



The College Newsletter

Holiday wishes from the Director of The College

As the Director of The College, Swansea University, I would like to send my warmest wishes to all students and their families for the upcoming holidays.

Please take a moment over the holidays to reflect on your successes and what you have already achieved. Remember that success is the cumulation of lots of small moments of progress and what you wish to achieve next year.

I hope that you have lots of what you need and want this holiday; whether that's quality time with friends and family, love and laughter, rest and relaxation – I know I'm certainly hoping for all of the above!

I urge you all to share kindness – with each other and yourselves. Also to think of those less fortunate than us; of whom, sadly there are many around the world. Let us all do what we can to help others amidst this time and together be the change that we hope for.

Enjoy the break, find time to rest and rejuvenate (as well as revise for any forthcoming exams if yours are in January!) before re-starting your studies with us in the New Year. We look forward to welcoming you back to 2024.

May the new year bring you fresh energy and inspiration as well as much happiness.

With very best festive wishes

Sharon
College Director / Principal and COO
The College, Swansea University





Progression Awards at The College, Swansea University



10% reduction in fee for your next level of study

Terms and Conditions*

Students must be classified as an international fee-paying student who are self-funded in order to be eligible for the awards

Student's must be in their final year of study at The College, Swansea University to be eligible for a Progression Award.

Award will be issued to the top 20 performing students in the cohort

Award will be applied as a discount off tuition fees for the first year of the student's studies at Swansea University. There is no cash alternative for the award.

Applicants receiving full, non-repayable sponsorship from their home country, or another external provider, are not eligible for this award.

If an Award winner must suspend their studies between progressing from The College, Swansea University to Swansea University, the Award will be held and carried forward to the year of resumption.



**Discount to be
automatically applied to
your tuition fees**

Progression Awards – Winners for this year!

Undergraduate Winners:

Kobimdi Jeffrey Agetu

Sharma Nandini

Kamila Umarakhunova

Leung Sau Hay

Azmeera Shafeena Binti Mohd Azis

Ho Ching Wong

Ibrahim Barakat Abubakar

Arpi Ajakeylan

Tsun Hin Tam

Abdullah Mohammed Hassanien

Zaber Mamun Rivu

Kai Chung Au

Kirill Kojaev

Pre-Masters:

Tonia Oghosa Osagiede

Olayinka Nofisat Idris

Progression Awards – Terms and Conditions

1. Students must be classified as an international fee-paying student who are self-funded in order to be eligible for the awards.
2. Students who are enrolled at The College, Swansea University on a Year One or Pre-Master's international programmes will be eligible for an award.
3. Student's must be in their final year of study at The College, Swansea University to be eligible for a Progression Award.
4. The College has the right not to issue Progression Awards if students in the cohort do not achieve an average mark of over 60% for Undergraduate and 70% for Pre-Masters programmes.
5. The Progression Award will be applied as a discount off tuition fees for the first year of the student's studies at Swansea University. There is no cash alternative for the award.
6. If applicants are receiving full, non-repayable sponsorship from their home country, or another external provider, they are not eligible to receive a Progression Award. Award winners are reasonably expected to co-operate in The College, Swansea University marketing activities such as providing testimonials.
7. If it is deemed necessary for an Award winner to suspend their studies between progressing from The College, Swansea University to Swansea University, the Award will be held on account and carried forward to the year of resumption of studies.
8. The College, Swansea University reserves the right to make, amend, withdraw, suspend or cancel without notice these and such other Regulations as may be in force from time to time and such decisions shall be final.

Student Awards!

At the end of each semester, the team at The College present awards to students who have excelled in their study efforts. Students are awarded a £125 gift voucher of their choice!

- **The Resilience Award.** This award is presented to a student who has shown incredible resilience during their first semester of studying here at The College.
- **The Academic Endeavor Award.** These awards are presented to the students who have made the most investment and effort towards their level of study.



Have you checked out The Haven yet?

If you're feeling stressed, want to unwind or simply relax in a chilled space, The Haven is the perfect place!

All bookable spaces are free and can be booked here.

Ideas for Social Events and Meet Ups

We would love to start running some social activities at The College again and we want to hear from you! With the beach on our doorstep and lots going on in and around Swansea. There is plenty of inspiration around us! Let your student reps know if there are any activities you enjoy, or any ideas you have for a social event. We look forward to hearing your suggestions! Please contact the-college@swansea.ac.uk to ask more about the student reps.

Support Sessions

The Center for Academic Success and The Library have launched a series of support sessions to help with your studies. These sessions are available to all students at The College. You can find full details on Canvas. By clicking on the NAC:Academic support sessions box on canvas.



Meet The Team Members

Andrea Pearce - Director of Academic and Student Experience

Alison Lloyd Henderson - Academic and Student Experience
Manager

Leanne Burt - Academic and Student Experience Coordinator

Sarah Grimes - Academic and Student Experience Coordinator

Claire Jones - Academic and Student Experience Officer

Donna Cleaver - Academic and Student Experience Officer

Lisa Davies - Academic and Student Experience Officer

Alice Gilbert - Academic and Student Experience Officer

Niamh Marvelley - Academic and Student Experience Officer

Follow The College on Social Media



thecollegeSUni



thecollegeSUni



@thecollegeSUni



The College,
Swansea University



A Few Reminders:

- Always use mytimetable.swan.ac.uk as your timetable - NOT the calendar on Canvas as this can have inaccurate information
- Please do not print your timetables as there may be last minute required changes that you will not be aware of.
- Always email lecturers and staff with your Swansea University email account.
- Please let one of the team at reception know if you're struggling with any element of your studies or student life at The College. The sooner we know, the more we can do to help you.

Volunteering Opportunities

Do you want to improve your CV and stand out from the crowd?

Do you want to make a difference to people's lives?

Do you want to make friends for life whilst having fun & learning new skills?

Discovery SVS, a Swansea University student led charity that manages a wide range of volunteering projects.

To sign up, create an account, go [here](#).

For further information, please contact discovery@swansea.ac.uk

Looking for a job:

The University has a dedicated employability team to help you. From CV and cover letter tips, the team are there to support you. For further information please search 'Employability Academy' on swansea.ac.uk or email employmentzone@swansea.ac.uk



Jobs outside the university:

Here are a few jobs in Swansea:

- Sales Assistant - part time
- Barista - part time
- Retail Assistant- part time
- Front of House Team Member - part time
- Christmas Sales Assistant - part time
- Guest Experience Assistant - part time



Check job websites, such as [Indeed](#), [total jobs](#) for more jobs!

Alternatively, there is the option of using a recruitment agency. They each have websites with local jobs listed, which you can apply directly for. But what you can do on these websites is upload your CV and they will contact you if there are any opportunities that are suitable.

Jobs in Swansea, Bridgend & Pembrokeshire | Blue Arrow
Swansea recruitment agency | Randstad UK
Jobs in Swansea | Swansea Jobs & Vacancies

International students..How Many Hours Can You Work?



- Please refer to your BRP and Visa confirmation for the amount of hours you are permitted to work whilst studying as this will vary for each student.
- Permitted hours can differ during holidays therefore please contact international@campuslife who will be able to advise further.

IT IS A LEGAL REQUIREMENT TO ONLY WORK WITHIN YOUR PERMITTED HOURS!

Student Welfare/Wellbeing



Swansea University Student Support Services offer specialist advice, guidance, and support options for students experiencing challenges during their time at university. Our services are for students experiencing emotional and personal difficulties as well as more complex long-term issues including sensory or physical impairments, long term medical conditions, specific learning difficulties (SpLD), autistic spectrum conditions (ASC), and mental health conditions; to ensure that all Swansea University students have equal learning opportunities.

If you would like to speak to someone regarding a disability, specific learning difficulties, or long-term medical condition, please contact the Disability Service by email: **disability@swansea.ac.uk**

If you would like to speak to someone regarding mental health difficulties or autistic spectrum conditions, please contact the Wellbeing Service by email: **wellbeing@swansea.ac.uk**



Activities & Events in Swansea

General Event Websites



Swansea Events & Things To Do | Eventbrite
Enjoy Swansea Bay Events – What's on in Swansea Bay
(visitswanseabay.com)
Home - Swansea Bay Sports Park
What's on in Swansea - Swansea



Theatre:

- [Swansea Grand](#)
- [Swansea Arena](#)



- Swansea Grand - [Cinderella](#) - December - January
- Swansea Grand - [A Child's Christmas in Wales](#) - December
- Swansea Arena - [JACK WHITEHALL: SETTLE DOWN](#),
Wednesday, December 20, 2023
- Swansea Arena - [JIMMY CARR](#) - TERRIBLY FUNNY 2.0,
Thursday, December 21, 2023

Activities & Events in Swansea



Festive Events:

- Brangwyn Hall

- National Botanic Garden of Wales Winter Light Trail 2023 - December - £13 - 22, Tickets needed
- Big Waterfront Christmas - 3 December 2023, 12 - 4pm - Free, no ticket needed
- Winter Vintage and Makers Market - 9 & 10 December 2023, 10am - 4pm - Free, no ticket needed
- Festive Afternoon Tea - 1, 8, 15 & 22 December 2023, 2pm - Cost £15.00 per person Tickets needed
- The Quadrant shopping events throughout December



Activities & Events in Swansea

Festive Events:

Swansea Christmas Parade:

Location: Swansea City Centre

Date: Sunday 19 November 2023

Time: 5.00pm

Card Making Session:

Location: Discovery SVS - Fulton House, Swansea University, Singleton, Swansea, SA28PP

Date: Tuesday 28 November 2023

Time: 16:00 till 18:00

Christmas Land:

Location: Mumbles Pier

Dates: 2nd December - 23rd December

Swansea Waterfront Winterland

Location: City Center

Dates: 15th November 2023 - 2nd January 2024



SU Events - December

SU Events:

07 December - GO! Film: Home Alone

11 December - M&M - Festive Film Night

12 December - GO! Social: Festive Mixer

13 December - GO! Eat: Pub on the Pond

14 December - M&M - Festive Film Night with
Greyhound Rescue Wales

15 December - Karaoke

18 December - Games Night

Please see more SU Events [here](#).



Christmas Day in Swansea



BIG
Xmas Day
GET TOGETHER

25th December 2–5pm

Don't be on your own this Xmas.

Come and spend the afternoon
at Swansea Wellbeing Centre
for Good Company & Xmas Fun.

- Friendly Welcome
- Hot Drinks
- Games
- Afternoon Buffet
- Warm Space
- Socialising
- Music & Songs



For more information contact:
mcmbuckley@gmail.com
Anthea 07912 611852
or Mike 07931 986168

Activities in Swansea On A Budget

LC Swansea

Low cost swimming and gym sessions at the LC in Swansea. Also low cost climbing.



Mumbles

Mumbles is a vibrant seaside village, you'll find over 120 shops, restaurants and pubs hugging the west side of Swansea Bay. A rich source of great seafood, much of the local produce finds itself being served in the finest establishments of London and Paris - so try it here at the restaurants serving seafood caught locally.



Egypt Centre

FREE entry to the Egypt Centre.

Opening Hours:

Monday: Closed

Tuesday to Saturday: 10am – 4pm

Sunday: Closed



Activities in Swansea On A Budget

Three Cliffs Bay and Rhossili Bay - Gower

The dramatic landscape of the Gower Peninsula must be seen to be believed. There are numerous attractions to enjoy in this remarkable outcrop of land. Three Cliffs Bay is regularly voted one of the most dramatic locations in Britain, requiring a 20 minute walk to reveal its true splendour. The huge sweep of Rhossili Bay, featuring the broad expanse of Llangennith Beach is equally awe-inspiring - it's as if you've reached the furthest point of land on the planet. Wrap up warm, it could be very windy!



If you don't have your own bike, you can hire a Santander Cycle!

There are hubs located on both our campuses (additional hubs are at: Southend in Mumbles, Waterfront Museum, Civic Centre, Fabian Way Park & Ride).

For this year only, as part of a staff and student wellbeing offer, SU students and staff get a free annual membership, which means the first 30 minutes of every ride is free, with each 30 minutes thereafter just 50p!



SIGN UP AT WWW.SWANSEA.AC.UK

Get ACTIVE

At Swansea University, we care about the health and wellbeing of our community, so we're developing **Get ACTIVE**, a physical activity programme to help our students and staff get more active, have fun and meet new people. Through **Get ACTIVE**, we aim to:

- **Increase the number of students and staff who are sufficiently active**
- **Increase the number of accessible and inclusive physical activity and sporting opportunities available to students and staff**
- **Increase the workforce to support the growth, development and delivery of Get ACTIVE activities**



Get ACTIVE:

You'll need to register to Get ACTIVE before you can book a session. Registration is completely Free of Charge for Swansea University students and staff, and the online registration form will take just a few minutes to complete.

Please go to swansea.ac.uk/get-active

As we're heading into Winter, the weather will start to get colder why not try this simple recipe for a vegetable pie.

Vegetable pie

Ingredients:

- 50g butter
- 2 tsp mustard powder
- 600ml milk
- 200g mature cheddar, grated
- 2 large potatoes, sliced into rounds
- 1 head of broccoli, cut into little florets
- 200g frozen peas
- small bunch of chives, chopped
- 50g flour
- 1 head of cauliflower, cut into little florets



STEP 1:

- Melt the butter in a saucepan, then stir in the flour and mustard powder and cook for 1 min. Gradually stir in the milk until smooth with no lumps, then keep stirring until the mixture begins to bubble and thickens to a creamy sauce. Remove from the heat, then stir in all but a handful of the grated cheese.

STEP 2:

- Heat oven to 200C fan/gas 7 and bring a large pan of water to the boil. Cook the potato slices for 5 mins, tip in the broccoli and cauliflower for another 3 mins, then finally add the peas for 1 more min. Drain all the veg and pat dry. Reserve enough potato slices to cover the top of the finished dish, then gently stir the rest of the vegetables into the sauce with the chives.

STEP 3:

- Tip into a deep ovenproof dish, arrange over the reserved potato slices, then sprinkle with remaining cheddar. Bake for 20-25 mins until the topping is golden and crisp, then serve straight from the dish.

READY TO EAT!



THE STUDENT
VOICE PLATFORM



Unitu is an online space where students, Reps and staff can collectively raise, discuss and resolve issues, give praise, ask questions or post constructive feedback!



Visit Unitu:



<http://swansea.unitu.co.uk>

