very similar to Steam. They offer regular sales too, but their selection of older games that have been imported to current generation technology is much vaster than Steam's library. The other important thing to remember for GOG is their lack of DRM (digital-rights management) which may keep many of you happy.

GAMING ON A BUDGET

For those console gamers out there, it's worth knowing that both PlayStation Plus and Xbox Live Gold members receive free games every month as part of their subscription. At £39.99 per year for either service, it's mostly cost effective — but remember that for Xbox One and PlayStation Plus users, you will lose access to the games you download for free if you do not renew your subscription at the end of its term (Xbox 360 users will keep their free games however).



PS4™ XBOX ONE

Make sure to check out Seren's regular entertainment pag

YOUR TELEVISION AND FILM NEEDS

Netflix and Amazon Instant Video are in direct competition, and it's worth noting that with the advantage of Amazon Student's half-price upgrade to Instant Video, you can get a whole year's worth of subscription for only £39 compared to the usual £79.

Netflix runs to the tune of £5.99 a month, coming out to £71.88 a year. There's a lot of opinion involved in whether Netflix or Amazon offer the better programmes, so do your research before you fork out the cash. It's safe to assume you won't want to pay for both services at the same time.

To go with streaming your programmes and films, you have the option of travelling to the cinema for the latest blockbuster releases. Be aware that until Pontio is completed, the closest cinema for Bangor students is Llandudno Junction's Cineworld.

A student admission to Cineworld is £6.80 (just flash your red student ID at the person behind the counter); then remember to add on the train ticket to Junction, £4.70 with a Railcard and £7.10 without for an open return. And then factor in the price for any food or drinks you may want when you're there. The cinema is an expensive option, but sometimes just can't be helped.

Did someone say *Star Wars Episode 7*?

E-BOOOKS FOR FREE...

Crossing the boundaries between really cheap—*Free*!—entertainment and really cheap—*Free*!—study materials: those of you studying in the English department may find some of your set texts for free over at

Project Gutenberg
www.gutenberg.org

Generally, the project will not have digitised anything younger than 75 years old due to the stringent copyright laws the world insists upon. But if you're looking for some classic literature, you can't go wrong here. Free e-books for anyone with access to the Internet.

...AND WHICH YOU PAY FOR

If you are looking for e-books, there's not much sense in leaving out the biggest e-book retailer in the world, Amazon. Their library consists of over 2 million e-book titles and grows larger every year. They often offer deals on books, but it isn't the only one out there, with Kobo, Apple, Google, and Nook also offering digital goodies to those who want them.

amazon.co.uk

Seren Recommends...



SEREN AWARDS 2015:
STUDENT FRIENDLY

BELLE VUE

Out for an all-night pub-crawl or fancy a quiet drink with friends? This convenient pub in Upper Bangor will guarantee that, from your first Freshers' Week night out to watching graduation ceremonies on one of their screens, you will have a good time. Friendly staff, weekly open mic nights, and a beer garden guarantee that this pub will help you make great memories.



FOLLOW YOUR BLISS

Do you have special dietary requirements? Great gluten free or vegetarian meals can be found. Located at the end of the High Street close to Asda, Follow Your Bliss cafe serves delicious food to fit dietary requirements such as paleo, vegetarian, and vegan diets. You can't go wrong with their hot drinks either.



SNOWDON BOOKS

Bangor's bookshop is crammed with titles to entice. Reasonably priced, and full of variety, Snowdon is the place to go to find your next literary treasure. In the very unlikely event of not being able to find anything, hit the High Street charity shops, most of which boast an impressive variety of books.



BLUE SKY CAFE

A bit on the pricier side, that's to be admitted, but every once in a while even students need a bit of luxury in their lives and that's when Blue Sky comes in. Everything on the menu is mouth-wateringly gorgeous and, once you have managed to get a seat, you feel like you have deserved it. Which you have.



SEREN AWARDS 2015:
BEST TAKEAWAY

PIZZA HOUSE

Situated next to Paddy's, Pizza House is the best way to fulfil your doughy cravings without hitting chain companies. The newly refurbished take-away doesn't get frequently called the best pizza in Bangor for nothing. You can't describe it; you'll just have to try it. And again, and again, just to make sure your first impression was right.



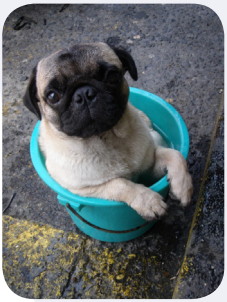
BELLA BELLA

Whether you're crawling up that hill only to return down a moment later or keep strolling your way back to Ffriddoedd Site, you simply can't have a Bangor night out without some Bella in it. Once your cheesy chips are equipped and your confidence still intact, you can stroll back to Halls, knowing that Bella will be there awaiting your return.

24 THINGS THAT YOU SHOULD PROBABLY BUY BECAUSE YOU HAVE NO IDEA HOW GLAD YOU'LL BE TO HAVE THEM

1. Bedside lamp
2. Noise-cancelling headphones
3. Flip-flops
4. Extension lead
5. Large wash bag
6. Bag for Life
7. Thermal socks
8. Onesie/Dressing gown
9. Hanging shoe tidy
10. Dish drainer
11. Extra pillows
12. Extra blanket
13. Glitter/face paint
14. Memory stick
15. Travel mug
16. Oven gloves
17. Door stop
18. Ear plugs
19. First aid kit
20. Hot water bottle
21. Alarm clock
22. Bottle opener/corkscrew
23. Extra coat hangers
24. Noticeboard

OH, AND MAKE SURE THAT YOU BUY A BUCKET

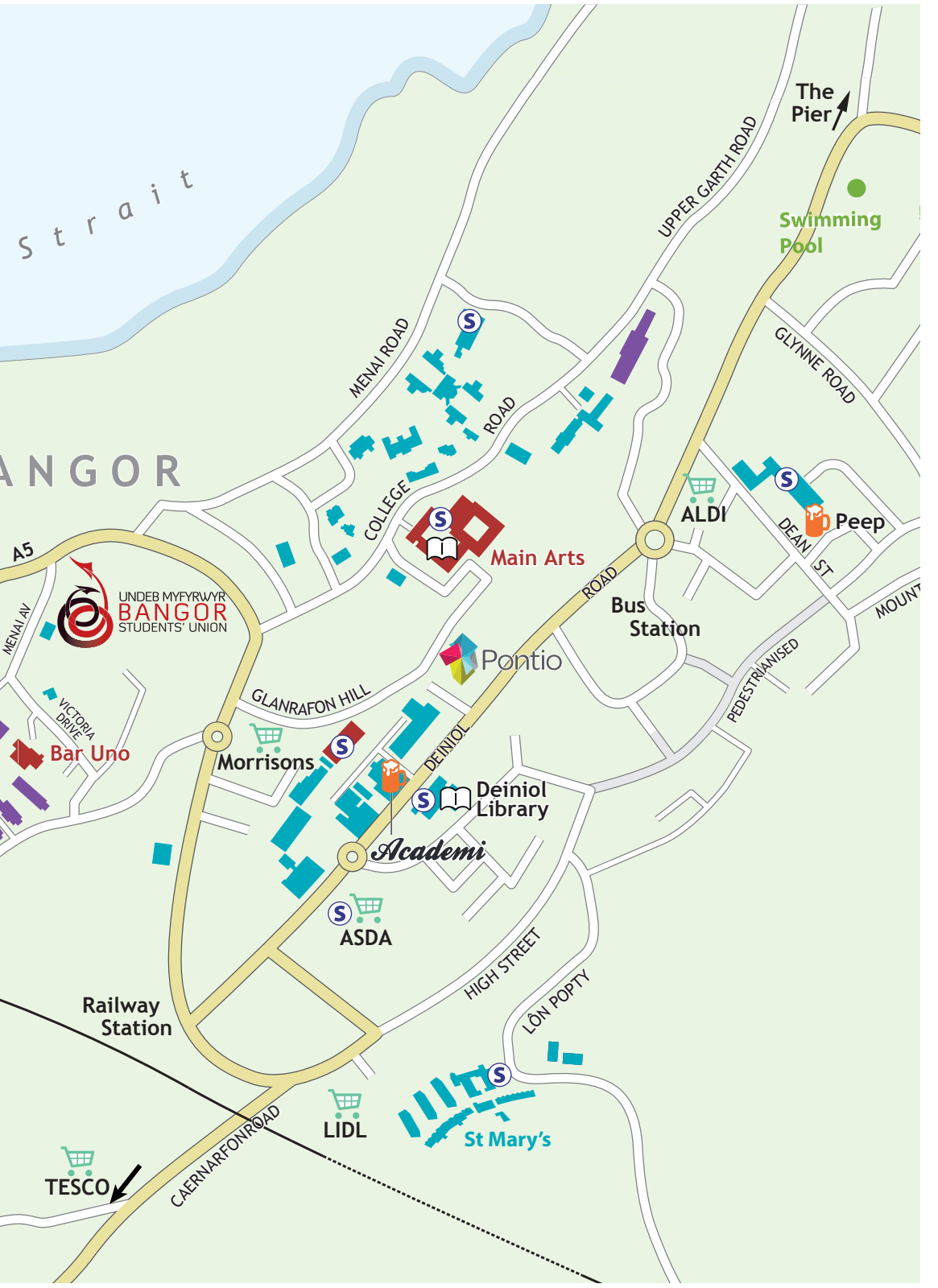


The bucket has many uses for the first year student. Aside from a puppy holder, a bucket can act as a foot spa, mop bucket, medieval helmet, leak catcher, leek holder, punch bowl, bin, storage, handwashing laundry, plant pot, sandcastle-building device, beginning of a bucket collection, emergency seating (when turned upside down), ice bucket for white wine and champagne, and charity collection recepticle. Seriously though, get a bucket.

Find our SEREN stands at any of the S points or pick up a copy from any of these locations

- Your halls kitchen
- Students' Union
- JP Hall
- Neuadd Willis
- Academi Shop
- Uno
- Fridd Shop
- Wheldon




Strait
ANGOR
The Pier
UPPER GARTH ROAD
Swimming Pool
GLYNNE ROAD
MENAI ROAD
COLLEGE ROAD
Main Arts
ALDI
Peep
DEAN ST
A5
UNDEB MYFYRWYR BANGOR STUDENTS' UNION
MENAI AV
Bus Station
Pontio
GLANRAFON HILL
PEDESTRIANISED
VICTORIA DRIVE
Bar Uno
Morrisons
DEINIOL
Deiniol Library
Academi
ASDA
HIGH STREET
LÔN POPTY
Railway Station
LIDL
St Mary's
TESCO
CAERNARFON ROAD

WHAT'S GOING ON WITH SOCIETIES?

Geography Society

Are you looking for a fun way to meet new people, socialise and discover other cultures whilst learning about different fields in the Geographical spectrum? Come and sign up and be ready for a series of trips, academic talks, summer and Christmas balls and the opportunity to meet people from all schools around the university. GeogSoc isn't just for geography students, it's a society for people who are interested in the workings of our world.



University Jazz Band

Enjoy making or just listening to good music? Want to meet new and exciting people whilst honing your skills as a musician? Yes! Bangor University Jazz Band is the society for you! We are recruiting people of all standards on saxophones, trumpets, trombones, piano, guitar, bass and percussion. If you don't want to attend rehearsals; you can take part in open jam sessions where we improve our improvisation skills and get our jazz on! We'll also be watching jazz gigs throughout the year!



Uni Boob Team

Hello, it's your Uni Boob Team; the cheekiest charity on campus here to represent CoppaFeel! We're a group of students that want you lot in the habit of checking your boobs and for everyone to know the signs and symptoms of breast cancer. We've got plenty planned for the year, so come have a chat with us at Serendipity to find out how to get involved; we'll be the ones in the boob costumes. But in the mean-time, text UBT BANGOR to 70500 for a free monthly boob check reminder.



Bangor University Farm Society

BUFS is based at the universities own farm and is a small group of like-minded people who either have a keen interest in growing their own produce, or who simply want to have a go and have fun. BUFS is different to many other societies in that it is quite small, making us ideal for people who prefer to be a part of something in which they will always be a key member rather than just one of many. We hold regular socials as well as BBQ's on site, and as of last year we also have our own walled garden to transform!



Langsoc

Sometimes speaking slower and louder in English just doesn't cut it. Do you want to chat to some stunning Spaniards in sunny Barcelona? How about check out an authentic beer house in Munich? How about experience lively Carnivale in Venice? Well, then Langsoc is the society for you. Regardless of your ability come along, improve your language skills and experience a little je ne sais quoi! We have lots of events so come join us and give yourself an extra edge for the next time you're abroad!

BAWLS

BAWLS is a society for all those who wish to revel in their love for all forms of animation, be it of western (eg. Disney) or Eastern (eg. Anime) origin. We have weekly screenings every Thursday at 7pm (with the content chosen by our members via a poll on our Facebook events), plus regular socials (eg. pub crawls, cinema visits, quiz and activity nights and convention trips). Come along to meet new people, go fun places and share your love for everything animated!

Music Society / Cymdeithas Gerdd

Come along to the Music Society Choir and Orchestra rehearsals! We welcome all levels and promote good music and a fun time. We hold regular weekly rehearsals and work towards concerts at the end of each semester. We work hard and play hard - keep an eye out for us around Bangor in our red MuSoc polo shirts, or drop us an email at chair@bumusoc.co.uk - we'd love to see you!

The Bangor Craft and Sewing Society

The Bangor Craft and Sewing Society is a friendly group of enthusiastic crafters — whether it be standard activities like knitting and dressmaking, or more unusual crafts like glass painting and pottery, we have something to suit everyone! The society holds weekly workshops in the SU building, on Tuesdays at 7pm. Everyone is welcome regardless of crafting ability! You can also check out facebook.com/bangorcrafts, follow us @BangorUniCrafts or keep up with what we're up to via the blog bangorunicrafts.blogspot.co.uk.

The Endeavour Society

The Endeavour Society is the student run ocean science society. We run weekly talks on all aspects of ocean science from biology, geology through to engineering, chemistry and conservation which are a great way to spark an interest or broaden your knowledge of ocean science. It's also a great way to gain contacts in the scientific community for that future career. We also run various activities throughout the year including walks, beach clean socials, crabbing competitions, aquarium visits and pub socials. So if you think you'd be interested, find us on Facebook or send us an email (osxe01@bangor.ac.uk).



University Brass Band

Are you a brass player or percussionist looking to join a band where you can play and meet some great people? Then come along to Bangor University Brass Band (BUBB) every Wednesday 6-8 in Powis Hall! Whether you're only a beginner, or an established player,w there's something for everyone! We play a mixture of traditional brass music as well as arrangements of more popular tunes and all year round we perform at a variety of events in the local area as well as competing in the inter-uni brass competition in February.



Books and Quills

The English Literature and Creative Writing Society are holding The Mad Hatter's Tea Party at Kyffin on 8th October. Come along and join us at our socials every second Tuesday, plus creative writing workshops. This Halloween, investigate the murder mystery at Wuthering Frights, and later this year have a dance with us at The Great Gatsby Ball with live music. We even have Online Book Club if you don't fancy changing out your PJs. Find out more on our Facebook page. Follow us @BangorBQ. Come see us at Serendipity and sign up to be a member. All book-lovers welcome.



LGBTQ+ Society

Why you should join Unity the LGBTQ+ society? We believe people should join Unity Society because it makes you feel part of the LGBTQ+ community we have in Bangor, the chance to make great new friends at awesome events and society meetings, a group who's there to help with any problems, help bring awareness to issues and create events to celebrate. Above all, to enjoy university life knowing that you can be who you are and be with others who make the experience enjoyable and safe.

CHECK OUT OTHER SOCIETIES AT SERENDIPITY 23rd & 24th September 10AM – 4PM

BANGOR UNIVERSITY IS THE BEST UNIVERSITY IN THE UK FOR CLUBS AND SOCIETIES (*WHAT UNI STUDENT CHOICE AWARDS, 2015*) SO WHERE BETTER TO GET INVOLVED?

With 157 clubs and societies there's something for everyone, from Quidditch to Rugby, Zoological societies to Ukulele groups, we have it all. If you can think of a club we don't have, why not start it up yourself?



"The best advice I could ever give someone is to go to the Serendipity fair and find a club or society that will enhance your university experience. Through football I've found people I now class to be some of my best friends."
Ruth Pearson, 3rd year Zoology student.

For a full list of clubs and societies, please visit the Serendipity fair on the 23-24th of September in PJ Hall or the University website. Here are a few highlights:

JUDO

If you're looking for a fun and safe way to throw your friends all over a padded floor then Judo's for you! Come give it a try because your first session is completely free! Judo translates to "the gentle way". It was developed from ju-jitsu into a safer art with a more sport-based focus. We strive to be a competitive club and attend competitions every month with also a chance to enter international tournaments such as Malta. But if competing isn't your thing, that's not a problem. We have lots of recreational players who just come for a bit of fitness and stay for the socials.





OCTOPUSH

Ever wondered what it would be like to play hockey underwater? Well, wonder no longer because you can do exactly that with Bangor University's very own Octopush club! A fun quirky sport with frequent competitions all over the UK.

You'll travel to Aberdeen, Coventry, Plymouth and more. A great way to make friends and enjoy an up-and-coming sport like no other. Why not give it a go? All equipment is provided, Bangor swimming pool 3-4pm on Wednesdays.

TENNIS

Bangor University Tennis Club: With the excellent new facilities available at Canolfan Brailsford, we offer tennis to every kind of player. There are several sessions throughout the week offering development for beginners, intermediates and advanced members.

Team Players are given several hours a week training with our LTA qualified coach. Beginners and intermediates are also coached by our friendly LTA qualified committee. The club is very relaxed and is a great way to meet new people whilst improving your tennis. The Tennis Club is fully equipped with balls and rackets, so there is no excuse not to come down and give it a go!



CYCLING

When writing an advert, opening lines are important. However, when trying to sell the Cycling Club to new faces, one line of text is nowhere near as effective as getting outside on a ride.

Explore Snowdonia in the most enjoyable way (although, we may be biased) with regular organised rides. From gut-busting road epics to singletrack bliss, both with spectacular views and company, coming to Bangor and not taking this opportunity would be a little bit silly. Club bikes are available for hire, and all abilities catered for. Come chat to us at Serendipity for a laugh and free Haribo!



HORSE RIDING

If you're coming to Bangor looking for a club filled with friendly people who love all things horses, then look no further!

We cater for complete beginners wanting to try something new, to advanced riders with a competitive spirit! If we sound like the club for you, come find us in the sports tent at Serendipity, we'll look forward to meeting you!



WOMEN'S HOCKEY

Joining a club at University is a great way to meet likeminded people that can improve your time at Bangor. The Women's Hockey club welcomes females of all abilities, so don't be afraid to come along if you've never played before.

Come in a group, come with a friend, come by yourself - we don't mind! We train Mondays and Fridays, play matches Wednesdays and Saturdays, and hold socials at least once a week. If you're interested come along to our fresher taster sessions or just come along to the Astro for regular training! Everyone is welcome.



CANOLFAN BRAILSFORD GYM



	Doors Open	Last Entry	Doors Close
Monday - Friday	07:00	21:15	22:00
Saturday - Sunday	08:30	19:15	20:00

The Bangor Challenge

- [ ] Work with Student Volunteering Bangor.
- [ ] Go to Mike's Bites within an hour of opening.
- [ ] Run for a committee position in a society.
- [ ] Go out in fancy dress.
- [ ] Go to Newborough beach.
- [ ] Help a drunken friend get safely home.
- [ ] Get up at 8am every day for a whole week.
- [ ] Have tea and scones on the pier.
- [ ] Visit Hendre Hall and Penryn Castle.
- [ ] Have a picnic at Snowdonia National Park.
- [ ] Ride the zip-line in Bethesda.
- [ ] Request a song on Cheese Night at Academi.
- [ ] Bounce around in Llechwedd Slate Caverns.
- [ ] Perform at an open mic night at the Belle Vue.
- [ ] Avoid Fresher Flu.
- [ ] Eat less than 3 takeaways during Freshers Week.
- [ ] Have a night out without drinking alcohol.
- [ ] Learn a security guard's name.
- [ ] Try something completely new.
- [ ] Endure the fire drill without swearing.
- [ ] Write an article for Seren.

Gwirfoddolwch gyda Profi

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Volunteer with Profi

Support young people and the local community whilst gaining employability skills and developing networks

For further information:

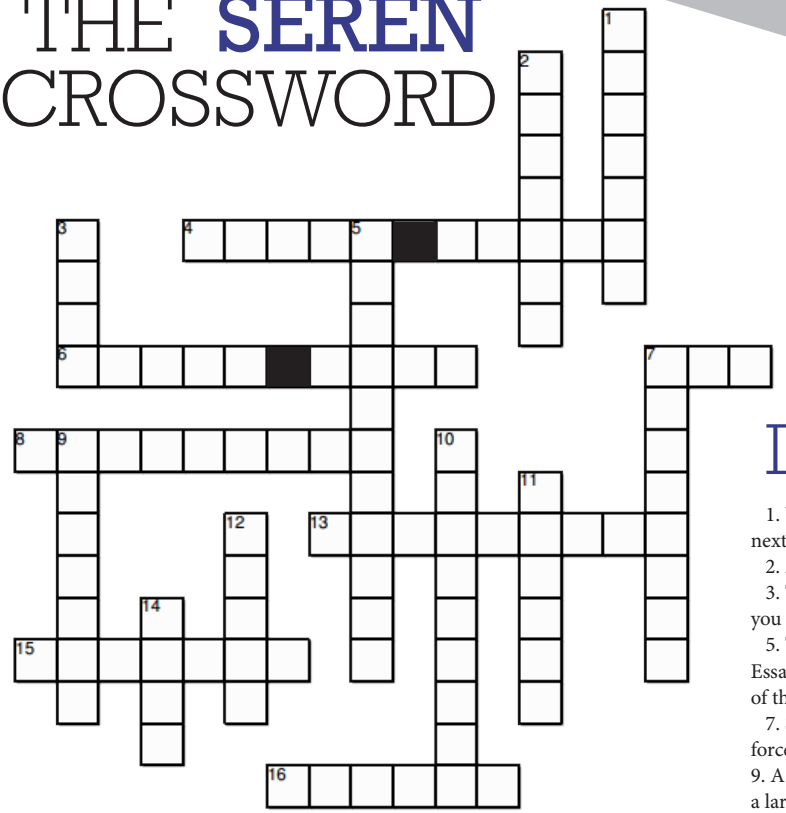
e.bonner@bangor.ac.uk / 01248 382813 **www.pontio.co.uk**

Profi

Pontio

BREAKTIME

THE SEREN CROSSWORD



DOWN

1. What you'll be eating for the next nine months. (7)
2. A large, taught lesson. (7)
3. The Welsh word for where you buy something. (4)
5. The Destroyer of Worlds. Essay, presentations, and that sort of thing. (11)
7. Something you'll not do until forced to; a domestic chore. (8)
9. A place for napping. It also has a large selection of books. (7)
10. Your salvation. A kitchen appliance. (9)
11. A building an eternity in the making; the Welsh word for 'bridge'. (6)
12. The Welsh word for 'star'; also a student newspaper. (5)
14. Where you'll go shopping until you get too lazy to climb up that hill. (4)

ACROSS

4. Your best friend after a night out; an eatery in Upper Bangor. (5,5)
6. Welsh for the answer to 10 down. (5,4)
7. The only crockery you need. It has a handle. (3)
8. A hill. Your worst enemy. Also known by an unprintable name. (9)
13. The real word for the answer to 6 across. (9)
15. You are one. (7)
16. Something you'll need to make, but will find it hard to stick to. (6)

SEREN COME & GET INVOLVED

FEATURE WRITING NEWS REPORTS
LIVE SPORT COVERAGE **WRITERS**
PHOTOGRAPHERS DESIGNERS
CONTRIBUTORS **PROOFREADERS**
BROADCAST JOURNALISM **& MORE**


SEREN

Savings Scheme: A year on

Update on last year's £5 million deficit scheme


SEREN

New Faces, Going Places

New Sabbs will be first team to take residence in Pontio building


SEREN

Science Park gets go ahead

New project hopes to keep graduates in North Wales

Bangor City FC putting North Wales on the map


SEREN

The New Normal

£30 million development complex to rejuvenate St.Mary's site

600 room residential site will replace Neuadd Siôr halls

TASTER SESSIONS:

BRAINT COMMON ROOM
MON 28TH SEPT 7PM
ALAW COMMON ROOM
TUES 29TH SEPT 7PM

NEWS DEPUTY NEWS **SPORT**
DEPUTY SPORT **ARTS** TREASURER
MUSIC ENVIRONMENT **SECRETARY**
SOCIAL SECRETARY **LIFESTYLE**
GAMES & GADGETS TV

WHAT SEREN CAN DO FOR YOU?









Every month Seren publishes a newspaper that is read by not only the student population, but the local community and an online audience too. Opening with hard news, the paper also has pages dedicated to a variety of interests: culture, gaming, T.V., lifestyle, and sport to name a few. As an opportunity to gain experience in the journalistic world, Seren enables you to build practical skills, such as working with software, and working with others.

The society isn't just for people who want to enter journalism as a future career. Mainly, it is just a fun way to spend your time at university. With a team of friends, you can be as involved with pulling together the paper as you want to. It is a great chance to ensure a regular output of published work, which will make your CV glow, but it is also a lot of fun and you can focus on what aspect you want to get involved with.

There are a number of positions you can look into: writers, correspondents, editors, and photographers. We are also developing Seren TV creating a great chance for film students to work on projects outside of their courses: developing an idea, with the technical stuff, at the editing stage, or on the screen. There is a place for everybody.

All active members are entitled to be part of any journalism union and membership to a union will be organised through Seren. Most importantly, Seren will teach you to become a better writer. The best way to improve any skill is to practice, and Seren offers an interactive and social way to get down that all-important experience.

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