



**EWCH YN
BYD-EANG**

GYDA PCYDDS

**Lleoliadau Haf a
Theithiau Grŵp**



**Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David**

**Gweithio, Interniaethau,
Gwrfoddoli, Ysgolion Haf
a Theithiau Grŵp Dramor**

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RHESTR O DERMAU

DEFNYDDIOL

PRIFYSGOL CARTREF

Dyma’r brifysgol y byddwch yn ei gadael i weithio, astudio neu wirfoddoli dramor. Yn yr achos hwn, PCYDDS yw eich Prifysgol Gartref.

TÎM SYMUDEDD RHYNGWGLADOL

Mae’r Tîm Symudedd Rhyngwladol yn cynnwys staff PCYDDS sy’n goruchwyllo’r holl Symudedd Rhyngwladol. Maen nhw’n cynorthwyo gyda chyfweliadau, ceisiadau, a rhagor i’ch helpu i fynd dramor.

CYLLID TAITH

Cyllid gan Lywodraeth Cymru yw hwn i helpu i dalu cyfran o gostau staff a/neu fyfyrwyr pan fyddan nhw’n mynd dramor. Anfonir y cyllid hwn yn uniongyrchol i’r Drindod Dewi Sant lle gellir wedyn ei ddosbarthu i fyfyrwyr a staff gan y Tîm Symudedd Rhyngwladol a’r Swyddfa Gyllid. Mae’r cyllid hwn yn cefnogi myfyrwyr sy’n dod i mewn ac allan ar leoliadau gwaith, astudio a/neu wirfoddoli. Nid oes angen gwneud cais am y cyllid hwn, bydd y Tîm Symudedd Rhyngwladol yn eich ystyried yn awtomatig ar ei gyfer os byddwch chi’n llwyddiannus yn eich cais Symudedd Rhyngwladol.

CYLLID TURING

Arian yw hwn sy’n dod o lywodraeth y DU i helpu i dalu cyfran o gostau staff a/neu fyfyrwyr pan fyddan nhw’n mynd dramor. Anfonir yr arian hwn yn syth i PCYDDS lle gellir wedyn ei ddosbarthu i fyfyrwyr a staff gan Dîm Symudedd Rhyngwladol a’r Swyddfa Gyllid. Mae’r cyllid hwn yn cefnogi myfyrwyr allan ar leoliadau gwaith, astudio a/neu wirfoddoli yn unig. Does dim angen gwneud cais am yr arian hwn, bydd Tîm Symudedd Rhyngwladol yn eich ystyried yn awtomatig ar ei gyfer os byddwch chi’n llwyddiannus yn eich cais Symudedd Rhyngwladol.

EHANGU CYFRANOGIAD

Term a ddefnyddir i ddisgrifio’r rhai a allai fod ag anghenion ariannol ychwanegol yw Ehangu Cyfranogiad. Fe’i defnyddir mewn perthynas â chyllid Taith a Turing. Gall myfyrwyr sy’n gymwys dderbyn ‘atodiad’ ychwanegol i’w lwfans cyllid, e.e. cyllid ychwanegol i helpu i dalu costau teithio. I fod yn gymwys, rhaid i fyfyrwyr ddarparu tystiolaeth ar gyfer un (neu ragor) o’r canlynol:

- Incwm blynyddol cartref o £18,370 neu lai (Cymru) neu £25,000 neu lai (Lloegr).
- Yn derbyn Credyd Cynhwysol neu fudd-daliadau sy’n gysylltiedig ag incwm oherwydd eu bod yn eu cefnogi eu hunain yn ariannol neu’n eu cefnogi eu hunain yn ariannol a rhywun sy’n ddiibynnol arnyn nhw ac sy’n byw gyda nhw, megis plentyn neu bartner.
- Ymadawyr gofal a myfyrwyr sydd â phrofiad o fod mewn gofal. Mae hyn yn cyfeirio at unrhyw un sydd wedi bod neu sydd mewn gofal ar hyn o bryd neu o gefndir sy’n derbyn gofal ar unrhyw adeg o’u bywyd, ni waeth pa mor fyr, gan gynnwys plant mabwysiedig a oedd yn derbyn gofal o’r blaen neu’r rhai sy’n cael Bwrsari Profiad o Fod mewn Gofal yn yr Alban.
- Myfyrwyr sydd â chyfrifoldebau gofalu. Gofalwr yw unrhyw un sydd ag ymrwymiad i ddarparu gofal di-dâl i aelod o’r teulu neu ffrind na allai ymdopi heb eu cymorth.
- Myfyrwyr sydd wedi ymddieithrio. - Y rhai sydd wedi ymddieithrio oddi wrth eu rhieni/rhieni yn amodol. Er mwyn cael ei ystyried yn un sydd wedi ymddieithrio’n anghymodlon, ni fydd y myfyriwr wedi cael unrhyw gyswllt ysgrifenedig neu lafar gyda’r naill riant neu’r llall fel arfer am 12 mis neu ragor - ac mae’n annhebygol y bydd hyn yn newid.
- Ffoadur neu geiswr lloches. E.e. Mae tudalen gyntaf benthyciad myfyriwr Alun yn dangos ei fod wedi cael dyfarniad o £6,250, felly bydd yn derbyn arian ychwanegol gan Gyllid Taith i helpu i dalu am ei gostau teithio i weithio yn Fiji dros yr haf.

Os ydych chi’n credu y gallech chi fod yn gymwys i gael cymorth Ehangu Cyfranogiad, mae’n bwysignodi hyn yn eich cais fel nad ydych chi’n colli cyllid ychwanegol!

DECHRAU ARNI

Teithiwch, ymgollwch mewn diwylliant newydd, cwrdd â ffrindiau newydd, a rhoi cynnig ar fwydydd newydd, a’r cyfan wrth weithio tuag at eich gradd neu ennill profiad gwaith gwerthfawr! Nod y canllaw hwn yw rhoi trosolwg byr i chi ar fynd dramor wrth ateb llawer o’ch cwestiynau am y broses ar hyd y ffordd. Byddwn ni’n trafod ceisiadau, rhaglenni, cyllid, a rhagor!

MAE GEN I DDIDDORDEB MEWN LLEOLIAD HAF/TAITH GRŴP, BLE YDW I’N DECHRAU?

1.

Ni ddylid cyfyngu addysg l’r ystafell ddosbarth. Mae myfyrwyr yn aml yn dysgu’n fwy effeithiol pan fyddan nhw’n camu allan o’u mannau diogel ac yn ehangu eu gorwelion. Fodd bynnag, nid yw llawer o fyfyrwyr yn gallu dilyn y cyfleoedd hyn oherwydd cyfyngiadau ariannol neu ymrwymadau y tu allan i’r brifysgol, megis cyfrifoldebau gwaith neu ofal. Yn Y Drindod Dewi Sant, mae ein staff academaidd wedi cynllunio rhaglenni 14 diwrnod anhygoel mewn lleoliadau gwych megis Paris, Vancouver, UDA, Sbaen, a llawer mwy, i wneud y profiadau hyn yn hygyrch i bob myfyriwr. Fel arall, mae’r Drindod Dewi Sant yn cynnig cyfle i fyfyrwyr ddechrau ar leoliad gwych yn yr haf gyda chwmnïau megis BUNAC, Think Pacific, Camp America, ac Absolute Internships.
2.

Siaradwch â Tîm Symudedd Rhyngwladol goglobal@pcydds.ac.uk am eich cynlluniau i fynd dramor. Gallan nhw eich helpu chi i ddod o hyd i raglenni astudio addas a allai gyd-fynd â’ch gradd neu eich cynorthwyo i ddod o hyd i’r lleoliad gwaith/gwirfoddoli cywir i feithrin y sgiliau rydych chi’n chwilio amdany’n nhw..
3.

Gwnewch rywfaint o ymchwil. Darllenwch y llawlyfr hwn, edrychwch ar wefan y brifysgol derbyn, ymunwch â sesiwn wybodaeth ar-lein gydag un o’n partneriaid gwirfoddoli, a gofynnwch i fyfyrwyr eraill sydd wedi bod dramor yn flaenrol sut oedd eu profiad nhw.
4.

Siaradwch â’ch tiwtor personol am eich cynlluniau. Byddan nhw’n gallu cynnig cyngor cwrs penodol megis a oes teithiau grŵp neu leoliadau tramor ar gyfer eich rhaglen ai peidio.



DYDDIADAU CAU

Sylwch ar y dyddiadau cau canlynol ar gyfer ceisiadau Symudedd Rhyngwladol. Efallai na fydd ceisiadau a gyflwynir y tu allan i’r dyddiadau hyn yn cael eu hystyried neu gallan nhw fethu dyddiadau cau fisa ac ariannu pwysig.

15 Mawrth - Lleoliadau Gwaith, Interniaethau, Astudio, neu Wirfoddoli

Ar gyfer dyddiadau cau teithiau grŵp, cysylltwch ag arweinydd y daith.

RYDW I WEDI DEWIS BLE RYDW I EISIAU MYND, NAWR SUT YDW I’N GWNEUD CAIS AR GYFER Y RHAGLEN?

1.

Sicrhewch fod gennych chi basbort cyfredol. Bydd angen hyn arnoch i wneud eich cais am fisa, felly gwnewch gais am un mor gynnar ag y gallwch.
2.

Cwblhau cais **Symudedd Rhyngwladol**

RWY WEDI CYFLWYNO FY NGHAIS, BETH NESAF?

Ar ôl i chi gwblhau eich cais, gofynnir i chi ddod am gyfweiliad â’r Tîm Symudedd Rhyngwladol ac aelodau cynrychioliadol perthnasol o’r staff academaidd. Os ydych chi wedi gwneud cais am ysgol haf, gwaith neu wirfoddoli, bydd angen i chi wneud cais i’r gwaith perthnasol neu’r sefydliad gwirfoddol i’ch derbyn. Unwaith y cewch eich derbyn yn y sefydliad perthnasol, byddwch yn gallu gwneud cais am fisa (os yw’n berthnasol), archebu teithiau awywr, edrych ar lety, ac ati.

FAINT O ARIAN BYDD YN EI GOSTIO? FAINT O ARIAN Y GALLA I EI GAEL?

Mae’r swm y bydd ei angen arnoch yn amrywio ar y rhaglen, y sefydliad a’r wlad rydych chi’n dewis gweithio, astudio neu wirfoddoli ynddi. Bydd pob myfyriwr sy’n gwneud cais am gyfle rhyngwladol yn cael ei ystyried yn awtomatig am gyllid drwy naill ai ffrydiau ariannu Taith neu Turing. Ni fydd angen gwneud cais am gyllid ar wahân. Mae cyllid ychwanegol ar gael i fyfyrwyr o gefndir Ehangu Cyfranogiad (e.e. y rhai sydd ag incwm isel, myfyrwyr â chyfrifoldebau gofalu, myfyrwyr sy’n ffoaduriaid, ac ati). Ewch i’n Tudalen Cyfleoedd Ariannu a/neu e-bostiwch Hannah Clayton (h.clayton@pcydds.ac.uk) am ragor o wybodaeth am y costau.

BETH YW’R GOFYNION CYMHWYSO?

- Rhaid i chi fod yn fyfyrwr yn PCYDDS ar unrhyw raglen (yn eithrio dysgwyr o bell) neu
- Graddio diweddar o PCYDDS - os ydych chi’n bwriadu cymryd rhan mewn lleoliad gwaith (yn yr achos hwnnw rhaid i chi gwblhau eich lleoliad o fewn deuddeg mis i raddio).
- Rhaid bod gennych radd o 60 neu’n uwch ar gyfartaledd erbyn i chi ddechrau ar eich lleoliad.

YMGEISIWCH NAWR



TÎM SYMUDEDD RHYNGWLADOL

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KATH GRIFFITHS

Rheolwr Rhanbarthol Rhyngwladol
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HANNAH CLAYTON

Swyddog Symudedd Rhyngwladol

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CYFLWYNIAD

Ydych chi erioed wedi bod eisiau profi lleoedd a diwylliannau newydd, gwneud ffrindiau o bob cwr o'r byd, ac ennill persbectif byd-eang? Gyda Chyfleoedd Byd-eang Y Drindod Dewi Sant, gallwch!

Bydd cymryd rhan mewn profiad rhyngwladol yn eich galluogi chi i ddatblygu sgiliau gwerthfawr iawn megis cyfathrebu rhyngddiwylliannol, ieithoedd tramor, gallu i addasu a datrys problemau.



LLEOLIADAU GWIRFODDOLI

THINK PACIFIC

FIJI

Mae prosiectau Think Pacific yn hyrwyddo Cynllun Datblygu Cenedlaethol Fiji a Nodau Datblygu Cynaliadwy'r Cenhedloedd Unedig. Maen nhw'n cynnig cyfle i chi gefnogi a gweithio mewn partneriaeth â Llywodraeth Fiji a dros 70 o sefydliadau.

Byddwch chi'n gweithio mewn partneriaeth â'r fwrdeistref leol wrth gael eich trwytho'n ddiwylliannol yn llawn mewn pentref gwledig wrth i chi fyw gyda theulu traddodiadol o Fiji a gweithio ar brosiectau adeiladu cymunedol a lleol.

Byddwch chi'n gallu cyfrannu at addysg, ieuencid, datblygu chwaraeon, iechyd, hyrwyddo iechyd meddwl neu raglenni adeiladu yn ystod eich amser yn gwirfoddoli.

PA RAGLEN SY'N EICH CYFFROI CHI FWYAF?

NEWYDD: Prosiectau 16 Diwrnod -
Bali a Gwlad Thai – £1,200 yn gynhwysol

Adeiladu Cymunedol –
Adeiladu Clinig Iechyd Pentref ar gais

Grymuso Ieuencid –
Cydweithio gyda phobl ifanc o Fiji

Iechyd Meddwl –
Menter Hyrwyddo ac Eiriolaeth

Datblygu Chwaraeon –
Hyfforddiant Chwaraeon Cymunedol ac Ymgysylltu

Interniaeth Tîm Byd-eang –
Menter Gymdeithasol a Datblygu Rhyngwladol yn Fiji

BALI

Mae lleoliadau diweddaraf Think Pacific wedi'u lleoli yn Bali, Indonesia. Mae'r rhain yn lleoliadau proffesiynol, 1 mis - y Lleoliad Iechyd Meddwl, Interniaeth Tîm Byd-eang, a'r Prosiect Addysg ac Ieuencid.

Mae pob lleoliad yn cynnwys dros 120 awr o ddysgu, mentora a phrofiad gwaith rhyngwladol gydag un o bartneriaid dibynadwy Think Pacific, ac mae'n caniatáu i gyfranogwyr gael trochiad diwylliannol go iawn, gan fyw mewn pentref traddodiadol gyda theulu o Bali.

Tri Phrofiad Proffesiynol Unigryw o Wahanol

LLEOLIAD IECHYD MEDDWL

Ymunwch â lleoliad iechyd meddwl ymgolli 1 mis a dysgwch gan weithwyr proffesiynol lleol wrth i chi ddatblygu eich dealltwriaeth o iechyd meddwl mewn cyd-destun byd-eang. Ewch â'ch dysgu yn yr ystafell ddosbarth i sefyllfaoedd byd go iawn a chydweithio â mentrau lleol ysbrydoledig. Gweithiwch yn rhan o dîm i ddarparu gweithgareddau grŵp seicogymdeithasol mewn detholiad o'n prosiectau partner dibynadwy. Ein nod yw cefnogi iechyd meddwl a lles unigolion a chymunedol drwy ddarparu'r lleoliad proffesiynol hwn.

INTERNIAETH TÎM BYD-EANG

Bali yw un o'r lleoedd mwyaf cyffrous, bywiog ac arloesol i ddysgu gan fusnesau bach a mentrau cymdeithasol. Hwn yw hyb busnesau newydd mwyaf poblogaidd Asia ac mae wedi dod yn un o leoliadau nomad digidol ffyniannus y byd. Ymunwch ag interniaeth 1 mis mewn tîm ac archwilio diwylliant newydd trwy ymdrwytho eich hun i fywyd Bali. Crewch waith ar gyfer hyd at 3 o wahanol fusnesau, elusennau neu fusnesau newydd lleol a mynd i'r afael â phrosiectau byd go iawn llawn effaith, ar draws ystod o sectorau. Paratowch ar gyfer dyfodol gwaith a datblygu'r sgiliau a'r priodoleddau, a all roi hwb i'ch cyflogadwyedd.

PROSIECT ADDYSG AC IEUENCTID

Ymunwch â thîm, byw gyda'ch gilydd yn un o gymunedau Bali ac ymgolli mewn prosiect, gyda'r nod o gynyddu cyfle lleol. Bob dydd byddwch yn gweithio mewn grwpiau bach i gefnogi ac ategu dysgu Saesneg. Rydyn ni'n gwneud hyn trwy dechnegau anghydfurfiol a sesiynau rhyngweithiol, gan ddefnyddio gemau a gweithgareddau creadigol i sefydlu amgylcheddau dysgu hwyliog.

Yn ogystal, ag ar gais cymunedau lleol, rydyn ni'n darparu gwersi Saesneg sgwrsiol i oedolion grŵp bach. Wedi'i ddatblygu gan weithwyr addysg proffesiynol o ysgolion lleol, prosiectau ieuencid a meithrinfeydd, mae'r prosiect hwn yn hwyluso datblygiad rhyngwladol trwy rymuso cymunedau Bali lleol trwy feithrin gallu a sgiliau iaith, gan gysylltu ein partneriaid lleol â chyfleoedd byd-eang.

Mae'r prosiect yn meithrin cydweithredu trawsddiwylliannol a rhannu syniadau, diwylliannau a safbwyntiau a hefyd yn dod ag adnoddau ariannol defnyddiol a budd economaidd i ardaloedd y tu allan i'r canolfannau twristiaeth uniongyrchol."



RHAGLEN YSGOLORIAETH INTERNIAETH FIJI ANGHYSBELL THINK PACIFIC

Mae Think Pacific yn Elusen Ffiji gofrestredig ac yn fenter gymdeithasol yn y DU gyda dros 15 mlynedd o brofiad yn cefnogi Gweinidogaethau Llywodraeth Fiji, cyrff anlywodraethol, mentrau lleol a phartneriaid busnes i gyflawni datblygiad moesegol, cyfrifol a chynaliadwy, wrth ganiatáu i fyfyrwyr gael profiad hunan-ddatblygol a buddiol.

Mae rhaglen Interniaeth o Bell Think Pacific yn golygu y gall myfyrwyr gyfrannu at ddatblygu cynaliadwy rhyngwladol a chael profiad ymarferol unigryw, wrth weithio gartref. Mae'r interniaeth hon yn cefnogi cyflawni Cynllun Datblygu Cenedlaethol Fiji; Cynllun Datblygu 20 Mlynedd gyda'r weledigaeth o "Drawsnewid Fiji" tuag at gymdeithas hyd yn oed yn fwy blaengar, bywiog a chynhwysol.

Gan weithio ar ran un o sefydliadau Fiji (ar draws dewis o 10 sector), mae interniaid yn cwblhau 'Prosiect Gweithredu Cymdeithasol' sy'n mynd i'r afael â phroblemau go iawn yn Ne'r Môr Tawel, wrth ddysgu am ddiwylliant hynod ddiddorol Fiji a datblygu dinasyddiaeth fyd-eang.

BETH SYDD GAN FYFYRWYR Y BRIFYSGOL I'W DDWEUD AM WIRFODDOLI DRAMOR:



Joshua Todd
University of Wales Trinity Saint David

Joshua Todd

Treuliodd Joshua Todd, myfyriwr Ynni a Pheirianneg Amgylcheddol, ddeufis yn Fiji dros haf 2023 gyda Think Pacific, rhwng ei ail a'i drydedd flwyddyn astudio. Dyma sydd ganddo i'w ddweud wrth bobl a allai fod yn ystyried y cynllun:

"Os ydych chi'n poeni am fywyd pentref, neu'n addasu, neu fod ymhell oddi cartref, peidiwch â phoeni'n ormodol. Yn y pentref hwn rydyn ni wedi bod yn ffodus iawn, rydyn ni wedi bod yn eithaf cysylltiedig, ond hefyd mae'r pentref mor groesawgar fel nad ydych chi'n teimlo eich bod chi'n cael eich gadael allan neu ddim yn gartrefol. Os dewch chi, manteisiwch ar y cyfle i gael eich trwytho yn y bywyd lleol - mae pawb mor groesawgar mae'n debyg y bydd yn rhaid i chi ddweud wrth bump o bobl na allwch chi ddod i ginio oherwydd bod eich mam [pentref] wedi gwneud cinio sy'n disgwyl amdanoch chi!"

I gael rhagor o wybodaeth, ewch i:
www.thinkpacific.com



Bethany Sexton

BA Youth work and Social Education student, Bethany Sexton is volunteering with Think Pacific during Summer 2024

"Rwy'n rhan o brosiect Grymuso Ieuenctid Think Pacific yn Ynysoedd Fiji. Mae'r profiad wedi bod yn heriol ond yn hollol anhygoel. Rwy'n astudio Gwaith Ieuenctid ac Addysg Gymdeithasol yn Y Drindod Dewi Sant, ac roedd yn ymddangos bod hyn yn cyd-fynd yn berffaith a byddai'n brofiad unigryw i mi gael symud ymlaen i faes gwaith ieuenctid. Rwyf wedi mwynhau cael fy mwthyn mewn diwylliant gwahanol, mae byw mewn pentref gwledig Fiji am 24 noson, a hefyd yr agwedd ddysgu ar y cyd rhwng gwirfoddolwyr Think Pacific a phobl ifanc Fiji wedi bod yn anhygoel."

Rwy'n edrych ymlaen at fynd â'r hyn a ddysgais i yn ôl i'm harferion proffesiynol a'm bywyd personol yn y DU. Rwy'n ddiolchgar iawn am y cyfle hwn a ges i ac am gyllid Taith oedd yn help i mi gyrraedd yno".

YSGOLION HAF CESI

Mae pum Ysgol Haf CESI wedi'u hanelu at fyfyrwyr sy'n dilyn eu hastudiaethau ym maes peirianneg. Mae'r rhaglenni byr hyn yn caniatáu i gyfranogwyr ddatblygu a gwella eu gwybodaeth am Arloesi Gwyrdd, BIM ar gyfer adeiladu cynaliadwy neu ddeallusrwydd artiffisial cynhyrchiol ar gyfer diwydiant GenAI, arloesi clyfar, gofal iechyd clyfar a deallusrwydd artiffisial.

ARLOESI GWYRDD

Ydych chi eisiau cymryd rhan yn y trawsnewidiad ecolegol?

Bydd y thema hon yn mynd i'r afael â phob pwnc sy'n gysylltiedig â datblygu cynaliadwy megis hanfodion arloesi, y dull eco-ddylunio, a hyd yn oed technolegau sy'n gwasanaethu ecoleg a datgarboneiddio.

Themâu gyffredin prosiectau:

- Hanfodion arloesi
- Y dull eco-ddylunio
- Strategaethau marchnata
- Arloesi technolegol ar gyfer trawsnewidiadau ecolegol

GOFAL IECHYD CLYFAR & DEALLUSRWYDD ARTIFFISIAL

Hoffech chi arbenigo ym myd e-iechyd?

Byddwch chi'n cymryd rhan yn heriau newydd ysbty'r dyfodol diolch i atebion arloesol a'r arloesiadau a thechnolegau gofal iechyd diweddaraf yn seiliedig ar dechnolegau trochol, deallusrwydd artiffisial, roboteg a'r Rhyngwrld Pethau.

Themâu gyffredin prosiectau:

- Moeseg, seiberddiogelwch a chynhwysiant mewn gofal iechyd clyfar
- Roboteg mewn gofal iechyd
- Hanfodion Dysgu Peirianyddol ar gyfer gofal iechyd
- Ymweld â dinas Caen: Mont-Saint-Michel UNESCO, Cofeb yr Ail Ryfel Byd Caen

BIM AR GYFER ADEILADU CYNALIADWY

Ydych chi eisiau arloesi ac a ydych chi'n sensitif i heriau amgylcheddol?

Mae'r thema hon sy'n gysylltiedig â pheirianneg yn trochi'r myfyriwr yng nghanol heriau adeiladu cynaliadwy mewn dinas glyfar trwy fynd i'r afael â phynciau hanfodol fel BIM, cymdogaethau eco a dadgarboneiddio, mewn cysylltiad â datblygu cynaliadwy.

Themâu gyffredin prosiectau:

- Prosiect BIM ar gyfer adeiladu cynaliadwy
- Fablab 3D, AR/VR
- Gwaith ymarferol yn y gwaith trin dŵr gwastraff (Effaith newid hinsawdd ar reoli dŵr trefol)
- Plymio i bensaernïaeth Paris

ARLOESI CLYFAR

Hoffech chi ddeall a meistroli DA er mwyn i chi allu arloesi yn fwy effeithiol?

P'un a ydych chi'n fyfyrwr ifanc, ymchwilydd neu hyd yn oed yn beiriannydd, byddwch chi'n dod i gysylltiad â DA fel rhan o'ch swydd. Dysgwch sut i feistrolï a deall potensial yr offeryn newydd hwn i ddod ag arloesedd i eich prosiectau.

Themâu cyffredin prosiectau:

- Cyflwyniad i DA ac arloesedd
- Creu a chreu cysyniadau
- Darganfod offer a thechnolegau allweddol i arloesi
- AI mewn ymchwil wyddonol Arloesedd cydweithredol
- Ymweliad â Strasbourg, prifddinas Ewrop (ymweliadau diwylliannol a thechnegol)

DEALLUSRWYDD ARTIFFISIAL CYNHYRCHOL

Hoffech chi feistrolï offer DA cynhyrchiol yn Niwydiant 5.0?

Byddwch chi'n darganfod dulliau a thechnolegau newydd mewn DA cynhyrchiol a'i gymwysiadau diwydiannol diolch i waith ymarferol a addysgir gan arbenigwyr cydnabyddedig yn eu maes.

Themâu cyffredin prosiectau:

- Modelau DA Esboniadwy a Dehongladwy
- DA ifol a Thegwch
- Peirianneg Brydlon a modelau DA cynhyrchiol
- Plymio i Dinas Nice

LLEOLIADAU GWAITH



ABSOLUTE INTERNSHIP

Mae Absolute Internship yn gwmni arloesol sy'n gweithio gyda chwmnïau o'r radd flaenaf i ddarparu cyfleoedd sy'n newid bywydau i'w cyfranogwyr. Mewn degawd, mae Absolute Internship wedi troi'n rhaglen interniaeth ryngwladol flaenllaw, gan alluogi myfyrwyr prifysgol a graddedigion i ddatblygu eu dyheadau gyrfa ledled y byd. Cynhelir eu rhaglenni yn Barcelona, Beijing, Hong Kong, Lisbon, Llundain, Madrid, Paris, Seoul, Shanghai, Singapore, Stockholm a Tokyo. Nod rhaglenni arobryn Absolute Internship yw datblygu setiau sgiliau personol a phroffesiynol y rhai sy'n cofrestru, gan ganiatáu i unigolion uchelgeisiol ddilyn eu hoffterau ochr yn ochr â myfyrwyr eraill o'r un anian o bob cwr o'r byd.

I gael rhagor o wybodaeth, ewch i:
absoluteinternship.com



CAMP KODIAK

Gwersyll haf unigryw, integredig, heb gystadleurwydd i blant a phobl ifanc gydag a heb Anableddau Dysgu, ADHD, ac ASD Lefel 1.

Mae eu staff yn cynnwys athrawon, gweithwyr gofal plant ac ieuenctid, gweithwyr cymdeithasol a gweithwyr proffesiynol eraill, yn ogystal â myfyrwyr coleg a phrifysgol.

Am ragor o wybodaeth, ewch i:
www.campkodiak.com



BETH SYDD GAN FYFYRWYR Y DRINDOD I'W DDWEUD AM WEITHIO DRAMOR:

Nia Moores

Treuliodd Nia Moores, myfyrwraig Rheoli Gwyliau a Digwyddiadau Rhyngwladol Prifysgol Cymru, haf 2024 ar leoliad gwaith Yummy Jobs yn Universal Orlando Resorts, Florida.

“Rwy’n gweithio ar raglen cyfnewid diwylliant â phobl o bob cwr o’r byd i ddarparu gwasanaethau i westeion sy’n dod i mewn i’r parciau. Fy hoff ran hyd yma yw gallu cwrdd â chymaint o bobl anhygoel o wahanol gefndiroedd ac rwy mor gyffrous o allu byw yn Orlando yn breswlydd a phrofi bywyd pob dydd. Mae cyllid Taith wedi fy helpu llawer gan ei fod wedi fy ngalluogi i gael profiad gwell yn Orlando ac wedi fy ngalluogi i deithio i weld gwahanol rannau o’r Sunshine State”.



Seren Jones

BA Iechyd a Chymdeithasol
Bu’r fyfyrwraig Gofal,
Seren Jones yn gweithio
yn Camp Chen-
A-Wanda gyda BUNAC yn
ystod Haf 2023 a Haf 2024.



manteisio ar gynllun cyllido Taith sydd wedi fy nghynorthwyo i gael y cyfle i weithio mewn gwlad arall ac sydd wedi helpu gyda chostau teithio.

Mae gweithio mewn gwersyll haf Americanaidd yn brofiad gwych ac rydw i wedi gwneud ffrindiau o bob cwr o’r byd.

Rwy’n mwynhau gweithio gyda phlant ac rwy’n gallu treulio fy haf yn gwneud gweithgareddau hwyliog gyda nhw. Dwi’n cael treulio pob diwrnod yn gwneud gwaith dwi’n ei garu!”

TEITHIAU GRŴP

Mae Teithiau Grŵp dan Arweiniad Rhaglen ar gael drwy gydol y flwyddyn academaidd. Mae'r rhain yn cael eu rhedeg yn uniongyrchol gan eich darlithwyr ac fel arfer maen nhw'n para 1-3 wythnos. Mae Teithiau Grŵp yn caniatáu i fyfyrwyr deithio gyda'u cyfoedion cwrs a chanolbwyntio ar brofiadau cwrs penodol.



Dyma rai enghreifftiau o deithiau grŵp blaenorol:

Mawrth 2024 – Myfyrwyr TG a Chyfrifiadura i Paris

Mai 2024 – Myfyrwyr Twristiaeth a Digwyddiadau Rhyngwladol i Vancouver, Canada

Mehefin 2024 – Myfyrwyr yr Academi Chwaraeon i'r UDA

Mai 2025 – Myfyrwyr Twristiaeth a Digwyddiadau i Orlando Miami, Florida

Mai 2025 – Myfyrwyr Coleg Celf Abertawe i Tsieina

Mehefin 2025 – Myfyrwyr MBA a Pheirianneg i Tokyo, Japan

Mehefin 2025 – Taith grŵp amlddisgyblaethol i Beijing, Tsieina

Mehefin 2025 – Myfyrwyr Ffilm a'r Cyfryngau i Ontario, Canada



I wneud cais am Daith Grŵp, siaradwch â'ch darlithydd ac yna cyflwyno cais Symudedd Rhyngwladol

Beth sydd gan fyfyrwyr Y Drindod Dewi Sant i'w ddweud am deithiau grŵp:

Amy Harris
(Taith Grŵp Twristiaeth i Aspen, CO)

"Fe wnaeth Antur Academaidd Aspen baratoi'r ffordd i mi brofi lletygarwch o'r radd flaenaf. Rwy'n teimlo bod y teithiau rhyngwladol hyn i'r lleoliadau hyn o safon fyd-eang yn fuddiol iawn i fyfyrwyr gan ei fod yn rhoi cyfle iddyn nhw roi ar waith yr hyn maen nhw wedi'i ddysgu yn yr ystafell ddosbarth a'i ddangos yn y cyrchfannau hyn. Ni all geiriau ddisgrifio'r manteision mae wedi eu rhoi i mi, yn bersonol, o fod yno, ac yn broffesiynol, gyda'r cysylltiadau rydw i wedi'u gwneud."

Joshua Wilson
(Taith Grŵp Twristiaeth a Digwyddiadau i Aspen, CO)

"Profodd yr antur academaidd a gychwynwyd gennym ym mis Ebrill, 2023 i fod yn un o'r profiadau mwyaf pryfoclyd a chraff rwy wedi bod yn rhan ohonyn nhw. Hwn oedd y tro cyntaf i mi ymweld â'r Unol Daleithiau, rhywbeth yr oeddwn i'n hynod gyffrous amdano."

Dangosodd hefyd i mi'r bartneriaeth gref sydd gan PCYDDS ac sy'n parhau â'r gwestai a'r sefydliadau moethus hyn, y mae rhai ohonyn nhw wedi gweld graddedigion diweddar a blaenorol yn gweithio ac yn rhan ohoni."

Lowri Voyle
(Taith Grŵp BA Perfformio i Rio Grande, Ohio)

"Mae wedi bod yn brofiad gwych a gallwn ni weld cymaint mae'r gymuned yma yn gwerthfawrogi diwylliant Cymru. Rwy'n teimlo bod hanes y Cymry yma yn Rio Grande Ohio yn un na ellir ei anghofio, ac ar ôl y daith, hoffwn i sicrhau bod cysylltiadau'n parhau'n gryf rhyngom ni."



Caitlin Morgan
(Taith Grŵp Twristiaeth a Digwyddiadau i Vancouver, BC)

"Profiad unwaith mewn bywyd! Roedd yn anhygoel. Rwy wedi tyfu cymaint fel person o'r daith hon. O ennill dealltwriaeth o'r hyn rwy am ei wneud/ei gyflawni yn y dyfodol. Gallu byw gyda phobl na fyddem ni'n byw gyda nhw fel arfer. Rwy wedi dysgu pethau amdana i fy hun ac wedi goresgyn ofnau. Hoffwn i ddiolch i bawb a wnaeth i'r daith addysgol hon ddigwydd i mi gael dealltwriaeth o ba rôl swydd ar ôl graddio. Dim ond hyn a hyn y gallwch chi ei wneud ar bapur, ond y pethau ymarferol sy'n bwysig."

Rhiannon Gratrix
(Taith Grŵp Twristiaeth a Digwyddiadau i Vancouver, BC)

"Roedd y daith i Vancouver yn gyfle anhygoel i mi ymweld â'r byd yn dysgu am y diwydiant diwylliant, twristiaeth a digwyddiadau a roddodd wybodaeth i ddatblygu yn bersonol ac yn broffesiynol trwy arsylwi ar weithrediadau gwestai i brofi'r atyniadau twristiaidd fel gwyllo morfilod sef fy hoff weithgaredd o bell ffordd ar y daith. Mae'r daith hon wedi agor, mewn gwirionedd, fy llygaid i'r cyfleoedd a'r potensial o'm gradd ac mae wedi fy helpu i dyfu yn unigolyn yn enfawr."

Elinor Haskins
(Taith Grŵp Twristiaeth a Digwyddiadau Rhyngwladol i Vancouver, BC).

"Roedd y daith i Ganada yn un byddwn i yn ei chofio am byth. Wnes i fwynhau pob adran ond fyddwn i byth yn anghofio'r awyrgylch wrth wyllo hoci iâ - un o'r hoff deimladau rydw i byth wedi eu profi erioed."

GWYBODAETH ARIANNOL

CYLLID DRWY PCYDDS

Bydd pob myfyriwr PCYDDS sy'n cyflwyno Cais Symudedd Rhyngwladol yn cael eu hystyried yn awtomatig ar gyfer cyllid. Bydd y Tim Symudedd Rhyngwladol yn eich rhoi o dan gyllid Taith neu Turing, yn dibynnu ar eich amgylchiadau unigryw. Ni fydd angen i fyfyrwyr sy'n mynd dramor wneud cais am y cyllid hwn. Ni fydd y cyllid hwn yn talu'r holl gostau, ond mae wedi'i fwriadu i helpu i ategu cynilion personol myfyrwyr, benthyciadau, a ffynonellau ariannol eraill i fynd dramor.

Mae rhagor o wybodaeth am Taith a Turing wedi'i rhestru yn 'Rhestr Termau Defnyddiol' y llawlyfr hwn. Mae cyllid ychwanegol ar gael i fyfyrwyr o gefndir Ehangu Cyfranogiad (EP) (e.e. y rhai sydd ag incwm cartref isel, myfyrwyr â chyfrifoldebau gofalu, ffoaduriaid myfyrwyr, ac ati.) I ddarganfod a ydych chi'n gymwys, gweler y rhestr wirio yn 'Rhestr Termau Defnyddiol' y llawlyfr hwn.

Gall bwrsariaethau hefyd fod ar gael trwy'r Brifysgol. Am ragor o wybodaeth, ewch i www.pcydds.ac.uk/bursaries

FUNDING THROUGH LOANS

Gall myfyrwyr gwblhau 'Ffurflen Cwrs Tramor' trwy Gyllid Myfyrwyr am gyllid ychwanegol ar ôl iddyn nhw gael eu derbyn i astudio dramor. Am ragor o wybodaeth, ewch i www.cyllidmyfyrwrycymru.co.uk a chwilio 'Ffurflen Cwrs Tramor'.

EICH BANC YN Y DU

Dwedwch wrth eich banc yn y DU eich bod chi'n mynd i ffwrdd, er mwyn iddyn nhw beidio ag atal eich carden. Dylech chi hefyd sicrhau eich bod chi'n disodli unrhyw gardiau sy'n agos at eu dyddiadau dod i ben, gan ei bod hi'n haws gwneud hyn gartref. Yn ystod eich ychydig wythnosau cyntaf yn eich dinas derbyn, mae'n debygol y bydd angen symiau mawr o arian arnoch, er enghraifft ar gyfer blaendal llety. Cofiwch, os bydd eich lleoliad yn dechrau cyn tymor PCYDDS, efallai na fydd gennych chi eich arian SLC ar y pryd. Cynlluniwch yn unol â hynny. Peidiwch â mynd â symiau mawr o arian parod, mewn unrhyw arian cyfred.

Caiff yr holl grantiau ac ysgoloriaethau eu talu i chi ar ôl i chi gyrraedd eich gwlad derbyn, felly peidiwch â dibynnu ar yr arian hwn am eich gwariant cychwynnol oherwydd efallai na fydd yn dod drwodd mewn pryd.

LLETY

Bydd y sefydliad derbyn neu'r academydd (os ar daith grŵp) yn eich cyngori ar sut i wneud cais am lety yn eich tref / talaith newydd. Gall hyn amrywio o lety ar y safle i airb&b. yn dibynnu ar ble rydych chi'n mynd. Gall costau llety amrywio a dylech chi ddisgwyl talu bond.

CYNLLUNIO AR GYFER EICH FISA

EICH FISA

Cyfrifoldeb y myfyriwr yw sicrhau bod gennych chi'r fisa cywir bob tro.

- Ni all tystiolaeth o arian fod yn fwy na 6 mis oed
- Mae Hong Kong yn gofyn am gyfriflenni banc sy'n dangos isafswm balans wedi'i ddal am dri mis
- Ni dderbynnir datganiadau banc rhyngwryd
- Gall cyllid ddod o sawl ffynhonnell (e.e. eich cynilion chi a'ch cynilion teuluol)

- Nid yw llythyrau Benthyciad Myfyrwyr yn dderbyniol (gan eu bod yn berthnasol i'r flwyddyn flaenorol)
- Ni ellir defnyddio gorddrafft (gan fod hyn yn arian a fenthycwyd)
- Mae llythyrau gan fanciau yn dderbyniol, os ydynt ar bapur pennawd, gyda stamp a llofnod awdurdodedig
- Ni dderbynnir cyfrifon banc rhyngwryd
- Gall cyllid ddod o sawl ffynhonnell (e.e. eich cynilion chi a'ch cynilion teuluol)*

PASBORT

Bydd angen pasbort dilys arnoch i deithio yn unrhyw le. Yn bwysicach fyth, bydd llawer o wledydd, at ddibenion fisa, yn gofyn am basbort sy'n ddilys tan o leiaf 6 mis ar ôl diwedd eich cyfnod cyfnewid. Felly gwiriwch y dyddiad dod i ben nawr, ac os bydd angen, gwnewch gais am adnewyddiad. Gall gymryd hyd at 6 wythnos i gael pasbort newydd, felly mae'n hanfodol eich bod chi'n gwneud cais yn gynnar.

MATERION IECHYD

YSWIRIANT MEDDYGOL AC IECHYD

Os ydych chi ar unrhyw fath o feddyginiaeth mae angen i chi fynd â hi gyda chi. Peidiwch ag anghofio cael tystysgrifau/copiâu o bresgripsiynau gan eich meddyg cyn i chi fynd.

Hefyd, gwnewch yn siŵr eich bod chi'n rhoi'ch meddyginiaeth yn eich bagiau llaw, fel bod gennych chi bob amser, hyd yn oed os yw'ch bagiau'n mynd ar goll.

Sicrhewch eich bod chi wedi prynu yswiriant iechyd dilys i'ch diogelu chi rhag unrhyw ddamweiniau / anafiadau yn ystod y cyfnod cyn y daith a thramor.

GWIRIADAU IECHYD

Efallai y bydd rhai gwledydd derbyn yn gofyn i chi gynnal gwiriad iechyd ar ôl cyrraedd. Bydd eich prifysgol derbyn yn rhoi cyngor ac arweiniad i chi ynghylch unrhyw wiriadau iechyd angenrheidiol.

BRECHIADAU

Gofynion iechyd penodol gan gynnwys brechiadau Efallai y bydd angen teithio i rai lleoliadau. Gwiriwch www.gov.uk/foreign-travel-advice bob amser cyn gwneud unrhyw gynlluniau.

EICH DIOGELWCH

PRIF GONSWL/ LLYSGENHADAETH LEOL

Gwnewch yn siŵr eich bod chi'n gwybod lleoliad a rhif eich Llysgenhadaeth / Prif Gonswl agosaf. Gallwch ddod o hyd i'r wybodaeth hon yn www.fco.gov.uk. Efallai y byddwch am arbed eu rhif yn eich ffôn neu ei ysgrifennu i lawr mewn lle diogel. Dylech chi ddefnyddio'r rhif hwn mewn argyfwng, megis colli pasbort. Os cewch chi eich arestio am drosedd ddifrifol, rhaid i chi fynnu bod Prif Gonswl Prydain yn cael gwybod.

DIOGELWCH YN EICH DINAS / TREF DERBYN

Pan fyddwch chi allan yn eich dinas / tref derbyn cymerwch yr un rhagofalon ag y byddech yn y DU. Peidiwch â cherddeu ar eich pen eich hun yn y nos (cymerwch fath diogel a phriodol o drafnidiaeth ar gyfer eich ardal), nid oes gennych bethau gwerthfawr (megis ffonau a chamerau) wedi eu harddangos, a pheidiwch â mynd â symiau mawr o arian gyda chi.

Siaradwch â myfyrwyr/preswylwyr lleol i holi am feysydd trafferthus lleol ac unrhyw arferion lleol pwysig. Oni bai ei fod yn ofynnol yn ôl y gyfraith, peidiwch â chario eich pasbort / cerdyn adnabod cenedlaethol gyda chi. Bydd llawer o wledydd yn derbyn llungopi yn ddull adnabod cyfreithlon. Gall arferion diogelwch personol synhwyrol llawer o bobl lacio tra byddan nhw dramor. Hon yw'r ffordd hawsaf i fynd i drafferth, felly peidiwch â gadael i hyn ddigwydd i chi!



HEDFAN

Ystyriwch y canlynol wrth brynu tocynnau:

- Siopwch o gwmpas! Cymharwch brisiau ar-lein ac oddi wrth asiantau teithio (Mae STA Travel yn asiantau teithio sy'n canolbwyntio ar fyfyrwyr). Mae gan Google Flights swyddogaeth sy'n eich galluogi chi i gael eich hysbysu pan fydd prisiau'n newid ar docynnau awyr y mae gennych chi ddiddordeb ynddyn nhw.
- Ar gyfer teithiau hedfan hir, gwnewch yn siŵr eich bod chi'n cymryd jetludded i ystyriaeth wrth ddewis amseroedd/dyddiadau cyrraedd. Rhowch amser i'ch hun i setlo ac ymgyfarwyddo. Efallai y bydd myfyrwyr sy'n hedfan i Awstralia/Seland Newydd eisiau ystyried tocynnau sy'n caniatáu ychydig ddyddiau o oedi yng Ngwlad Thai, Japan neu Hong Kong ar y ffordd.
- Am deithiau hir, edrychwch ar seddi 'Comfort Plus' neu 'Economy Plus' i sicrhau ychydig mwy o le i'r coesau. Mae'r seddau hyn ychydig yn ddrutach na'r Economi reolaidd ond gall wneud gwahaniaeth go iawn ar hediad 10+ awr, yn enwedig os ydych chi'n dal! Efallai hefyd yr hoffech chi archebu sedd eil ar gyfer teithiau hir i roi ychydig mwy o le i chi eich hun i gerdded ac ymestyn.

FISA

Mae'r un rheolau yn berthnasol i brynu fisa. Efallai y bydd fisas yn cymryd peth amser i'w cyhoeddi. Felly byddwch yn ymwybodol, os ydych chi'n prynu hediadau, ac wedyn nad yw'ch fisa wedi ei gyhoeddi mewn pryd, byddwch chi'n colli'r arian y byddwch chi wedi ei wario. I'r gwrthwyneb, os ydych chi'n aros i brynu hediadau nes bod eich fisa wedi'i gyhoeddi, gall cost yr hediadau gynyddu. Yn anffodus, nid oes ateb hawdd i hyn, ac felly, mae'r drefn rydych chi'n prynu'ch fisas a'ch hediadau ynddi yn benderfyniad y mae'n rhaid i chi ei wneud eich hun. Cyngor y rhan fwyaf o fyfyrwyr yw y dylech chi drefnu eich fisa cyn gynted â phosibl.

CERDYN ISIC

Gall fod yn werth buddsoddi mewn Cerdyn Hunaniaeth Myfyrwyr Rhyngwladol (ISIC). Hwn yw'r dull adnabod myfyrwyr mwyaf cydnabyddedig yn y byd. Bydd yn eich helpu chi i gael gostyngiadau ar amrywiaeth o bethau o deithio i ffioedd mynediad. Gweler www.isic.org am ragor o wybodaeth.

FFÔN SYMUDOL

Efallai y bydd wedi ei gloi i rwydwaith yn y DU, felly mae'n well ffonio'ch darparwr cyn mynd dramor os ydych chi'n bwriadu cael cerdyn SIM newydd yn y wlad derbyn. Efallai y byddwch chi hefyd yn ystyried prynu ffôn talu-wrth-fynd rhad wrth gyrraedd eich gwlad derbyn. Er mwyn cadw mewn cysylltiad â phobl gartref, mae systemau ar y rhyngwrwyd megis Skype, Google Hangout, WhatsApp a WeChat yn opsiynau da. host country. For keeping in touch with people at home, internet based systems like Skype, Google Hangout, WhatsApp and WeChat are good options.



RHESTR WIRIO DERFYNOL

SICRHEWCH...

- ✓ Fod gennych basbort llawn ar gyfer cydol eich amser dramor.
- ✓ Gwiriwch fod gennych yswiriant meddygol.
- ✓ Bod gennych lythyr grant neu lythyr gan rieni/myfyrwyr yn cadarnhau eich sefyllfa ariannol.
- ✓ Gwiriwch eto fod gennych chi eich holl waith papur perthnasol – myfyrwyr sy'n teithio i UDA, cofiwch bapurau UDA a Fisa Myfyrwyr cyn hedfan - fel arall cewch chi oedi difrifol yn y maes awyr!
- ✓ Neilltuwch arian ar gyfer costau teithio tra byddwch chi dramor
- ✓ Neilltuwch arian ar gyfer gwneud eich ystafell dramor yn fwy cartrefol, megis dillad gwely ac eitemau pob dydd.

Os cewch chi unrhyw broblemau penodol yn ystod eich cyfnod dramor, rhowch wybod i'r Tîm Symudedd Rhyngwladol neu aelod o staff ym Mhrifysgol Cymru Y Drindod Dewi Sant. Defnyddio'r e-bost yw'r ffurf fwyaf dibynadwy o gysylltu, bydd aelod o staff yn ymateb cyn gynted ag y bo modd.



GOFALU AM EICH LLESIANT

Un o uchafbwyntiau eich profiad yn y Brifysgol, efallai, fydd cael cyfle i fynd dramor yn rhan o'ch astudiaethau.

Er y gallai hyn fod yn gyfle gwych i ymgolli mewn diwylliant newydd, mae unrhyw newid (hyd yn oed un cadarnhaol) yn creu straen – yn enwedig mewn achosion pan fyddwch chi'n cadw pellter oddi wrth eich amgylchoedd cyfarwydd a'ch rhwydweithiau cymdeithasol; sy'n ei gwneud yn bwysig cynllunio ar gyfer sut i ofalu am eich llesiant emosiynol yn ystod y cyfnod hwn.

Weithiau y teimlad yw y dylem ni ganolbwyntio ar bethau cadarnhaol a chyfleoedd profiad yn unig, ond, wrth reswm, bydd rhai elfennau negyddol ac anodd a bydd person sy'n ymdopi yn sylwi ar y rhain hefyd, ac yn ceisio cymorth yn gynnar i sicrhau nad ydyn nhw'n dod yn fwy o broblem.

CYN I CHI FYND PARATOWCH EICH HUN YN EMOSIYNOL!

Mae llawer i'w wneud cyn i chi deithio dramor ac (yn briodol felly!) mae tuedd i ganolbwyntio ar yr holl faterion ymarferol y mae angen eu datrys.

Serch hynny, mae'n bwysig rhoi amser a lle i chi'ch hun i baratoi'n emosiynol ar gyfer y profiad sydd o'ch blaen chi. Cewch chi lawer mwy allan o'r profiad os gwnewch chi hynny.

CYNNAL CYMORTH

Os ydych chi'n defnyddio gwasanaethau myfyrwyr cyn mynd dramor, y tebygrwydd yw y bydd eu hangen nhw arnoch chi hefyd yn ystod eich cyfnod dramor. Os ydych chi'n cael cymorth proffesiynol, mae'n syniad da siarad am eich cynlluniau â'r gweithiwr proffesiynol dan sylw i feddwl am strategaethau rhagweithiol, trafod sbardunau posibl a allai ddangos bod angen ceisio cymorth ychwanegol, a mapio cynllun o sut y gallech chi gael gafael ar y cymorth hwn gan y bydd angen i chi gofrestru yn y sefydliad derbyn.

GOFALWCH AM EICH GILYDD

Fel rheol, bydd myfyrwyr yn cadw mewn cysylltiad â'u ffrindiau rywsut. Os ydych chi'n poeni am rywun ac yn teimlo ei fod yn ei chael hi'n anodd yn ystod ei amser dramor, siaradwch ag e/hi am hyn. Mae'n debyg eich bod chi'n ei (h)adnabod yn hirach na'r bobl y mae wedi cyfarfod â nhw yn ystod yr amser dramor, ac efallai y byddwch chimewn gwell sefyllfa well i sylwi ar newid yn yeu llesiant.

HIRAETH

Gall bod i ffwrdd o'ch ffrindiau, eich teulu a'ch trefn arferol fod yn her. Mae'n hollol normal teimlo'n hiraethus tra byddwch chi dramor. Bydd y teimlad yn mynd, ond rhowch le i chi eich hun i fynd i'r afael â'ch teimladau pan fyddan nhw'n codi.

Wrth bacio, dewch â rhai eitemau cyfarwydd o gartref i helpu pan fyddwch chi i ffwrdd. Tra byddwch chi i ffwrdd, cynhaliwch sgwrs fideo â ffrind neu aelod o'r teulu, gwnewch bryd o fwyd cyfarwydd i chi'ch hun, neu gwyliwch ffilm sy'n eich atgoffa o'ch cartref. Pan fyddwch chi'n teimlo ychydig yn well, cymerwch amser i archwilio'ch amgylchedd newydd a dod o hyd i leoedd sy'n teimlo fel 'cartref' newydd i chi.





CYSYLLTU

PRIFYSGOL CYMRU Y DRINDOD DEWI SANT

www.pcydds.ac.uk

TÎM SYMUDEDD RHYNGWLADOL

GoGlobal@pcydds.ac.uk

KATH GRIFFITHS

Rheolwr Rhanbarthol Rhyngwladol
(Gogledd America a Symudedd Allanol)

k.griffiths@pcydds.ac.uk

HANNAH CLAYTON

Swyddog Symudedd Rhyngwladol

h.clayton@pcydds.ac.uk



**DARGANFOD
MWY**



**YMGEISIWCH
NAWR**



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David



🔍 Chwiliwch **PCYDDS**



Image Credit: Think Pacific

GO GLOBAL WITH UWTSD

Summer Placements and Group Trips



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

**Work, Internships, Volunteering,
Summer Schools and Group
Trips Abroad**

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GLOSSARY OF USEFUL TERMS

HOME UNIVERSITY

This is the university you will be leaving to work, study, or volunteer abroad. In this case, your Home University is UWTSD.

INTERNATIONAL MOBILITY TEAM

The International Mobility Team is made up of UWTSD staff who oversee all International Mobilities. They assist with interviews, applications, and more to help you go abroad.

TAITH FUNDING

This is funding that comes from the Welsh government to help cover a portion of staff and/or students' costs when they go abroad. This funding is sent directly to UWTSD where it can then be dispersed to students and staff by the International Mobility Team and the Finance Office. This funding supports inbound and outbound students on work, study, and/or volunteer placements. There is no need to apply for this funding, the International Mobility Team will automatically consider you for it if you are successful in your International Mobility application.

TURING FUNDING

This is funding that comes from the UK government to help cover a portion of staff and/or students' costs when they go abroad. This funding is sent directly to UWTSD where it can then be dispersed to students and staff by the International Mobility Team and the Finance Office. This funding supports outbound students only on work, study, and/or volunteer placements. There is no need to apply for this funding, the International Mobility Team will automatically consider you for it if you are successful in your International Mobility application.

WIDENING PARTICIPATION

Widening Participation or 'WP' is a term used to describe those who may have additional financial needs. It is used in regards to Taith and Turing funding. Students who qualify may receive an additional 'top up' to their funding allowance, e.g. additional funding to help cover travel costs. To qualify, students must provide evidence for one (or more) of the following:

- An annual household income of £18,370 or less (Wales) or £25,000 or less (England).
- Receipt of Universal Credit or income-related benefits because they are financially supporting themselves or financially supporting themselves and someone who is dependent on them and living with them, such as a child or partner.
- Care leavers and students who are care experienced.
 - This refers to anyone who has been or is currently in care or from a looked after background at any stage of their life, no matter how short, including adopted children who were previously looked after or those who access the Care Experienced Bursary in Scotland.
- Students who have caring responsibilities.
 - A carer is anyone who has a commitment to providing unpaid care to a family member or friend who could not cope without their support.
- Estranged students. - Those who are irreconcilably estranged from their parent(s). To be considered irreconcilably estranged, the student won't have had any written or verbal contact with either parent usually for 12 months or more - and this is unlikely to change.
- A refugee or an asylum seeker. E.g. The first page of Alin's student loan shows that he has been awarded £6,250, so he will receive extra Taith funding to help cover his travel expenses to work in Fiji over the summer.

If you think you may qualify for Widening Participation, it is important to note this in your application so you don't miss out on additional funding!

GETTING STARTED

Travel, immerse yourself in a new culture, meet new friends, and try new foods, all while working towards your degree or gaining valuable work experience! This guidebook is here to give you a brief overview on going abroad while answering many of your questions about the process along the way. We'll cover applications, programmes, funding, and more!

I AM INTERESTED IN A SUMMER PLACEMENT / GROUP TRIP, WHERE DO I START?

1. Education shouldn't be confined to the classroom. Students often learn more effectively when they step out of their comfort zones and expand their horizons. However, many students are unable to pursue such opportunities due to financial constraints or commitments outside of university, such as work or caregiving responsibilities. At UWTSD, our academic staff have designed incredible 14-day programs in fantastic locations like Paris, Vancouver, the USA, Spain, and many more, to make these experiences accessible to all students. Alternatively, UWTSD offer the opportunity for students to embark on fantastic summer placement with companies such as BUNAC, Think Pacific, Camp America, and Absolute Internships.
2. Speak to the International Mobility team on goglobal@uwtsd.ac.uk or h.clayton@uwtsd.ac.uk regarding your plans to go abroad. They can help you find suitable study programmes that may be a good fit with your degree or assist you in finding the right work/volunteer placement to build up the skills you are looking for.
3. Do some research. Read this handbook, look at our website or our volunteering / internship partners' websites, join an online information session with one of our partners, and ask other students who have been abroad previously what their experience was like.
4. Talk to your personal tutor regarding your plans. They will be able to offer course specific advice like whether or not there are group trips or placements abroad for your programme.



DEADLINES

Please note the following submission deadlines for International Mobility applications. Applications submitted outside of these dates may not be considered or may miss important visa and funding deadlines.

15 March - Work, Internship, Study, or Volunteering Placements

For group trip deadlines, please contact the trip leader.

I'VE CHOSEN WHERE I WANT TO GO, NOW HOW DO I APPLY FOR THE PROGRAMME?

1. Make sure you have a current passport. You will need this to make your visa application, so apply for one as early as you can.
2. Complete an **International Mobility Application**

I'VE SUBMITTED MY APPLICATION, WHAT'S NEXT?

Once you have completed your application, you will be called for interview with the International Mobility Team and relevant representative members of academic staff. If you have applied for summer school, work or volunteering, you will need to apply to the relevant organisation/institution for acceptance. Once you are accepted at the relevant organisation/institution, you will be able to apply for a visa (if relevant), book flights, look at accommodation, etc

FUNDING

The amount you will need varies on the programme, institution, and country you choose to work, study, or volunteer at. All students who apply for an international opportunity will be automatically considered for funding through either Taith or Turing funding streams. You will not need to make a separate funding application. There is additional funding for students from a Widening Participation background (e.g. those with low income, students with caring responsibilities, student refugees, etc). Visit our Funding Opportunities Page and/or email Hannah Clayton (h.clayton@uwtsd.ac.uk) for more information on costs.

WHAT ARE THE ELIGIBILITY REQUIREMENTS?

- You must be a current UWTSD student on any programme (excludes distance learners) or
- A recent UWTSD graduate - if you are planning on taking part in a work placement (in which case you must complete your placement within twelve months of graduating).
- You must have an average grade of 60 or higher by the time you begin your placement.

APPLY NOW:



INTERNATIONAL MOBILITY TEAM

goglobal@uwtsd.ac.uk

KATH GRIFFITHS

International Regional manager
(North America and Outward Mobility)

k.griffiths@uwtsd.ac.uk

HANNAH CLAYTON

International Mobility Officer

h.clayton@uwtsd.ac.uk

INTRODUCTION

Ever wanted to experience new places and cultures, make friends from around the world, and gain a global perspective? With UWTSD International Opportunities, you can!

Taking part in an international experience will allow you to develop highly-valued skills such as intercultural communication, foreign languages, adaptability, and problem-solving.



VOLUNTEER PLACEMENTS

THINK PACIFIC



FIJI

Think Pacific's projects promote the Fiji National Development Plan and UN Sustainable Development Goals. They offer you the opportunity to support and work in partnership with the Fijian Government and over 70 organisations.

You will work in partnership with the local municipality while experiencing complete cultural immersion in a rural village as you live with a traditional Fijian family and work on community and local building projects.

You will be able to contribute to education, youth, sports development, health, mental health promotion or building programmes during your time volunteering.

WHICH PROGRAMME EXCITES YOU MOST?

NEW: 16-Day Projects -
Bali & Thailand – £1,200 all-inclusive

Community Build –
Construct a Requested Village Health Clinic

Youth Empowerment –
Collaborate with Fijian Youths

Mental Health –
Promotion & Advocacy Initiative

Sport Development –
Community Sport Coaching & Engagement

Global Team Internship –
Social Enterprise & International Development in Fiji

BALI

Think Pacific's newest placements are located in Bali, Indonesia. These are 1-month, professional placements - the Mental Health Placement, Global Team Internship, and Education and Youth Project.

Each placement includes over 120 hours of learning, mentoring, and international work experience with one of Think Pacific's trusted partners, and allows participants to experience true cultural immersion, living in a traditional village with a Balinese family.

Three Uniquely Different Professional Experiences

MENTAL HEALTH PLACEMENT

Join a 1 month immersive mental health placement and learn from local professionals as you develop your understanding of mental health in a global context. Take your classroom learning into real world situations and collaborate with inspiring local initiatives. Work as part of a team to deliver psycho-social group activities at a selection of our trusted partner projects. Our aim is to support both individual and community mental health and wellbeing through the delivery of this professional placement. More

GLOBAL TEAM INTERNSHIP

Bali is one of the most exciting, vibrant and innovative places to learn from small businesses and social enterprises. It is Asia's most popular startup hub and has become one of the world's thriving digital nomad locations. Join a 1-month team based internship and explore a new culture by immersing yourself into Balinese life. Create work for up to 3 different local businesses, charities or startups and tackle real world & impactful projects, across a range of sectors. Prepare for the future of work and develop the skills and attributes, which can boost your employability.

EDUCATION AND YOUTH PROJECT

Join a team, live together in a Balinese community and immerse yourself in a project, aimed at increasing local opportunity. Each day you will work in small groups to support and supplement English language learning. We do this through non-formal techniques and interactive sessions, using games and creative activities to establish fun learning environments.

In addition, and at the request of local communities, we provide small group adult conversational English lessons. Developed by educational professionals from local schools, youth projects and kindergartens, this project facilitates international development by empowering local Balinese communities through capacity building and language skills, connecting our local partners with global opportunities.

The project fosters cross-cultural collaboration and the sharing of ideas, cultures and perspectives and also brings useful financial resources and economic benefit to areas outside the direct tourist hubs."



THINK PACIFIC'S REMOTE FIJI INTERNSHIP SCHOLARSHIP PROGRAMME

Think Pacific is a registered Fijian Charity and UK social enterprise with over 15 years' experience supporting Fijian Government Ministries, NGOs, local enterprises and business partners to achieve ethical, responsible and sustainable development, whilst allowing students to have a self-developing and rewarding experience.

Think Pacific's Remote Internship programme means students can contribute to international sustainable development and gain unique practical experience, whilst working from home. This internship supports the achievement of the Fiji National Development Plan; a 20-Year Development Plan with the vision of "Transforming Fiji" towards an even more progressive, vibrant and inclusive society.

Working on behalf of a Fijian organisation (across a choice of 10 sectors), interns complete a 'Social Action Project' that tackles real problems in the South Pacific, whilst learning about the fascinating Fijian culture and developing global citizenship.

WHAT UWTSD STUDENTS HAVE TO SAY ABOUT VOLUNTEERING ABROAD:



Joshua Todd
University of Wales Trinity Saint David

Joshua Todd

Energy and Environmental Engineering student, Joshua Todd, spent two months in Fiji over summer 2023 with Think Pacific, between his second and third year of study. This is what he says to people who might be considering the scheme:

"If you're worried about village life, or adapting, or being far away from home, don't be too concerned. In this village we've been very fortunate, we've been quite connected, but also the village is so welcoming that you don't feel left out or not at home. If you do come, take the opportunity to ingrain yourself in local life – everyone's so welcoming you'll probably have to tell five people that you can't come to lunch because your [village] mum has got lunch waiting for you!"

For more information, visit:
www.thinkpacific.com



Bethany Sexton

BA Youth work and Social Education student, Bethany Sexton is volunteering with Think Pacific during Summer 2024

"I am involved in a Think Pacific Youth Empowerment project in the Fiji Islands. The experience has been challenging but absolutely incredible. I am studying Youth Work and Social Education at UWTSD, and this seemed to fit right in and would be a unique experience for me to have going forward into the field of youth work. I have really enjoyed being immersed in a different culture, living in a rural Fijian village for 24 nights, and also the mutual learning aspect between the Think Pacific volunteers and the Fijian youths has been awesome."

I am looking forward to taking what I have learnt back into my professional practice and personal life in the UK. I am very grateful for this opportunity that I have been given and for the Taith funding which helped me get there".

CESI SUMMER SCHOOLS

CESI's five Summer Schools are aimed at students pursuing their studies in the field of engineering. These short programmes allow participants to develop and enhance their knowledge of Green Innovation, BIM for sustainable construction or Generative artificial intelligence for industry GenAI, Smart innovation, Smart health care & AI.

GREEN INNOVATION

Do you want to get involved in the ecological transition?

This theme will address all topics related to sustainable development such as the fundamentals of innovation, the eco-design approach, and even technologies in the service of ecology and decarbonisation.

Projects common thread:

- Fundamentals of innovation
- Eco-design approach
- Marketing strategies
- Technological innovation for ecological transitions

SMART HEALTH CARE & AI

Would you like to specialize in the world of e-health?

You'll be taking part in the new challenges of the hospital of tomorrow thanks to innovative solutions and the latest healthcare innovations and technologies based on immersive technologies, AI, robotics and IoT.

Projects common thread:

- Ethics, cyber security and inclusion in smart health care
- Robotics in health care
- Basics of Machine Learning for healthcare
- Visit Caen city: Mont-Saint-Michel UNESCO, WWII Memorial of Caen

BIM FOR SUSTAINABLE CONSTRUCTION

Do you want to innovate and are you sensitive to environmental challenges?

This engineering-linked theme immerses the student in the heart of sustainable construction challenges in a smart city by addressing essential subjects such as BIM, eco-neighbourhoods and decarbonisation, in connection with sustainable development.

Projects common thread:

- BIM for sustainable construction Project
- Fablab 3D, AR/VR
- Practical work at the wastewater treatment plant (Impacts of climate change on urban water management)
- Diving into Parisian architecture

SMART INNOVATION

Would you like to understand and master AI so you can innovate more effectively?

Whether you are a young student, researcher or even an engineer, you'll come into contact with AI as part of your job. Learn how to master and understand the potential of this new tool to bring innovation to your projects.

Projects common thread:

- Introduction to AI and innovation
- Concept ideation and generation
- Discovering key tools and technologies to innovate
- AI in scientific research Collaborative innovation
- Visit to Strasbourg, European capital (cultural and technical visits)

GENERATIVE ARTIFICIAL INTELLIGENCE

Would you like to master generative AI tools in Industry 5.0?

You'll discover new approaches and technologies in generative AI and its industrial applications thanks to practical work taught by recognized experts in their field.

Projects common thread:

- Explainable and Interpretable AI models
- Responsible AI and Equity
- Prompt Engineering and Generative AI models
- Diving into Nice City

WORK PLACEMENTS



ABSOLUTE INTERNSHIP

Absolute Internship is a pioneering firm working with world-class companies to provide life-changing opportunities to their participants. In a decade, Absolute Internship has formed into a leading international internship programme, enabling university students and graduates to develop their career aspirations across the globe. Their programmes take place in Barcelona, Beijing, Hong Kong, Lisbon, London, Madrid, Paris, Seoul, Shanghai, Singapore, Stockholm and Tokyo. Absolute Internship's award-winning programmes aim to develop both the personal and professional skill sets of those who enrol, allowing ambitious individuals to follow their passions alongside other like-minded students from all around the globe.

For more information, visit:
absoluteinternship.com



CAMP KODIAK

A unique, integrated, non-competitive summer camp for children & teens with & without Learning Disabilities, ADHD, and ASD Level 1.

Their staff is comprised of teachers, child and youth care workers, social workers and other professionals, as well as college and university students.

For more information, visit:
www.campkodiak.com



WHAT UWTSD STUDENTS HAVE TO SAY ABOUT WORKING ABROAD:

Nia Moores
UWTSD Events and International Festival Management student, Nia Moores spent summer 2024 on a Yummy Jobs work placement in Universal Orlando Resorts, Florida.

"I am working on a culture exchange programme with people from all around the world to provide services for guests coming into the parks. My favourite part so far is being able to meet so many amazing people from different walks of life and I am so excited to be able to live in Orlando as a resident and experience daily life. The Taith funding has helped me a lot as it has enabled me to have a better experience in Orlando and allowed me to travel to see different areas of the Sunshine State".



Seren Jones
BA Health and Social Care student, Seren Jones worked at Camp Chen-A-Wanda with BUNAC during Summer 2023 and Summer 2024.

"I am grateful to have been able to access the Taith funding scheme which has assisted me in having the opportunity to work in another country and has helped with travel costs.

Working at an American summer camp is a fantastic experience and I've made friends from around the world.

I enjoy working with children and am able to spend my summer doing fun activities with them. I get to spend every day doing a job I love!"



GROUP TRIPS

Programme-Led Group Trips are available throughout the academic year. These are run directly by your lecturers and are typically 1-3 weeks long. Group Trips allow students to travel with their course mates and focus on course specific experiences.



Here are some examples of previous group trips:

March 2024 – I.T. and Computing students to Paris

May 2024 – International Tourism and Events students to Vancouver, Canada

June 2024 – Academy of Sport students to the USA

May 2025 – Tourism and Events students to Orlando and Miami, Florida

May 2025 – Swansea College of Art students to to China

June 2025 – MBA and Engineering students to Tokyo, Japan

June 2025 – Multi-disciplinary group trip to Beijing, China

June 2025 – Film and Media students to Ontario, Canada



To apply for a Group Trip, speak to your lecturer and then submit an an International Mobility Application.

What UWTSD students have to say about group trips:

Amy Harris

(Tourism Group Trip to Aspen, CO)

"The Aspen Academic Adventure paved the way for me to experience top-class hospitality I feel that these international trips to these world-class locations are extremely beneficial to students as it gives them the opportunity to put into practice what they have learned in the classroom and demonstrate it in these destinations. Words cannot describe the benefits it has given me, both personally, being there, and professionally, with the connections I have made."

Joshua Wilson

(Tourism Group Trip to Aspen, CO)

"The academic adventure that we embarked upon in April, 2023 proved to be one of the most thought- provoking and insightful experiences I have been a part of. This was the first time I visited the USA, something I was immensely excited for. It also showed me the strong partnership that UWTSD has and continue to have with these luxurious hotels and organisations, some of which have seen recent and past graduates work in and be a part of."

Lowri Voyle

(BA Perfformio Group Trip to Rio Grande, Ohio)

"It's been a wonderful experience and we can see how much the community here values Welsh culture. I feel that the history of the Welsh here in Rio Grande Ohio is one that cannot be forgotten, and after the trip, I would like to ensure that links remain strong between us."



Caitlin Morgan

(Tourism and Events Group Trip to Vancouver, BC)

"A once in a lifetime experience! It was amazing. I have grown so much as a person from this trip. From gaining understanding of what I want to do/ achieve in the future. To being able to live with people that we wouldn't live with normally. I have learnt things about myself and overcome fears. I would like to thank everyone that made this educational trip happen for me to gain understanding of what job role after graduation. There's only so much you can do on paper, but it's the practical stuff that matters"

Rhiannon Gratrix

(Tourism and Events Group Trip to Vancouver, BC)

"The trip to Vancouver offered me an amazing opportunity to visit the world learning about the culture, tourism and events industry which provided me with information to develop personally and professionally through the observation of hotel operations to experiencing the tourist attractions such as whale watching which was by far my favourite activity on the trip. This trip has really opened my eyes to the opportunities and potential from my degree and has helped me to grow as an individual hugely."

Elinor Haskins

(Tourism and Events Group Trip to Vancouver, BC)

"Roedd y daith i Ganada yn un byddwn i yn cofio am byth. Wnes i fwynhau pob adran ond byddwn i byth yn anghofio'r awyrgylch wrth wyllo hoci iâ - un o fy hoff teimlid rydw i byth wedi profid"

["The trip to Canada was one I will remember forever. I enjoyed every aspect, and I will never forget the atmosphere when watching the ice hockey - one of the best feelings I have ever experienced"]

FINANCE INFORMATION

FUNDING THROUGH UWTSD

All UWTSD students who submit an International Mobility application will be automatically considered for funding. The International Mobility Team will place you under either Taith or Turing funding, depending on your unique circumstances. Students going abroad will not need to apply for this funding. This funding will not cover all costs, but is meant to help supplement students' personal savings, loans, and other financial sources to go abroad. More information on Taith and Turing is listed in the 'Glossary of Useful Terms' of this handbook.

There is additional funding available for students from a Widening Participation (WP) background (e.g. those with low household income, students with caring responsibilities, student refugees, etc.) To find out if you qualify, please see the checklist in the 'Glossary of Useful Terms' of this handbook.

Bursaries may also be available through the University. For more information, visit www.uwtسد.ac.uk/bursaries

FUNDING THROUGH LOANS

Students may complete a 'Course Abroad Form' through Student Finance for additional funding after they have been accepted to study abroad. For more information, visit www.studentfinancewales.co.uk and search 'Course Abroad Form'.

YOUR UK BANK

Tell your UK bank that you are going away, to prevent them from blocking your card. You should also make sure that you replace any cards that are near their expiry dates, as this is easier to do from home. During your first few weeks in your host city, you are likely to need large amounts of money, for example for deposits for accommodation. Remember that if your placement starts before UWTSD term, you may not have your SLC money at this point. Plan accordingly. Do not take large amounts of cash, in any currency.

All grants and scholarships are paid to you after your arrival in your host country so don't rely on this money for your initial expenditures as it may not come through in time.

ACCOMMODATION

The Host organisation or academic (if on a group trip) will advise you on how to apply for accommodation in your new town/province. This may vary from on-site accommodation to an air b & b, depending on where you go. Accommodation costs may vary and you should expect to pay a bond.

PLANNING FOR YOUR VISA

YOUR VISA

Ensuring that you have the correct visa is always the responsibility of the student.

- Evidence of funds cannot be more than 6 months old
- Hong Kong requires bank statements that show a minimum balance carried for three months
- Internet bank statements are not accepted
- Finances can be from multiple sources (e.g. your savings and family savings)

- Student Loan letters are not acceptable (as they apply to the previous year)
- Overdrafts cannot be used (as this is borrowed money)
- Letters from banks are acceptable, if on headed paper, with a stamp and authorised signature
- Internet bank statements are not accepted
- *Finances can be from multiple sources (e.g. your savings and family /savings)*

PASSPORT

You will need a valid passport to travel anywhere. More importantly, many countries, for visa purposes, will require a passport that is valid until at least 6 months after the end of your exchange. So check the expiry date now, and if necessary, apply for a renewal. It can take up to 6 weeks to get a new passport, so it's essential that you apply early.

HEALTH MATTERS

MEDICAL & HEALTH INSURANCE

If you are on any sort of medication you need to take it with you. Do not forget to obtain certificates/copies of prescriptions from your doctor before you go.

Also ensure that you pack your medication in your hand luggage, so that you have it at all times, even if your luggage goes missing.

Ensure that you have purchased a valid health insurance to cover you for any accidents / injuries during the lead up to the trip and whilst abroad.

HEALTH CHECKS

Certain host countries may require you to undertake a health check upon arrival. Your host university will give you advice and guidance concerning any necessary health checks.

VACCINATIONS

Specific health requirements including vaccinations may be required to travel to certain destinations. Always check www.gov.uk/foreign-travel-advice before making any travel plans.

YOUR SAFETY

LOCAL CONSULATE/ EMBASSY

Make sure you know the location of and number of your nearest Consulate/Embassy. You can find out this information from www.fco.gov.uk. You may want to save their number in your phone or write it down in safe place. You should use this number in case of emergency, such as loss of passport. If you are arrested for a serious offence, you must insist on the British Consulate being informed.

SAFETY IN YOUR HOST CITY/TOWN

When out and about in your host city/town, take the same precautions as you would in the UK. Don't walk by yourself at night (take a safe and appropriate form of transport for your area), don't have valuables (such as phones and cameras) on display, and don't carry large amounts of cash with you.

Talk to local students/residents to ask about local trouble areas and any important local customs. Unless required by law, do not carry your passport/ national identity card with you. Many countries will accept a photocopy as legitimate identification. Many people's sensible personal safety habits can become lax whilst abroad. This is the easiest way to get into trouble, so don't let it happen to you!



TRAVEL PRACTICALITIES

FLIGHTS

Consider the following when buying flights:

- Shop around! Compare prices online and from travel agents (STA Travel are student orientated travel agents). Google Flights has a function that allows you to be notified when prices change on flights you are interested in.
- For long-haul flights, make sure you take jet-lag into consideration when choosing arrival times/ dates. Allow yourself time to settle in and get accustomed. Students flying to Australia/New Zealand may want to consider tickets that allow a few days stop in Thailand, Japan or Hong Kong en route.
- For long flights, look at seats in 'Comfort Plus' or 'Economy Plus' to ensure a bit more leg room. These seats are slightly more expensive than regular Economy but it can make quite the difference on a 10+ hour flight, especially if you are tall! You may also want to book an aisle seat for long haul flights to give yourself a bit more room to stretch and walk around.

VISA

The same rules apply to the purchasing of a visa. Visas may take some time to be issued. Therefore be aware that if you buy flights, and then your visa is not issued in time, you will lose the money spent. Conversely, should you wait to buy flights until your visa is issued, then the cost of the flights may increase. Unfortunately, there is no easy solution to this, and therefore, the order in which you purchase your visas and flights is a decision you must make yourself. Most students advise to get your visa sorted as early as possible.

ISIC CARD

It can be worth investing in an International Student Identity Card (ISIC). This is the most widely recognised form of student identification in the world. It will help you get discounts on a range of things from travel to entry fees. See www.isic.org for more information.

MOBILE PHONE

Check whether your mobile phone will work abroad. It may be locked to a UK network, so it's best to call your provider before going abroad if you plan to get a new SIM card in the host country. You may also consider buying a cheap pay-as-you-go phone on arrival in your host country. For keeping in touch with people at home, internet based systems like Skype, Google Hangout, WhatsApp and WeChat are good options.



FINAL CHECKLIST

MAKE SURE...

- ✓ Have a full passport for the duration of your time abroad.
- ✓ Check that you're covered with medical insurance.
- ✓ Have your LEA grant letter or letter from parents/ students loan confirming your finances.
- ✓ Double check that you have all your relevant paperwork – students travelling to the USA remember US and Student Visa papers before flying – otherwise you will be seriously delayed in the airport!
- ✓ Budget for travelling costs while abroad.
- ✓ Budget for making your room abroad more homely, such as bedding and everyday items.

If you encounter any specific problems during your period abroad please inform the International Mobility Team or a member of staff at The University of Wales Trinity Saint David. Using e-mail is the most reliable form of contact, a member of staff will respond as soon as they can.

LOOKING AFTER YOUR WELLBEING

One of the highlights of your University experience may be having the opportunity to go abroad as part of your studies.

Whilst this may provide a great opportunity to immerse yourself within a new culture, any change (even a positive one) produces stress – particularly in cases when you are distanced from your familiar surroundings and social networks; which makes it important to plan for how to look after your emotional wellbeing during this period.

Sometimes it feels like we should only focus on the positives and opportunities of an experience, but naturally there will be some negatives and down-sides and a coping person will notice these too, and seek help at an early stage to make sure that they do not become more problematic.

BEFORE YOU GO - PREPARE YOURSELF EMOTIONALLY!

There's a lot to do before you travel abroad and (rightly so!) there's a tendency to concentrate on all the practical issues which need to be sorted.

Nevertheless it's important to give yourself time and space to prepare emotionally for the experience ahead of you. You'll get more out of the experience if you do.

MAINTAINING SUPPORT

If you are accessing support prior to going abroad, then most likely you will need it also during your period abroad. If you are accessing professional support, it's advisable to talk through your plans with the professional concerned to come up with pro-active strategies, discuss possible triggers which might indicate that additional help needs to be sought, and map out a plan of how you might access this support.

LOOK OUT FOR ONE ANOTHER

Generally students will keep in touch with their friends somehow. If you're concerned about someone and feel they may be struggling during their time abroad, talk to them about this. You've probably known them longer than people they've met during their time abroad, and might well be better placed to notice a change in their wellbeing.

HOMESICKNESS

Being away from your friends, family, and normal routine can be a challenge. It's perfectly normal to feel homesick while abroad. The feeling will pass, but allow yourself the space to address your feelings when they arise.

When packing, bring along some familiar items from home to help when you're away. While away, video chat with a friend or family member, make yourself a familiar meal, or watch a film that reminds you of home. When you're feeling a bit better, take some time to explore your new surroundings and find places that feel like a new 'home' to you.





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