



University of  
**Salford**  
MANCHESTER

# STAY INTERNATIONAL

*Without even travelling...*





# BECOME A GLOBAL CITIZEN



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It's easy to become a global citizen, and travelling isn't the only way to enrich your knowledge and experiences of other cultures and countries.

## Discover how to experience the world through:

**Education and learning** – ask questions, read books, watch films and take part in online classes, discussions or debates.

**Open mindset and diversity appreciation** – embracing another culture or the traditions of another country involves having an open mind, as well as understanding and being appreciative of each other's differences, however big or small!

**Curiosity** – talk to others and open your mind to new possibilities and perspectives, knowledge and values.

**Involvement in global causes** – actively look for ways to become involved in global causes, charities and networks and take an interest in global issues. Become aware of the world you live in.

**Involvement in the local, national and international community** – here in Manchester, the **International Society** is a great resource for all students and allows you to meet people from different backgrounds, cultures and countries.

*Global skills enable you to stand out in an increasingly competitive market: take the opportunity to learn more about how international involvement can enhance your CV and employability.*



Don't forget to take part in our **International Futures programme** and get involved in our **#stayinternational** conversations.



# OUR TOP 5 VIRTUAL EXPERIENCES



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## 1

### **Take a virtual tour**

While the current climate won't allow for travelling overseas, there's nothing stopping you from exploring some of the world's most exciting spots right from your sofa.

## 2

### **Listen to the experts**

If you enjoy hearing about travel adventures, then why not tune in to a podcast and let your imagination run wild? The Guardian have put together **ten of the best travel podcasts** that will keep you entertained for days.

## 3

### **Read, read, read**

If you like to read, then become inspired for your next trip abroad by diving into a travel book. Learn from those who've been there and got the t-shirt, and before you know it you'll be writing your own adventure.

## 4

### **Explore a virtual travel blog**

Explore **360° videos** from Chinese New Year at the Bellagio, Last Vegas, to Akamas National Park in Cyprus and gain a new perspective of some of the world's most famous landmarks.

## 5

### **Watch a travel film**

From books, to podcasts and virtual travel blogs, what's missing from this list is the world of cinema. Grab a bag of popcorn and visualise the outdoors from indoors – and then make a list of where you'll visit first! For inspiration, take a look at **The Guardian's 20 best travel films**.



# VIRTUAL LEARNING

*Enrich your knowledge*

## Learn a new language

Learning a language is a great way to prepare yourself for your next trip abroad, whenever that is possible. Even just a few simple phrases in another dialect can enrich your time spent in another country, so why not give it a go? While many of us across the globe are still confined to national outings - and for some, only trips to the back garden - the current pandemic presents itself with an opportunity to seek new knowledge. Student blogger Anna has put together **six simple steps for learning a new language** to help you get started.

Amongst the many apps and online resources available to help you learn a language, here at Salford we also offer classes in French, Spanish, Italian, Japanese, Mandarin, German and Arabic. **Hear all about Oliver's time spent learning Spanish** through Salford Languages.

## International Society

Based in Greater Manchester, the **International Society** is a not-for-profit organisation supporting international activity through a range of events, classes, trips and more. Their weekly socials and language exchange have moved online, so you can join in the fun from home.

## Erasmus+ Virtual Exchanges

Explore the **Erasmus+ Virtual Exchange project** and get involved in a number of activities, from online debates to interactive events.



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Don't forget  
to share your  
own ideas and get  
involved with  
**#TasteOfSalford**

# KEEP ENTERTAINED

*With food, music and shows*

While staying in has become the new going out, we have put together our top tips for keeping yourself entertained at home.

## Cook something new:

Whether you're taking part in an online cooking class on **BBC Good Food**, or following an international recipe from a cookbook, cooking is a great way to feed your appetite, develop a new skill and learn about food from other cultures! Brazilian student blogger Tatiana has put together a **video series** showing you how to cook easy and affordable recipes especially for students. Why not give it a try?

## Watch a show:

Here at Salford, we have a large community of arts and media students studying on programmes from performance to comedy, dance to design and everything in between. Our very own 350-seat New Adelphi Theatre puts on a range of shows and performances involving our students throughout the year, and you can explore what we've got **coming up on our website**.

While you wait for your next opportunity to take your seat, sit back and relax with a range of musicals, operas and more available online with **WhatsOnStage**.

## Explore Manchester International Festival – virtually!:

Manchester is a city of diversity, and The Manchester International Festival usually celebrates this by welcoming different art forms to the city's various venues, galleries and theatres. This year, however, it has moved online, meaning you can explore the festival and all it has to offer via **their website** and **YouTube channel**.

## Develop a global mindset:

From exploring new cuisines to learning a new language, staying international can be easy with the right mindset:

- / Engage with travel groups on social media;
- / Explore opportunities and activities with **European Youth Portal**;
- / Discover how to build a global professional **network from your desk**.



# EXPLORE THE WORLD

While a virtual tour could never compete with the real life experience of exploring the sights, sounds and smells of another country or culture, we've put together a list of ways you can get a taste for international activities across a range of destinations.

## 1 Tour famous landmarks and hotspots

Virtually tour the **palace of Versailles**.  
Explore the **Sydney Opera House**.  
Go on a virtual tour of **New York City**.  
Take a **heli-skiing virtual reality experience** through British Columbia's Columbia Mountains.

## 2 Try a new cuisine

Whip up a breakfast of UNESCO World Heritage **Belgian fries with mayonnaise**.  
Discover a traditional **Dutch ontbijt** with hagelslag on bread.  
Learn how to **make Polish Pierogi** with Salford student, Jacob.

## 3 Explore online museums

Virtually tour one of the **finest museums in Paris**.  
Explore the post-impressionist **world of Van Gogh**.  
Visit the **Virtual Museum** and discover content from Canada's top museums and heritage organisations.



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# HOW MUCH DO YOU KNOW?

## *All about Salford and Manchester*

Test your knowledge and see what you already know (or don't know) about our University and Greater Manchester.



- 1** Outside the University's New Adelphi building is a statue of a famous philosopher and revolutionary socialist. Who is he?
- 2** We are the only university with a campus at MediaCityUK. True, or false?
- 3** What is the name of the lush green parkland that sits beside the University's main campus?
- 4** Which train station sits in the heart of the University's campus, connecting students to places near and far?
- 5** How long does it take (on average, and to the nearest minute) to walk from the University's main campus to Spinningfields, Manchester?
- 6** We have the third largest Chinatown in the UK. True, or false?
- 7** Manchester is home to the world's longest-running TV soap opera, the set of which is located at MediaCityUK. Which one is it?
- 8** Manchester Airport is the largest regional airport in the UK, but how many passengers does it serve every year (to the nearest million)?
- 9** What is the name of the river that runs alongside the University's Peel Park campus?
- 10** Which Manchester-based band gave Salford Lads Club international fame in 1986 when they posed in front of the building for their most popular album?

# HOW MUCH DO YOU KNOW?

## *Answers*



**1** Friedrich Engels.

**2** True.

**3** Peel Park.

**4** Salford Crescent train station.

**5** 23 minutes.

**6** False – we actually have the second largest Chinatown in the UK, and third largest in Europe.

**7** Coronation Street.

**8** 26 million.

**9** River Irwell.

**10** The Smiths.

Now you've sharpened your knowledge on Salford and Manchester, why not test yourself further and try an international quiz? There's plenty of online resources to discover, or why not try out this **BuzzFeed quiz** and think about where you'll travel to next?



# BUILDING AN INTERNATIONAL NETWORK



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Growing a network from your desk has never been easier, and there are many ways in which you can form connections thanks to social media.

Here's just some of the ways you can keep connected with the University community and expand your global network far and wide:

Use LinkedIn – LinkedIn is the perfect platform for professionals to connect, share knowledge and network to help boost employability.

Career and Enterprise online masterclasses – book onto **one of our online masterclasses** across a range of topics, from business planning, to time management, job hunting and market research. You'll need to use your University login credentials to access this information.

Network with our alumni community – with **From Salford**, our online mentoring and networking hub, you can chat with fellow Salford graduates, find a mentor, access digital resources and more.





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# STAY IN TOUCH

*Discover more*

Stay connected with the University and follow us on social media:

 @UoS\_IntOpps

 @salfordintopps

 @UoSInternationalOpportunities

Alternative resources to help you discover international opportunities:

**The British Council: study and work outside the UK**

**Prospects: working abroad**

**EU Careers: job opportunities**

You can find further information about staying international on our website: **[salford.ac.uk/io](https://salford.ac.uk/io)**

Don't forget to  
take part in our  
**International Futures**  
programme and take part  
in our #stayinternational  
conversations.