

Dear Student

Welcome everybody to USW1World's newsletter! This is an excellent way for you to catch up with the latest news and know about our upcoming events.

To all those that are just starting we hope you are settling in well at university and enjoying your time in Wales. This is a fantastic opportunity for you immerse yourself in a new culture, make life-long friends with people from all over the world and gain valuable experience.

And also welcome back to our returning students. We hope you had a relaxing break and enjoyed the summer, and are ready for the activities we have planned this year!

Emma, James, Kath, Sarah, Tim and Amina
The 1World Team

Volunteer as a Global Assistant

Want to gain experience and new skills to put on your CV? Want to make new friends? Want to stand out to future employers? Try volunteering with us as a Global Assistant!

We can't tell you enough how much we value our Global Assistants (GAs). These are student volunteers that help the 1World team keep our exciting activities running.

Tasks involved in being a GA include promoting and attending social activities aimed at engaging all students, helping to run international welcome programme activities and creating and running international events to name but a few.

What do you get out of it? As well as making new friends from across the globe, you get free or reduced entry fees to USW1World social activities, a GradEDGE award and you gain an employability portfolio with work references and real work experience.

If you are interested please contact 1world@southwales.ac.uk for more information.



What is the USW1World Programme?

As we are introducing a brand new bunch of students to the university, we have a huge amount of exciting activities planned this year as part of our USW 1World programme!

USW1World is about giving students the opportunity to mix and learn with each other outside the classroom, to be able to build networking and interpersonal skills and have enhanced opportunities to engage positively with the local community. Thus what better way to meet new people and enjoy your student life! Get involved in our trips to learn about the UK and to see the different sights and monuments that this country has to offer. We also have regular social activities on each of the campuses that include Karaoke, Book Club, Pizza Puzzle and our Network of Nice events where we focus on acts of kindness towards others.

There are currently around 260 activities/trips/events/development sessions! To find out about them, have a read of our online brochure: usw1world.southwales.ac.uk/Social/.

This newsletter contains the latest news about our upcoming social events. To keep up to date with our trips and activities, please follow our Unilife page updates: usw1world.southwales.ac.uk/Social/. For more details about each activity such as times, dates and locations, you can find that on our Unilife Forthcoming Events feed: usw1world.southwales.ac.uk/events/.

For those events that need a ticket, you can purchase them from our online store: store.southwales.ac.uk/browse/department.asp?compid=1&modid=1&deptid=30



Further information can be found on our Facebook page, so please join! www.facebook.com/groups/1653786191504712/

Meet the Global Assistants

Have you ever wondered who and what the Global Assistants are and where they come from? Read on to meet one of them and find out...

Name: Lucia Borovska

Course: Performing Arts

What is your nationality? Slovak

Which campus are you based on? Cardiff Campus

Why did you choose to study at USW? There was an agency in Slovakia which recommended me a few universities in the UK. USW had a list of various courses for me to choose from and also a lot of international students chose this university. Since I had always wanted to visit Wales, travel it and discover it, I decided USW would be the one.

Why did you decide to become a GA? When I came here for the first time I was so insecure and worried about everything, and the GAs were the ones who were like "C'mon, this should be fun!" and they basically turned my worries into fun memories! I was so glad that there were so many people that helped me at the beginning so I didn't have to feel scared, bored or alone. Then I thought "I am going to be one of these people!" I told myself that I won't let students feel less than happy and so I applied to be a GA. I also could not miss meeting new international students and new people coming in to my life.

What do you do as a GA? As a GA I helped during the International Welcome Programme, for example with booking students on trips. I attended a few socialising sessions where I helped students get to know each other with different activities and playing games. Basically if students needed something, or were lost, I helped them. As a GA you go on trips a lot. I was also part of amazing night events like Welsh night, disco, karaoke and so on.



The best thing about being a GA is....? If you're a really nice GA you can get free cupcakes sometimes ☺. However the best thing is you can be part of it all. It is like a job but it is still fun. You can visit places you would not normally visit. You can be part of activities and events you would not normally participate in. You can meet so many people and make so many friends from all around the world. There is not just one thing which is the best. Everything is the best!

Why should students become a GA? Well there are so many reasons but one really good reason is that this kind of work helps you to come out of your shell. Everything improves such as your communication skills, creativity, language skills etc. It keeps you moving forward as you see new things and experience new things. But I still think the best reason is that it will give you memories you'll never forget!

Any USW student can apply to become a Global Assistant. If you are interested in becoming one please e-mail the IISA team at: 1world@southwales.ac.uk.

Trips!

USW1World is popular around campus for the exciting trips that we offer our students!

Since September, we have already organised trips to Bath, Stratford-Upon-Avon, Brecon Beacons, Big Pit and St. Fagans museum. Our students thoroughly enjoyed themselves and it's a great way to explore the UK at an affordable price.

Our next trip is **Oxford Christmas market on Saturday 10th December**. Tickets are £15 which can be purchased from our online store (the link is above). We also have lots more trips happening in 2017 so please check the dates on our online brochure or on our Forthcoming events feed.





How are we celebrating Halloween? By using the Pumpkin Factor!

Ever wanted to have a go at testing your pumpkin carving skills? Why not enter the Pumpkin Factor and see if you've got what it takes to be crowned Champion Carver?

It's just £2 to enter which includes your pumpkin and candle- you'll need to (safely) bring your own carving implements. This activity will take place on all 3 campuses so no excuse not to join in! Book early to avoid disappointment as pumpkins need to be pre-ordered. Tickets are available on our online store.

Join our new Book Club aka Bookwormery

Love reading? Love books? Then The Bookwormery is the book club for you!

We are thrilled to announce the start of the Bookwormery. Each month we will explore a new book and then meet to chat about it. Our next books are:

Diamond Star Halo by *Tiffany Murray* (Cardiff: 08.11.16
Treforest:10.11.16)

The Good Fairies of New York by *Martin Millar* (Cardiff:06.12.16
Treforest:08.12.16)

The Bookwormery is completely free and will be held in Mingles in Cardiff Atrium and in Cables Bar in Students Union on Treforest campus. You can find more information about our books on our Unilife page: usw1world.southwales.ac.uk/bookwormery/

Friends and Neighbours



FAN stands for Friends and Neighbours and the **FAN Charity** supports communities to set up groups that bring people together from around the corner and around the world, to meet and talk in a relaxed and friendly space.

The USW FAN group is open to all (students, staff and local community members) and it's FREE to take part. We meet every Wednesday during term time at 2pm in Ty Crawshays Café where we offer a friendly and safe space to come and chat, meet others and perhaps treat yourself to a cup of tea and a bun!

Pizza Puzzla

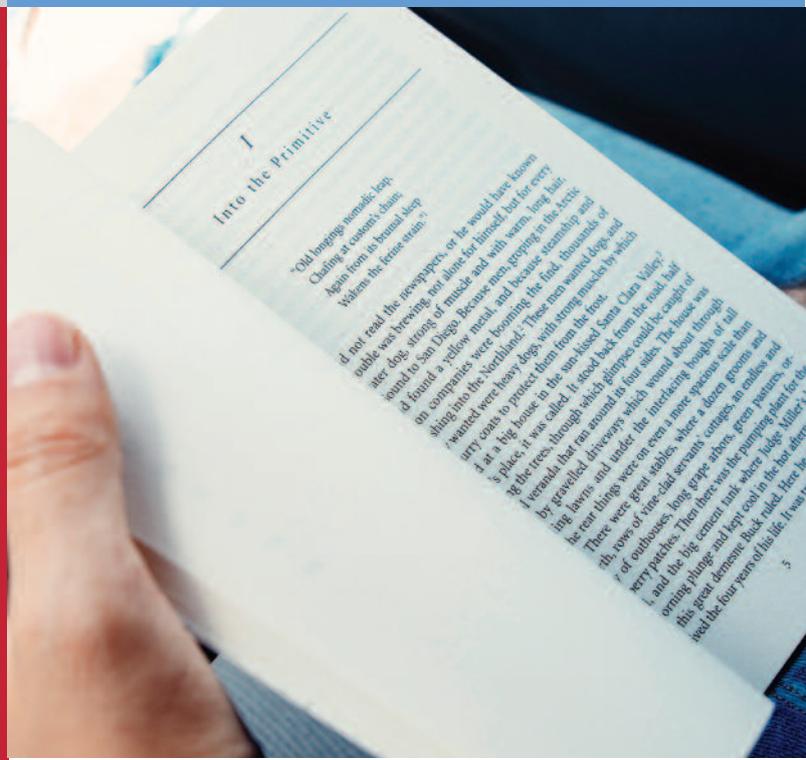
Love pizza? Love games/puzzles/riddles/quizzes? If so, we might quite possibly have your Best. Night.Ever!



Each month we will put together a selection of puzzles, brainteasers, games and quiz questions for you and your team mates to play, solve and (hopefully) win some Pizza Puzzla Prizes! Pizza will be served and

drinks/further food will also be on sale.

Tickets are £2 and are available from our online store.



Network of Nice

Are you fed up of the barrage of negativity we receive via social and other medias? Do you believe in celebrating positivity and a 'glass half full' attitude? If so, the NoN is perfect for you!

Inspired by the University's successful Random Acts of Kindness (RAK) campaigns and a drive to celebrate and reward 'niceness', the NoN will work towards identifying ways we can spread the USW love.

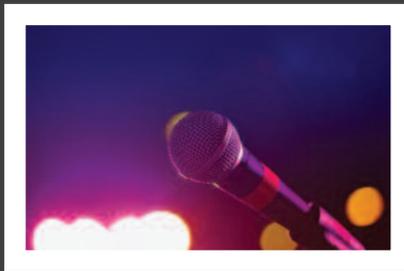
This could be through posting positive messages across campuses, taking part in micro volunteering events or any number of other innovative ways to keep our campuses cheery!

This is free to take part in as we don't think it costs anything to be nice to people!



Karaoke

Are you a budding Beyonce or a hidden Kanye?



If so, we want you to dust off those vocal chords, come along and show us what you are made of at our monthly karaoke evening.

This is free to take part in and more information

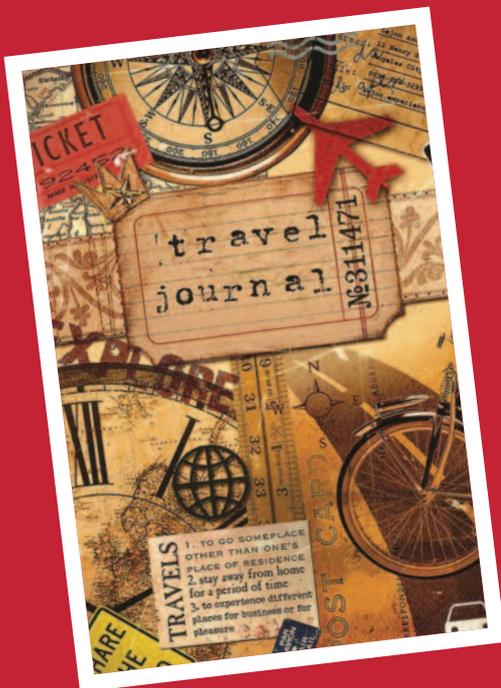
such as dates, times are available via the listing on the **Forthcoming Events** feed.

USW's Got Talent

Can you sing, dance, recite poetry backwards or have an amazing performing hamster? If yes, then you might like to take part in USW1World's Got Talent and become part of our quest to find USW's most talented performers. It doesn't cost you anything, just the showing off of your talent!

Auditions will be held on each campus between the 5th and 7th December 2017 with a spectacular finale on Thursday 8th December 2017.

Nominate yourself (or others) for the open auditions today by emailing 1World@southwales.ac.uk with your name, talent and campus! Who knows, you could be crowned 'USW1World: Talent of the Year 2016/17' and be on your way to stardom...



USW Global Opportunities

Thinking of going abroad? Want to do some international volunteering? Come to our Global Opportunities sessions!

We aim to try and find a suitable Global Opportunity for EVERY USW student and would like you to come along and find out about what is available to you- it may be something very different to what you expected! Come on, you've nothing to lose but you could change your world...

Don't forget to join our Global Opportunities Facebook group to keep up to date on the placements we are offering: www.facebook.com/groups/557966431053261/



What to do this semester?

If you're stuck for ideas on what to do around the 3 campuses, here is a list of some events that are happening in the local areas.

Pontypridd

20.10.16: X-Scream at Rhondda Heritage Park. X-Scream is a fully immersive scare experience featuring live actors, special effects and horrific shocks that will keep you trembling at every twist and turn, promising to be a night of terror.

27.10.16: Museum at Night at Pontypridd museum. Join in for an evening of music, entertainment and a just a little bit of mystery.

12.11.16: A Box of Glass at Treforest Industrial Estate. This is a fun project and it is only a 1/2 day workshop. You will be using paints, stencils, stamps etc.

19.11.16: Pontypridd Christmas Lights Switch on at Pontypridd Town Centre. You'll also be able to meet Santa at his Grotto 12pm-5.30pm. There'll be Children's Rides, GTFM Roadshow and a Fireworks Display!

20.11.16: Miskin Manor Christmas Market in Miskin Manor. Come along to the Christmas Market to browse the fantastic array of exhibitors.

Newport

23.10.16: High Cross Primary Car Boot Sale.

25.10.16: Families Love Newport. A free event for the whole family with arts and crafts, multi-sports, music workshops and a free prize draw for all who register on the day.

27.10.16: Art Store Tour of Newport Museum & Art Gallery. Why not venture behind the scenes and peak into some of the art stores?

05.11.16: Bonfire Themed Food and Craft Market in Newport Market. Bonfire themed food and craft market, visit local producers and crafters.

Cardiff

21.10.16-22.10.16: Pop up Cinema at Castell Coch. Four pop-up cinema events are taking place across the weekend in partnership with Chapter Arts Centre, Film Hub Wales, Welsh National Opera and University of South Wales.

16.10.16: Guided tour: Highlights of Art in the National Museum of Cardiff. A free highlights tour of some of the art galleries with a Volunteer Guide.

28.10.16-30.10.16: Cardiff Book Festival in venues across Cardiff. The festival celebrates reading and writing with workshops, book events, live music and debates.

29.10.16-30.10.16: The Highwayman & Hallowe'en Happenings in Cardiff Castle. Join in the hunt for the masked highwayman as he mysteriously appears around the site. Spooky tales in the Undercroft and a frightful children's parade.

05.11.16: Sparks in the Park in Cardiff Coopers field. What better way to celebrate Bonfire night!

10.11.16: Step into Christmas in Cardiff city centre. The city centre will undergo a spectacular transformation, featuring a cornucopia of Christmas characters, music and entertainment. Join in with the merriment and watch over 80 festive performances dotted around the city centre.

18.11.16-19.11.16: Pop-Up Cinema in Caerphilly Castle. The range of screenings include Disney princess classic Cinderella, as well as Little Shop of Horrors, Ghostbusters and Monty Python and the Holy Grail.

21.11.16: Chinese State Circus in St David's Hall. 30 world class Chinese acrobats, aerial artistes and jugglers interact with the super-human physical skills and dexterity of the masters of martial arts – the legendary Shaolin Warriors.