Q. What is the “My Story” competition about?

The My Story competition first ran in 2015/16. It aims to gather accounts of student’s experiences socialising, working, volunteering, making friends from different backgrounds or cultures and getting involved with the community during their stay in Scotland.

We would like to invite International students to submit a “storyboard” (this is made up from text and photos) documenting their “story” and experiences of studying in Glasgow so far. See examples here of how your stories and photos can be laid out into storyboards here:

<table>
<thead>
<tr>
<th>My Story</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jenny Zhang</td>
</tr>
<tr>
<td>UG, Business Information Systems</td>
</tr>
<tr>
<td>First Year Student</td>
</tr>
</tbody>
</table>

**My Glasgow**
I really like Glasgow as a city to live in and study. Especially all the restaurants and shops! Glasgow has people from all over the world living here — I’ve loved meeting people from both my home country and from different places.

**My Volunteering**
I volunteered in the summer vacation period with the SRC. I took part in a peer mentoring event in Glasgow to encourage residents to keep the city clean and rubbish-free. Volunteering has helped me discover my skills — I’ve learned it’s a great communication.
I also volunteered to help International Student Support with the International Orientation. I remember what it was like being new to the University and how confusing it is for new students.

**My Story:**

Since studying in Glasgow, I have made many friends, some are from my home country (China) but I have also made friends from USA, Nigeria and Scotland. It’s been really useful having English-speaking friends as it helps me become more confident using my English language skills.

| My Story: ROBERTO ESTEVEZ, PhD NURSE PRACTICE |

**My Scotland:**
I love travelling around Scotland. My friends are not only going to different places but also meeting different people and cultures. I’ve met new people and they have made me enjoy my time here more.

You could use Microsoft Office programs to make your storyboard - for example Publisher, Word or PowerPoint. You can access up to date Microsoft Office programs via your student account.
If your entry is selected to win, we will share this on our webpages for fellow students to see. We will also use your winning entry to advertise next year’s competition and showcase previous talent.

Winning entries will be awarded one of our prizes, generously donated for this competition from local businesses, and will collect this from International Student Support!
Q. What details will my submission need to include?

The winning My Story submission will reflect on some or all of the following:

- examples of strong and positive integration to Glasgow and Scotland
- the different people you have met through studying in another country or the range of people you socialise or work with outside of your studies
- the positive effects of socialising and engaging with fellow students from a variety of backgrounds
- how the international student experience has globalised your future career opportunities and potential
- the maximisation of your social potential (including development of language skills and global / Scottish cultural understanding)
- accounts of travelling within Scotland and experiencing Scottish culture
- engaging in voluntary activities / extra-curricular activities that contribute positively to the University’s students or residents in Glasgow or Scotland

Q. How do I submit an entry?

You can submit an entry by e-mail from today up until 14th February 2020!

Applicants are invited to select up to 6 of the titles listed in the chart on the following page and submit their relevant stories / experiences with photos to create their storyboard with.

You can share your story up to a maximum of 100 words per title selected. Please note: we can only accept one entry per applicant. We cannot accept joint entries.

To enter the My Story competition add your photos and text for your subject (storyboard subject titles listed on page 4) to a storyboard of your design and e-mail to: internationalstudentsupport@glasgow.ac.uk

Your e-mail must include the following details:

✓ full name
✓ student number
✓ e-mail address and mobile telephone number
✓ subject heading: “My Story competition entry”
✓ attached completed media consent form with your e-mail – download this from our webpages

All entries must be submitted before the deadline of 5pm 14th February 2020 – we are unable to accept any entries submitted after this date.
**My Story – storyboard titles to choose from (6 titles maximum):**

<table>
<thead>
<tr>
<th>Title</th>
<th>Questions</th>
</tr>
</thead>
</table>
| 1. **My Glasgow** | • What do you like or love about Glasgow?  
• What are the places you enjoy going to the most? |
| 2. **My Volunteering** | • Do you volunteer? If so tell us where and what you do.  
• Who do you work with? Tell us about the people you volunteer  
• Why you enjoy volunteering in Scotland. |
| 3. **My Friends** | • Tell us about the friends you have made and making friends with students from other countries and backgrounds  
• Have you made any UK or Scottish friends?  
• Tell us what has been good about meeting students and making friends with people from other places / backgrounds / cultures? |
| 4. **My Studies** | • Have you joined in any activities, clubs or societies at the University or SRC?  
• Tell us why studying in Glasgow and Scotland has been a great experience? |
| 5. **My Travels** | • Where have you visited in Scotland so far?  
• How long did you go there for and what did you do?  
• What did you enjoy the most?  
• Who did you go with?  
• Where would you like to go in Scotland that you have not been to yet? |
| 6. **My Scottish Experience** | • What have you enjoyed so far about the Scottish culture / language?  
• Have you been to any traditionally Scottish events or activities while living here? |
| 7. **My Culinary & Cultural Discoveries** | • What Scottish food have you tried?  
• Have you been eating out in Glasgow? If so, where?  
• Do you share recipes from home with your friends?  
• Have you been eating new or different foods with your friends? |
| 8. **My New Hobbies** | • What activities you do in your spare time in and around Glasgow?  
• What interests have you developed while living in Glasgow / Scotland?  
• Have you tried something new since you’ve been here?  
• Have you found a new Scottish hobby?  
• Have you met new people when doing new activities |
| 9. **My Advice for New Students** | • What to do in Glasgow / Scotland  
• How to avoid missing out on good opportunities to socialise with new people and get involved in Glasgow  
• What you have gained from making friends from other countries / backgrounds  
• What you have gained from your experiences in Glasgow / Scotland |
Q. What are the prizes for the winning entries?

There will be one “first prize” winner and 3 runners up selected. The prizes are:

✓ 3 day Skye High Tour – 1st prize
   (donated by Haggis Adventures - Radical Travel)*

✓ £50 John Smith bookshop voucher – 2nd prize
   (donated by John Smiths University of Glasgow campus bookshop)

✓ The Keltic Ginger (Scotland Tours) day trip ticket (x1) or a plush Scottish themed toy - 3rd prize (donated by The Keltic Ginger (Scotland Tours))*

✓ University of Glasgow Sport 2-week gym memberships – 4th prize (or alternative UoG Sport branded prizes for winners who already have gym membership) for x3 runners up.

*3 day Skye High Tour winner would pay for accommodation & optional activities.

*The Keltic Ginger (Scotland Tours) day trip must be taken before May 2020.
All entries will need to be submitted with a completed Media Consent form – this can be attached to the e-mail you send us with your entry.

Open, fill out and electronically sign the consent form using the free Adobe Acrobat Reader DC reader ‘fill and sign’ function. Make sure all empty boxes are ticked and all requested information given, as below:

Entries are passed on to a judging panel of University of Glasgow staff – the panel of judges will decide which submissions win a prize.

The winning submissions will be announced on 28th February 2020!! We will e-mail all winners before making an announcement online.

Prizes will be available to collect by the winners via International Student Support after the announcement.