

Cardiff

WINTER 2014/15

University Magazine
— for Alumni & Friends



“Sharing expertise,
passions and visions”

CARDIFF UNIVERSITY'S AMBITIOUS PLANS FOR COMMUNITIES

TIME FOR CHANGE

Innovation leads drive
for economic growth

THINKING GLOBAL

Partnerships around
the world

NETWORK NEWS

Cardiff alumni
blazing a trail

CARDIFF
UNIVERSITY
PRIFYSGOL
CAERDYDD

Our Ambition

In five years' time, Cardiff will consistently be among the top 100 universities in the world and the top 20 in the UK.

Cardiff University The Way Forward 2012-2017

What is Cardiff University for?

The University exists to create and share knowledge and to educate for the benefit of all.

What kind of university do we want to be?

A world-leading, research-excellent, educationally outstanding university, driven by creativity and curiosity, which fulfils its social, cultural and economic obligations to Cardiff, Wales, and the world.

Our focus is on four areas

RESEARCH AND INNOVATION

We will continue to develop our University Research Institutes, tackling the critical global issues that require cross-disciplinary co-operation. We will become known as an Innovation University with the development of an Innovation System that acts as a magnet for staff, students and partner organisations, and for funding.

EDUCATION

We will educate our students to the very highest standards and support them through the transition to independent learning. The student experience at Cardiff will be a byword for excellence, where students actively participate in their learning experience and benefit from an environment of top-quality research and scholarship.

INTERNATIONAL

Cardiff University will form a tight-knit collaboration with two other outstanding international universities with a view to promoting research and sharing best practice in teaching and management. By 2017, 17% of our home students will have studied, worked or volunteered abroad for at least a month during their time at Cardiff.

ENGAGEMENT

We will demonstrate our commitment to the communities of Cardiff and Wales through knowledge exchange projects that directly and indirectly help those who do not traditionally engage with the University.



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Welcome



As this issue of *Cardiff University Magazine* went to press we celebrated a meteoric rise in league tables, coming fifth when judged on quality and second when judged on impact in the prestigious national assessment of research excellence that takes place every seven years or so. We are now ranked with the Golden Triangle of Oxford, Cambridge and London. This is an outstanding result and confirms our place as a world-leading university. A wonderful way to start 2015!

While our profile grows internationally, we are mindful of serving our local communities and in this issue we celebrate the launch of the University's five flagship engagement projects at a well-attended event in the Senedd earlier this autumn.

You can read about the five projects, from the City Region Exchange project that will help shape changes to the economy and governance of the Cardiff Capital Region to the Community Journalism scheme that will nurture communities by supporting hyper-local websites. Two of our projects, Community Gateway and Strong Communities, Healthier People, will boost health, education, well-being and engagement with the University while building transferable engagement models.

The Phoenix Project takes a more global outlook as Cardiff University has teamed up with the University of Namibia. The project is expected to include everything from training medical staff and improving communications to strengthening local languages and increasing maths skills amongst students. These projects are also included in *The Way Forward*, outlined on the page opposite.

We also bring you news of the successful launch of the Cardiff Innovation System in early October. The day brought together entrepreneurs, academics and business people to discuss our vision for a system designed to boost wealth generation in Wales, supported by a £300m capital development project.

I'd like to thank you all for your continuing support and to highlight two new communications initiatives. The first is a new research magazine for Cardiff University called *Challenge Cardiff*. This will come out every six months and is unique in putting the users of our research at its heart. In the first issue mental health campaigner Jonny Benjamin challenges our contributor Professor Mick O'Donovan on the biggest genetic study of schizophrenia ever conducted and asks about a cure for the condition. If you would like to be included in the mailing list please contact challengecardiff@cardiff.ac.uk. We are also taking a fresh look at this alumni magazine and would welcome your feedback. Do you want more research-focused features or more alumni news? Please contact alumni@cardiff.ac.uk with any suggestions.

Finally, I am delighted to announce the arrival of TJ Rawlinson who will join the University in February as the new Director of Development, fresh from Bristol University where she successfully led a £100m cash campaign. A wonderful addition to our University.

With very best wishes,

Professor Colin Riordan, Vice-Chancellor & President

Winter 2014/15

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Wherever you are, stay in touch with Cardiff University

ON THE GO? SIMPLY USE YOUR SMARTPHONE TO SCAN THIS CODE AND IT WILL TAKE YOU STRAIGHT TO THE ALUMNI SECTION OF OUR WEBSITE



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update

News and events at Cardiff University

For the latest news and events at Cardiff University, visit www.cardiff.ac.uk/news

Professor Bill Mapleson with Professor Judith Hall at the new training centre in Mountain Ash.

New medical training centre honours professor



In May, the Bill Mapleson Centre, a new state-of-the-art centre for medical testing and training, opened in Mountain Ash in the Cynon Valley. The Centre will help train doctors and dentists, and is named in honour of Professor Bill Mapleson, who has been a hugely important part of Cardiff University for over 60 years.

Professor Mapleson said: “It’s really quite something to have a centre named after you. I’ve had a fine medal from the Association of Anaesthetists for innovation, but to have a whole centre for innovation named after you is really quite extraordinary.”

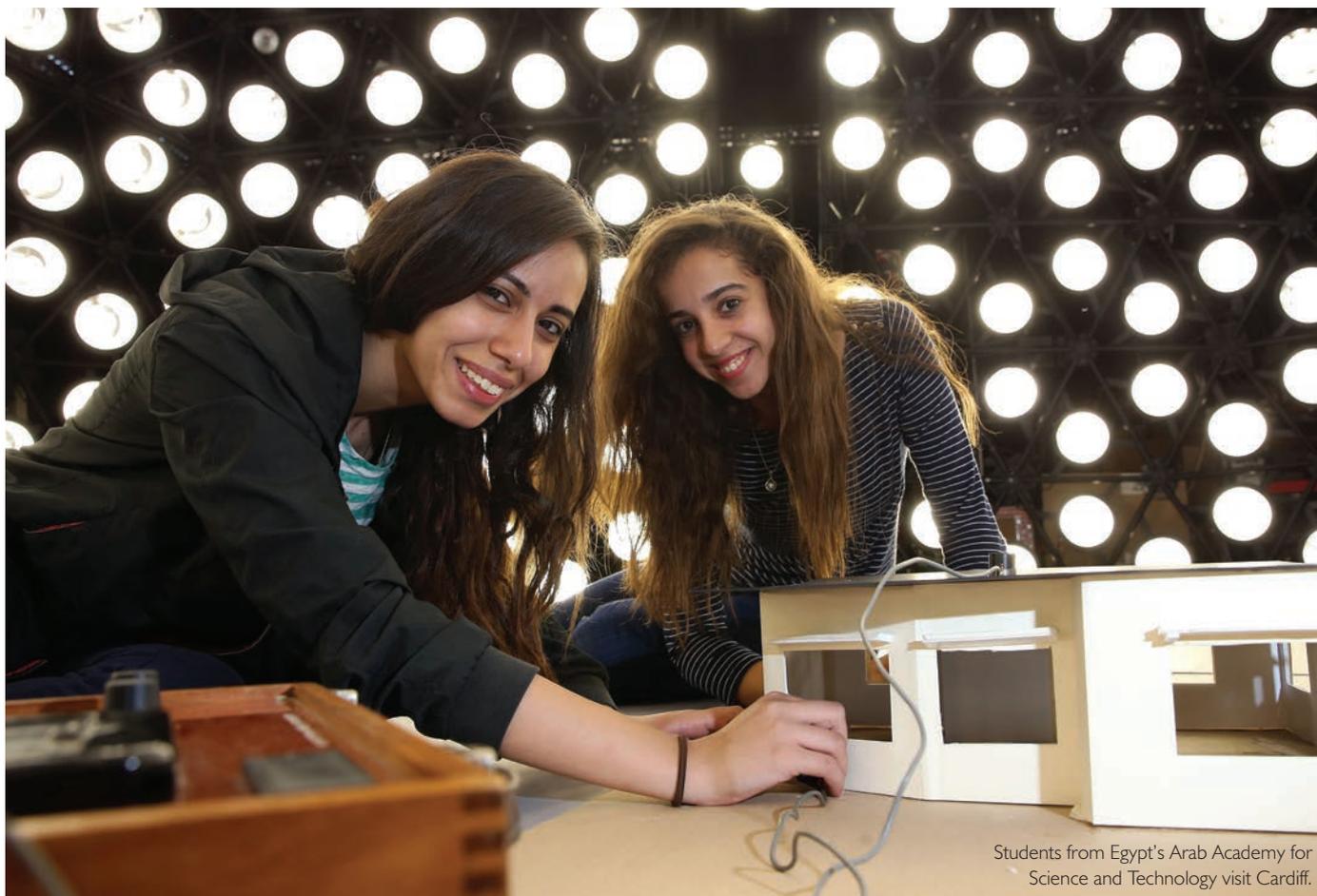
Professor Mapleson wrote a paper

describing breathing systems in 1954, which was to make him famous. “Within the paper I had just described the various breathing systems – System A, System B, and so on – and about two years later I was at a meeting of the Anaesthetic section of the Royal Society of Medicine, and people were talking about the ‘Mapleson A’ and the ‘Mapleson B’ – and I thought ‘Good Lord. Have I become famous overnight just through my knowledge of the alphabet?’

“My career has been an extraordinary affair, summed up on the basis that I’ve led a sort of charmed life. I’ve been able to do research and be paid for it, which is my

hobby as much as my work, and so an ideal situation. If your work is merely a means of earning the bread and butter it must be deadly dull. But to be able to work hard and thoroughly because you enjoy it as much as anything is wonderful.”

The opening of The Bill Mapleson Centre dovetails with ‘Innovation Wales’ – the Welsh Government strategy to find public sector solutions that support business innovation and procurement, see page 14 for more on the University’s work in innovation.



Students from Egypt's Arab Academy for Science and Technology visit Cardiff.

International architecture students in Cardiff

Experts from the Welsh School of Architecture welcomed students from around the world for the two-week Low Carbon Architecture Summer Programme this August. The 91 undergraduates and recent graduates, who came from China, Egypt, Saudi Arabia, Portugal, India and Lebanon, took part in interactive lectures, workshops, seminars, field trips and project work.

The students were able to make use of the School's state-of-the-art Artificial Sky Dome, which helps architects explore buildings and light. They also visited low carbon and sustainable projects including The Crystal Exhibition in London and the BRE Innovation Park in Watford.

Dr Heba Elsharkawy, LCASP Co-ordinator and lecturer at the Welsh School of Architecture, said: "The aim of the lectures ... is to create a crucible of ideas that encourage debate and generate bespoke approaches to sustainable design in the built environment."

One student commented: "The programme was an overall inspirational experience. Interacting with fellow students from across the world helped enrich my understanding of real-life experience in global sustainability."

Could you offer a Cardiff student the chance to study or work abroad? Take a look at page 22 to find out how the University is helping students go global.

Challenge Cardiff

Challenge Cardiff is the new research magazine for Cardiff University. It is unique in placing the users of research at its heart and gives the beneficiaries of our research a chance to interview academics and push us towards our next challenge. It tackles many of the most pressing issues for Wales, the UK and the wider world and explains how our research is making a real impact. To receive a copy please contact publicrelations@cardiff.ac.uk.

Coming Soon!



Honours & Awards

Baroness Ilora Finlay of Llandaff and **Professor Julie Williams** have been elected to join the Academy of Medical Sciences, in recognition of their individual contributions to medical research, innovative application of scientific knowledge and services to healthcare.

Professor Mike Levi from the School of Social Sciences is this year's recipient of the Sellin-Glueck award in criminology, for research on the control of fraud and organised crime, corruption and money laundering.

Historians – and husband and wife – **Professor Kevin Passmore** and **Dr Garthine Walker**, of the School of History, Archaeology and Religion have been awarded prestigious Leverhulme Research Fellowships to advance their fields of research, respectively the Maginot Line and the history of sexual violence in England and Wales.

Thomas Lemon, a final year student in the School of Medicine, has been awarded three accolades in just three months; as one of the top students in the country by the Royal College of Psychiatrists, the Royal College of Surgeons and British Burns Association Award, and the David Oliveira Medical Student Award.

Composer **Judith Weir**, previously a Distinguished Visiting Professor at the School of Music, has been appointed as Master of the Queen's Music, the musical equivalent of a Poet Laureate.



University spin-off floats on the LSE

MedaPhor's ScanTrainer enables trainees to 'feel' what they see in scans.

A company with its roots firmly in Cardiff University has raised substantial funding through its floatation on the AIM market of the London Stock Exchange. MedaPhor Group plc, which was founded by Professor Nazar Amso from the School of Medicine, specialises in providing advanced ultrasound education and training for medical professionals. The company's lead product, the ScanTrainer, enables trainees to literally 'feel' what they see on computer screens, which helps them develop key ultrasound scanning skills.

Using real patient scans, the simulator teaches medical trainees core and advanced ultrasound scanning skills without the need for an ultrasound machine or a patient.

Of the successful floatation, Professor Amso said: "This is a wonderful accomplishment for MedaPhor and an exciting step towards fulfilling its ambition to be a global innovator in ultrasound simulation and education. As a founder, I am grateful for Cardiff University and our current investors' early support, and am delighted that the Company has attracted new major investors in its IPO."

In brief

Cardiff finds The Conversation

The University is one of the founding members of The Conversation, an independent news and commentary website produced by academics and journalists. More than a quarter of a million readers have engaged with Cardiff's world-leading research since the website was founded in 2013, with dozens of academics contributing to a wide range of issues.

New app to improve productivity

ImpromptoDo, developed by researchers from the School of Computer Science and Informatics, is a new way of working with a 'to do' list. Instead of trying to shoehorn things you need to do into random times of the day, the app encourages users to get things done at opportune moments, more suited to that particular reminder.

GW4

Bringing together Bath, Bristol, Cardiff and Exeter – the South West and Wales' four leading, research intensive universities – GW4 is a collaboration through research that will address key global challenges for the benefit of society and the economy. You will find a detailed look at how this partnership is bringing substantial dividends in the next issue of the *Cardiff University Magazine*.

university view

Jeremy Lewis
*Programme Manager -
 Physical Learning Spaces,
 Information Services,
 Cardiff University*



“ The University will soon enter the second phase of a three to four year project to upgrade our learning and teaching spaces, so that we can provide a dynamic learning experience. We aim to ensure that our learning environments provide continuously enhanced learning and teaching experiences for our students, and provide staff with cutting-edge technology to support their work.

One aim is to make spaces as flexible as possible (within building constraints) so that staff can respond to the changing ways in which people learn. Another is to take advantage of the wide range of new technologies that staff wish to use to enhance the ways that learning can be delivered or facilitated. We have the opportunity to create rooms/spaces and lecture theatres that inspire students and staff.

Clearly we do not want to lose the sense of place and history that some of our majestic buildings provide, and one way will be to ensure that we represent the work that people at Cardiff University do every day – through photographs or displays of information. Do you have photographs of your time here that you would be willing to share to build up a picture of how the space has changed over time? Perhaps your were in one of our lecture theatres when you had a ‘eureka’ moment.

Improving the learning estate will, of course, be disruptive but we are working hard to keep that to a

minimum. We want to ensure that students can focus on their studies as they prepare for their careers. What did you go on to do? Are you willing to share your story, in terms of how your studies shaped your life? Such stories would make fantastic billboards to inspire students while we get on with the job of improving the rooms.

We are also looking to increase space for students wherever possible – possibly by reconfiguring rooms and rethinking how they can best be used. Again, making a feature of the history behind the room will help us to ensure that Cardiff University students appreciate the stories of achievement that can be told by those who have used the spaces earlier in their careers.

So what is your Cardiff University story? Could you help us to shape the learning spaces of the future here at Cardiff? If you are willing to share photographs or allow us to use your story to inspire the students of the future then please contact learningspaces@cardiff.ac.uk



Development update

A round-up of the new developments made possible thanks to the support and generosity of our donors

A series of unfortunate events

Since the beginning of the year, Jon Hussey has been raising money and awareness for Alzheimer's research at Cardiff University. Not satisfied to do this via one event, Jon has signed up for 20 events – christened his Series of Unfortunate Events – in Wales and beyond, which have so far included lots of 10km and 5km runs, the Blenheim Palace Triathlon, the Loch Lomond great 2 mile swim and the Cardiff Half Marathon.



a functioning, humorous and strong-willed adult lose her personality, faculties, reasoning and recollection – everything that made her unique, everything that made her. She spent the last three-and-a-half years of her life with us.

“Alzheimer's research is the foundation of understanding and maybe one day halting, reversing or even preventing this terrible disease, which affects so many people.”

“I was doing some fundraising last year – Tough Mudder and Movember – but then thought I might as well raise money for a cause,” says Jon. “My sister is a Cardiff alumna and had heard about the work that Julie Williams and her team do, so I decided that research into Alzheimer's was something I'd like to raise money for.”

Alzheimer's is something that Jon has been unfortunate enough to have experience of, when his newly widowed grandmother moved into the family home after losing Jon's grandfather.

“It quickly became clear to us that they'd managed to hide Nan's condition from the family but once she moved in I witnessed

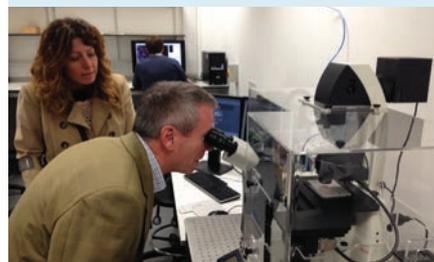
the elderly in a social housing association, has managed to raise almost £1,000 for the University, and with a number of events still to run he is confident he'll have a nice pot of money to hand over at the end of the year.

“I thought I might raise a few hundred pounds, so people's generosity has been fantastic. Hopefully it will go some way towards this vital research.”

To support Jon's fundraising campaign for Alzheimer's research at Cardiff University, visit <https://mydonate.bt.com/fundraisers/jonhussey1>

To follow Jon's progress throughout the year, follow his page <https://www.facebook.com/2014aseriesofunfortunateevents>

Massive boost for cancer research



The University's European Cancer Stem Cell Research Institute received a substantial six figure gift from the Jane Hodge Foundation which will enable the Institute to invest in a new research fellowship programme, adding significant resource into the specialised field of cancer stem cell research.

“Cancer remains one of the major challenges in terms of life expectancy and is recognised as the second largest cause of mortality within the EU,” said Professor Alan Clarke, Director of the Institute.

“For some tumours, our understanding of how to treat patients is so woeful that they are currently virtually untreatable. From our improved basic knowledge, the aim will be to develop new therapies which can be shown to make a real difference in the clinic and transform the survival rates for patients suffering from a range of cancer types,” he added.

As the only centre in Europe that focuses solely on cancer stem cell research, the institute has gone through a rigorous recruitment exercise to take on some of the best researchers in the discipline.

Cardiff University hosts Jameel Conference

‘Sustainable Development and Social Responsibility’ was the subject of the first Yousef Jameel PhD Summer School, held at University Hall in June. Yousef Jameel scholars from European and Egyptian universities spent two days discussing areas ranging from genetics to nano engineering, and religious studies to maths.



A spokesperson from Cardiff University said: “We are delighted to host the Jameel scholars in Cardiff. We hope it was a brilliant opportunity for the brightest minds to find common ground and be a catalyst for change in the future. We are very grateful to Mr Jameel for his continued support for the programme at Cardiff University.”

Cardiff University hosts first Donor Day

Philanthropists from across the country were formally thanked by the Vice-Chancellor at an event in May. The inaugural Donor Day brought together supporters to show the invaluable impact philanthropic donations have on a number of activities across the University. The University's Development and Alumni Relations department raised £4.36m in the last year alone and the money has gone towards funding for scholarships, new buildings and research, making these donations incredibly important for the entire University.

"The philanthropic donations we receive offer society a real chance of tackling

some of the big issues of our times – from diseases such as Alzheimer's and cancer to solving resource shortages, energy crises and the growing gap between rich and poor," said Vice-Chancellor Professor Colin Riordan.

He added: "Higher education provides the activities and infrastructure needed to deliver social progress, connecting a broad range of passions and interests from donors the world over. The scholarships, fellowships and bursaries that are made possible through the generosity of donors change students' lives and improve their life chances. They make them more employable, grant them access to a worldwide community and push open doors of every kind."



IN BRIEF

Cardiff Fund Telethon

Cardiff students spent 1,142 hours speaking to over 1,700 alumni during this year's telethon, resulting in an incredible total of almost £51,000 being donated to the University.

Thanks to everyone who took the time to speak to our students and who supported the cause.

Study & Travel Fund

Dental students in Ghana

In April, a group of dental students from Cardiff went to Ghana to provide free dental treatment in the Ekumfi Immuna community, a fishing village in a country where dental care access is estimated to be six dentists for every one million people.

"The first morning was spent sorting out all the supplies gathered from charitable donations in the UK over the past six months," said Sonam Sanghavi. "These included toothbrushes, toothpastes, oral hygiene education posters, local anesthetics, extraction instruments, medications and



much more. We then took part in door-to-door visits, which enabled us to gain an insight into the lives of the villagers. Many of them had never seen a dentist before."

"Aided by interpreters and qualified dentists, the next four days were a great success. We treated about 200 villagers in the extraction and restorative clinic. It was a once in a lifetime experience whereby I carried out dentistry with limited resources and hopefully positively contributed to people's lives."

"I feel I gained more dentistry technical skills to add to my existing skillset," said Megan Pownall, another Cardiff student who went on the trip. "I have the Cardiff Student Alumni Award to thank for their generosity, making this an incredible experience."

Shark Lab in the Bahamas

Kathryn Dawson, who is studying marine geography, spent six months volunteering at the 'shark lab' in Bimini in the Bahamas.

"The experience not only enabled me to improve my field research skills, it also



provided me with a valuable insight into the life of a dynamic and advanced research station. The work included nurse and lemon sharks, which inhabit the shallow waters off Bimini, tagging them for identification, taking measurements and sampling their DNA and stable isotopes for laboratory analysis.

"I lived on site within a tight-knit group of enthusiastic biologists, quickly attaining knowledge from experienced volunteers, and soon became a student mentor to help with new volunteers. The Alumni Award contributed greatly towards this amazing experience."

Long-term benefits

Leaving a legacy to Cardiff University is a wonderful way of celebrating your own life or the memory of a loved one. Endowed gifts are simple to set up in your Will, and they generate income year on year in perpetuity, enabling you to support students at the University for future generations.

For information about helping students at **Cardiff University** through your Will, contact **Eleanor Hewett** in complete confidence: **HewettE@cardiff.ac.uk** or telephone **029 2087 0372**



Think globally, act locally

The five flagship engagement projects that were unveiled in October will expand on the important role the University plays in the local community and beyond.

With over 26,000 students and 6,000 employees, the importance of Cardiff University to the city and wider region is clear. However, the University also plays a vital role in the community, both directly and indirectly, and this is one that is being taken increasingly seriously at a strategic level.

“The five projects that have been chosen as part of the University’s wider engagement agenda are very different, although there are common themes running through them,” said Professor Kevin Morgan, Dean of Engagement at the University. “Their aims include helping to tackle poverty and inequality, building communities, and promoting health and wellbeing. They will also help to engage people who might not traditionally be involved with the University.

“It’s the role of people ‘on the ground’ that is absolutely vital. It is important to remember that most of these projects are drawing on already long-established research, work and relationships. We are very committed to these projects on a long-term basis, but it is hoped that they will eventually create self-sustaining models. The projects are also creating methods of working that

can be applied elsewhere, creating a wider ripple effect.”

So what are the projects that will expand upon the University’s already substantial role in the city and region, and how will the people involved foster positive change?

City Region Exchange

One of the most significant initiatives undertaken by the Welsh Government has been the establishment of two city-region areas: in Swansea Bay and in South East Wales. With cities increasingly seen as economic drivers behind their regional and national economies, this engagement project will focus on the Cardiff city-region, or Cardiff Capital Region as it is known, as the University seeks to cement its role as an anchor organisation in the local and regional economy.

Professor Gillian Bristow, from the School of Planning and Geography (CPLAN), is lead for the project. “As a key player in the local and wider economy, Cardiff University is right at the heart of a vibrant region. The University provides highly trained graduates and postgraduates, directly employs thousands of people, and is a source of knowledge transfer via its emerging innovation system.

“CPLAN is well-positioned to help support evidence-based policymaking to ensure the growth and development of the Cardiff Capital Region, which we will carry out through our extensive links with the region’s policy, business and economic communities.”

Through this engagement project the team will work with evidence from other city-regions, such as Manchester and Sheffield, where successful policies from a city level have been expanded to encompass the wider region.

“One area where we can better understand the challenges of the local economy,” continues Professor Bristow, “is to focus on the role of secondary schools and further education colleges in reducing the problem of young people not in education, employment or training, or NEETs. What do local employers and educational institutions need in order to reduce the number of young people who find themselves in this situation?”

“Through networking events and by using the city-region as a ‘living lab’ to explore the specific role of the University in city-region alliances and relationships, we are aiming to initiate a better collaboration between the University, city and surrounding region.”

Cardiff's Engagement Projects – at a glance

Cardiff Capital Region

Linking with a Welsh Government initiative, the Cardiff Capital Region, this project will study and participate in the development of the capital and surrounding areas.

Community Journalism

Online news is proving to be a lifeline in areas where local newspapers have disappeared. Cardiff's Centre for Community Journalism is providing support for those determined to keep local news alive.

Community Gateway

Piloted in Grangetown, just a stone's throw from the city centre, this project will forge closer connections between the University and local communities, re-establishing Cardiff University's role as a civic institution within the city.

Phoenix Project

A collaboration between Cardiff University and the University of Namibia will provide opportunities for shared learning and development.

Strong Communities, Healthier People

Piloted in two of South Wales' most deprived areas, this project builds on a 10-year legacy of community-based research.



Community Journalism

The development of community news hubs in Wales is an important way in which local people can find out about what is happening where they live. As local newspapers face a crisis due to reduced economies of scale and smaller profit margins, it has fallen to online or hyperlocal news hubs to provide new, sustainable models for news.

Cardiff University's Centre for Community Journalism (C4CJ) both researches this area of journalism and offers networking, information and training for those wishing to develop this area of news dissemination. Partnerships with local news providers also directly correlate with the Welsh Government's strategic aims relating to digital literacy and Welsh language strategy.

Three successful projects – two of which are Welsh-medium – have been launched since the programme began, Pobl Caerdydd, Llais y Maes and Rhondda People. What these hyperlocal news hubs share is an enthusiasm for their locality. Also, with a freedom from expensive printing costs, they are able to provide news to and collect news from those in their immediate area.

In addition to the training of those blazing a trail in local online news, the programme also includes Cardiff's Community Journalism course, one of the first two Massive Open Online Courses (MOOCs) launched by the University in 2014. Almost 9,000 people from all around the world signed up for the five week course, all hoping to take advantage of a free system of learning that requires little more than an open mind, some spare time and a decent internet connection.

Sara Moseley, a Distinguished Visiting Fellow at the School of Journalism, helped to launch the course: "At the Centre for Community Journalism we aim to build a network of journalists dedicated to serving communities and to share research and learning. Many of those who took part in the MOOC told us that free access to practical information and online tools was just what they needed to support valuable, sometimes brave and difficult work, in their communities.

"The impact has been direct and tangible for individuals and communities around the world who value what Cardiff and Wales has to give and share."

Engagement projects



could be short-term goals such as students volunteering for an event, or long-term projects such as what we're planning to do in Grangetown over the coming years. The key element to this is that the community can come to their local university and make use of the expertise we have here.

"Now we're inviting people to bring forward potential projects for the Grangetown area, and we'll set up a physical base there, bringing the University to the community. We will develop partnership opportunities between Grangetown and Cardiff University to share our mutual and diverse expertise, passions and visions."

Community Gateway

With the University such an important part of Cardiff life, it's perhaps no surprise that local ideas and academic know-how have come together to achieve common goals. In 2012, a group of research and professional staff from the University – with backgrounds ranging from architecture and engineering, to healthcare services and pharmacy – set about developing a way they could build relationships with local communities.

The result – Community Gateway – was born as a platform for such a relationship, and now the initial pilot has been set up in Grangetown, one of Cardiff's most diverse neighbourhoods. The first part of this project attracted over 400 local residents, who worked with Cardiff University students to develop plans to transform an empty bowling pavilion into a lively community space.

"The University puts in place the project management structure," says Mhairi McVicar from the Welsh School of Architecture, "so together we can look at finance, viability, risk assessment and so on, and work with local people to help their ideas come to life."

"We're hoping to get 10 projects up and running over the next year. These



The Phoenix Project

The Phoenix Project dovetails the collaboration between Cardiff University and the University of Namibia with the Welsh Government's Wales for Africa programme, in working towards the delivery of the United Nations Millennium Development Goals.

The project was created as an equal undertaking between the two universities, and will provide opportunities for shared learning and development between the institutions.

The initial pilot projects fall into three priority areas being broadly communications, science learning, and women, children and infectious diseases.

Professor Judith Hall, from Cardiff's School of Medicine, leads the project: "The Phoenix Project will include training, sharing educational resources, supporting staff, organising student exchanges and providing IT support."

"This collaboration will provide many new international opportunities and experiences for staff and students in Cardiff, Wales and Namibia. In addition, it provides a gateway to international development opportunities that may influence other universities, communities and even governments."

The project, which will run for five years at the outset, is open to all staff and students from Cardiff and the University of Namibia.

"This project will be of huge benefit to students and staff from each university," continues Professor Hall, "as there will be opportunities to engage in international development work, each according to their expertise and needs of our universities."



Engagement projects

A combination of this and occasional media intrusion has left communities feeling suspicious and mistrustful that there is no long-term relationship between themselves and researchers, or that their role is not reciprocal and equally valued.

“Co-production is the key here: it’s no longer a case of ‘us going in and telling them’, it’s now a case of people within each community being experts in life. After all, they know their local community like nobody else.”

The benefit of this new way of working – where the University responds to requests for knowledge and expertise from communities already taking a very active role in community improvement – is threefold. First, it gives community members and groups the opportunity to develop skills in research. It also gives them access to resources aimed at the improvement of community health. Communities also benefit from increased engagement with one of their local higher education providers. This will help to open up new ‘knowledge spaces’ for research, development and learning.

Secondly, it offers Cardiff University students a number of opportunities by drawing on the expertise of community members and other professionals, including co-produced research and work experience for undergraduate students, particularly in the School of Medicine and School of Social Sciences.

Thirdly, University staff benefit from this relationship through working with professionals and community groups outside their specific discipline, and by building and maintaining connections with staff across different colleges.



Strong Communities, Healthier People

This project focuses on two areas in South Wales that share similar problems in terms of population health. The Cwm Taf area, which includes the local authorities of Merthyr Tydfil and Rhondda Cynon Taf, ranks lowest overall in Wales for health, while Butetown, Riverside and Grangetown (BRG), just a stone’s throw from the centre of the capital city, has a life expectancy 13 years less than the most affluent areas in Cardiff.

Cynon Taf is a classic, post-industrial environment. Well over 30% of the population are living in poverty, with some 19% claiming employment-related benefits.

BRG faces lower levels of unemployment, but with the most ethnically diverse population in Wales includes multiple languages and dialects. This presents several challenges, including education, access to services and so on.

Something the two distinct areas share

is a dramatic and vibrant past, as well as a long history of community activism.

Professor Gareth Williams, who leads the Strong Communities, Healthier People initiative, said: “As parts of South Wales with sometimes acute social problems, there’s a sense that these communities have been over-researched in recent years.



Innovation fast forward

Cardiff University is vital to the Welsh economy, with expenditure on capital developments continuing to boost facilities and opportunities.

Combining cutting-edge innovation culture with first-class connections to industry, business, government and non-governmental organisations, Cardiff University generates 85% of Welsh intellectual property income.

The sheer number of knowledge transfer programmes that exist between the University and the manufacturing, business, medical and healthcare sectors, as well as the creative industries means that Cardiff is ranked in the top five UK higher education institutes when it comes to knowledge transfer partnerships.

In addition, Cardiff graduates have established more over 270 start-up companies in the past three years, making the University the first Higher Education Institute in Wales and sixth in the UK for the level of graduate start-ups.

But far from resting on their laurels, those charged with continuing this impressive form are investing in the means to ensure Cardiff maintains this standard.

The Cardiff Innovation System

The University's new Cardiff Innovation System has at its heart a powerful vision for innovation-led social, health and economic prosperity in Wales.

"The Cardiff Innovation System is a road map for the University's future,"

says Professor Hywel Thomas, Pro Vice-Chancellor, Research, Innovation and Enterprise, who is overseeing the project, "combining a multi-million pound capital investment plan with a commitment to facilitate innovation with the aim of becoming global leaders in innovation-led higher education. The innovation system will promote innovation throughout all of the activities of the University, resulting in benefit across all areas of society in Wales and beyond.

"This strategic shift towards a culture of innovation and enterprise at Cardiff University will take the strengths the University has and effect a change such that Cardiff Capital Region becomes an exemplar of the knowledge economy. The aim is to cultivate an innovation capital for the country that operates right across the region and in all spectrums of the economy including the private, public and third sectors."

Capital developments

Building on these successes, a multi-million pound research and capital development plan will continue to boost the University in terms of research and development activity.

In the last issue of the *Cardiff University Magazine*, we looked at how the striking new Hadyn Ellis Building is leading the transformation of the Maindy Campus.

By further connecting industry with



The new Cardiff University Brain and Repair Imaging Centre will be one of Europe's flagship facilities.



academia, innovation leaders at Cardiff will tackle the needs of businesses and continue to grow innovations in products, services, technologies, spin-outs and start-ups. The new Cardiff University Brain and Repair Imaging Centre (CUBRIC) will become one of Europe's flagship facilities.

The proposed Social Science Research Park (SPARK) will translate research into innovative and effective solutions to pressing, global, societal problems. A planned Innovation Centre will be a one-stop-shop for those wishing to start their own companies, with high-quality, affordable space, advice and support available.

To ensure academic research translates to engagement with industry, a proposed new Translational Research Facility will include a laboratory and office space, and will create a critical mass of researchers with a strong record in this kind of translational research. The new facility will position Cardiff as a leading UK centre for this kind of activity and will enrich the academic environment through innovative research. >>>



The proposed Research Institute for Compound Semiconductor Technology will enable the demonstration and testing of the technology behind trends such as smartphones and tablets, satellite communication, efficient solar power generation and advanced healthcare. The institute will house the facilities needed for greater engagement with industry and position Cardiff to become a UK and European leader in this area.

In addition, Cardiff Business School's new Teaching and Learning Centre provides

a world-class facility for academics, students and visitors from the worlds of business and policymaking. With independent studies reporting that the Business School contributes £76m per annum to the Welsh economy, this further investment will not only benefit the University, it will also impact on the wider community.

But what of the close links between academics and people and businesses outside the University, and how are these significant connections recognised? >>>

Innovation at Cardiff University

85% Of all intellectual property income in Wales is generated by Cardiff University

Top 5 Cardiff is ranked in the top five UK higher education institutes for the number of knowledge transfer programmes

270 Start-up companies established by Cardiff University graduates in the past three years

Innovation awards

The Innovation and Impact Awards competition was established in 1996, and recognises the collaborations that Cardiff's academic staff have with business and other non-academic organisations. This summer's competition celebrated five pioneering research projects that have been transformative in business, healthcare and society.

The People's Choice Award went to Ultravision, a new technique for handling the smoke produced during laproscopic – minimally invasive – surgery. Awards were also won by the University's Geoenvironmental Research Centre for their work on engineering solutions for high-level nuclear waste disposal, and Professor Peter Turnbull, a management expert who developed a model based on social dialogue to help steer port employers, trade unions and governments through structural change in ports.

President and Vice-Chancellor, Professor Colin Riordan, said: "The standard of entries in the 2014 Innovation and Impact Awards has been exceptional. The Awards recognise excellence in innovation, and celebrate the fact that Cardiff University research has a real impact on society, healthcare and industry in Wales and beyond."

Innovation Fast Forward Festival speakers:

Front row: Adam Cairns, Chief Executive, Cardiff and Vale University Health Board
Claire Morsman, founder of Morsbags
(see page 26)

Back row (left to right): Dominic Griffiths, Managing Director, Asalus Medical Instruments Ltd

Neil Warren, Director, Welsh Institute of Minimal Access Therapy, Cardiff University

James Taylor, Founder and Managing Director, SuperStars



Fast-forward to the future

The first Innovation Fast Forward Festival, held in October, was a one-day event that showcased the University's innovative, cutting-edge research, partnerships and student enterprise.

With the overall aim of promoting innovation and entrepreneurship – thereby providing a platform to introduce the University's ambitious Cardiff Innovation System and acting as a catalyst for the Welsh economy – the Festival featured a series of inspiring talks by student and alumni entrepreneurs, who brought to life the importance of business start-ups. In addition, leading Cardiff academics and industry partners demonstrated the translation of research taking place at the University into policy, practice and spin-outs in all areas of society.

Speakers at the event outlined some of the impressive work that has been going on between academics, students, industry

and the third sector, as the case of the knowledge transfer project set up between academics at the University and the Welsh homeless charity Llamau proved.

“Our chief executive was looking at research that had been carried out by Dr Katherine Shelton from the School of Psychology, and decided to contact her to see if we could work together,” says Llamau's Sam Austin. “We wanted to find out how the young people and women coming to Llamau were affected by mental health issues, but had no research to inform us.”

“The research that Dr Shelton and Professor Marianne van den Bree from the

Institute of Psychological Medicine and Clinical Neurosciences carried out has had a huge impact on the way we work as a charity. We knew that the people who use Llamau were affected by mental health issues, but were shocked to find the proportion is as high as 87% of those we see. We now screen new arrivals and give support and advice early on so that people can better understand their own situation.”

“In addition, during the course of the KTP we've been able to bring in £4m in extra funding for Llamau and the partnerships between Cardiff students and the charity have been inspiring – one of the first students to come to Llamau is now receiving funding from us to carry out a PhD in our area of work.”

Dr Shelton concludes: “We've been struck by how these two sets of young people – Cardiff students and those using Llamau's services – have responded to one another. It has shown those in higher education the level of challenges that other young people face, including multiple foster parenting, abuse and so on. It also gives young people in difficult situations an idea of what they can achieve if they get their lives together.”

Connections made between Cardiff University and the non-academic worlds of business and charity are making giant strides in boosting the Welsh economy, and with a strategy towards capital investment that will set the next generation of University people in good stead, this pattern can only continue.

First Minister, Carwyn Jones (left) and Vice-Chancellor, Professor Colin Riordan.



University of Leuven partnership

Entente cordiale

New links between Cardiff and Belgium's largest university will create significant opportunities for students and the wider academic community.

In a move designed to boost research income, create new research collaborations and enable students and staff to study and teach abroad, the signing of a Collaboration Agreement will further enhance a long-standing academic relationship between the University of Leuven and Cardiff University.

The University of Leuven was founded in 1425, and today has some 6,800 academic staff and more than 40,000

students. Leuven is also consistently ranked in the world's top 100 universities, and is a leading European research university that offers study in both Dutch and English.

Signing the new Agreement, Professor Riordan said: "Existing academic collaborations have already resulted in significant European funding and major research. This Agreement represents the coming together of two world-leading

European universities and an ideal opportunity to formalise existing links."

Cardiff and Leuven also share similar systems of devolved government within each university, as well as unique cultural and linguistic identities. The Agreement will initially focus on maximising funding opportunities from the European Union, but will also give each establishment the

Cardiff goes global

Professor Nora de Leeuw is Cardiff's new Pro Vice-Chancellor International and Europe. She tells us what she will be bringing to the role.



What will your role entail?

I will be working closely with colleagues in the International Office and the various academic Schools to deliver the international aims set out in Cardiff University's document, 'The Way Forward', and to lead the development of the University's international strategy for the future.

I aim to increase the University's international recognition, that is, becoming firmly ensconced among the global top 100 universities; enhancing our profile with international partners and competitors; building strong and formalised links with a number of excellent universities abroad; attracting first-rate overseas students to Cardiff and facilitating and encouraging Cardiff students to spend periods abroad during their studies.

What do you bring to this role?

This new role will build on a number of international activities that I initiated at University College London. I instigated two formal international PhD programmes with research institutes in Singapore and Japan, as well as ad hoc doctoral projects sponsored by national laboratories in Europe and the USA and a number of overseas industrial partners.

I am particularly keen on extending my work with universities in sub-Saharan Africa to help them build research capacity. Education is a key factor to attaining general prosperity and improving welfare, and the development of credible postgraduate programmes in sub-Saharan African institutions, in collaboration with research-leading universities like Cardiff, will prevent the migration of their highly qualified graduates abroad and improve the skills and international competitiveness of our African partners.

How close is Cardiff to being a truly international university?

Cardiff already attracts a geographically diverse range of students, collaborates with worldwide institutions, governments and businesses and conducts research that is proven to have global significance and impact.

We need to capitalise on this strength to establish our position as a well-known global university. I am keenly supportive of the Cardiff University's target that 17 per cent of our home students will have studied, worked or volunteered abroad during their time at Cardiff.

What role can staff and students play in this?

Staff and students are essential in achieving our international goals. As an institution we can encourage and facilitate international relations, however, most active collaborations are instigated and maintained by individual academics or groups of researchers. Similarly, increasing international student mobility is only possible with the enthusiastic participation of the Cardiff students. I am therefore looking forward to working with all staff and students to create an environment where international exchanges and collaborations become an integral part of all teaching and research in the University.

How important is our global alumni community?

Cardiff University has an alumni community of more than 170,000 spread across 170 countries. Our alumni are outstanding ambassadors for the University and I look forward to meeting many of you in my new role.

chance to enhance their international brand and reputation.

Professor Riordan added:

"This forms part of wider University plans to collaborate with other outstanding universities around the world, which will enable us to promote our research and teaching and further enhance our position as a global university."



Moving into uncharted territory

Professor Mike O'Donovan explains how, in the largest genetic study of its kind, researchers from Cardiff have found hundreds of genes and a link to the immune system.

There are lots of medicines available to help with the symptoms of schizophrenia. Some are a bit more effective than others. Some have side effects that make them better suited to particular patients. But fundamentally, they all work pretty much in the same way; they all reduce the activity of a chemical in the brain called dopamine.

For those who do not respond well to this type of treatment, or for some reason cannot take it, there are no radically different options, despite 60 years of pharmaceutical research. In other areas of medicine, like cancer and heart disease, improved understanding of disease mechanisms has

led to the identification of a wide range of drug targets. But unfortunately, the causes of schizophrenia remain obscure.

Identifying these mechanisms is therefore a critical step towards improving the outcomes for those with the disorder. In the largest genetic study of its kind, published in *Nature*, we discovered not just a few, but more than 100 specific regions – or loci – of the genome which contain genes that affect risk, and have been able to identify a genetic link to a protein that is the only known target in schizophrenia drug treatment.

What's more, several of the findings appear to implicate genes that have little-known function in the brain, but are present

in cells that are important in the immune system, which could mean completely new avenues for study.

The search for 'schizophrenia genes'

It has been known for a long time that genes play a big part in schizophrenia. Although they are not the only factors, the fact that they are involved provides an opportunity to get a grip on how the disorder is caused.

If specific genes that affect risk can be identified, researchers can then figure out what these genes do, which will in turn tell us what sorts of things might be going wrong in schizophrenia.



Professor
Michael O'Donovan

A disabling condition

Schizophrenia affects about 1% of the population at some point in their lives, usually starting in a person's late teens or early 20s, and has tended to attract a lot of attention because of quite dramatic symptoms like hearing terrifying voices that are not really there (hallucinations) or developing odd or frightening delusions, such as complex conspiracies involving governments, aliens or demons, or that bodies or minds are being controlled by external forces such as magic or X-rays.

Less well known, but probably even more disabling, is that people with schizophrenia often develop changes in mood and become apathetic about their surroundings. Medical and psychological treatments combined with social interventions can be very effective for many, but a sizable proportion of people don't respond well to available treatments and instead develop lifelong disability, tormented by their symptoms, socially withdrawn to the point of isolation, unemployed and financially impoverished – even homeless. Many only function by reliance on their parents.

Converting even one gene finding into a new and effective treatment for schizophrenia would more than justify the generous donation of time and DNA provided by the tens of thousands of patient volunteers, the efforts of the researchers and the financial support from government bodies, charities and private donations, that it has taken to get to this stage of genetic discovery.

This article first appeared on The Conversation, an independent source of news and views, sourced from the academic and research community and delivered direct to the public. Take a look at <https://theconversation.com> to find out more.

But the genetics of schizophrenia is complicated, meaning that in any one person, many genes are involved and that in different people, different sets of genes are involved. This has made linking specific genes to the disorder difficult and is why it took such a brute force genomic approach, involving hundreds of researchers and tens of thousands of people with schizophrenia as well as people unaffected by the disorder.

Some of the genes that have been linked to schizophrenia are involved in biological processes that are prime suspects for contributing to the disorder. Several genes, for example, are important in how a brain chemical called glutamate functions. Others are involved in regulating the calcium content of nerve cells.

However most of the findings involve genes whose functions are not evidently related to previous hypotheses, which means they can give us entirely new insights into how the disorder is caused.

Dopamine receptor D2

One of the most encouraging findings for developing future treatments is that our research identified a link between schizophrenia and a gene called dopamine receptor D2 (DR2D) – a gene that happens to be responsible for producing the very protein, also called DR2D, that is blocked by all the currently available, effective medicines. This finding suggests proteins made by some of the other genes we have identified could also themselves be therapeutic targets.

Even if these proteins aren't suitable or effective treatment targets, then at a minimum the wealth of findings provides a rational starting point for multiple avenues of investigation that are likely to deliver a much better understanding of the disorder – and, it is then reasonable to hope, a new range of treatments. One such avenue is the findings concerning the immune system.

A global adventure

As more highly qualified graduates enter the job market each year, it's a fact that students who work, study or volunteer abroad during their university years have more to offer prospective employers.

There has been a steady increase in the number of foreign students coming to make the most of the UK's higher education sector over the past decade. However, this is largely a one-way affair, something Cardiff's new Global Opportunity Centre (GOC) aims to change.

"If you told students they could be doing something fun that might help them get a better mark in their degree and improve their language skills, you would think they'd leap at the chance," said Vice-Chancellor Professor Colin Riordan, a leading advocate for student mobility.

"However, when it comes to students choosing to study, work or volunteer abroad

the numbers of those who take up the challenge remain low. Wales has a strong record in attracting international students, but whilst some 10 per cent of the world's students choose to study in the UK, we still need to do much more to encourage our own students to be mobile," he adds.

Help at hand

So why are more students not taking up these fantastic opportunities abroad? Reasons include the current economic climate, linguistic barriers, a lack of flexibility in the curriculum or a lack of recognition for time spent abroad.

But the decision to invest £1.6m in bursaries to help students spend time abroad

will give students an added incentive to seek opportunities in work, study or volunteering during the summer vacation.

There is also a new Languages for All programme at the University, which will provide students with the opportunity to gain free language skills during their studies.

"Students improve their employability, institutions develop their international links and businesses value the wider experience of those who've spent time abroad," Professor Riordan adds.

continued on page 24

Many students are already taking advantage of these opportunities, here are three of their stories...

Ethan Wilkinson

Course: BSc Econ European Union Studies
Countries visited: Semester 1: Valencia, Spain, Semester 2: Milan, Italy.
International programme: Erasmus



Why did you choose to go abroad? The third year of my degree was a compulsory Erasmus year abroad, which is one of the reasons I was originally attracted to this course. I hoped to improve my Spanish language and gain valuable work experience. Before the year abroad I hadn't been able to get any relevant work experience in the UK, so I saw my year abroad as a chance to improve my CV as well as my language skills.

How did you benefit from the year? Personally – my wife (who doesn't study languages) came with me and we had a baby during our first semester in Spain. So, I became a father! Professionally – I got my first meaningful and relevant internship. During my second semester in Milan I did an internship at Terre des Hommes Italia, an Italian NGO specialising in children's rights. Academically – I achieved the best university grades yet and I took a CI Spanish language course and passed with 75%.

Challenges and highlights? Finding quality and affordable accommodation for my wife and I was a challenge. Having a baby in Spain was also a new experience – I wasn't taught words like 'epidural' or 'labour pains' before arriving in Valencia! The highlights were gaining my CI Spanish certificate, having a baby, setting up my own social enterprise and learning how to make pizza the Italian way!

What advice would you give to students thinking of going abroad? Go! It will be the best experience you will ever have!

Lucie Bradley

Course: Law (LLB) and French
Country visited: Amiens, France
International programme: Erasmus



Why did you choose to go abroad? I chose to go abroad primarily to better my language skills in French: my goal was to be able to converse fluently in French. My programme involved studying law in a French university, and throughout the year I took module examinations, both oral and written, in French, as well as writing two dissertations in French.

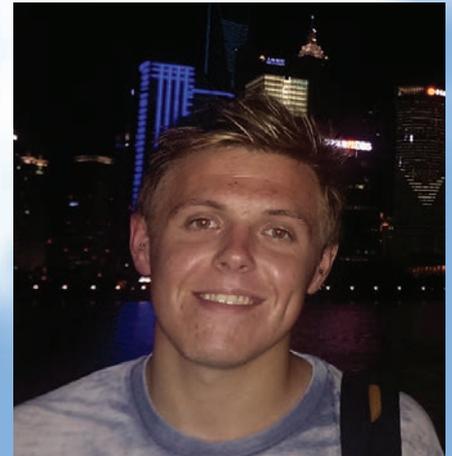
How did you benefit from the year? The year abroad has massively boosted my confidence. Before my year abroad, I wasn't that confident in my linguistic ability. Now I find myself able to converse fluently and with a great deal more confidence. I'll also now be able to add to my CV that I'm fluent in speaking and writing another language which I hope will boost my employability.

Challenges and highlights? It's sometimes hard to be away from friends and loved ones and sorting out somewhere to live can be a bit tricky. But embracing the culture was one of the highlights and I met some very interesting characters. Due to meeting people from all walks of life I think my social skills have greatly improved. Also, I got to meet Novak Djokovic at a restaurant in Paris, very memorable!

What advice would you give to students thinking of going abroad? Don't be too worried about making mistakes linguistically and try and mix with local people as much as possible. It's also worth finding out what the words for things like 'utility bills', 'phone contracts' and 'rent' are in the country where you'll be.

Jack Lloyd

Course: Geography BSc
Country visited: Beijing, China
International programme: CRCC Asia Summer Internship Programme



Why did you choose to go abroad? I'd never ventured further than Europe but had been fascinated with China ever since my geography A Level. My programme was a month long internship with an American environmental company that specialised in environmental consultancy. I wanted to gain experience in a field that interested me, when I saw I could combine this with a year in China it was like a dream come true.

How did you benefit from the experience? I learned so many different things, not only about China but also about what I was capable of doing. I learned different fieldwork techniques that I wouldn't have learned simply through attending lectures. I learned so much about the Chinese way of life, their complex language and different ways of doing business such as their custom 'guanxi'.

Challenges and highlights? Meeting people from all over the world, I now have links from Columbia to Italy! Also, seeing things that I've always wanted to see, such as the Great Wall and the terracotta warriors.

What advice would you give to students who are thinking of going abroad? Don't let fear get in your way – going abroad alone for the first time was daunting, but I had the best time of my life. And be organised, I packed a few hours before my flight, so ended up with odd clothing choices for 40 degree weather!

Global Opportunity Centre

A report by the Association of Graduate Recruiters and the Council for Industry and Higher Education recently cited 'the ability to work with teams of people from a range of backgrounds and countries' as still the most highly valued by employers.

The Vice-Chancellor is aiming high and has set a new goal for student mobility: 17 per cent of Cardiff University students studying, working or volunteering abroad for at least a month by 2017.

Luckily, there are a number of options open to students who are thinking about spending time abroad and the University is increasingly set up to help out.

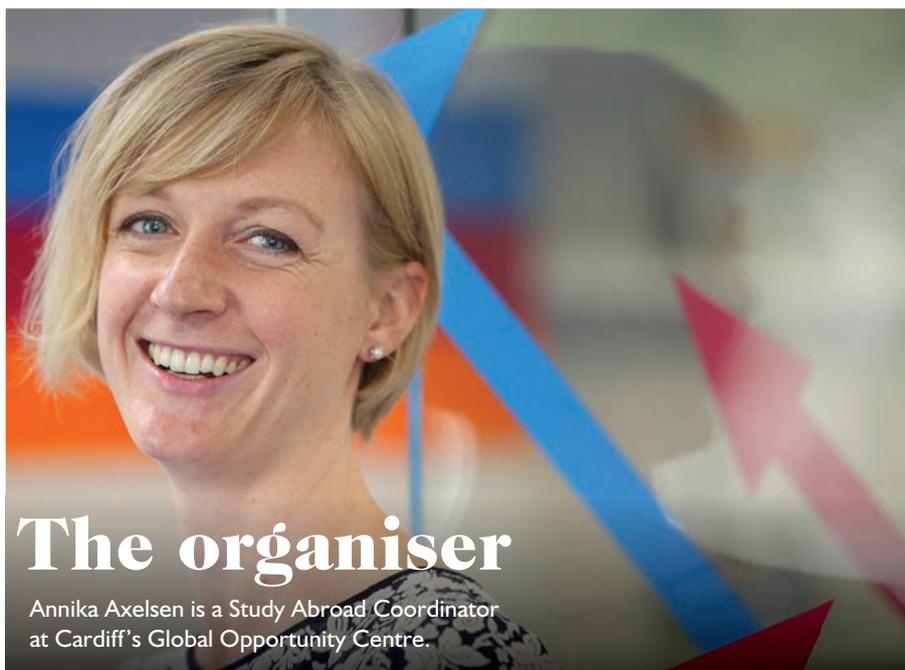
So what are the options?

Students wishing to spend time studying abroad as part of their degree programme have two options. International Exchange gives students the chance to spend a year or a semester studying at a partner university outside the EU as part of their degree. This scheme has partner institutions in the USA, Canada, Australia, Hong Kong, Japan, Mexico and Peru.

The European Commission-funded Erasmus+ Programme allows students to study or work in Europe as part of their degree programme. Cardiff University has over 300 Erasmus+ partners over 25 countries.

"Students can also opt to take part in short-term international programmes during the Easter or summer vacation," said Rose Matthews, the head of the Global Opportunity Centre. "These are non-credit bearing programmes and offer a great opportunity for those students who are not able to commit to a longer period abroad – whether for academic or personal reasons. Last summer, students took part in a wide range of programmes ranging from Chinese language and culture at Xiamen University, China; Biochemical and Chemical Engineering at Denmark Technical University; Religious Studies at UCLA in the United States; and internships in industry located in Beijing with the support of the organisation CRCC Asia."

Spending time in an internship abroad is another invaluable way to impress potential employers. Those spending time working abroad gain valuable career-related experience and are able to develop global professional networks. In addition to this, those spending time working abroad are able to experience another culture and different



The organiser

Annika Axelsen is a Study Abroad Coordinator at Cardiff's Global Opportunity Centre.

"I help to support and promote all of the study opportunities open to students. Together with Rose Matthews, the head of the Global Opportunity Centre, we help academic Schools to identify and develop new opportunities for outward student mobility.

I manage the study element of the GOC Bursary scheme, which enables us to provide funding to support students who are going on international exchange or participating in short-term international programmes. We offer programmes in South East Asia and Brazil that

are fully funded, so tuition fees and accommodation are paid for in full by the University, as well as generous one-off payments to support students who have sourced their own opportunities.

We work closely with colleagues in Languages for All and the Confucius Institute to arrange tailored language and cultural sessions; support students in health and safety implications; advise them pre-departure and help them to identify how to make the most of their experiences."

viewpoints, with the added incentive of either improving language skills or embracing a new language.

With an international internship, students are able to test the water with ideas for a career, gain valuable career-related experience in whatever interests them, and gain first-hand advice from those working in the field. This also proves to potential employers that a student is able to take on challenges.

And from next summer, Cardiff University students will have the opportunity to volunteer abroad either individually or with a group of other Cardiff students. There will even be the chance to propose a project in a foreign country, giving those involved a huge amount of experience in project and people management.

Can you help to give a Cardiff student an opportunity abroad?

Please contact:
Global Opportunity Centre
Cardiff University
37 Park Place,
Cardiff
CF10 3BB

Email:
globalopportunities@cardiff.ac.uk
Tel: +44 (0)2920 870536
Fax: +44 (0)2920 879695



Global Opportunity Centre
Canolfan Cyfleoedd Byd-eang

Triniaeth gyfartal i'r Gymraeg

On an equal footing

Mae Prifysgol Caerdydd wedi cymryd cam pwysig tuag at sicrhau bod yr iaith Gymraeg wedi'i gwreiddio o fewn ei diwylliant, ei darpariaeth addysg a'i harferion gweithio.

Mae'r Cynllun Iaith Gymraeg diwygiedig a lansiwyd yr haf hwn wedi creu ffordd glir i gyflawni rhwymedigaethau'r Brifysgol mewn perthynas â'r iaith Gymraeg.

Bydd y cynllun yn hyrwyddo'r egwyddor na fydd y Gymraeg yn cael ei thrin yn llai ffafriol na'r Saesneg wrth ymdrin â staff y Brifysgol a'r myfyrwyr presennol, yn ogystal â darpar fyfyrwyr a'r cyhoedd yn gyffredinol.

"Gyda phoblogaeth o 36,000 o staff a myfyrwyr, mae yna ddyletswydd ar Brifysgol Gaerdydd i sicrhau bod yr iaith Gymraeg yn cael ei thrin yn gyfartal â'r Saesneg," meddai Is-Ganghellor y Brifysgol, yr Athro Colin Riordan, yn achlysur lansi'o'r cynllun.

"Mae hyn yn cadarnhau pa mor bwysig yw'r iaith Gymraeg, nid yn unig i'n diwylliant a'r gymdeithas, ond i feithrin datblygiad economaidd yng Nghymru, sy'n ein galluogi ni i gryfhau ein dylanwad yn y farchnad ryngwladol."

Mae un o'r strategaethau y tu ôl i'r cynllun yn amlinellu sut y bydd y Brifysgol yn cynyddu nifer y siaradwyr Cymraeg yn y swyddi hynny lle mae aelodau o'i staff mewn cysylltiad rheolaidd â'r cyhoedd.

Gall myfyrwyr Cymraeg eu hiaith gael cyfweiliad yn eu mamiaith a gallant gael tiwtor personol sy'n siarad yr iaith.

Dywedodd Dr Jeremy Evas o Ysgol y Gymraeg: "Mae cyfrifoldeb arnom i wneud yn siŵr bod ein graddedigion sy'n siarad Cymraeg yn meddu'r sgiliau i weithio mewn cenedl ddwyieithog a bod siaradwyr di-Gymraeg yn meddu ar y wybodaeth i ddeall a pharchu goblygiadau hyn."

Hefyd yn siarad yn y lansiad oedd Swyddog Iaith Gymraeg Undeb y Myfyrwyr (2013/14), Cerith Rhys Jones, myfyriwr a ddywedodd y dylid ystyried y cynllun yn "gyfle ac nid yn faich."

I ddarganfod mwy am y Cynllun Iaith Gymraeg, cymerwch olwg ar

www.cardiff.ac.uk/govrn/welshlanguageservice/index.html

I ddarganfod mwy am ddarpariaeth Prifysgol Caerdydd drwy gyfrwng y Gymraeg, ewch i www.caerdydd.ac.uk/cangencaerdydd

The University has taken an important step towards ensuring that the Welsh language is embedded within its culture, education provision and working practices.

The Welsh Language Scheme – revised and launched this summer – provides a clear roadmap to carry out the University's obligations in relation to the Welsh language.

The scheme will actively promote the principle that the Welsh language will be treated no less favourably than the English language when dealing with University staff and current students, as well as prospective students and the public generally.

"With a 36,000-strong population of staff and students, Cardiff has a duty to ensure that the Welsh language sits on an equal footing to English," said Vice-Chancellor Professor Colin Riordan at the launch of the scheme.

"This reaffirms how important the Welsh language is, not only to our culture and society, but to fostering the economic development of Wales, thus enabling us to strengthen our clout in the international market."

One of the aims behind the scheme outlines how the University will increase the number of Welsh speakers in those roles where members of the University are in frequent contact with the public.

Welsh-speaking students may be interviewed in Welsh, can live in accommodation with fellow Welsh speakers, and can be allocated a Welsh-speaking personal tutor.

Dr Jeremy Evas, from the School of Welsh, said: "We have to make sure that our Welsh-speaking graduates are equipped with the skills to work in a bilingual nation, and that non-Welsh speakers possess the knowledge to understand and respect the implications of this."

Also speaking at the launch was Cerith Rhys Jones, the Students' Union's Welsh Language Officer for 2103-14, who said that the scheme should be viewed as "an opportunity and not a burden."

To find out more about the Welsh Language Scheme, take a look at www.cardiff.ac.uk/govrn/welshlanguageservice/index.html



Dr Jeremy Evas, a lecturer in the School of Welsh

Network news

Updates from Cardiff
alumni worldwide



Welcome...

to the Cardiff Network. With thousands of interesting people coming through our doors on a yearly basis, finding alumni who have gone on to do amazing things is never a challenge.

In this issue of the Cardiff University Magazine we've been speaking to Claire Morsman, a woman who took inspiration from seeing rubbish floating

past her houseboat to create a worldwide environmental organisation that has grown through word of mouth.

Rachel Walker has gone from village hall to Hollywood, almost

by accident. Her success owes as much to hard work as it does to a chance meeting with someone in the business.

Jason Walsh overcame all sorts of harrowing experiences in India to complete a north to south cycle ride, no mean feat when your cycling partner drops out early in the trip.

Finally, we spoke to Punit Jaipal Shah, who has taken a lifelong passion for the music and instruments of the Indian sub-continent to another level through his investigations into sound and acoustics.

We wish all our readers the very best for the new year, and look forward to hearing the next round of fascinating stories.

Nicky Josling

Changing the world, one bag at a time Claire Morsman Modern Languages, 1998

"After university I lived on a houseboat and got really frustrated to see the number of plastic bags that floated past us each day," says Claire. "I decided it'd be a good idea to make reusable bags from unwanted material, and my then boyfriend, now husband, Joseph, put together a website so we could share the pattern for making the bag – we went from there."

And the results are astounding. To date, more than 150,000 reusable Morsbags have been sewn around the world, with people from Prince Charles to prisoners, mums to members of the Women's Institute taking part. Claire estimates that this many reusable shopping bags has helped to take more than 80 million plastic carrier bags out of circulation, a figure that will have a huge impact on landfill sites and litter.

"Anyone and everyone can set up a pod, which is where people come together to make the bags. Morsbags seem to have inspired people to do something creative, simple, collaborative and meaningful. People love to make, to learn, to share and to give, it's just mind boggling the response we've had and the results we've had purely through word of mouth and sewing over tea and cake!"

But there's still a lot more to be done, as in the UK alone millions of plastic bags are still given to shoppers on a daily basis.



"We created morsbags because we despaired at the plastic bags floating down the canal, like so many urban jellyfish," says Claire.

"The staggering amount of plastic bags freely handed out in shops is boggling and consequently shoppers habitually forget that plastic bags are not the only option. I think we're dragging our feet on this issue, other places have banned carrier bags outright. It's up to the consumers to take the initiative." More at www.morsbags.com



Receiving the Fame award in New York, Rachel is front row, third from the left.

Hollywood bound

Rachel Walker Music, 2003

Today's television schedules show you just how many people dream of a life in the bright lights, but for some talented individuals this happens almost by chance.

Rachel Walker is one such person. After graduating from Cardiff University in 2003, Rachel set up her own singing practice, taking on individuals for lessons and working in schools. Then, in September 2010, Rachel joined with dancers Emma Mason and Tina Kelly to form the Euphoria Show Choir, with numbers growing steadily up to the choir's first public performance, which took place in the foyer at Bristol's Colston Hall.

"This performance turned out to be in the right place at the right time," says Rachel, "as we were spotted by someone from the PR company that was touring with the 2010 *Britain's Got Talent* winners, Spelbound, and ended up supporting them on tour the following year. Since then, we've performed at the Queen's Diamond Jubilee, the London Olympics and the Royal Albert Hall."

Next followed a trip to the United States, as the choir was invited to perform as international guest stars in the New York round of the National Show Choir Championships of America.

Rachel's many talents also meant that she was asked to compose the anthem for the anti-bullying charity Beat Bullying, with her song, *Body on Mute*, raising thousands of pounds for the charity and winning multiple awards.

"It sometimes seems surreal," says Rachel, "just how far things have come in the past few years. We're off to perform in Hollywood in early 2015, but we still practise in our village hall in Somerset!"

To find out more,
go to www.euphoriashowchoir.co.uk



A life less ordinary

Jason Walsh Medicine, 2013

"My friend Rich and I were trying to think of something challenging to do during our final summer at medical school," says Jason, "and he came up with the idea to cycle the entire length of India."

Not a normal summertime conversation to have you might think, but then Jason's friend Rich speaks Hindi, and had also been to India a few times, so knew what to expect.

"The roads are well known for being poor quality and the traffic is awful, however most of the country is relatively flat. We gave ourselves five weeks to cycle the 4,000 kilometres from north to south, and considering it takes people about two weeks to cycle the 1,500 kilometres from John O'Groats to Land's End, we thought we were estimating about right. Plus, it sounded like a ridiculous task and would definitely be a challenge."

Jason and Rich also decided they'd raise money along the way, and chose the international health charity Merlin, for whom they eventually raised over £3,000. Starting at Atari in the Punjab, on the northern border with Pakistan, the intrepid cyclists were aiming for the most southern point in India, in Kanyakamari.

However, things didn't go completely to plan, as Richard developed an abscess after 1,000 kilometres and had to have an operation in Indore before flying back to Wales. Jason faced further problems when he was arrested while travelling through a small town in Maharashtra.

"It's rare for tourists to visit the town, and the hotel manager seemed a bit suspicious of the passport stamps I had from Middle Eastern countries. He called the police, who escorted me to the police station, before, fairly comically, interrogating me. The chief of police then apologised, saying there were suspicions I was an Islamic terrorist, he then invited me to his house for dinner."

Next for Jason will be a year working at the American University of Beirut Hospital as a fellow in cardiology... the adventure continues!





The science of music

Punit Jaipal Shah

Engineering, 2003-05

MPhil Acoustic physics, 2009-present

After leaving Cardiff, Punit worked for a time in Zurich before joining Atkins as a graduate engineer. This led to time spent in North Wales, then Cardiff, London, Bristol, Birmingham and, finally, Doha, where he is working as a senior electrical and sustainability engineer.

Punit is now studying for an MPhil in acoustic physics: "I began playing tabla as a child and also picked up the sitar when I was around 16. Ever since, I have always wished to go deeper into how these magnificent instruments produce the sounds they do! Since I completed my basic graduation and postgrad and felt settled in a graduate job,

I thought I should engage myself in a serious part-time methodical research alongside my job and music. After some survey, I realised Cardiff would be the ideal place to do this."

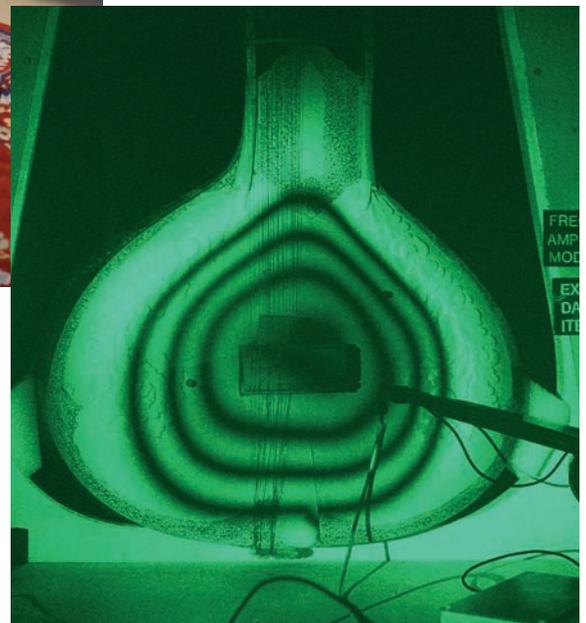
This unique course includes the study of the history and cultural evolution of these instruments, detailed construction techniques for each of them, and an investigation of the factors that affect the radiated sound of selected instruments.

"Not only does my understanding of the acoustics of the instruments help me perform better, but also since I have been playing these instruments from a young age, it has helped me to understand the acoustics

better as well. Knowledge of resonance, vibrations, sound modulations and playing techniques to enhance these have definitely contributed to my music in a positive way.

"I would ideally like to build a special acoustically/structurally enhanced sitar in the future with the help of knowledge gained during this research and also help other Indian instrumentalists to develop a scientific understanding of their music. I am also keen on teaching Indian classical music with a more scientific approach compared to other teachers in the future. I believe this will enhance a modern student's learning considerably."

Punit playing the sitar and tabla, and radiated sound coming from a sitar



Reunion news



Clara Ho (centre) with Malaysian Cardiff University graduates

Alumni dinner in Malaysia

Alumni members met for an informal dinner with Cardiff University's International Officer Clara Ho in Kuala Lumpur on 20 September. The dinner was to celebrate their graduation ceremonies that were held as part of the British Council's Graduation UK event earlier that day.

Some of the graduates waited 10 years for this, and those from Cardiff University were extremely pleased to be able to join them and their families that afternoon to celebrate their success and achievement.

If you are interested in joining a Malaysia alumni association, please let us know at alumni@cardiff.ac.uk

Cardiff in South Africa

Les Phillips, a Cardiff alumnus and Fellow of the University who is living in Johannesburg, sent us this update from a recent event:

On 9 August, at the annual conference of the Centre for Diabetes and Endocrinology, Johannesburg, attended by over 500 doctors, nurses and other medical practitioners, a graduation ceremony was held for those who had completed the Masters and Diploma courses in Diabetes by distance learning from Cardiff University. Professor David Owens, from the Institute of Molecular and Experimental Medicine at the University's School of Medicine, conducted the ceremony.

A number of those present were Cardiff alumni and I met with them the previous evening to discuss the formation of a Cardiff University Alumni Chapter in South Africa. Over 20 have now signed up to forming a Chapter and I hope that I will be able to contact more alumni over the next few months, so that branches of the Chapter can be started in Johannesburg, Kwa Zulu Natal and Cape Town."

If you live in South Africa and would like to join this association, please contact Les on elmaandles@worldonline.co.za

Class of '74

In October, law students who graduated from UCC and UWIST in 1974 held a get-together at the Thistle Parc Hotel, Cardiff.

Fifteen attended the event, which went very well, with all delighted to re-gain contact, some after many years. One attendee said: "Thank you so much for organising the reunion. Everyone really enjoyed themselves and it was a wonderful opportunity to catch up and find out what we had achieved in the intervening period."

School of Dentistry celebrates 50 years

Former students and staff from Cardiff's School of Dentistry were welcomed to a Golden Jubilee celebration in May. The weekend of educational and social events celebrated 50 years of the University Dental Hospital and School going from strength to strength.

"As the only dedicated centre for the training of dentists in Wales, Cardiff University's School of Dentistry has played and continues to play a crucially important role in producing the workforce to improve the oral health of Wales," said Professor Mike Lewis, current Dean of the School.

"Welsh Government has provided significant investment in our clinical, educational and research facilities which provide a learning and working environment that is the envy of many dental schools in the UK and beyond.

"However, without doubt, our most valuable asset is our graduates and staff. We hope that the Golden Jubilee events will serve as way of keeping in touch with our graduates, all of who have made our School a source of pride and inspiration."



Bukola Ogunsina

Dream catcher

Now a successful journalist in Nigeria, Bukola Ogunsina has fond memories of her time studying in Cardiff.

I arrived at Cardiff in 2007 to take a Master's in International Journalism at the School of Journalism, Media & Cultural Studies. I liked the architectural structure of the old buildings, particularly the administrative building.

I thoroughly enjoyed the practical aspect of studying journalism and still have great memories of my first 'vox pops' in the city centre – going around with the camera and microphone with a course mate and asking people what they wanted for Christmas. It was fun!

I am now a journalist working in print media. I'm not surprised to find myself in print media because while my study pathway was broadcast, my dissertation was article-based. The title was 'The United Nations & Conflict Resolution,' with the genocide in Darfur as a case study. It was not an easy

project, however, my passion for security issues continued to inspire me and I eventually got it all together.

Upon my return to Nigeria and within a year of gaining employment with Leadership Newspapers Group Ltd, a national newspaper, I won two awards for articles I wrote on defence and tourism. I was awarded the Tourism Reporter of the Year (Print) 2012, Ladi Lawal Journalist of the Year Award and Defence Reporter of the year (Print) 2012, Ladi Lawal Journalist of the Year Award.

As a journalist, I work with the Government desk at Leadership Newspapers Group in Nigeria, covering issues that have to do with good governance across all levels. At work I mainly write feature news stories and sometimes write news reports. I anchor some news sections of *Government*,

some of which feature West African news stories, stories about world leaders and governments, and the diplomatic circle.

For the foreign pages of *Government*, I mostly enjoy interviewing ambassadors and high-profile personalities in various sectors of government and looking at their impact on society.

In my spare time, I enjoy travelling and writing fiction. A word of advice, never give up on your dreams. Cardiff University set me on the right path to achieving mine!

“Never give up on your dreams. Cardiff University set me on the right path to achieving mine.”

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