

# scan

## Five Lancaster students hospitalized after 'Spice' overdose

- Five Grizedale students hospitalised on Thursday Week 5, but confirmed stable by Friday Week 5.
- University warns of the dangers of taking drug 'Spice' or any similar synthetic drugs.
- Lancaster University police release a statement condemning the use of "legal highs" and other drugs.



Sammie Caine

HENRY SAKER-CLARK NEWS EDITOR  
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Five Grizedale students were hospitalized on the evening of Thursday Week 5 after taking the synthetic drug 'Spice'. Two of the students were in a critical condition overnight after overdosing on the drug, but were confirmed as stable on Friday by the University. The other three students were discharged late on the Thursday evening.

The five students, who were 19 year old first years, took the drug together in a Grizedale townhouse. An ambulance and paramedic car were seen to arrive outside the townhouse on Pendle Avenue shortly after 6.30pm. Police vehicles arrived shortly after and remained at the scene late into the night, believed to be searching the accommodation for any more of the drug.

Students were warned of the incident and to be careful of the substance by the University. After 9pm the University tweeted and emailed this warning to students. It read:

"Five students are in hospital, two of them critically ill following a suspected over-

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### COMMENT



#### We need more graduate level jobs, not just apprenticeships

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#### Lancaster students stride into the future with new app

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#### Richard Slatter Tournament

Nobody does bar sports like Lancaster - SCAN has the latest from Furness College's pool tournament. Page 38

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## Police: it shows “foolish attitude towards drugs”



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dose of a drug called Spice. It is extremely important if you have taken the drug to call 999 immediately and call for an ambulance. Please also check on anyone you think may have taken it.

“Spice is a cannabis based drug and can be bought over the internet. Packages may be labelled ‘not for human consumption’.”

Spice is a cannabis substitute, of-

ten described as “synthetic marijuana” because it is chemically similar to marijuana, but its effects are sometimes very different and is frequently much stronger. Because the chemicals used in Spice have a high potential for abuse and no medical benefit, the Drug Enforcement Administration has made many of the active chemicals most frequently found in Spice illegal. However, the people who make these products try to avoid these laws by using different chemicals in their mixtures

On the evening of Thursday Week 5, President Laura Clayson spoke to SCAN voicing her concern over the incident. She said, “obviously we are concerned and encourage all students to follow the advice [and] guidance given by the University. Our thoughts are with the students affected.”

*Lancaster University Police posted a statement via facebook on Saturday Week 25 saying that focus must be on both steering students away from these substances but also ensuring the safe recovery of the students recently hospitalized.*

The drug was formerly a legal high and users have expressed similar experiences to taking marijuana- elevated mood, relaxation and altered perception. However side effects of the drug can also include psychotic effects such as extreme anxiety, paranoia and hallucinations.

Lancaster University Police posted a statement via facebook on Sat-

urday Week 25 saying that focus must be on both steering students away from these substances but also ensuring the safe recovery of the students recently hospitalized. “This week has seen Lancaster University in the national media following an unfortunate incident that has occurred on campus.

“I will be offering my support to those involved and their college this week as I know that this has been a difficult week for all. Please do not however think that I am condoning the taking of drugs as you all know how I feel about drugs and I do feel that this incident highlights the need to be aware of the severe consequences of poor decisions and this foolish attitude towards drugs and legal highs in particular.

“Legal highs are not safer than other drugs, they are merely substances that have not yet been subject to legislation. They are often untested and consumption will have serious consequences as seen this week.” It continues, “drugs on the markets and sold to the general public are severely diluted and are often cut with bleach, washing powder, brick dust and other

toxins. As for plant matter such as cannabis this too is being mixed with chemical sprays and silicon beads which is essentially glass.”

University sent out an update around midday on Friday Week 25, which stated: “The two remaining students are conscious and in a stable condition. Thanks again for all the messages of support”.

Lancaster and Fleetwood’s recently elected MP Cat Smith spoke after the incident about drug education and safety. She said to ITV, “I think a lot of students and young people who aren’t students do take these substances thinking because they are legal they are safe. I think we need to a lot more around education and making sure people know the real risk of people taking these substances.

Smith continued, “I think with it being exam period and having been a student at Lancaster myself, I know you do enter, what you term, a silly season and people want to relax after exams and I think that is a natural reaction. It is concerning to me that people are taking very dangerous substances as a way of relaxing”.

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# Punishment for Roses sexism inadequate says York complainant

**LAURA WILKINSON** DEPUTY NEWS EDITOR  
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SCAN has recently learned that the female York student who reported the Lancaster student and Swimming and Water Polo Society member for sexist chants, was not happy with the overall outcome of the investigation and believes that more needed to be done.

The investigation into the sexist chanting that occurred during this year's Roses tournament took place after the tournament and led to the Lancaster student admitting to the allegations and privately apologising to those involved. The York student was one of those involved and received a private apology, but felt that this was not a good enough response from the university. The York student told SCAN that although she is "appreciative and thankful for the co-operation of the Lancaster Union so far", she doesn't believe

"a private apology to [her], a spectator, is a suitable response as it failed to address the victims in anyway".

The York student also mentioned her disappointment with the Swimming and Water Polo Society's comments on the situation. She said that she "objects[s] to the Water Polo Club's comment that the situation has been 'thankfully dealt with' for 'all involved'" because she believes that a "public apology is necessary to reach the victims and other witnesses who were present at the time and all affected".

Mia Scott, VP (Welfare and Community), who has been working closely with those involved, spoke to SCAN in response to these comments. Scott spoke about the way the complaints system in LUSU works and why the result may have been unsatisfactory for some of those involved. She said, "The way LUSU's complaints pro-



cedures work is that they offer a place for the individual making the complaint to suggest an ideal outcome. In this case, the individual specified her preferred outcome and we managed to fulfil those wishes for her."

Despite this, Scott also clarified that "LUSU does not condone sexual harassment or discrimi-

nation of any form and it never would or has been out intention to cover anything up or brush anything as serious as this under the carpet."

Scott believes that the individual and the Swimming and Water Polo Society have learnt from this situation and for her she believes that "on a political level, this is not

about getting revenge or punishing someone, it is about educating them on why their behaviour was wrong".

SCAN was also informed that the University and the Union will continue to work with the complainant as much as they can to resolve the issue.

# Plans for Health Innovation Campus outlined

**NATHALIE FARRUGIA** NEWS EDITOR  
 @NATFARRUGIA94

As a result of a 17 million pound investment fund from the Government's Growth Fund via the Lancashire Enterprise Partnership, Lancaster University is currently in the process of setting up the Health Innovation Campus.

The aim of the Lancaster Health Innovation Campus is to help people live longer and healthier lives and will provide an integrated approach to healthcare and services for people who are growing older. The campus will be set up adjacent to the University campus and will develop solutions to problems caused by ageing populations. The campus will also focus on working with businesses and healthcare providers to make advances in technologies, products and services.

Speaking about the project, Deputy Vice Chancellor Professor Andrew Atherton said: "As more

and more people are living longer, research into improving the lives of people as they become older has never been more important. This campus will significantly help us to bring about advances in technology and care programmes through research alongside healthcare and commercial partners that will enrich people's lives."

According to the University, the Innovation Campus will: capitalise on the research profile, collaborative strengths and business linkages of the University; provide research and development activities and raise the profile of Lancaster University as an excellent partner for collaborative research; improve graduate retention in the area and mutually enhance the image and reputation of Lancaster, the region, the University and businesses.

Another feature of the campus is the inclusion of facilities to work on new technologies to improve

assisted living and research into social care. There will also be space for a medical centre for research collaborations with the NHS and other health bodies and additional buildings and laboratories for relevant healthcare businesses to use.

Edwin Booth, Chair of the Lancashire Enterprise Partnership said: "The announcement of the creation of a new Health Innovation Park in Lancashire is tremendous news both for the local area and the county as a whole. Lancashire has a long history of creating economic and social benefits from cutting-edge science and I am sure that this new campus will continue that tradition, as we look for ways to meet the challenges of an ageing society."

According to an independent economic impact assessment, when the campus is fully operational the project will have the capability to create more than 2,000 jobs and an annual economic impact



of £99.8 million.

Councillor Eileen Blamire, leader of Lancaster City Council, said the Health Innovation Campus is excellent news for Lancaster and the long term vitality of the district's economy. She said "The

health innovation campus is an exciting development of the original science park concept and will strengthen the district's attractiveness for investors, further boosting economic growth and creating top quality jobs."

# Five students plan fundraising event in 14 days



**JACK PERRY SCAN EDITOR**

🐦 @JACKPERRY01

A group of five Lancaster University students have raised hundreds of pounds for charity, having been given 14 days to plan and execute a fundraising event. The group worked alongside the Lancaster University Careers office to raise money for the charities CancerCare UK and Safe Child Africa.

The fundraising event – entitled “Do you aspire to inspire?” – took place on Tuesday Week 6 in Alexandra Square, and was organised by Thea Nygard, Clarence Tan, Kyaw Tun Sein, Syafrullah Hamdi and Sally-Ann Benneh. Some of the students were working on the event in aid of their Lancaster Award.

Nygar told SCAN that the event revolved around selling postcards, “so that people who buy the postcards could write empowering messages on them.” The group aimed to sell 100 postcards in total, with the hope of raising over £300. In this endeavour the group were supported by Anna Webster of CancerCare UK, Lisa Atkinson of Safe Child Africa, and Lyndsey Egerton from the University’s Careers department.

“We would say it has been a great learning experience because we have had the chance to work together as a team, utilizing and complementing each others’ skills to produce a successful event,” Nygard said. “It has been an successful event. As a team we have

had the chance to raise both funds and awareness, but also to take part in the beautiful process of inspiring others.

*“It has been a great learning experience because we have had the chance to work together as a team, utilizing and complementing each others’ skills to produce a successful event. As a team we have had the chance to raise both funds and awareness.”*

“We have all worked hard planning this event for two weeks now, and we couldn’t have wished for a better result. We even got to enjoy some strokes of sunlight!”

Another member of the group, Sally-Ann Benneh, told SCAN about how the idea for the fundraising event came about. “At a time when students are seriously preparing for exams or working towards coursework deadlines, the five of us took up the challenge to plan a fundraising charity event within two weeks.

“In spite of losing one team member at the start of the planning process, we put our minds and efforts together to successfully organise a postcard selling event. We also designed the postcards and posters ourselves, and thanks to The Winning Post and Tesco, Lancaster, who donated refreshments and food vouchers, we were able to provide token refreshments and a raffle draw for food vouchers to

those who bought our postcards. In all, we would say it has been a great learning experience because we have had the chance to work together as a team, utilizing and complementing each others’ skills to produce a successful event.

“We want to thank all those who came by our stall today, as well as to our local Tesco & The Winning Post for their donations, Fylde College for letting us use their chairs, LUSU for stall and markers, and last but not least CancerCare (Anna Webster), Safe Child Africa (Lisa Atkinson) and Lancaster University Careers (Lyndsey Egerton) for all help and guidance.”

The Lancaster Award is a non-academic award run by the University’s Careers department.

# Thinking about your housing options for next year?

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**LUSU**

# Prohibited nitrous oxide in Furness



HENRY SAKER-CLARK NEWS EDITOR  
 @HENRYSAKERCLARK

A warning has been issued to students in Furness after the discovery of deliveries of Nitrous Oxide canisters. This warning against the use of the legal high prohibited in the University came on Tuesday Week 25, only two days prior to the hospitalization of five Grizedale students following the use of a former legal high, sparking national debate over attitudes to legal drugs.

In an email circulated to Furness students by the College Residence Officer, it states that the canisters have been in use in the accommodation but should be recognized as a risk to students' health. It reads: "It has come to my attention that nitrous oxide canisters have been delivered to the University and that they have been used in the accommodation as a 'legal high'.

"The University does not condone this behaviour, which may seem like harmless fun but can easily endanger your health. Further-

more, gas canisters are listed as banned items in the Residents' Handbook as part of our fire safety policy. Deliveries of Nitrous Oxide canisters are relatively easily identifiable and therefore anything that we reasonably suspect might be Nitrous Oxide will be held at the Porters' Lodge or by the Head of Security, and the addressee invited in for a discussion about their delivery.

"Any further discoveries along these lines within the accommodation will be investigated under

normal Deanery procedures as a breach of our terms, and we will act in the best interests of your own wellbeing and that of the other residents."

Nitrous oxide is commonly known as 'laughing gas' due to the euphoria and relaxation the high provides. However, according to TalkToFrank there is a risk of death as a lack of oxygen can occur when using nitrous oxide, particularly when rapidly using a substantial amount or using the drug in an enclosed space.

# Lancaster Alzheimer's drug to enter trials

NATHALIE FARRUGIA NEWS EDITOR  
 @NATFARRUGIA94

A new drug developed at Lancaster University, which may help to prevent the early stages of Alzheimer's disease, is set to enter clinical trials.

In laboratory tests, the drug, developed by David Allsop, Professor of Neuroscience, and Dr Mark Taylor, from the Faculty of Health and Medicine, reduces the number of senile plaques and the amount of brain inflammation and oxidative damage associated with Alzheimer's disease.

The University has filed a patent application for the drug and it will be progressing into clinical trials run by MAC Clinical Research, a research company based in the north-west. If the drug passes the

regulatory hurdles, the final goal is to give it to people with mild symptoms of memory loss.

Allsop said: "It is encouraging that our drug is being taken forward and will be tested on humans.

"Many people who are mildly forgetful may go on to develop the disease because senile plaques start forming years before any symptoms manifest themselves. The ultimate aim is to give the drug at that stage, to stop any more damage to the brain."

Speaking about the development, Chief Operating Officer of MAC Clinical Research, Dr Steve Higham, said: "Preventing Alzheimer's disease progression remains a critical unmet need for millions of people worldwide.

With that in mind we are very pleased to begin this exciting partnership with Professor David Allsop, his team and Lancaster University."

*"There's a tremendous need for new treatments that can stop the development of dementia in its tracks."*

Allsop also said: "I hope that my research will make a significant contribution towards benefitting the lives of the many people affected by the disease. We must understand where the Alzheimer's protein (beta-amyloid) comes from and in what form it is able to damage the brain, and how we can prevent this damage from happening

(or even reverse it). Ultimately, this knowledge will hopefully lead to a cure for this devastating disease."

Dr James Pickett, Head of Research at Alzheimer's Society, the group funding the research, said: "There's a tremendous need for new treatments that can stop the development of dementia in its tracks. Trials in people are an essential step in the development of any new drug so it's really positive to see this promising research being taken forward."

He also said: "Alzheimer's Society will continue to fund drug development research like this to ensure the best new treatments reach the people who desperately need them as soon as possible."

# University wins facilities award

HENRY SAKER-CLARK NEWS EDITOR  
 @HENRYSAKERCLARK

Lancaster University was awarded for its 'exceptional' facilities at the inaugural Higher Education Estates and Facilities Awards. At the prestigious national awards the University won the award naming its Facilities/Estates Team of the Year.

The inaugural Higher Education Estates and Facilities Awards highlight and celebrate the exceptional achievements of universities and those who work in them.

The Lancaster team have this year set out to ensure satisfaction and efficiency. The key areas the team have prioritised included: a culture that focuses on values and behaviour, creating an environment that fosters success and pride with the desire to make things happen by team working; getting closer to their customers, understanding their priorities and challenges, developing and nurturing relationships for better collaboration and increased satisfaction; improving communications and accessibility, simplifying their systems and processes.

As well as this, a new training scheme was introduced to reach out to all levels of staff. A bespoke training programme developed by the British Institute of Facilities Management (BIFM), delivered by Anne Lennox-Martin, was rolled out to all managers, supervisors and customer service champions.

The Awards judges commented that the Lancaster team has "a very comprehensive approach doing lots of things well, a focus on student experience, values and behaviour. The Making a Difference (MAD) scheme is an exemplar that is now being rolled out across Professional Services."

Facilities have received numerous other awards this year, including the Green Gown Carbon Reduction award for the 2nd year running, the Green Flag award for campus grounds for the 3rd year running, Best Halls for the 5th year running and two Gold Food for Life awards.

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## EDITORIAL

### *Laura and LUSU*

It's been an interesting year for LUSU, and for President Laura Clayson in particular. Together with several of the other Full-Time Officers, Clayson has made student activism a much larger part of the function and identity of LUSU. While this has provided the Union with an energy it has lacked in recent years, it has also caused some considerable and well-documented drawbacks. These include the paradox of simultaneously working with the University and fighting them; and the balancing act of performing as a do-it-yourself activist while also being a cool and competent manager. On page 10 Clayson has written candidly about her triumphs this year (in particular her work on gender, representation and ethical investment should be commended) and has also been very honest about this year's shortcomings. As she notes in her "accountability and transparency" section, while progress is being made LUSU remains relatively inaccessible to many students.

SCAN will be interviewing Clayson for our next issue – the last of this academic year. If you have a question which you would like to be asked during the interview (in response to her article in this issue or otherwise) please email it to [scan.editor@lusu.co.uk](mailto:scan.editor@lusu.co.uk).

### *The Queen visits Lancaster*

Barring a calamity, the Queen will have visited Lancaster on Friday Week 6, arriving by royal train to Lancaster station and then making a trip to Lancaster Castle. Given Lancaster's historic connections to the royal family (Princess Alexandra was our first Chancellor) it is a shame that the Queen has not taken the opportunity to visit the university during her visit. However, we are sure those of you who are fans of the royal family will make do with a visit to the Castle.

Unfortunately because this issue of SCAN went to print on Thursday Week 6, we were obviously unable to write up a report on the visit. However, we hope to receive some of the official images from the visit very soon, which we will showcase in our next issue.

### *Overdose*

Week 5 was of course dominated by the news that five Lancaster students had taken an overdose of the drug 'Spice' and had been hospitalised as a result. The news even reached the national media, with *The Guardian*, the BBC and ITV among the outlets which reported the story. It is believed that all those involved are on the road to recovery. SCAN hopes they all return to full health swiftly.

JACK PERRY EDITOR  
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## Why is one exam worth 60%?



DANIEL SNAPE COMMENT EDITOR  
@JDTCNAPE

Last year a satirical student newspaper ran a story along the lines of: "Student discovers cure for cancer, withholds secret until finals." It's a tale that brings tears to the eyes of everyone who has spent the last few months memorising arguments and equations for their big exams – if they have any tears left to shed. But the true genius of the story, beyond its ability to comfort thousands of hysterical young people, is its critique of the exam system. This year, for many Lancaster modules, the majority of the marks are going to come from one sit-down exam, and it's bothering me.

As a person who has spent the best part of 19 years under constant, "full-time" examination and is far, far beyond the help of any new adjustments to the education system, I think that I deserve some consideration when I say I'd like a stronger emphasis on coursework. Of course, as academic tradition dictates, it's only right that I also give proper consideration to the work that has gone before me, so let me dispel some arguments for the way things are in the world of examination.

One myth about exams is that they demand more academic rigour than coursework. A two-hour exam is no place for rigour. The clock doesn't stop for basic academic standards of referencing or elaboration. Why take the risk of evaluating the question and show-

ing original thought when you can regurgitate something vaguely related from your lecture notes, bump up your word count, and save enough time to produce legible handwriting towards the end? In turn, rather than encouraging a considered method of revision, this tempts students to cram the relevant facts and figures, botch some kind of structure during the exam, and forget anything useful that may have come of the course in mere days. If academics seriously believe that exams are a means to academic rigour, I dare them to start evaluating PhD students in silence at desks one metre apart.

Another misconception about exams is that they prepare you for the outside world. It's the only real response to complaints that a student's educational future can come down to a couple of hours in which they might get sick or distracted (and not compile a folder of snot for evidence of mitigating circumstances, or however that works). "That's life." The world doesn't take doctors' notes. And in a way it's true: human history would have taken a very strange turn if Trotsky's influenza hadn't confined him to his bed during the big Communist Party conference, or if Alexander the Great hadn't died of some sort of savage hang-over days before his great sea voyage. But that doesn't make it right.

In fact, exam conditions are precisely what we don't experience in the real world. If ever I find myself in a situation at work where I have to rapidly anonymise and

bind several answer papers without making scratchy noises on the desk, then I'll write back to the University and thank them.

A final, infuriating defence of our fascination with exams is that coursework is somehow easy. Proponents of this view tend to cite the increased proportion of students gaining firsts in courses that rely more on coursework – which is reminiscent of arguments we used to hear each August when the GCSE results came out, and I'm not sure if it's an act of extreme self-deprecation by educationalists or of general resentment towards young people. If students get low grades, it's received as the first signs of the end of human civilisation, because the students must be thick. If, on the other hand, students get high grades, it's presumed to have uncovered fatal flaw in the education system, because the students must be thick. In actual fact, as anyone who's ever tried to decipher a mark scheme knows, coursework marking criteria are as exacting as they ever were – and they can always be made harder.

Coursework is a way of measuring students' academic fulfilment without bundling them into situations where they must hold onto their stationery, their thoughts, and their lunch at the same time. A modest drop in the weightings of exams would make students more comfortable with their studies, and that's something Lancaster has chased for years.

# Does Lancaster Uni's collegiate system work?

SAMMIE CAINE HEAD OF PHOTOGRAPHY  
 @SAMMIEPHOTO

When I was applying to university, Lancaster's collegiate system was one of its biggest selling points. It pains me somewhat to say it, but had Lancaster not been collegiate I don't think I would've applied here and, heaven forbid, I would've ended up at York.

Since joining Lancaster back in 2013, Furness College (and its healthy competition with Cartmel, no less) has played a large part in my university experience, ranging from participating in Patriots and being a Freshers' Rep, to my current involvement with the JCR Exec.

I speak only from personal experience, but I've found that compared to friends' universities there is seemingly much more of a community feel in Lancaster, which comes as a result of the collegiate system. Speaking to friends at the University, there's an overriding agreement that the college system is really important - it makes you feel like you're part of a smaller family. Whilst the initial thought of entering an existing college community can be a daunting one, for me it was much better than the

thought of being an insignificant individual among an entire year group of strangers.

Naturally, the first port of call for friendship-making is getting to know the other people living in your part of halls, but then this is where I find the collegiate system has one of its biggest advantages; whereas at many universities this is where the 'community' seems to end, at Lancaster this extends to freshers in other buildings around your college. In essence, I found Furness halls to be like a very small neighbourhood, and it certainly helped my transition from living at home to living on campus. Many speak of the isolation that comes with moving to university - some end up spending the majority of their time in their rooms - but I feel the collegiate system offers a way to combat this through the existence of multiple college events each term (be it a pub quiz, movie marathon, or otherwise).

Although there is no one overall central 'meeting point' (apart from, I suppose, Sugarhouse) there are still the numerous college bars offering a variety of facilities for all students - not just members of that particular col-

lege. Having visited York for Roses, I realised how much I rely on these different college facilities. At York, the only college I was aware of with any sort of food/bar facility was Derwent College, the journey to which I can only compare to a walk from Furness to Cartmel (pretty far for a lazy person like myself). York, unlike Lancaster, does have a students' union based on campus, but when imagining my fresher-self in a space like that, full of people I didn't know versus a smaller college bar environment in Lancaster, I couldn't help but think of how intimidating I would've found that on my first night away from home.

A recurring discussion about the collegiate system seems to be that of graduating in colleges versus graduating in classes, and is a conversation which seems to divide opinion. Having had the fortune to meet wonderful people both in my college and on my course, I would be grateful to graduate with either group. When speaking to others about this, there is a notable divide in views regarding how we should graduate, largely relating to whether they feel stronger friendships have been formed as a result of their course or college.

Whilst I understand that for some the collegiate system played an insignificant part in their choice to come to Lancaster (and has played an even less significant part in their university life beyond Freshers' Week), the fact that the option to become an active member of your college exists provides a variety of brilliant opportunities that would otherwise not be available to students.

The collegiate system may not work for and appeal to everyone, but that's totally okay. After all, you get out what you put in to the experience, and not everyone wants the same experience. That's the beauty of university: you have the flexibility to choose how you use your time here. But if there's one thing to say for certain about our collegiate system, it's that Lancaster wouldn't be Lancaster without it.



Sammie Caine

# Only state school can save British politics

HARRY FENTON

Although it is undeniable that the Conservatives won the election and that a good percentage of the population have given them the mandate to govern the United Kingdom, we can debate whether or not the government is elitist. Over half of the new cabinet went to Oxbridge and were privately educated, while just 7% of the population they represent had the luxury of a fee-paying education. It remains a similar story in the rest of parliament, where a third of MPs went to independent schools and nearly a quarter went to Oxbridge.

I would like to point out that these are two very separate issues. There are a good number of state school students at Oxbridge (although private school students will have an advantage, as fee-paying students are up to five times more

likely to get into one of the two universities than their state school counterparts) and they charge the same fees as every other University in the UK, with the same finance from the Student Loans Company. The important issue here is private education itself. The prime minister and the mayor of London alone went to Eton, with several other cabinet ministers having gone to top public schools such as St Paul's and Charterhouse.

Some may ask why the private school domination of the cabinet is such an issue, since private schools often dominate league tables and have a good reputation for academic excellence, but this has nothing to do with the issue at hand. The bottom line is that you can only attend private schools if your family is wealthy enough to pay for your school fees, and these wealthy families prefer to mix in their own circles. Hence, most

members of the cabinet always had limited contact with that majority of the population who are not so privileged, and they have never experienced some of the difficulties which many poorer families face. Therefore, it is very difficult for most of the cabinet to relate to ordinary people and understand their concerns and priorities in life - and ordinary people are the very ones feeling the strain of austerity. No wonder why politicians can't understand the impact their policies have on people.

*The problem is not just the fact that they went to private schools. The problem is that the wider British establishment favours private school alumni who are the most overprivileged.*

However, the problem is not just

the fact that they went to private schools. The problem is that the wider British establishment favours private school alumni who are the most overprivileged. Of those in the cabinet who went to private school, individuals such as David Cameron, George Osborne and Jeremy Hunt come from very prestigious, upper class families who have been part of the establishment for many generations. This is not just a problem for elected politics. Outside of the government, 71% of top judges, 62% of senior military officers and a third of England national cricketers went to private school. Therefore, much of the British population resents the fact that people have access to the top jobs because of their wealth and family links. Even John Major, the last Conservative prime minister who came from a school in Brixton, expressed his shock a couple of years ago at the way every sphere of public life is

dominated by privately educated elite. This is not something people should tolerate in the 21st century when such privilege became indefensible many years ago.

*Outside of the government, 71% of top judges, 62% of senior military officers and a third of England national cricketers went to private school.*

Therefore, if people would truly like to see a less elitist government, there are two courses of action we have to seriously consider. First is the wholesale abolition of fee-paying education in the UK. Second, we need more democratic methods of electing party leaders in order to end the private school domination of public life, including our representatives in the cabinet.

# President Laura Clayson: My yearly reflection

**LAURA CLAYSON LUSU PRESIDENT**

As my year is coming to an end, I felt it only right that I offer the students I represent a yearly reflection, especially having set a precedent for this kind of article at the end of Michaelmas Term.

I now find myself in a much healthier head space than I was when I last wrote. Having now learnt the motivations and agendas of those around whom I engage with it is much easier to differentiate those who are supportive and pro-active from those who would rather sit back and criticise. The aftermath of the increases in tuition fees and rents has been something that has shaped my year and I have learnt a lot about the value of negotiation as a consequence. For years students have been forced to accept an increase here and an increase there, but first term saw students autonomously organising leading to the University reopening dialogue channels.

What I have found particularly interesting is the different context LUSU finds itself in in comparison to Unions based in urban settings, especially London. Here there are often protests and occupations. Whilst we are involved with the national student movement to a degree the way we operate has to acknowledge the complexities of our isolationism. In the neo-liberal University context, especially at Lancaster, change relies on the relationships you have with those who have the financial power to make those decisions. For Lancaster to thrive it is important the Union has a critical but functioning relationship with the University. Not to have this would be a disservice to the students we represent.

Interestingly, throughout the year I have noticed a change in the narrative at the top. I have raved all year about how students need to be reconstructed as partners in the decisions the University makes and slowly but surely I have started to notice a shift in the way students are talked about. Controversial decisions, over who to give honourable degrees to for example, have considered the reactions of groups of students – would certain choices result in student opposition in the form of protests? To me this is evidence that we are in the process of a reconstruction of students as active participants,

rather than passive consumers, of their higher education experience.

On a personal level I have fluctuated between political perspectives. Some days I am an angry anarchist who wants to smash up the hierarchical structures that perpetuate Union under-representation on University committees etc. whereas on other days I am thinking how we need more people involved at the grassroots to get into positions of ‘power’ so change can be pursued through a combination of top down and bottom up collaboration. At the moment I would say I am a combination of the two. What has been especially important for my political stance is the realisation that an ‘us’ versus ‘them’ rhetoric against University management is neither progressive nor useful. Without constructive dialogue and compromise nothing will ever change. Especially not in the space of one sabbatical year. Societal change is a process, consistently being shaped and shifted by the circumstances we find ourselves within. Far reaching change requires patience, compromise and organisation.

With this in mind I thought it would be the perfect time for me to reflect on the manifesto pledges I was elected on:

**Gender and Representation:** during my election campaign, I highlighted how in LUSU’s history only five Presidents had ever been self-defining women - a statistic provided to me by the Women in Leadership group who played a vital role in bringing these issues to the fore. I aimed to be the sixth. Upon my election I vowed to empower students who wished to take action on various societal issues. An example of this is the successful launch of the umbrella campaign called Lancaster Shouts Back, which aims to empower all self-defining women against structural misogyny. This was launched through collaboration with several other Union Officers including Vice-President (Welfare and Community), Mia Scott, the Ethnic Minorities Officer, Omena Osivwemu, and the Women’s Liberation Officer, Caitlin Shentall. The campaign thus far has consisted of an article written for SCAN articulating why we need more women in leadership positions, supporting Caitlin in organising

Lancaster’s first Reclaim the Night in a decade, and a speech given by Mia and I at Cartmel’s event for International Women’s Day. Forthcoming is a video themed around why the Union is “shouting back” against all forms of sexual harassment. On reflection this campaign needed to start off a lot more inter-sectional than it did, and I am sure the Union will focus on this in the coming years. It’s easy, especially when operating under time constraints, to just push forward with campaigns, but inter-sectional liberation is integral to the student movement so we must ensure we begin all of our campaigns in this way.

**Living Standards and Personal Well-Being:** Living Standards and Personal Well-Being: I supported Mia to successfully lobby the University to sign the Time to Change pledge (which intends to smash the stigma surrounding mental health) and also to research the experiences of Care Leavers at our University - Mia and Student Based Services had a success with this, getting management to commit part of the Widening Participation budget to a Care Leavers bursary. The Union also supported students in their occupation of University House against the fees and rent increases. It is due to this that we have entered the most meaningful negotiations on rents with the University in recent years (bursaries and scholarships are part of this conversation too). In terms of progress on this both the LUSU President and VP (Campaigns and Communications), Ronnie Rowlands – utilising research conducted by LUSU Councillor, Lee Dudding - have written a Cost of Living paper for the Negotiations Working Group, outlining proposals and resolutions on how to tackle rents on campus and making the case for an increase in bursaries for certain groups of students. This ground work will be something that our successors will hopefully be able to build on next year, as the cost of living will continue to detrimentally affect a large proportion of our membership.

**Defending your education:** alongside supporting the fee and rent increases protest and occupation we have been part of the national campaign for Free Education, marching alongside 10 000 other students back in November.

As our support for Free Education is only mentioned as part of other Union policies, there will hopefully be a policy passed this term holistically focused upon this in its own right. I have also worked alongside the Pro Vice Chancellor for Education, Sharon Huttly, on the Postgraduate Funding consultation, which is due to be submitted at the end of this month. Whilst this has been a long time coming, I still perceive this new financial support to be a neoliberal response to the wrongs that the current economic system imposes on people, serving only to descend students further into debt - further evidence that capitalism doesn’t work for the people, but those in the higher echelons of society. In order to continue maintaining legitimacy as representatives of students it is imperative that future FTO teams campaign for an education system that isn’t commodified, but one that sees the pursuit of knowledge as an end in itself.

**Accountability and Transparency:** I have realised that as one person I cannot make the Union as accessible as it should be to all students. Whilst I have tried my best, this is an area that was impossible to fully commit to. In my election campaign I stated that I was going to move my office downstairs so that I was more accessible to students. However, once I realised that I was never actually in my office, as well as the fact that the Union could be made accessible in other ways and it should not just be isolated to one building, I chose not to act on this as a priority (also when I have to write papers I would rather sit in the open plan office on B floor, as it is impossible to concentrate downstairs!) I tried to do weekly drop in sessions, perching myself in random venues around campus, however due to lack of attendance I figured this was not the best utilisation of my time. Instead, I have ensured that I am accountable, approachable and friendly in other ways - be this through writing articles for SCAN, attending Union Council or going on LAI:TV when I have had the time to do so. I have also launched the Union’s first year of the participatory budgeting initiative which saw students vote on what they wanted a portion of the budget to be spent on – the bookable megaphones have now been ordered and will be available for students to book once the quiet period is

over! This initiative has also been factored into the Union’s 2015/16 budgeting process to ensure that it is carried forward in future years, but bigger and better!

**Go Green:** I committed to improving Lancaster’s green credentials and have pursued a strong environmental agenda this year, establishing both divestment and the creation of a behaviour change group as partnership projects between Union Officers and University Management. An Ethical Investment Policy was something Mia and I were told would never happen. However this negativity only spurred us on! Alongside a group of fearlessly committed student activists we have successfully partnered up with the University to commit to developing one. A survey is currently being created by the working group created off the back of University Council’s commitment. This will be sent around to everyone in the institution to ascertain what different stakeholders’ desire from this policy, i.e. what the University as a whole perceives as ‘ethical’. We are hoping very much for fossil fuel and arms trade divestment as these have been the basis of our two year campaign, and what 1,198 people have signed our online petition supporting!

In terms of the food sustainability agenda the student led Broadbean Campus Co-Operative is potentially going to be embedded as part of Green Lancaster. This is to make it sustainable, both in terms of longevity in the context of a transient student population and the food sold – the intention is to source from the Eco Hub. As a founding member it makes me happy that despite most of us who started it are leaving, it will carry on, fulfilling a vital role in the campus community. Alongside these, Union Council have passed Anti-Fracking policy which condemns the process and mandates Union Officers to lobby the University to decrease further their carbon emissions, through enhancing their renewable energy initiatives for example. Lastly, at University Council’s away day on Friday 22nd I will be presenting a paper on whether or not environmental sustainability is an institutional priority... fingers crossed.

**Improving support for International and Postgraduate Stu-**

dents: the Union has been working alongside the International Cross-Campus Officer to set up the International Students Association, which should be established this term. This will hopefully increase our support and representative structures for international students. As well as offering continuing support to Graduate College and the Postgraduate Board, VP (Education), Joe O'Neill, and I are working alongside the University to adopt and implement the Postgraduate Employment Charter. These activities have been taking place alongside our talks with University Management about an increase in financial support for these two categories of students in response to the fee rises.

Outside of my manifesto commitments I have travelled to the West Bank, Palestine with Dr Simon Mabon from the Politics, Philosophy and Religion department to strengthen links between An Najah University and Lancaster; have got the Union involved with the national campaign for profit-free periods meaning that we are now selling the most popular sanitary items at cost price (there are rumours of moon cups too); worked on enhancing our vegan range of food and held the police to account in *The Guardian* (after a run in with them at the Tap House we can confirm that they are definitely still unhappy about this!)

In light of what I feel has been a very political year for the Union I have learnt perhaps one of the most difficult lessons: as an elected student representative you have

to accept the criticism you get – actions are either too radical or not radical enough. You are never going to please everyone and this means that you have to take the toxic articles that are written about you and your fellow officers (usually from people who have never even spoken to you) with a pinch of salt. At the end of the day we are only able to do as much as six human beings can deal with and I am monumentally proud of the progress we have made.

In all honesty whilst I can say that I am proud of how far I have progressed with my manifesto commitments, I really cannot take full credit for them. If it wasn't for my fellow FTOs, Union officers, committed student and community activists, Union staff, lecturer friends, University staff, friends and family I wouldn't have got anywhere. I am monumentally thankful to all of the wonderful people I have had the opportunity to meet and activist with this year.

Overall, I believe that this year has been great for student activism. I have never been as inspired and determined as I am now. I envisage that the next five years are going to be very challenging to the student movement, with higher education being transformed at the whims of whoever the Conservatives choose to dictate policy from the top down. We need to recognise the intersection of all the inequalities we fight against, uniting environmentalism and feminism, to the anti-austerity movement and the national campaign for free education. We all need each other.

## We need more graduate-level jobs, not more apprenticeships



Pete O'Shea

**JULIA MOLLOY PRODUCTION EDITOR**  
 @JRMOLLOY2

Having finished my last exam, I'm soon to join the unemployed graduate population. Despite my best efforts and several interviews over the last few months, I have as yet been unable to secure an entry-level or graduate-level job, and the prospect of returning home with nothing on the horizon is rather worrying. What is more worrying, however, is the sheer lack of variety in graduate-level jobs being offered.

Recently, a report into apprenticeships found that a significant number of apprenticeships for school and college leavers were being taken by over-25s who were already in employment. When we think about it, this is hardly surprising. The prospect of a secure job (despite the low wage), with the chance to gain on-the-job technical skills, and the high chance of securing full-time work afterwards is certainly tempting for any age group. For us graduates, though, the majority of careers fairs are filled with companies looking to hire salespeople, engineers, managers, accountants, teachers or lawyers. As an English graduate wanting to start a career in copywriting and copyediting, getting a foot in the door is nigh on impossible. Looking back, if there had been an apprenticeship within the media – as I have seen advertised now – I would have tak-

en it with open arms over a degree.

The fact is that in this time of austerity, even if the economy is slowly improving, it is well known that the last thing to pick up will be the jobs market. The Conservatives consistently said during the general election that they would invest in more and more apprenticeships to get young people into work, but I'd much rather see a greater variety of graduate jobs on offer. It is tiring the amount of times people have assumed I want to become a teacher because I (will hopefully) have an English degree in a couple of months' time, and it is even more exasperating to see increasingly corporate and sales- or management-led opportunities peppering the graduate job market.

There seems to be an assumption among politicians that only those of school-leaving age need help finding work. The truth is that graduates need help too. We all know by now that having a degree is not enough to secure employment, and it would be refreshing to see careers fairs and the government embracing alternative employment choices such as those in the arts. It may be true that more apprenticeships are needed, and young people do need a push to find their vocation if university is not for them. But I don't see why graduates are left pretty much to their own devices. Unless you're lucky enough to want a career in a corporate environment, the rest

of us end up falling into postgraduate study. It's no wonder a lot of older people over 25 are seeking apprenticeships; the prospect of secure employment in place of the soul-eroding option of searching for an entry-level job is certainly attractive.

Unfortunately for us, things seem to be getting worse rather than better. A survey done by totaljobs.com in 2013 found that nearly a third of companies complain that graduates lack the appropriate skills, while nearly 60% said they find recruiting for entry-level roles difficult. As such, these firms turn to apprenticeships because they receive government funding and can therefore shape their employees' skills from the very beginning to fill their own skills gap. It's common sense. But it makes entry-level roles for graduates even more difficult to find. Apprenticeships are a great way of targeting school leavers and getting them into employment, but graduates should be given that entry-level opportunity as well, instead of being forced to do work experience for free and for an indefinite period of time with little to no chance of a job being offered at the end of it. Not all graduates are the same, and graduates do have the right skills; it is just a matter of finding one of the few companies that appreciate those skills enough to offer you a job.



Laura Clayson

# Why women still need their own political party

**BRYONY SEAGER** COMMENT EDITOR  
 @BEINGBRYONY

Women are often referred to in politics as if we are a minority vote. Politicians try to appeal to us as if we are a cat to be brought inside, coaxing us with tidbits of policy to make us vote one way or another. Childcare is often a buzzword that is flung in our direction. We are at least a half of the voting population, if not slightly higher, no way close to a minority. Having said that nine million of us did not vote in the last election, compared to seven million men. One of the Women's Equality Party's main aims is to inspire these women to vote and to feel like they actually have a party that stands for them, something which the main parties seem to be sorely lacking. In the general election more women than ever were elected were to the commons, with roughly a third of all MPs now being women. This is heading in the right direction but clearly in order to be represent-

ative there needs to be a further climb in numbers.

I am clearly not the only person who has realised this, and earlier this year The Women's Equality Party was born on the 28th March 2015 (although it doesn't officially launch until the Autumn). This is a party that has pledged to bring women's issues to the forefront of the political rhetoric, not just as an afterthought as it so often seems to be with the major parties. The party's 'about' page on their Facebook states that 'when women fulfil their potential, everyone benefits'. This is indisputable. The current system not only harms women but men as well. Men are constantly told that portraying feminine traits is 'weak' or undesirable. I am getting off the issue here, but it's clear that even with their opening statement the party are on the right lines. The primary aims of the party are also laid out clearly, stating 'We will push for equal representation in politics and

business to ensure women's voices are heard at the same volume as men's. We will urge an education system that creates opportunities for all girls and boys and an understanding of why this matters. We will press for equal pay and equal parenting rights enabling women and men to share opportunity and responsibility in the workplace and at home. We will seek an end to violence against women'. The only thing I would question with these aims is the placement of the final aim to end violence against women. I would put this right at the top. Until the endemic violence against women the world over is combated and recognised for just how prolific it is then we can never succeed with all the other aims that the party has set out.

I think one of the things that ironically highlighted the need for this party was the way the BBC reported it on its news page. It filed the news under its 'Arts & Entertain-

ment' tab because Sandi Toksvig, a well known comedian, has joined the cause. Surely it should be under the politics tab? Another co-founder is a former Time magazine editor Catherine Mayer, but there's been little said about her. Toksvig, however, has hit the nail on the head when she says that the issues the party will be highlighting need to be brought into a wider context because 'most of the mainstream parties seem to treat women's issues as if we were a minority group rather than, in

fact, what we are, which is the majority of the country,' and 'you get separate women's manifestos, or you get childcare talked about as if it was only a woman's issue.' I think the thing the party are trying to highlight is that this isn't just about making women's lives better, it's about showing that all these different aspects of life that are supposedly "female" or "for women" actually effect everybody, and putting them at the top of the agenda will benefit all.



## LETTERS TO THE EDITOR

Dear Sir,

I'm not perfect. No FTO is perfect. Nobody is perfect. And I think everybody can agree on that. Instead of responding to an article written about me in last week's SCAN by dissecting and defending everything that was said and basically fuelling a fire that needn't continue, I want to approach things more positively. I want to assure the students of Lancaster that I will be here for you all if there is anything you need my help with next year. I'm on your team and want the best for everyone. I absolutely love this university and take pride in all the great things that our students achieve.

I'm greatly excited to officially become VP Campaigns & Communications in July. This excitement stems hugely from working with student media in the upcoming academic year. In the past several weeks, I have attended the hustings for Bailrigg FM, LAITV and SCAN to support the new executive committees. I was happy to see all the student media members hust and what they had to offer

for their society. I'm glad I can say that it looks like we're all going to make a wonderful team as we all clearly want to keep up the great work of student media and also want to continue improving it. At each hustings, I asked similar questions to each student media head in regards to either what I can do for them or how they'd like to work together for the next academic year. From this, I was hoping to indicate that I'd like to have strong and healthy relationships with each manager/editor and their team throughout my role to ensure everything runs smoothly next year as I genuinely, genuinely care.

I can see that some people have a distorted perspective of me as of now, but if we come together, we can achieve amazing things. I'm very passionate about this university and the achievements of its students. I'm not saying I'm going to be a perfect and faultless FTO, because at the end of the day, I'm human. What I can say, is that I will honestly try my best on every task that comes my way.

This university has opened my eyes, given me so many opportunities and changed my life for the better. This is something I hope to provide for others.

Let's all work together the best we can because we all clearly want the same things, that is, what's best for the union and its students. It's going to be challenging, but it will be worth it.

Katie Capstick  
VP elect

Dear Sir,

I was interested to read Jessica Wallace's article in the May 5th issue of SCAN, which reports the University's decision to award a care leaver's bursary from 2015/16.

However, I was disappointed that no mention was made of the substantial role of SBS staff in securing this bursary. Mia Scott may have fronted the campaign to receive more financial support for care leavers but the actual proposal report was researched and

written by myself, with the support of Fay Sherrington. Following a meeting between myself, Fay, Mia and Laura Clayson, in which we agreed that a collaborative approach would be the best way to secure a care leaver's bursary, I sent the proposal report to both Mia and Laura on 12th November 2014, with a request for input, but received no feedback (perhaps this is where the figures used in the article originate? If so, I would like to point out that they have been misinterpreted; 1.5% of Lancashire's care leavers are not currently studying at Lancaster University, unfortunately the figure is far smaller). The proposal was then successfully presented to the Widening Participation Group, with Mia's support, and the care leaver's bursary was duly approved and secured.

In omitting to mention the part that SBS played in securing the bursary, Jessica Wallace runs the risk of implying that the success of the proposal was entirely due to Mia's efforts. In not publicly correcting this impression, Mia herself might lay herself vulnerable to

the charge that she has taken sole credit for this without acknowledging the hard work of others, which I am sure she would not wish. SBS has collaborated with LUSU on many successful projects in the past, and we wish to continue doing so. However, we would also wish that the hard work and diligence of SBS staff, and the fundamental role they play in these collaborative projects, is honestly and openly acknowledged. We are all aware of the way in which today's media barons manipulate and misrepresent reality, in an effort to further their own political aims. It would be a great shame of SCAN chose to compromise their own journalistic integrity by following in their path.

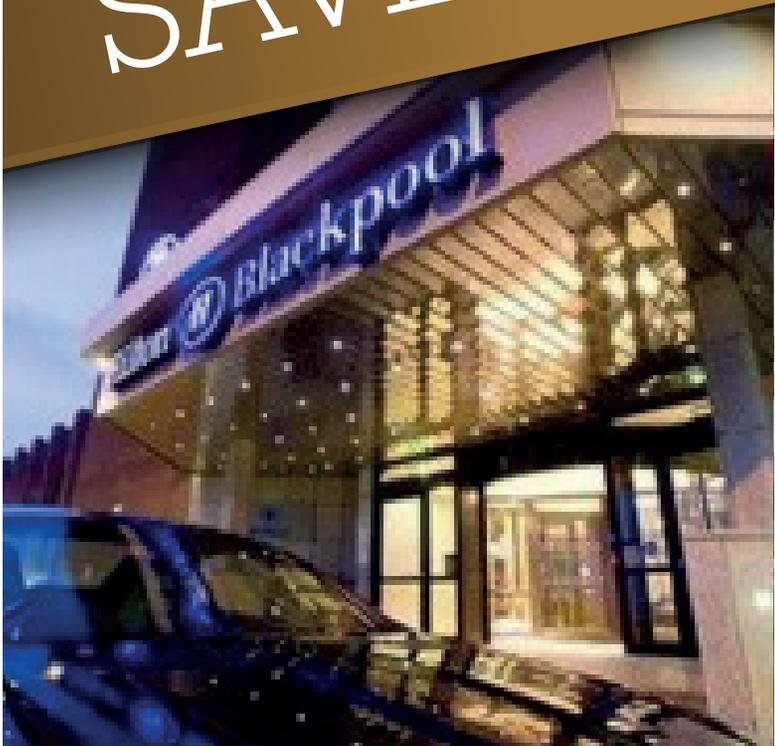
Kate Deeming  
Student Wellbeing Advisor

*If you have a letter for the Editor,  
please email it to  
[scan.editor@lusu.co.uk](mailto:scan.editor@lusu.co.uk)*

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ARTS & ENTERTAINMENT // FEATURES // FASHION // LIFESTYLE



LUFF FILM SHOWCASE: A WORLD WITHOUT END  
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Photo by LUFF

## Romeo and Juliet at the Dukes - review

JULIA MOLLOY [@JRMOLLOY2](#)  
PRODUCTION EDITOR

From the Shakespeare Tobacco Factory comes a brutally intimate adaptation of Romeo and Juliet. Director Polina Kalinina transforms the play into a take on the 1968 riots in Paris, setting the Montagues and the Capulets against each other in this difficult background. Yet, when combined with a sparse stage setting, the result is striking and challenging for the audience.

The greatest love story of the western world centred on a playground roundabout in this production, the handlebars coming apart to serve as weapons in the numerous fight scenes. Following an eerie a capella song, the initial fight scene was incredibly hectic for an opening sequence. Having never read or watched Romeo and Juliet before (something of a cardinal sin for an English Literature student), I'll admit to being taken aback by this loud and harsh start. However, once the play had settled down and I had figured out who was a Capulet and who was a Montague, the actors' performances started to shine.

Paappa Essiedu was particularly strong as Romeo, being both commanding and childish at the same time with his friends and with Juliet. From intimate moments with Juliet (which at one point saw them both in their underwear – slightly awkward when watching with the parents) to his fights with Tybalt and Paris, Essiedu stood out as particularly at ease within his character. Essiedu is clearly talented, and for a young actor his future looks to be successful. Daisy Whalley, who played Juliet, also did incredibly well, embodying the naivety of Juliet's young age and interacting strongly with Romeo – not bad for an actor who only debuted last year.

It is somewhat easy, however, to compliment the stars of the show, but for me the stand-out actor was Oliver Hoare who played Mercutio. His slightly uncontrollable and intensely physical movements took well to the 1960s setting, reminding me (perhaps stereotypically) of a 60s teenager experimenting with drugs. However, his clear joy at life – and his frequently bawdy references – created an interesting dynamic to what was otherwise quite a stark and shocking play (though again,

it was slightly awkward to watch with the parents when he started making out with a guitar).

This production of Romeo and Juliet, however, seems to only work well in an enclosed, round theatre like it is at the Dukes. I read one review of the production which criticised the performance heavily because it was played on a typical theatre stage, and I can imagine that some of the quieter moments would have been lost in a bigger arena. Essiedu's brooding presence on the balcony while Juliet is speaking would certainly have been difficult to recreate in a less enclosed theatre, and Mercutio's interactions with the audience would not have been half so amusing if they hadn't happened at close quarters.

That said, at the Dukes it worked perfectly, particularly during the death scenes. To see Essiedu's Romeo actually frothing at the mouth after taking poison or Mercutio and Paris being covered in fake blood is something that is particularly striking at close quarters. A younger member of the audience had to leave as soon as the interval started for fear the actors had actually died. Even though I

knew how the play ended before watching, Romeo's and Juliet's deaths were still emotionally hard to watch, and I think that is testament to the quality of both the

performances and the staging of this slick, highly consummate production.



Craig Fuller

## STAY CULTURED

### Unit Nine



When disgraced Captain James Price is decommissioned from the military forces it seems there is no escape from his shame and humiliation; that is, until the sinister Governor Janus offers him a way out. Under the assumed name Mathew Haydon, he begins work as a security officer in Unit Nine; a confidential prison containing the worst of the worst of human kind. However not all of them, as Mathew soon discovers, are the prisoners.

The Dukes – Friday-Saturday, Week 7

### The sound of the Glenn Miller era



The lights soften, the mood settles. An audience waits for that first moment of sound. The Big Band is poised, relaxed then, as if giving body to an echo, the murmured notes of 'Moonlight Serenade'... and the night is suddenly full and timeless. Recapture the sounds of a bygone era as the Nick Ross Orchestra presents 'an unmissable evening of music and song' the classic Big Band Sound of the 1940's.

The Grand – Wednesday, Week 7

### Shakespeare's Globe: Titus Andronicus



Returning to Rome from a war against the Goths, the general Titus Andronicus brings with him the queen Tamora and her three sons as prisoners of war. Titus' sacrifice of Tamora's eldest son, and his decision to refuse to accept the title of emperor, initiates a terrible cycle of mutilation, rape and murder. Titus was the smash hit of Shakespeare's early career, written with a ghoulish energy he was never to repeat elsewhere.

The Dukes - Sunday, Week 7

### Because I'm Shappie



Star of Live At The Apollo and Michael McIntyre's Comedy Roadshow, Shappi Khorandi is back with a brand new show for 2014. After being knocked up like a 1950's teenager Shappi missed 2013, but now she is back and it's forward march. Reflecting on the good things, she celebrates her haphazard, zigzag towards her dreams. She introduces us to friends, family and total strangers who have helped her on her personal Yellow Brick Road.k Road.

The Grand - Thursday, Week 8

# Interview: Akala

RUTH OGUNADE [@RIA\\_NADE](#)

**How did the name Akala come about?**

I just picked it, it was a name, it meant immovable from what I found. Since then I've found that it has many meanings in many different languages, like in Filipino it means 'eternal', in Arabic, Akala means 'to eat'. Some meanings I had no idea of when I actually chose the name, so it's really interesting.

**Why rap, when and how did you decide music was for you?**

Very early I decided I loved rap. I must have been about 5 or 6 years old when I heard Public Enemy and I knew that I loved rap and started writing raps. In terms of career, I only really started pursuing it seriously when I was about 18/19 as it didn't seem like you could be a British rapper when I was younger. It didn't seem like a viable career; only Americans had careers as rappers.

**What is your writing process like? Your new album Knowledge is Power Vol 2 has just come out, what was your process for that?**

Really it's to think about what I want to say first and then get the music together and then scat over the music, so I make a certain amount of rhythmic sounds in a certain way that gets me the flow. Then sometimes, if I want to approach it like I'm writing a poem, I will write the lyrics down but sometimes I don't write anything down at all, I just recite the lyrics in my head, memorize it and then record it.

**'Murder Runs the Globe' is a title of song on your new album, can you expand on the song's origin?**

It's a recognition of the fact that mass murders, arms traders, people that sell nuclear weapons, governments and societies that have the capacity to do the most murder get the most respect in this world. Power is not about morality, nor about being nice, nor about being a good person, it's about who has the capacity to kill the other person's children more effectively. That's what determines power on this planet.

**Why do you think it is so easy for music to influence the behavior of young people, for example when taking drugs?**

Well advertising is advertising isn't it? If advertising didn't work then corporations wouldn't spend billions of pounds on it. You know what Coca-Cola is, what McDonalds is, Mercedes is because of advertising. There are brands everywhere; if you're told they're desirable then they become desirable. Even the way you and me are both dressed is the result of advertising. So that's part of the human psyche and if popular people constantly advertise something like drugs, it can influence people to be experimental. It seems like humans have always experimented with drugs regardless.

**As a conscious rapper, do you think there should be regulations on what artists can rap about, seeing as they have such a big influence on people's behavior?**

There are regulations on what artists rap about. Artists that talk about jewellery, clothes, cars and girls and killing black people are more easily given promotion, therefore that becomes more popular. Therefore young people see that as what is successful, and that sets the tone for what people want to follow. There is regulation: artists that are "too political" never get on the radio. That's regulation.

**You have a song 'Shakespeare' which you're well known for. How much of an influence does Shakespeare have on your writing?**

He is another one of the great poets that have influenced my work, along with the likes of Nas, the WuTang Clan, Rumi, Langston Hughes.

**You also have a Hip-hop Shakespeare Company, why did you start that?**

I just felt that the way Shakespeare was taught generally was quite boring and there was a better way to do it. In schools, in colleges, in universities, the perception of who Shakespeare was and the way in which both rap and Shakespeare

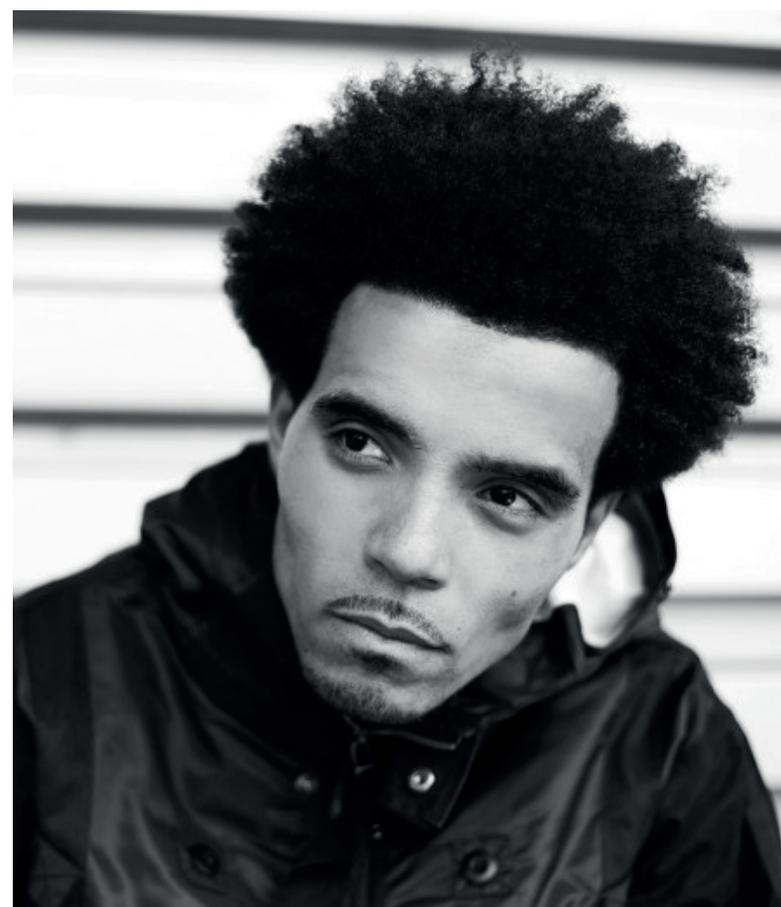
are perceived and used, I disagreed with so I wanted to put my own spin on it.

**What's your view on the Baltimore riots and riots in general? Do you think it actually gets the government to listen?**

Well yeah, we're talking about it right now and they're on the media and no ones care about poor people when they protest peacefully. One of the activists from Baltimore was talking about the fact that three or four hundred of the brothers from Baltimore had marched peacefully like a year or two in a row, protesting different issues in the community. No one pays any attention to poor people when they don't burn shit and when they do burn shit, they're demonized. But you cannot kill, continually kill members of a community and there be no recourse to justice, when you are the state, when you are paid to protect people and expect for there not to be a reaction. So I'm not one of those people that are gonna sit here and moralise with you about riots and about property getting smashed because  $X + Y = Z$ . My only issue is often these rebellions, or these reactions to state murder are not organised, they're not targeted, they're not coordinated, they don't have strategy but I totally understand why and anyone whose spent any significant time in any racially segregated ghetto in the world, should understand why that level of frustration exists and can and will explode. It has exploded before and will explode again.

**The London riots in 2011 saw many people rioting who couldn't even name the person whose death sparked the riot. I think it gives youth who would've participated in crime anyway, a bigger excuse to do it. What do you think?**

Crime in and of itself is political. Our government murders people all over the world and we get moralistic about crime. We bombed Iraq and stole all of their oil, because nineteen guys from Saudi Arabia flew, not Iraq, from Saudi Arabia flew planes into New York city. Saudi Arabia's a British ally. Britain and America then bombed Iraq, a country that we know



doesn't even like Saudi Arabia, so this is what I'm saying crime is politically determined. Crimes of rich, elite people are not seen as crime. Poor people whose crimes are infinitely smaller are seen as crime, does that make it ok? Not always but crime in and of itself is political. Why some people grew up in areas of London where they don't have shit and others grew up in areas where they do have shit is political. So when people try to pretend it's not political, it's a way of depoliticising something that is political. Kids in Knightsbridge are not rioting because they have everything, they're not angry. If they are angry, they're not angry about not having stuff and we live in a world where if you don't have stuff, your basically considered a piece of shit. I know from going to school as a child, with holes in my trainers, it's not a nice feeling, it's a horrible feeling to be the kid in school, whose got a 'hooley crep' who people make fun of, who doesn't feel good about himself because you don't have the right material.

No one's genetically born to do crime, so when you say, "these youths that would've done crime anyway" why would they've done crime? Do they have access to adequate employment, education and training? Do they have career paths laid out before them and they just said, "you know what I don't wanna be a doctor, I'd rather do crime"? Partly some peo-

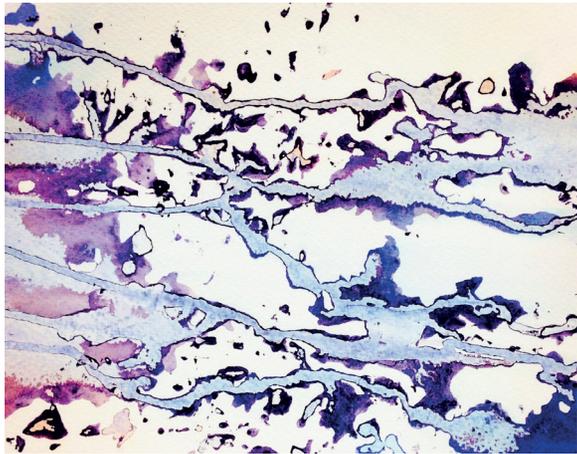
ple make those choices but those choices are also partly made for you by the social forces in which you live. That's not to excuse anyone, I think it's just to give more of a deeper explanation than simply moralizing about poor people who are angry and therefore react in a certain way. Rich people riot all the time, they just riot in different ways, they use lines of credit to riot, they have gentrification where they push poor people into a marginalized corner of communities they've lived in for decades and decades and decades often generations as a form of violence. We're seeing all over London right now, where middle class white people are taking over spaces that have traditionally belonged to poor people of colour and doing basically whatever they want. Selling pork underneath Rasta colours, opening bars, selling Jamaican music and Jamaican culture and then getting scared when more than three black people come to the door. So there are forms of violence, they're all levers of society. But it's only when some people are violent that it's presented as thuggery and mindless and feral and all these things that were said to be attached to it. So I just think it's a bit more complex than simply good or bad, people having an excuse or not having an excuse. I think it's a bit more complex than that.

*Akala's new album Knowledge is Power Vol 2 is out now.*

## Unearthed - Fine Art Degree Show, Artist Previews

Lancaster University's 2015 Fine Art Degree Show centres around the signification of emergence and discovery, as 27 promising contemporary practitioners present their work to the public in their debut exhibition, Unearthed. The exhibition is the result of three years for the artists' developing practices across various disciplines including painting, sculpture, installation, performance and digital art. This diverse display of art is open to the public from Tuesday, Week 9 to Wednesday, Week 10.

Previews collated by EMILY BIRKETT @EMILY\_BIRKETT



### DAISY EMERY - PAINTING

Daisy Emery's passion and motivation for creating art lies in the wonders of the natural landscape. She sees her process of creation as a journey, and wants to convey this journey to the viewer. The use of elements such as sand and water allows her to experiment with and recreate what would happen in the natural environment. These elements are then captured on pa-

per through the use of paint and ink. Emery allows water to take certain control in her work and explores how its unique properties can be used to create drawings. She alternates this process using sand as a method of adding form to these drawings. The processes and outcomes work together to mimic the world we live in and its natural courses.



### HEATHER PAIGE CLEW - MIXED MEDIA

Heather Paige Clew believes in equality, fairness, and human rights. "Art for me has taken a new perspective; I work on stories that have 'touched' me." It first started with the kidnapping of the Nigerian school girls back in 2014. Clew was shocked by how little the media cared. "One day it was a tragic event, then the next focus was on Miley Cyrus smoking a

joint. Which is more important?" Clew worked with newspapers and tape and explored the idea of removing certain elements, "only showing you what I wanted you to see, much like the media does." This year, Clew's practice has taken a slightly different turn and working on a piece inspired by 9/11 has been emotional for her. It all started back in 2011 when Clew travelled to New York and saw Ground Zero. She knew that this was a poignant moment.

Clew used quotes from the victims to build the twin towers, using stop-motion to build them up and then collapse them. Clew resonated with it as a very emotional topic and emphasised "the 9/11 attacks will never be forgotten." Clew's artwork was a tribute to that; a stark reminder. "I want people to feel something from my work, to make them think, to ask questions, I hope to make them look at things slightly differently, even if it is just for a moment."



### JOSIE HARRISON - DIGITAL ART & INSTALLATION

Centred on the idea of "human experience", Josie Harrison has developed her use of artistic skills to demonstrate how digital and installation art can portray a universal understanding of human emotions and state of mind.

Harrison has always had a fascination with the ideas behind aspects of consciousness and everything

that lies between. "I experiment with elements such as water and its distortionary qualities to portray the complexity of the human mind." Harrison draws inspiration from anonymously written submissions from the public.

Harrison has used their accounts of personal memories to fuel and inform her practice and to find links with her own personal experience, creating work which is unique yet unifying at the same

time.

Whilst originally beginning with still imagery, her recent work has begun to incorporate aspects of film and sound to create an "immersive" and sometimes challenging experience for the viewer; transporting them into an alternative world which seeks to evoke emotion and nostalgia through an individual multi-sensory encounter.



### STEPHANIE HUL - 3D COLLAGE

Stephanie Hul is inspired by Oceanographer, Paul Snelgrove with the quote, "We know more about the surface of the Moon and about Mars than we do about the deep sea floor, despite the fact that we have yet to extract a gram of food, a breath of oxygen or a drop of water from those bodies."

Stephanie Hul is a mixed media

artist, bringing a range of sculptural and textile based knowledge to digital collages.

She is specifically interested in exploring different ways of creating a singular artwork through incorporating various layers. Her work is focused around environmental issues; in particular the island of plastic which floats upon the oceans.

Hul explores how this effects the

eco system of the ocean and the animals that live among this toxic island of waste. She produces imaginary sea creatures as a warning of the consequences if we fail to tackle this problem.

The creatures Stephanie creates are deformed, distorted hybrid creatures, victims of consumer society and its ever growing waste.



**JESSICA KADEL - PAINTING & DIGITAL ART**

Since Jessica Kadel was little, she'd always been inclined to draw and paint faces. After witnessing family members suffer from Alzheimer's disease, Kadel realised how significant memories are in building identity, becoming somewhat obsessed with sourcing old family photographs and creat-

ing paintings from them, which attempted to echo the isolation and anxiety associated with memory loss. "While rummaging one day on a quest for images, I discovered undeveloped family photographs on colour-negative celluloid film strips gathering dust in the attic. I plan to resurrect these images into a gallery setting to play with ideas of the forgotten." The colour-negative palette of the film adds a dis-

turbance to the domestic; the once familiar smiley faces become unsettling strangers returning your stare. Kadel's paintings aim to capture the nostalgia and enchantment associated with memories to create images which are simultaneously dreamlike and eerily uncanny. Kadel strives to capture the fragility and captivation of memories, while giving them stability.



**KARIS LAMBERT - MIXED MEDIA**

Karis Lambert's work aims to explore cross-media practices. "I am trying to engage with new technologies and materials in a way that will make the artwork more approachable and engaging for the audience." She is interested in breaking the conventions of the gallery space in order for her

artwork to be more accessible to a wider range of people. The typical gallery etiquette of "look but don't touch" bothers her, as she believes it isolates the viewer from the artwork. Lambert's current project is making 'sculptures' out of existing objects that people are used to being in contact with; like chairs and encouraging the viewers to touch them and interact with them. In doing so, "the artwork hopefully

becomes less precious and instead, more communal." It is physically engaging with the audience while drawing their attention towards their environment. Lambert wants to build on this project by exploring the relationship between fun and play and danger. She plans to make her artwork slightly uncomfortable by containing an element of dread as well as pleasure, amusement and fascination.



**KIERAN LEACH - INSTALLATION & SCULPTURE**

Kieran Leach's practice consists of installation and sculpture, as well as incorporating digital elements. Fond of using materials in interesting and unexpected ways; his work often originates from a process, whether that be method of image-making or a sculptural form. As a result, Leach's work

is varied both in its medium and conceptual nature. This exhibition explores the themes of space, reality and human perception. The majority of pieces carry a similar monochromatic sensibility. There is a binary sense of familiarity and the unknown in his work that captivates the audience both visually and intellectually.



**EVA LIU - PAINTING**

Eva Liu's reflection series consists of alienation and the escape of reality in daily life. Inspired by her experience of growing up in an urban environment, Liu finds herself constantly seeking for escape from all the structures and constraints of the society. The distorted reflections on glass curtain walls

of modern commercial buildings change and move as you pass by became a motif in her paintings as a repulsive force to the pressures from society. Liu paints after selecting images from her own photographs, usually taken when she travels and finds similarities in many metropolitan cities like Hong Kong, Shanghai, London and Berlin through zooming in the lens onto the reflections on win-

dows and glass structures. Liu uses a combination of acrylic, oil paints and glazes to achieve a reflective, high shine effect. Through painting more abstractly, Liu feels some form of emotional release from tensions built up in life. Recently, Liu has incorporated sounds with her painting installation to intensify the sensory experience for the audience.



**MINNIE MCGEE - MIXED MEDIA**

Minnie McGee's artworks are reflections of her mind and things that have struck in her daily life. "As a shy person, painting allows me to express myself freely and confidently." Last year, McGee explored the subject of food because she noticed how obsessed she was with sugary treats. This obsession

with sweets was truly a love-hate relationship for McGee, due to enjoying studying and tasting desserts but at the same time struggled with body image issues from a young age and felt guilty for purchasing, making or even looking at desserts. However, this year McGee moved on to the subject of cityscape reflections and distortions, with the aim of self-exploration along the way, as she enters

a new stage in life. "When I walk around a city I am always captivated by the reflections on windows and glass curtain walls of buildings surrounding me." The reflections sometimes get so distorted that they resemble little about the 'real world' and "looking deep into them is like meditation for me, as I am able to escape into that moment of stillness and sink into my own thoughts."

*Part three of our Fine Arts Degree Show preview will be in the next issue of SCAN, released Monday Week 9.*

## LUFPS Showcase - film previews

At Take 2 Cinema on Tuesday, week 7, Lancaster University's Film Production society is holding its inaugural Showcase and Award Ceremony. Tickets are £1 and all attendees get the chance to vote on the awards. Here is a preview of the films being showcased:

Previewed by JAMIE MILLS @JHRM94

### Post-Mortem

"After a death occurs, an enigmatic man is in a race against time to unravel the clues at his disposal and unveil the culprit before it is too late."

Post-Mortem is the essence of LUFPS's values: collaboration in the name of film. With four writers working together to create the final script and a crew of very varied skill sets, it is a true team effort where everyone lent a hand in almost aspects of both pre- and post-production. In an effort to prove engineers can do more than just numbers, the dedicated Tom Dykes takes the lead role, his cheeky and playful nature on set balanced out by the ever-ready and brilliant Thea Nygård. With a few surprises under its belt, Post-Mortem promises to be one of the most daring and visually stylistic projects LUFPS has undertaken to date, as it simultaneously pays tribute to and parodies the film noir genre. – Elena Jones, Production Manager

Post-Mortem stars Tom Dykes, Thea Nygård, and Jamie Mills. It was written by Matt Hardman, Paul Henry, Jonathan Hermit, and Elena Jones. It was Directed by Matt Hardman. Production Manager was Elena Jones.

### Counting Candles

"Dale, the pessimistic and lethargic loner, is 20 today. Dale, the popular and charismatic extrovert, is also 20 today. One room. Two very different celebrations."

Counting Candles is the longest LUFPS project produced in the 2014/15 academic year. Everyone knew this film had to get made from the moment the script was read. Brilliantly written with many laugh-out-loud moments, Counting Candles is a glimpse into the lives of two guys. Both Dale, the pessimistic and lethargic loner and Dale, the popular and charismatic extrovert are celebrating their 20th birthday. One room – two very different celebrations. Of course there can't be a party without various friends: hyperactive Gillian, dopey Gil, sarcastic Jaz, drunk Ben and clumsy Edd all contribute to very interesting interactions. With a big cast and crew the set was almost its own party with many laughs. The crew worked very hard to figure out the fundamental difficulties of shooting, such as cake continuity and banana placements! Counting Candles is a look into a party with many different personalities, some of which can probably be found in

your lives. - Lea Kehrer – Production Manager, Assistant Director

Counting Candles stars Ishan Ganjoo, Joseph Woodcock, Charlotte Larner, Tom Dykes, Pulca Bennington, Jamie Mills, Vitali Bokov, Elena Jones, and Nicky Wilson. It was written by Will Johnson and Directed by Matt Hardman. The Production Manager was Lea Kehrer.

### Sundown

"When the poems of the introverted Marlow fall into the hands of the work-swamped Jessica and the lovesick Molly, they are each compelled to change their lives either for the better, or for the worse." LUFPS's debut project, Sundown, was established in October 2013 when the society was virtually brand-new. The project – conceived as an ambitious film 'experiment' – brought together a group of approximately twenty strangers from a diverse range of academic backgrounds who all shared a keen interest in film production. The team, including three writers and three directors, endeavoured to choreograph and execute the complex, interweaving stories of three troubled University students as they are met with a series of unanticipated events and chance encounters: Sundown is fundamen-



Sundown

tally an exploration of how even the smallest choices, mistakes and twists of fate can have the profoundest effect on the course of our lives. - Matt Hardman: Co-Director + President of LUFPS

Sundown stars Ethan Bates, Ellie Berry, Bella Ward, Dylan O'Rourke, Beccy Websdell, Phoebe Nicholson-Pallett, Tom Evans, and Palina Malash. It was written by Selim Maclean, Will Johnson, and Alex Wu. Directors were Tom Fuller, Matt Hardman,

and Fri ThuangKyaw. Production Managers were Matt Hardman and Lea Kehrer.

### All That Remains

"A routine therapy session takes a hostile turn when a soldier is forced to confront his past..."

"All That Remains tells the story of how a soldier, after suffering a trauma on his latest tour, is confronted with his past and, with the



Post-Mortem



Counting Candles



*A World Without*

guidance of his therapist, learns to face what happened. After 6 months of pre-production work, countless script rewrites and several months of editing under the watchful eye of a perfectionist team, the cast and crew are finally able to unveil their hard work. This film allowed LUFPP to become

a community of bi-continental film makers after the editors for All That Remains returned back across the Pond after their “semester abroad” - taking with them a deep love for the joy experienced when filming at dawn on a wintery Lancashire morning. With a stellar cast of Alexander Varey

and Charlotte Larner, All That Remains is a dramatic exploration of human nature’s most destructive emotions and takes a closer look at what remains of a soldier’s life once he loses it all.” – Elena Jones, Production Manager

*All That Remains* stars Alexander Varey and Charlotte Larner. It was written by Elena Jones, and Directed by Angelo Cupani. The Production Manager was Elena Jones.

**A World Without**

“Four people begin a search for emotion, unaware of forces controlling their lives, plunging them into A World Without”

In October 2014, production began on LUFPP’s A World Without, a drama following student Anna in her search for emotive photography. Both old and new society members formed a collaborative team of enthusiastic filmmakers and with an already established script, the project was quickly cast and commenced shooting during the Michaelmas term. Battling through all kinds of harsh weather and varying terrain, the team gradually pieced together this film of fractured identities and loss: “As she attempts to rid herself of her ex-obsessive boyfriend, photographer Anna becomes locked in a battle of emotions, until something inexplicable takes control of their lives...” A World Without questions the stability of modern relationships against the onset of technology, and reveals how desensitised people can become to reality and themselves.

*A World Without* stars Chiara Wakeley, Jamie Steele, Vitali Bokov, and Jess Turton. It was written by Will Johnson, and Directed by Fri ThaugK-

yaw. Production Manager was Sian Bradley.

**Nerve Endings**

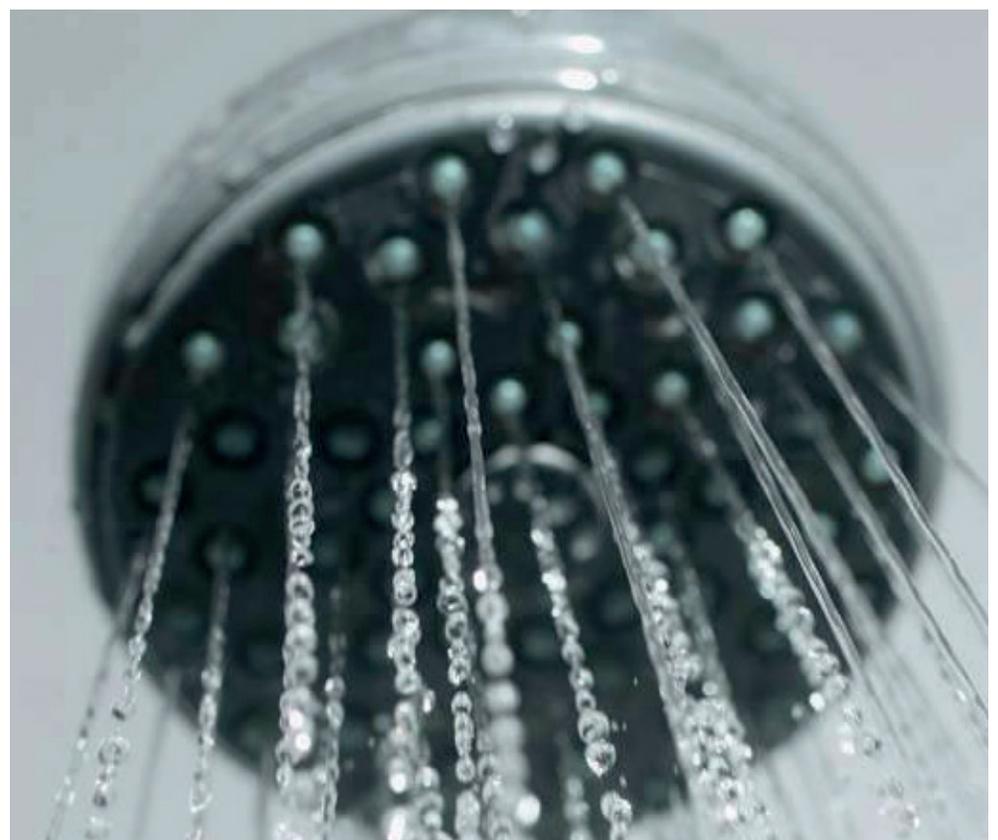
“Troubled by the loss of his girlfriend and a fractured relationship with his father, James sinks deeper and deeper into a whirlpool of guilt and remorse...”

The original concept for Nerve Endings was fairly simple. It would focus on the life and more specifically the well-being of a university student, James, after he had gone through a traumatic event. With the help of a few writers, that idea has developed into a story of how James has coped after the tragic death of his girlfriend. It revolves around his strained relationship with his father and his perhaps complicated relationship with his girlfriend prior to her death. For many of us working on the project, this film was the first we had ever made. It has been a learning experience for all of us and we hope we have produced a short film that people can enjoy.

*Nerve Endings* stars Guillermo Katz, Charlotte Larner, and Walker Zupp. It was written by Sam Fletcher, Yoana Nesheva, Walker Zupp, Chandler Yang, Christina Mellor, Sarah Wagstaffe, Chiara Wakely, and Kai Yee-Ni. It was Directed by Sam Fletcher and Yoana Nesheva. Production Manager was Nicky Bowman.



*All That Remains*



*Nerve Endings*

## Interview: Rosa Francesca

SIMON JAMES [@SJAMES](#)  
ARTS & ENTERTAINMENT EDITOR

So as well as singing you play piano, guitar, ukulele, and harp! The latter is particularly unusual, what got you started there?

There was a singer that I was really obsessed with when I was younger called Joanna Newsom. I'd never heard anyone play the harp and sing before her, but I thought it was pretty interesting. Obviously it's quite an expensive instrument and one that's hard to get access to, so when I was seventeen I started going to some workshops in a nearby museum where you could play the harp for free. I got my first harp when I was eighteen. I've only just started singing and playing at the same time because it's so difficult to coordinate compared to things like piano and guitar.

Other than Joanna Newsom, who are your main musical inspirations?

Sufjan Stevens, who is a singer and multi-instrumentalist - he plays in lots of different styles and does a variety of things, making short films etc. I try to bring in as many instruments as I can when recording demos, so it's useful to listen to multi-instrumentalists. Stevens and Newsom both tend to do longer songs, which I try and emulate because you can go a bit further with lyrics then. I also take inspiration from composers such as Gershwin - I really like that old jazzy kind of stuff.

What do you think of the Lancaster arts scene?

I think the local scene in general is really good. A lot of students tend to stay in a bit of a bubble on campus, but I've managed to get out since first year and do a lot of gigs in town and the surrounding area. Lancaster Music Festival is really cool - every single venue had a gig, even Barclays bank had an open mic. I've never really seen this level of involvement from any other town. On campus the music scene is also really good - most bars have some kind of regular music night, which I think is really good to have.

What are your favourite venues in town?



I've played at Yorkshire House a few times which is really good. Priory Hall is a cafe at the bottom of town which I played the other day for the first time and that was really amazing - it's quirkily decorated and very chilled out. It stays open later at the weekends - people dip in and out but are also really quiet and listen which I really like. They also have a very nice grand piano.

On campus?

I don't know, I've enjoyed playing all of them. County is good because it's quite a big space, and they tend to be pretty well organised. I play regularly at Pendle Live which is great - the organisers are very friendly, and you tend to get other cool people playing and a pretty decent crowd.

To what extent do you think the university supports music students and arts students in general?

I'm one of the last eight music students - the course shut down in the first year I was here. I don't feel like there's been a massive amount of support. As a comparison, the University of East Anglia's music department shut down a few years

ago, and a lot of protests and stuff went on. They had big name celebrities signing petitions to try and keep the music department going. The equivalent here was very small scale - it felt like no one really cared.

Whose job do you think it should have been to raise that awareness and fight for a music department?

I don't know. I think it would have been good for there to be more student solidarity. Obviously students can't do everything though, so it would have been nice to see some support from lecturers, as a lot of them seemed to jump ship early on.

Other than your solo performances, what other musical involvement have you had on campus?

I've been a member of the music society, ULMS, since I started here. In the first year I was only really in the choir, but in second year I decided I wanted to take up clarinet again, which I hadn't played since secondary school. I ended up joining more and more groups - I sing with the big band, brass quintet, I play in the wind band and I conduct the choir. Being in ULMS has

really encouraged me to branch out musically and play in loads of different styles, especially the big band - I love singing jazzy stuff. There's so many performance opportunities with the music society, in things like Campus Fest where I ended up playing in a ridiculous amount of things. And there's no performance element on my course, so it's been really nice to have ULMS keeping me busy on that side of things.

We've previously interviewed people, for example the Marties, who have suggested the university could be booking bigger name acts onto campus and/or in the Sugarhouse. Where do you stand on this?

I think that Lancaster is too small to be getting massive names, simple as. I've heard a lot of people saying we should get signed bands into Sugarhouse and stuff like that, but I think considering how small it is and the amount of people that would come I can't see it being worth the amount of money we're talking about. With stuff like Grad Ball, they've forked out loads of money and got a number one DJ, and everyone's kicked off and said they're paying too much money. So if people are kicking off

about that, why would they pay lots of money to see a signed band in Sugar? It's also just not a great venue for live music - Yorkshire House next door is much better. Really what we should be doing is promoting the quality local bands we have, as well as campus musicians, and encouraging students to go into town to see them.

What's the weirdest gig you've ever done in Lancaster?

I have one that I can't say... I'm doing one in July where I'm going to be singing and playing at a life drawing event in a garden centre which will be different!

Any tips for budding musicians?

Play everywhere. Go to all the open mics and if people are calling out to musicians for gigs, say you'll do it. I know some people who only go for paid gigs, but if you're not trying to make a living from it at this stage, you may as well just go for everything to raise your profile, and eventually if you're good enough the paid gigs will come to you.

Rosa will be playing Priory Hall on Friday Week 7 from 7-9pm



## 4 ways to make the most from your gap year

ABIGAIL DAVIES **FEATURES EDITOR**

Third years, I get it. Graduation is looming and it can seem like the same fatal question pops up again and again in conversation: what are you doing next year? A lot of us don't know, although we don't dare say it. Why would you offer up your seemingly hopeless future to be scrutinised by your family and friends, to allow yourselves to be compared against your overachieving cousin and rendered a failure before you've even got a foot in a door? Instead, you let those five words slip from your mouth, 'I'm taking a gap year', which is code for 'I don't have a clue what the hell I'm doing with my life'. This seems to placate most people (although maybe not your parents who wonder how you're going to fund said gap year, and are secretly worried that you'll never move out), and indeed, it offers you some inner solace too.

But a gap year doesn't just have to be a way out of a difficult conversation. Gap years can in fact help you discover your true calling, whatever that means. After all, why should you feel obliged to lumber in belly first when you don't really know what it is you want to spend your life doing. Here are some suggestions of how you can make the most out of your gap year.

### Take A Few Work Placements

If you have income from elsewhere such as a part time job then now would be the perfect time to pick up some work experience. It might be that the reason you don't really know what you want to do is because you haven't discovered it yet. Work experience helps you to explore your options and narrow down the scope of perspective jobs for when you finish your gap year. Albeit, this doesn't seem like your traditional gap year; it's kind of boring and requires you to live at home with your parents when you could be off out seeing the world and enjoying yourself. But let's be realistic, without much money you're going to be at home anyway, so don't waste the next 52 weeks slobbering it out on the sofa.

### Pick Up A New Hobby

It's hard to feel enthused about going straight into a job if you don't love what you do. A lot of people get to the end of their degree and find themselves hating their subject. Use this time to recuperate and reconsider the things you enjoy. Perhaps you haven't found what you're looking for yet. I suggest learning how to draw, cook, or even something a bit more unusual like making YouTube videos. Plus, even if you can't make a whole career out of the (let's be honest) amateur skills that you will be able to pick up in a year,



Bill Damon

it will undoubtedly do you well somewhere down the line. When Steve Jobs studied typography at university it was completely useless to him, but later on he was able to transform that skill to help formulate Apple's unique design.

### Go Travelling

YOLO, carpe diem, etc. etc. etc. Inspirational quotes are thrown around like nothing else nowadays. But that doesn't mean that they don't ring true. Once you've got a job, that could be it. 3 weeks paid holidays a year (if you're lucky), until you retire. And that's

only on the condition that you don't die by drowning in the London smog first. A gap year offers the best time to let loose and see the world, and that's not because you'll never get the chance again. No, it's actually because once you hit 25 it becomes socially unacceptable to live out of a campervan surviving purely on beans from a tin.

### Tell People About What You're Doing

I can't stress how important it is to show that you have gained something from taking a gap year. At

the end of the day, you're going to have to get a job when you get back, and the first thing they're going to ask you is what you've been doing for the last year. So whatever you do, make it worthwhile and make yourself accountable. A great way to do this is to regularly let people know what you're doing as you're going along. Start a blog, make some videos, take pictures. That way, when you get asked, you can show them something tangible. Even better, if what you produce is good enough, you might not have to show someone, they might find you.

## Say goodbye to your fear of public speaking

YOLINA STOYANOVA

Feeling anxious only at the thought of speaking in front of a lot of people? Your mouth dries up and your palms sweat as soon as you try to say something and that makes you even more nervous? Yep, this is public speaking fear, or the so-called Glossophobia. Jerry Seinfeld said – 'people's number two fear is death. Number one is public speaking!'. Imagine...

I was going to write about how easy would be for you to overcome the panic with a few simple steps. Well, it is not exactly like that! The tips I am going to give will certainly come in handy, but the

first and most essential thing you have to remember is that you need to change your attitude to the process of public speaking. Since I've tried a lot of things to 'decrease' the anxiety, I finally realized it is a deep rooted psychological problem and what I need to do is just to change my way of thinking about it. Eventually, nobody is going to kill you if something goes wrong, right? Just a couple of minutes and it's all gone, you're free!

On the other hand, perhaps it is all about hiding the nervousness. Mark Twain himself thinks that there're two types of speakers- those that are nervous and those that are liars! As a person that is

quite used to stage performances, I still cannot figure out why I keep being so anxious when I have a presentation or even when I have to explain something simple during a seminar. The following list are the things that help me to at least not show the 'I'm-slowly-dying' symptoms:

1. Think of something positive before the speech- beach, bunnies, food (Yep, this is what I think of!)
2. Music, music, music!
3. Prepare well, but do not over-think it beforehand, otherwise you'll go crazy even the night before the speech/presentation.

4. Imagine the positive result, how glad and proud you'll feel.

5. Think about your role-model, someone that inspires you and what it takes him/her to be that inspirational.

6. Have some water by your side.

7. Take part in as many events involving public speaking or team-working as you can (Practice make perfect!)

As a whole, nowadays public speaking skills are essential whatever you're studying or type of profession you want to have in future. It's all about what you

think, why you do so and how you can convince the people that it is worth listening to you and your ideas! Take it as an opportunity and use every occasion to practise while you're in uni.

Since I am here (and I am a first-year student) I have significantly improved my behaviour and way of thinking in terms of giving speeches or just talking to a lot of people. What helped me was just not giving up because the first times were not that successful.

At the end, why let yourself be afraid of public speaking when you can make public speaking afraid of you?!

# What to do after exams

APRIL HAYES

As exams are underway it is always nice to have something to look forward to, to prevent the revision blues getting on top of you. So I've made a list of things to do after the exams, to prevent weeks of lounging in bed all day. Here are 5 suggestions of ways to spend your last weeks at uni doing something, (which may or may not be productive) but that should make you feel as if you haven't wasted your time).

## Extrav

We are all excited about Extrav (and the added thrills of themes to be released) but this is definitely something to look forward to after your exams. One wild night to remember, including dressing up ridiculously in ways you wouldn't normally be seen, dancing in the bars with random people from your college who you've never seen before, and drinking the bar dry. How else better to celebrate the end of year?

## Williamson Park and the Ashton Memorial

For me, this is on the list purely because I hardly ever leave campus if I don't have to (lazy first year over here), so this is a reminder to actually explore Lancaster. I have been told that Williamson Park is one beautiful place for a walk (or workout if you're that way inclined). The park is open 10am – 5pm, composed of 54 acres, and makes for a lovely day out (or so I've heard). There's the added bonus of a Butterfly House on the grounds as well as the possibility of ice cream and cake at the café. Rope in a couple of your flatmates and make a day of it.

## Lancaster Castle

On the subject of visiting places in Lancaster take a trip to the Castle. It used to be Europe's longest-serving prison until it closed in March 2011. It is here that the famous Witch Trials and executions were carried out in the 17th century, and it is here that George Fox (think

big building near the management school) was imprisoned for 2 years for blasphemy and refusing to fight for the Republicans against Charles II. It is open 9.30am – 5pm with tours running regularly but there may be restrictions on entry some days since it still operates as a Crown Court. Situated in the middle of town near Waterstones and the train station, it's really easy to get to and entry is less than a tenner too!

## Blackpool Pleasure Beach

To explore a little further afield why not use your Purple card and save money on a wristband for entry into Blackpool Pleasure Beach? With rides such as 'The Big One' to entertain the adrenaline junkies and less terrifying amusements such as 'Ripley's Believe It or Not' there is certainly something for everyone. There are also a myriad of places to eat including Burger King, and Yoomoo Frozen Yoghurt. After you've got the adrenaline high you were looking for there's always time to have a wander



down the beach before hopping on the train back home.

## A Picnic

An oldy but a goody, what's better then grabbing a couple of your friends and heading down to Lake Carter for a good, old fashioned picnic? All you need is a couple of rugs, some cutlery and plates (even plastic ones from Sainsburys) and some food. If everyone brought one or two dishes that would make

sure there was enough, plus there was variation at the dinner table/rug. As there are BBQs behind Bigforth Farm there's also the possibility to show your friends your culinary skills as you successfully cook burgers and sausages. If the weather's good this would be a really easy, and cheap thing to do – plus you can get a bit of sun bathing done at the same time.

# How should you spend your money?

AMY AMIRA

How should we spend our money? On ourselves? On other people? On experiences? Studies have shown that spending money on other people can be more rewarding.

A couple of packets of gummy bears each time you go to a country, some souvenirs and one day, they just stop being your friend. A packet of mini smarties, a note on each of them and handed out to people that you really care about. Now, which one stays and which one leaves?

In my experience, people come and people go. We spend so much time, effort and money on a person and in the end, you feel like you've wasted your time. Eventually leading to regret, guilt, remorse and lastly, the hate that surfaces each time you come across the person.

Yes, it is always rewarding when you spend your money on other

people, but in my opinion, when it comes to people, I think the most rewarding people you can spend money on is:

1. People in need (Children who don't have parents, people who are disabled and are not capable even if they wanted to work and the likes)
2. Your parents
3. Your spouse/ Your self
4. Your pets
5. Your friends

If you spend your money on a vacation, say to a different country, that is an investment on its own. You explore, you discover and most importantly, you learn a thing or two.

If you spend your money on yourself and not on anyone else, for example, on buying expensive clothes, on buying the most up-

to-date gadgets, so on and so forth, you satisfy your wants but how long can you do that for? There's always going to be something better, something more expensive, something much more fun to play with. So, do I just have to settle then? No. Of course not. Your wants and your needs are equally important, but within reason.

*The best way you can spend your money is in giving your money to a cause that you know will benefit others.*

See, in my experience, give too much and people take advantage of you, be too calculative and you're labelled as being stingy. So, how do I solve this predicament? What's the strategy?

Simple. Your time, should be focused on you, your family and those who truly matter. Similarly, your money should be invested in people who really need it and in people who really matter. Some-

times, and trust me with this one, people take, take, take and never give back.

Be wise, it's extremely rewarding to give and to see the happiness on their face. However, it is equally frustrating and sometimes infuriating when all they do is take and they never even ask you if they could chip in for the pizza or whatever it is that you guys are buying together, forget about even giving you anything, that's completely out of the question. There are people who take advantage of you like that, believe me when I say that.

In my opinion, the best way you can spend your money is in giving your money to a cause that you know will benefit others, otherwise, spending your money on anything that would develop you as a person or increase your "market-value" a.k.a employability and/or street smart capabilities is also a plus, and lastly, when spending money on people, I think there's a scale and you have to be sure as to

whom is on where.

It's easy when you're born rich, it's tough if you're not. It's easy to see the cash in your bank account and it's easier to spend it. But it's hard to cherish and most people never remember the little things in life you do for them unless it's material and make one little mistake and they hold it against you for the rest of your life.

Money may not be important when you compare it to building lasting relationships. However, when what you have to give is taken for advantage, it's not a really good feeling. Thence, it is important for you, to think about how you'd like to express your gratitude to someone.

Because appreciation is not shown in merely one way, which is by giving out material things, but it can also be done in various ways and in this, creativity comes into play.

## Things I have learnt from going blonde(ish)

GEORGIA SHEPHEARD *FASHION EDITOR*

A month ago I went blonde. Not exactly bleach blonde, but much blonder than my natural mousey-brown. To be honest with you, I probably didn't give it as much thought as I should have, it was a slightly impulsive decision but I've learnt a few things since then that might come in useful if you're thinking of taking a dip too.

### Find what suits you!

Whilst I sat in the hairdresser's chair, at the mercy of her hands, the first thing I noticed about my new lighter hair was the effect it had on my eye and skin colour; my skin looked warmer and my eyes looked increasingly bluer by the second.

As a girl who has tried the dark, brooding, brunette look before, this was a welcome change. Though I refused to admit it at the time, brunette hair washed me out, only serving to increase my Casper-like qualities. On the other hand, lighter and blonder hair has given me a slightly pinker, sunnier aspect. Something I am thoroughly enjoying!

### Damage control

To achieve that effortlessly sun-kissed look, a little bleach is required. However, if you've ever seen what bleach can do to a kitchen sink, just imagine what it is doing to your hair. My hairdresser pre-warned me about this but, until I washed it myself, I didn't quite appreciate her advice.

For, hot out of the shower, I attempted to untangle the bird's nest that had formed atop my head, only to find it wasn't quite as easy to comb as it once was. In fact, it took an incredible amount of effort and, though it has improved slightly since then, the overall condition of my hair is much dryer than before.

To counteract the damage, I'm relying on heat protection and deep conditioning products once a week in the hope I might retain some sort of moisture.

### Wardrobe malfunction

Growing up, we learn quickly that some colours suit us and some don't, and we learn to live with that. What we aren't taught though is that a lot of what 'suits' us is wrapped up in our hair and skin colour. For instance, you won't catch me in a pastel colour dress because I am simply too pale for it; that's a fact I accepted a long time ago.

So last month when I changed my hair colour I was surprised to find myself struggling to put an outfit together. Something just didn't sit right, didn't look 'right' to me and turns out it was my hair. All of a sudden white (one of my staple colours) washed me out.

Blue suddenly looked brilliant and black, well never mind about black, whether it suits me or not that isn't going anywhere. My advice then; forget about the initial cost of a colour change and ask yourself if you can really afford the commitment to a new wardrobe too?

### ...make that a make-up malfunction too!

What with my hair increasing the warm tones of my skin, my pink blusher has quickly replaced my golden bronzer and, likewise, my lipstick choices have altered too; whilst deep red is verging on trashy now, fuchsia pink and even orange aren't a problem. With a little experimenting, this shouldn't be worry!

### All importantly, do blondes have more fun?

Speaking from the point of view of someone whom has spent the past month revising in the same seat, of the same room, in the study zone, I would undoubtedly say no. However, as of today I am free of exams so I'll report back in a month's time!

# SPINE SPOTTER

Showcasing not only the most stylish students but all those who have made an effort to stand out from the crowd (even if they are only visiting Greggs).



**Alice Jauer & Lydia John**

Course:

Alice: Marketing

Lydia: Psychology and History

Favourite shop:

Ba&sh and Topshop

Signature piece:

Jackets with fur, oversized coats

Fashion icon:

Caroline de Maiget



**Aaron Mallinson & Sophie Alder**

Course:

Aaron: History

Sophie: English & Marketing

Favourite shop:

Topman & Zara

Signature piece:

Harrington bomber jacket & oversized handbags

Fashion icon:

"Everyone, even other students" & Olivia Palermo



**Xin Xin**

Course:

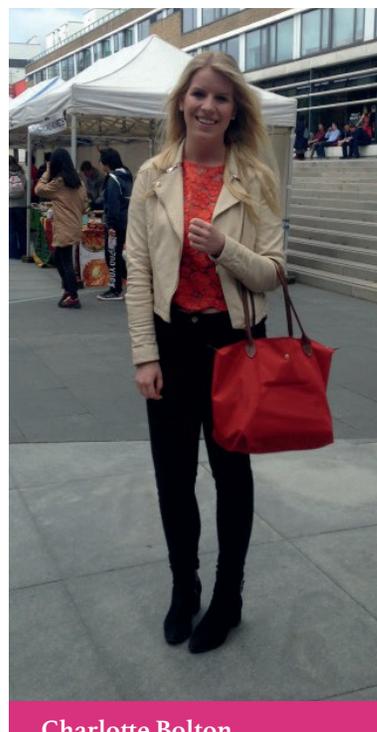
Accounting and Finance

Favourite shop:

Topshop

Signature piece:

Chloe handbag



**Charlotte Bolton**

Course:

Medicine

Favourite shop:

Topshop

Signature piece:

Mulberry handbag

Fashion icon:

Kate Moss



**Angelica Fostinis**

Course:

English Literature

Favourite shop:

River Island

Signature piece:

Necklaces, and lots of them!

Fashion icon:

Audrey Hepburn

## DRESSING FOR... Post-exam celebrations!



Rya Pie

### ALEXANDRIA DALE

Congratulations! If, like me, you are reading this article, relaxed and with a cup of tea in hand then you must have survived exam hell, so congratulations! If you still have one or two more exams in the next few days like my housemates, the end is nigh so don't give up yet! And if you're in first year and your exams haven't even started yet, unlucky for you... Keep reading though, even if you do get pangs of jealousy, this can be your motivation to revise hard and officially start summer. Meanwhile, for the rest of us, however you choose to celebrate I've got your outfit options covered, so pop the champagne and let the post-exam celebrations start!

A picnic or barbeque, either in your garden or down by the Uni duck pond, is an excellent way to relax and enjoy the weather. After being crammed in the library for weeks on end, the fresh air will definitely do you good. Ladies, now is the chance to finally wear your summer dress. Pair it with sandals or pumps, and an extra layer to keep you warm. Complete the look with accessories; long layered necklaces and delicate drop earrings give the perfect summer vibe. For the gentlemen, it is officially shorts weather. Add a jumper or crew neck sweater and choose desert boots or trainers, and the only thing left is a pair of sunglasses. Don't forget to

bring a football or Frisbee along and you'll have the perfect June afternoon.

If you're post-exam activities consist of a slightly messier plan for the evening and you'd rather get straight to the alcohol, I have an outfit for you too. Whether you're heading to Hustle, Dalton Rooms or Sugar, why not dress up a little for the occasion? It is a celebration after all! Girls, blow the dust off your heels – or sandals if you suffer from vertigo – and opt for bright, light and summery shades. A playsuit is a chic alternative to the jeans and leggings you wore on nights out in term two, and you can never go wrong with a classic mini skirt. Either way, bury your tights at the bottom of your sock drawer! Gone are the days when you had to queue an hour for coat check, so guys pull on a button down shirt, short sleeved or long, in a bright colour such as a pale blue or a pattern such as stripes to keep it interesting. Be ready to dance the night away! (Though please do drink responsibly...)

Finally, if the only thought on your mind is collapsing into bed to sleep for one hundred years, the only outfit you'll need is comfy pyjamas and fluffy bed socks. Make sure your laptop is charged, your Netflix account is logged on, and there are snacks in reach. The rest of the world will still be here when you finally emerge for extrav!

## 40 years of defining style: looking back on *GIORGIO ARMANI*

### JENNIFER GRECO

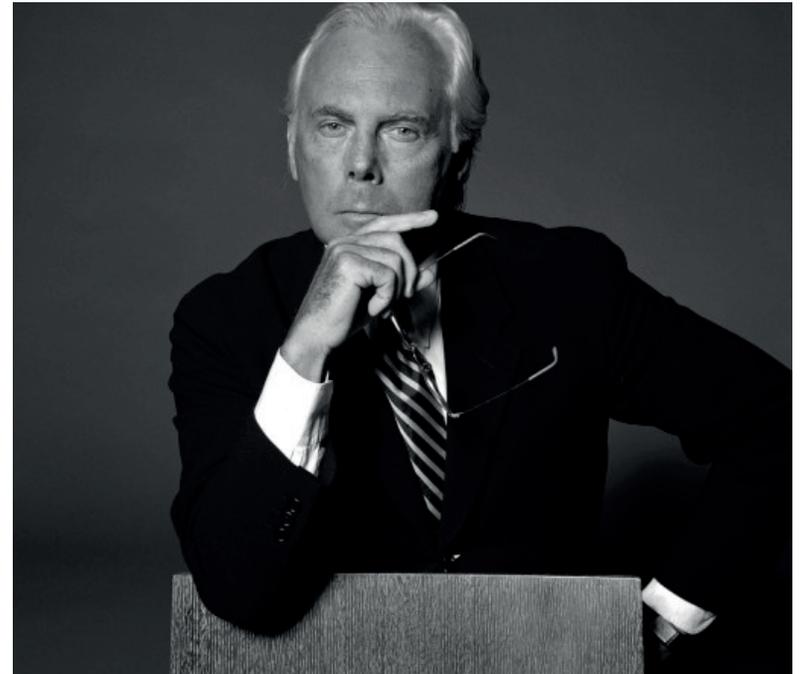
Do you all remember those fancy and pricey suits that Leonardo Di Caprio was flaunting in "The Wolf of Wall Street" movie? Well, let's be honest, we all thought that those suits were absolutely amazing (yes I know, Leo is flawless in any dress). However, the genius behind those creations celebrated forty years of his career this May, we are talking about Giorgio Armani, of course.

The career of one of the most famous Italian fashion designers started, in fact, in the 70s. Giorgio was studying to become a doctor when he decided to drop out from university after only three years. He recently admitted he was fairly young and really confused about his future, when he started working in Milan at La Rinascente department store as an assistant of architects whose role was fitting the windows.

He also revealed in an interview that he never aimed to work in fashion and that when he first stumbled into the business, he hated it. Like most young men, he progressively realised his purpose in life, started to love his job and became more and more passionate about it.

Eventually, in 1975, his first independent ready-to-wear collection was released. Since the beginning Giorgio's style expressed uniqueness. The dichotomy between innovation and precision defines the majority of his clothes and his creations are rigorous and clear. Inspired by the rational and functional style of the Bauhaus of the late 20's, but twisted by an eccentric passion for orientalism, Armani's clothes are smooth but seductive at the same time.

His innovative nature can be especially appreciated in the way he redefines men's jackets. Giorgio, in fact, rethinks this fashion item by deconstructing its lines and by removing almost all the internal supports, such as linings. Jackets became therefore more simplified and sharp, suitable even for women. The colours of his clothes are remarkable, too. Over the years,



the catwalks are dominated by cold tones, such as the black and white contrast and by a deep blue, also known as blue-Armani. But above all, Giorgio prefers the "greige", a mixture between grey and beige, which represents the distinctive nuance of his production, refined and pure.

Despite his immediate success in Italy, his international consecration began only in 1982 when Time magazine featured him on its cover describing his work as "Giorgio's gorgeous style". It was a triumph and privilege that only Christian Dior, forty years before, had ever received. From that moment, one success followed the other for this Italian fashion house.

Giorgio has designed the wardrobes of some of the most famous celebrities such as Richard Gere in American Gigolo and, more recently, Christian Bale in the Batman trilogy and all the costumes for Lady Gaga's world tour. Armani is a must on every red carpet. Just have a look at the stunning looks of George Clooney and Matt Boomer at the last Met Gala in New York, for example.

In order to celebrate this incredible success Giorgio inaugurated a fantastic exhibition in Milan called "Armani Silos". The area is huge, 4500 square meters, divided over four floors, each representing a specific theme. The ground floor is dedicated to Daytime clothing.

On the first floor you can appreciate the masterpieces named "Esotismi" where the influence of orientalism is clearly recognizable. On the second floor "Cromatismi", in which the Armani's colours and nuances are central. Finally on the third and last floor the pure and impeccable creations are praised in the section called "Luce".

As Armani himself explained, the exhibition was thought in order to offer to the public a journey through his legacy. But more importantly, Giorgio's aim was to demonstrate to those who criticised him by saying the he only repeated himself over the years, what his creative genius is actually capable of.

At the opening ceremony that was held the 30th of April, many celebrities from all over the world arrived in Milan to greet the Italian fashion designer. Leonardo Di Caprio, Tom Cruise, Cate Blanchett, Janet Jackson and Hilary Swank are only some of the many famous Hollywood stars that were present at the party.

Despite his age, King Giorgio welcomed each of his guests personally, like only an elegant gentleman would do. Because, remember "Elegance is not about being noticed, it is about being remembered".

## Tanned not tangoed: fake your way to sun-kissed skin

### ANNABELLE BRITTE

Note the word 'fake' in that title. UV radiation from the sun is unbelievably harmful to our skin; so much so that dermatologist Jennifer Stein says, "if you've got a tan [from the sun], it means your skin is already damaged."

You don't even have to get burnt for the sun to affect your skin in a negative way, increasing your chances of skin discolouration, wrinkles, or in severe cases, skin cancer. It's simply not worth it. If I hear one more person say "I let my skin burn so it fades to a tan later" I might go crazy; it's incredibly dangerous to leave your skin unprotected in the sun and you can tan safely whilst wearing sun cream. You only get one body – look after it!

So, if you are looking to get a holiday glow, the safest and sanest way to do so is by using fake tan.

Fake tanning gels and creams have come a long way in the past few years; they used to leave you looking bright orange or streaky, but now there are some great products that can give you an incredibly realistic looking tan.

Here are my top picks for different tan types:



**Light:** If you're just looking for a subtle tan effect or have very pale skin, try using **Garnier Summer Body Moisturising Lotion in Light**, £5.35.

**Medium:** For a medium tan with minimal fuss, **Nip + Fab 365 Body Glow Fix**, £9.95 is a clear gel that dries quickly and develops gradually.



**Dark:** If you want a nice deep colour and absolutely no shimmer, **Rimmel Sun Shimmer Instant Tan in Dark Matte**, £6.99 is the one for you!



**Ultra Dark:** For the darkest tan on the market, it's got to be **Xen-Tan Absolute Luxe in Ultra Dark**, £39.99. Xen-Tan is apparently the Duchess of Cambridge's tanning brand of choice!

**Sensitive:** If your skin often reacts badly to products but you're still craving some colour, try **Lavera Organic Self-Tanning Lotion**, £13.50 with 100% natural ingredients.



If you're a hardcore tan fan you've probably got application down to an art, but if you're new to the faking game, here are my top tanning tips:



Exfoliate first to make sure your skin is clean and smooth;

Use a small amount of body lotion on ankles, knees and elbows to prevent your tan darkening too much in those tricky areas;

Apply tan with a mitt or gloves, and if you do use bare hands wash them immediately after!

Get rid of any streaks or dark patches with a makeup wipe;

Leave to dry fully before dressing to avoid marking your clothes;

Moisturise your body frequently to keep your tan in tip top condition.

## Cheat's guide for going without tights

### HANNAH CARLISLE

I have a confession to make: I hate tights. I have an intense and eternal loathing for them. They ladder after wearing them more than twice (come on, it's 2015 people, can't we sort that out?), they're forever getting holes in the toes and tall girls like me can never find a pair that are long enough. Truth be told, I've never worn a pair of tights on a night out, even in the winter and as soon as it gets past May I feel they're completely unnecessary. If, unlike me, you need a little persuading to opt for bare legs, I present to you 'The Cheat's Guide for Going without Tights'.

**1: Face your fear of 'milk bottle' legs!**

After a cold Lancastrian winter of being bundled up in jeans and boots, our poor legs are going to be feeling pretty deficient in vitamin D. Rather than slathering our pasty legs in fake tan to bronze them up, why not embrace the paleness?

It's a lot cheaper than spending what precious remaining loan you have on fake tan and they do say it's better to be pale and interesting. While I'm all in favour of marching down the spine, pale legs bare and blinding everyone in the sunlight, some people may be more nervous about exposing their legs for all to see.

If you are more reserved about showing your legs without a good tan, a good piece of advice is to steer clear of other pale colours like white or cream, as they tend to wash out what little colour there is left in your skin. This is certainly not a fashion rule though, so if you want to show off your latest white crochet skirt with your English rose legs you go for it!

**2: Take baby steps**

If you're not quite ready to bare all, why not go half way with knee high socks or boots? The weather is always unpredictable in Lancaster, so knee highs give that little safety blanket of knowing you won't freeze if it rains and you can

always take them off if it's too hot. They also make an outfit look instantly more polished and thought out with no work. By matching black knee highs with a button up skirt you can effortlessly pull off this season's 70s look like ASOS stylist Megan Ellaby.

**3: Reuse last year's maxi**

Although I am a die hard fan of the A-line skirt, I think a maxi skirt teamed with a laid back tee oozes effortless cool. Unfortunately, there doesn't seem to be an abundance of maxi skirts available on the high street at the moment, so if it's the feeling of wearing tights you dislike, why not reuse last season's maxi?

If you do want to show a bit of skin, you could opt for a side split maxi; they cover enough of your legs to save you from time consuming tanning, but bring your outfit into the summer season by exposing a bit of skin. ASOS have a really nice selection of full maxi skirts and side split maxis at the moment as well as Zara and Boohoo.

Hopefully this quick cheat sheets helps all you brave souls ready to embrace the temperamental Lancaster weather and immerse yourselves in the world of bare legs.



Maegan Tintari

# Mother Nature's top 5 skin savers

**HANNAH CARLISLE**

Spring has (partially) sprung in Lancaster, so what better way to channel your inner flower child than by taking the best that nature has to offer and using it in your skincare routine?

As the summer months draw closer and I shed my layers of coats, jumpers and scarfs, I like to give my skin a similar treatment and prepare it for the 'barely there' makeup that I adopt in the warmer weather. So here are a few natural skin savers that will leave you feeling fresh faced and ready for the summer.

## 1: Rose

You may think that rose is just a pretty flower used for its delicate perfume, but you'd be hugely mistaken; rose is a beautiful ingredient used for its anti-inflammatory and cooling properties. This would be a lovely ingredient to use on your skin as an after-sun or simply to even out your skin tone if you want to go foundation free. Sadly, rose petals are hugely expensive, so many skincare products avoid using it or buy poor quality rose in order to cut costs, so here is a list of the best rose filled products on the market. It is not advised to use rose oil neat on the skin, so rose water is an easier alternative for direct contact. This will still cool and calm any irritation and can even be used as a toner.



## 2: Lavender

The mother of all essential oils. Lavender is one of the only essential oils that can be used neat on the skin (although it's always best to do a patch test before putting it on your face), so is great as a temple oil to help you relax during exams. In a similar effect to rose, lavender balances the skin and reduces redness, yet lavender is better suited to those whose skin tends to be oilier, as it helps to reduce oil production. For all you fellow sufferers of spots, lavender is an antibacterial and anti-inflammatory ingredient, so dabbing a bit of oil on the afflicted area could help to reduce redness and swelling.



## 3: Honey

Honey has been used for thousands of years as a skin and hair treatment.

Archaeologists have even found honey in Egyptian tombs that, although crystallised, was still safe to eat. In skincare, honey is used for its antimicrobial and anti-inflammatory properties and using it raw on the skin makes for a gently moisturising face-mask (leave for 20 minutes then rinse thoroughly with warm water and a flannel).

Manuka honey is particularly good for oilier skin; made by bees

which feed only on tea tree flowers, the cleansing properties of the tea tree is transferred into the honey. Manuka honey can also be used as a facemask for spot prone skin or used to speed the healing process of wounds.

Honey is also a humectant (drawing water into the skin and hair and keeping it there) so works wonders to get lovely soft hair ready for the summer. You could mix one tablespoon of honey with your favourite shampoo to boost shine and manageability.



## 4: Free Range Eggs

Okay, hear me out on this one. Raw eggs are high in protein (we've all seen gross videos of bodybuilders drinking eggs), so this protein helps to strengthen your hair too. For collarbone length hair like mine, break four free range eggs into a bowl and remove the yolks.

Wisk the whites until they start to froth and become slightly thicker (but not peaked like for meringues), apply it to the mid lengths and ends of your hair and wait for 20 minutes, rise off with your favourite shampoo for stronger hair.

Unsurprisingly, very few high street products use free-range eggs, but I have been using this hair mask from Lush once a week for the past 2 months and have had really noticeable results.



Amy Ross

## 5: Avocado

Last, but by no means least, we come to the humble avocado. We already know it tastes delicious, but did you know that this fatty fruit also makes an amazing face-mask for very dry skin? Simply scoop out the fruit of a whole avocado and mix with 2 tablespoons of oats and one tablespoon of

honey, then coat your face and leave for 20 minutes. After rinsing thoroughly with hot water your skin should feel nourished and moisturised. The oats help to exfoliate away dead skin cells while the honey reduces redness and locks in the moisture of the avocado



Liz West

## A guide to the glory of decluttering

ANNA TROGSTAD *LIFESTYLE EDITOR*

Every summer, I throw a bunch of things out. By this I mean, okay, sometimes bin, but usually sell, give to charity or give away, and honestly it is one of the most surprisingly therapeutic things to do. Why should you do it, then?

Increasingly it seems that people are gradually more and more pre-occupied with possessions and the material world. Especially in this part of the globe, people tend to have a lot of, well, stuff. Looking around my room I can see things I need, sure: toiletries, clothes, and... actually, that's it in terms of things I technically 'need'. Sure, I love my cactus candles, and I have an ornamental porcelain shoe that does nothing but I've had it since I was six, so I need to keep it, right?

Probably not. But I want to, and this is readily interchangeable with need. I like stuff, and I am a material person. This doesn't mean that I hang on to every paperclip I own for dear life, but it does mean that parting from things is a little more difficult, as more things have some sentimental meaning that occasionally I can conjure up in my head five minutes before I know I've got to get rid of it.

A few years back now I can remember seeing, in some paper's magazine, an article on 20-somethings restricting their possessions to fit into one box or crate only. My mind boggled at this prospect. How cool would it be to be that mobile, right? So easy! So little to worry about! Indeed, that was what the article proclaimed, this 'new trend' growing increasingly popular as a carefree, easy and very cheap way to live. One pair of shoes, three t-shirts and his laptop was all that this one guy had to be smug about. Fourteen-year-old me thought this was a great idea.

Anna then looked at what she had, and suddenly living frugally was extremely difficult. She wasn't spoiled then, and nor does she have money now, but one pair of shoes? What about if you want to go running, or to dinner? That hardly covers both. Naturally, now I look on those people from the article with intrigue and wonder, because



Simon Scarfe

I will never be one of them, as my mum proclaimed to my disheartened younger self.

Nonetheless, there is still a lot to be said for what can only be described as decluttering. I still stand by my starting claim that it is weirdly therapeutic, and it's an organisational dream (sounding really cool now). There is some kind of rule that says look at your clothes, and any you haven't worn in the past \_\_\_\_ [insert time period here] you should let go of. Obviously you're not going to throw away your winter coat in August because it's gathering dust, but think logically and don't get caught up on an item because you've had it for soooo long and there are so many good memories with that

hoodie, sigh... It could probably earn you some money, if anything. Maybe not if it has chewed sleeves, but set up an eBay account and get selling, as you can be surprised as to how much things can go for. If this is hassle, then take some things down to your local charity shop, or even bag things and pop them in a clothes bin. If it can be recycled, then you may as well, as there are even charities sending old bras to Africa for women without them there. Check out your options. It's really worth it.

I'm terrible at hoarding magazines. I downright refuse to let go of maybe 90 copies of my childhood subscription to the craft magazine 'Make It Groovy', an oddly prized possession of mine.

However, I opened a box in my room last summer, and had maybe 40 copies of Glamour, Cosmo and Company kept for no apparent, memorable reason. "Are you keeping those 'just in case'?" My dad asked snarkily, and that was it, they were binned. If you share this habit, go through them and cut or tear out the pages that matter to you, and make a mood board or file them. There is a way to condense these things somehow, and it frees up a tonne of storage space.

The reason I find decluttering to be most valuable is that it is a fresh start. Not everyone needs these, and you don't have to have a meltdown in order to re-evaluate what you own, but without sounding corny as hell it works to clear

your head, too (I'm running with that statement). New Year's is usually this big palaver of new starts and fresh beginnings, when in actual fact I tend to find the end of the academic year a lot more productive as a 'new' time. It means you've got a while to sort things out, there isn't the pressure associated with calendar change, and you can potentially earn money or at least do something good by donating items to charity. There isn't anything wrong with the material world unless you start losing sight of the things you own that really do matter to you. I'm going to sell a summer top – it doesn't really suit me – but my grandma knitted me a jumper last Christmas. I've worn it maybe twice, but I'll keep it forever.

# In the summertime when the weather is... oh



ANNA TROGSTAD **LIFESTYLE EDITOR**

I will be the first to say I don't like summer. I feel as if this should be whispered, as it comes across a little Grinch-like, even I'll admit. I don't like the atmosphere of heightened narcissism, the hot weather and the kind of giggly, 'woo summer!' vibe generally. Saying this, I do love barbecues, and sunglasses mean people can see less of my face. Still, my idea of summer doesn't involve tanning, and thankfully Lancaster's

weather seems to lean more favourably towards my perspective on May-September. If you're as grumpy as me, or even if it's just raining, here are some things to do to fill that post-exam, pre-Extravaglorious few weeks.

My best advice on this is to take up a new hobby. A couple of years back I was hiding from the sun and started scrapbooking, and despite not being a middle-aged mum with a craft room, I actually enjoyed it. Granted, fishing in the

rain isn't really the same thing, but one connotation of summer is also 'free time', which means you can become a puzzle master or expert on bees without feeling too guilty. One of the best things I get done over summer is reading for pleasure, which, as a Literature student, is the holy grail of activities. In 2003 BBC compiled a list of the nation's top 100 books, which is definitely still worth looking at if you want a starting point, or compile your own. Likewise with films: Harry Potter marathon, anyone?

Assuming most of us don't originate from Lancaster, go and see what is happening in town. The Storey regularly holds exhibitions and events such as 'Stories at The Storey', and check out the programme for the Dukes, Grand Theatre and LICA to see performances and shows. Tucked in the centre of town is also a Vue cinema, so as per the ultimate hiding-from-the-daylight activity, it's your best chance to go and see *Fast and Furious 21*.

On researching activities in Lancaster, I discovered we have five museums here, and my automatic response was "what" and "how". Museums are underrated as an activity, but they are excellent places to go and spend time, and Lancaster City Museum (which also houses the King's Own Royal Regiment Museum) is smack bang in the centre of town and has your usual suspect creepy mannequins to spice things up. If that's not tempting enough, try the Museum of Childhood in the Judges' Lodgings on Church Street, Maritime Museum or the Cottage Museum. Apparently we also have a Roman Bath House somewhere near the Castle, so points to anyone that can locate that. Of course, the Castle is highly recommended: they

do regular tours, which are £8 but completely worth the money.

Lancaster also has a lot of great pubs. I'm not implying that you should drink the summer away, but maybe you should eat it. The Borough, The Waterwitch, White Cross all serve great food and drink, and Lancaster boasts Bar 1725 for tapas, several Italian restaurants such as Molly's, and Piz-za Margherita on Moor Lane are great for, yep, pizzas.

If you feel like defrosting, head to Williamson Park and up to the Butterfly House by Ashton Memorial. It's only £2.80 for students and, particularly after the stress of exams, is a pretty peaceful and laid back activity. Alternatively you can reach the viewing balcony of the Memorial itself for the little price of 50p, giving great views over the entire Lancaster/Morecambe Bay area. The thing about Williamson Park is it's beautiful the whole year round, and feels like a park in a much larger city with several grassy areas and paths. With the views and the escape from the business of campus, you might even start to enjoy this time of year. Altogether now: 'woo summer!' ... no? Ah well. It's only a few months until Halloween after all!

## The value of saving memories

ANNA TROGSTAD **LIFESTYLE EDITOR**

As much as I talk about decluttering in another article for this issue, I am adamant that there is one thing that you should take the time and pleasure in keeping: memories. I don't mean hang a load of dream catchers in your bedroom in the hope of catching last week's night out amongst the thread there too; more keeping memories in the form of physical remnants from events or moments that have happened.

Okay, so this can come across as a little whimsical, and it's a curious question as to why you should. My immediate answer would be that it's... nice, because these things mean something, but I also write poetry so if you're not as emotionally bound to things as I am then it

can be a little more questionable. makes – you the happiest.

Still, I'd implore you to try it. In many ways these bits of paper, tickets, receipts (not Sainsbury's ones; you get the idea) form part of you, and who you are. They're records of where you've been, who you've met, and what you've learnt. Looking through a box the other day I found my ticket for 2007's McFly concert and, although I'm not necessarily proud of this especially, it brought up a whole load of memories from when I was far more naïve than I wouldn't think about usually.

It's not as if this forms a part of my character now, or will be something to tell my children about (unless they have a burning desire to explore 2000s pop), but you forget sometimes what made – or

Think about your parents' possessions, the photo albums and your mum's wedding dress that she still keeps. Maybe right now they don't have much relevance, but we document these things for a reason. You hear of couples that keep bits of cake from their wedding day, which verges on gross, and yet to them it could be regarded as one of their most sentimental objects to keep hold of. Obviously that bus ticket into town and back might have no value whatsoever, but that Interrailing ticket? You trekked across Europe on the back of that, and if not life changing it will have certainly been memorable.

Unless you have three hundred others, then why not keep it to look back on? Another form 'sav-

ing' things is a Pinterest-esque idea that usually haunts the Internet around the end of the year. People suggest that you should try taking a jar, and every time something good and worth remembering happens, write it down and put it in the jar. As the year closes, take all these notes out and reflect on what you've done. More than anything, this strikes me as a way to keep feeling positive about life.

Memory recollection can be highly reassuring: after a particularly hard first term earlier this year, all I could recall were the bad memories. Writing all these down, followed by all the good things that had happened, seemed to suddenly balance the two aspects and shake off dwelling on the negatives.

They were surprisingly even lists in length, even though some of the happier things were as minute and vague as 'it's not rained that

much'. The thing about keeping photos and items is that it's not for anyone else. It hardly matters if someone else finds a load of ticket stubs, because it's not exactly a diary, and I'd argue it gives a more interesting impression of who you are than words. It's not what you say, but what you do that you are remembered by.

If anything, being able to look back on good memories provides reassurance in darker times, and maybe you don't think you need anything to show for the past few years. Maybe you don't? Either way, some sentiment is harmless, and only human. Right now it might feel like the least important thing, but don't brush it off, because what keeping these things comes down to is that things are impermanent. Last night itself won't last forever, but hey, at least if you save the ticket, that tiny fraction of it will last a lifetime.

## Planning summer: making the most of your travels

AMY AMIRA

We all love a good holiday, be it for a couple of days or a couple of weeks. Since we all know we can't have that six month vacation that we need twice a year, we take what we can get, right? A holiday abroad might seem more like a luxury for most people, as the cost of going away for even a couple of days is sometimes ridiculously expensive, but believe it or not, it can be a lot cheaper to travel outside of the country rather than staying in the UK.

With apps and websites available such as Skyscanner, Orbit and Skiplagged.com helping you to find cheap flights throughout the year, it helps to use these when in search for a holiday destination. When you book a holiday through travel agencies, sometimes, you can get a good deal, but often you can't. Personally, I prefer booking my own travels as I get to choose the dates and it also lets me watch the fares on particular dates, meaning I am usually able to snag great deals.

It also really depends on whether you're travelling alone or with a companion. When travelling alone, I find it a lot cheaper to book hostels on websites such as HostelBookers.com instead of hotels. This also provides you with an option to stay in a single sex dorm if you're concerned about safety, or in a mixed dorm if you prefer. By staying in a hostel, it means you're more likely also to meet new people from different walks of life. I must say that my best trips have been when travelling alone, but then again, I almost always travel alone. When travelling with a companion or perhaps a few friends, you could possibly consider getting a hotel or you could book an apartment. Websites such as AirBnB are great for finding flats that are available to stay in for a couple of nights.

Most towns have guest rooms, guest apartments and even bed and breakfasts. These are usually much cheaper and they have their own personal touch to it when it comes to hospitality. Often these places are run by private landlords or are part of a family run business. Because of this, they are

much interested in the welfare of their customers and each place can offer a slightly different approach as well. Now, this could be a good thing or a bad thing, which is easily solved through looking on TripAdvisor. It is a reliable place to go to search for review articles, not only on hotels, hostels, or restaurants, but even for places to visit and things to do.

If you intend to drive, then it's always good if you have your own car, otherwise renting would be a good option (though remember to check the change in UK law on hiring cars). There is also the problem of it being nearly impossible to rent a car if you're below 25 years of age because most rental companies wouldn't want to take the risk. If you're an international student, you'd also need an international license, so it is evidently quite tricky if you were planning on doing this. Despite this, if you were able to drive, going around the UK would still be a wonderful break. There are many little towns that have a lot to offer for tourists, and if you're into camping, there are gorgeous stops around the UK that you could spend your time in, even if just up to the Lake District!

Interrailing is one of the most interesting things you could do, given that you have the time. Even if you don't, you can still get by with a 3-day 'Benelux' ticket. You need a bit of money, as a pass is quite expensive, but it's so worthwhile if you know exactly where you're going.

Although it's extremely exciting to hop from city to city, it can also be extremely boring if you're travelling alone, but if you can find people (and often you do find people doing the same thing), then it can be great fun. Remember to watch out for yourself if travelling alone as the issue of security can be more problematic if you're not careful, so keep an eye on your possessions and let someone know what your plans are.

So, that all sounds viable, but you might be thinking to yourself, "what do I do if I can't plan ahead of time because I have a lot on my plate, but I still really would like a break?" Don't fret! Believe it or not, most of the time, because



Karen Bryan

planes aren't full and they would like to get some money at least rather than having nothing at all, flight carriers reduce their fares ridiculously low. It's a game of chance and luck as this isn't always the case, so don't only depend on this, but you could give it a shot. Rail tickets in the UK can be a lot cheaper if you were to book one far in advance, but one thing good about having a car is that you don't need to think about 'when', except for ensuring you have petrol. So, if you were one of those last-minute travellers, then if you can it might be more convenient to drive rather than to book trains and flights. What if you really can't do any of these things, though?

Well, Megabus can be another good option when travelling around Europe. Often you can get awesomely cheap fares even if you were to book late, and they do travel to several countries across Europe as well. If you were looking for last minute rooms then

there are even websites as literal as LastMinuteRooms.com. Moreover, there is an interesting range of brand new websites such as Wowcher etc., which are convenient to help you snag a bargain.

On an entirely different note, if you were planning to work in the USA or volunteer in Asia, or maybe even work as an au pair in France or Canada, then, there are websites such as Real Gap, CampAmerica, SummerCamp USA and Work and Travel USA. It really depends on what you're looking for, and the best thing about these websites are that you can earn the money you paid for your travel expenses and pocket a little, as well as the fact that most of their offers include lodging and food. The best part of this is that since you're a student and therefore you're guaranteed to not overstay, it's much easier to obtain a Visa rather than to go after you've freshly graduated.

If you were to travel even further afield to Asia, for example, there are loads of exciting opportunities to experience the vast exotic culture, with so many ethnic groups and languages. A sure fire way in experiencing the amazing things that Asia has to offer is to stay in a homestay. With so many registered homestays, in Malaysia, Japan, Indonesia and various other countries, you get to live with the locals and experience the countries in a truly authentic way.

So, there you have it: whichever way you'd like to travel, whether you're tight on a budget or not, or if you're travelling solo or travelling in a group, there's something for everyone. With the plentiful choices available, there is always space for nitpicking, and hopefully planning your next holiday will be the easiest ever! Wishing you all safe travels whatever you do, and most importantly remember to enjoy the summer whilst it lasts.

# What's the use of getting sober?



Sakib Rahman

## CHARLOTTE DAVEY

With just under a fortnight to go until I am free from exams, this article is a painful one to write. By no means do I spend every waking hour of my day revising – does anyone?

However, I find that whenever I spend time actively not revising – whether it be through cooking a non-microwaveable meal, writing this article, dedicating an hour to high-intensity sock organisation, or watching endless repeats of *The Big Bang Theory* with my housemates, I am constantly plagued with visions of the books and note-cards lying neglected on my desk, waiting to be used for revision. I think it is important, therefore, to have a few activities lined up for the end of exams, to act as motivation for the final push.

For many, the post-exam priority is getting obscenely drunk, and forcibly removing your recently acquired, in-depth exam knowledge of the medieval cloth market (or whatever) with jaeger bombs and shaggers, courtesy of Lancaster's finest boozing establishments. It is worth bearing in mind, however, that if you abstained from drinking over the exam period, your alcohol tolerance may have vastly depleted.

Consequently, you will probably be incapacitated for the next three days until you can muster up the energy to acquire the elixir of life adhered to the back of the freezer in the form of some long-forgotten potato smileys. Mmm. If this does not sound appealing, perhaps you are looking for some non-alcoholic activities to celebrate your freedom...

Lancaster may not be a buzzing metropolis, but it is within spitting distance of some phenomenal countryside. If you book in advance and have a student railcard, an open return to Windermere will set you back less than £10, and takes well under an hour to reach on the train.

Whilst there, you could spend the money you saved from skiving a night out on a picnic by the lake. For around a fiver each, a group of four could hire a rowing boat for an hour to enjoy the views from the water. Just think of all those likes on your instagram pictures of your #boatfriends!

If you break into an agoraphobic sweat at the prospect of being at one with the hills, lakes, and fresh air, then why not hop on a train to Edinburgh, Glasgow, Manchester or Liverpool? Go and blow your

overdraft on a shopping spree, or visit a museum or art gallery FOR FREE. If you choose Scotland, you could visit Edinburgh Castle, and indulge in a deep fried Mars bar to compensate on the heart-damage you avoided from not drinking. In any of these cities, I'm sure you'll be thrilled to hear you could treat yourself to a cheeky Nando's, which is surely worth leaving Lancaster for.

A meal with friends is always a great way to celebrate the end of exams as a group, and while Lancaster may not have a Nando's, it does have a huge amount of choice when it comes to independent restaurants. The Water Witch, The Borough, The White Cross, and Merchants all serve generous portions of pub grub, but if you fancy something a bit cheaper, Paulo Gianni's and Molly's both have happy hour menus with main courses

for under a fiver!

There are so many ways to celebrate the end of exams without drinking or even venturing further than campus or your house. If you're confident that you won't have to re-sit your exams in August, then sit outside with a disposable barbeque and fuel it with your revision notes (undertake this at your own risk, as I will not be held responsible if you fall ill with smoke inhalation or food poisoning).

Perhaps, however, the ultimate end of exams celebration, at no cost, with no hangover risk, and with no travel considerations, is to turn off your alarm clock, close your curtains, and sleep for a very, very long time.

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## Are private student loans a good idea? Future Finance

**STEPH MITCALF** BUSINESS EDITOR

Brian Norton is the CEO of Future Finance, a private student loan company; “a charming American” as he was described in an email by his representative. Norton has always had a strong belief in the power of education, “raised in a fairly normal, middle-class family outside of Chicago, but by good luck was accepted to a great university and have had a trans-

formed life ever since.” Norton attended Harvard University, where he studied History, before doing an MBA at the University of California. He has spent his career as an entrepreneur building finance companies. His first big success was a student loan company in the US, where student finance is notoriously difficult to acquire. He emphasises that irrespective of financial situation, the best stu-

dents should always have access to the best education.

Before beginning Future Finance, Norton and his team had been observing the UK environment closely, “we noticed that costs were starting to rise at the same time that average incomes were relatively flat, we saw an opportunity to start a business helping students here.” They also discovered that “there are very few funding options for UK students outside of the government-run Student Loan Company. In our view, the UK government has done a better job than most of its European counterparts in terms of subsidising higher education. The SLC is an effective and low cost way to help students meet some of these costs, and this should always for the first port of call for those who are eligible. But often these loans only cover part of a student’s total financial needs.”

The demand for this financial support is clear. “A very telling statistic is that in our first year of operation (we started business in May last year) we received over 13,000 applications from students at every single university in the UK. Over 60 of these applicants were Lancaster students, who requested a total of more than £400,000 in loan funds from Future Finance.” But what is more intriguing is the extent that Future Finance have gone too in terms of acquiring the views of individual students on university finance and the unfavourable situations they

have found themselves in as a result. The company regularly survey a group of 1000 students from across the country. In their last report, 27% of these students had outstanding pay day loans and over 50% had owed money on at least one credit card, which charge high rates.

“Interest rates vary depending on personal circumstances, but our rates post-graduation are between 6-13% with repayment terms of 10 years, although there are no charges for paying the balance off early.” Future Finance does not aim to compete with the Student Loan Company, but to supplement the loan the student already receives. “As I mentioned earlier, the first option should always be the Student Loans Company. We don’t compete with the SLC, in fact we advise anyone who applies to us to ensure they have made the most of this facility before looking elsewhere as this is the lowest cost option available. Future Finance helps students who need financial help beyond what the SLC can lend them.” First and foremost, Future Finance aims to cover the excess needs of students and not to be a primary source of financing.

“We ask Future Finance borrowers to make small ‘maintenance’ payments from the outset whilst they are still in university. These payments are based on the total loan amount and can be as low as £15 per month and will never exceed £75 per month. We think this is a

very important aspect of our loans. By doing this, we are encouraging borrowers to manage their finances in a responsible way and to get used to paying their loans back. They also get to build up a better credit history whilst at university which can help them in the future.” Three months after graduating, students then start paying off the loan properly. “We give our borrowers four repayment holidays of three months each during the life of the loan, with the ability to take two of these back to back. This helps, for example, when people are having trouble finding a job, or just want some time off to go travelling.”

The most telling statement of our interview with Brian was this: “We think this compares very well with the other alternatives, although we strongly advise everyone to research thoroughly all options available to them and seek advice from their parents or universities before making a decision.” Throughout our interview, Norton emphasised that students should look to the SLC first and foremost, and that loans will be granted on the basis of who is most suitable, going further than other loan companies to consider your course, your university and resultant potential earnings. For some, private loans are the best option, but they also come with a health warning, and you should be pragmatic and well-researched before you take one out. It’s better for the loan company, and more importantly, it’s better for you.

## Simon Harrison: Enterprise Champion

**STEPH MITCALF** BUSINESS EDITOR

**What does your job involve? What do the Enterprise Team do?**

The Enterprise Team at Lancaster supports all the University’s enterprising activity, this includes working with the staff who create opportunities for students to develop their own skills and innovative ideas, and delivering some of these opportunities ourselves. I run a small team in Research & Enterprise Services, part of the University that is mostly invisible to students but which collaborates with LUSU, Innovation Hub, Careers, Colleges, Societies, Faculties and Departments to make sure that everything on offer is as visible as possible. Every Weds afternoon we run an Enterprise Drop-in in the Base where do actually get to meet students and find out about their ideas and ambitions.

**What opportunities do you have coming up next year that students could get involved in?**

The next academic idea is really exciting for us as we’ve got lots of new things starting up. Students will be able to create and sell food products on campus; design a board game and take it to market; develop new businesses from Lancaster academics’ research; join emerging networks of tech, creative and social entrepreneurs; tap into funding to try out new ideas and become Student Enterprise Champions. All of this is on top of the huge range of opportunities already available, such as business start-up mentoring; support for

freelancers and for international students applying for Graduate Entrepreneur Visas; building networks of contacts with alumni, businesses and community organisations, etc.

**Do students need previous experience of enterprise and entrepreneurship before they can work with you?**

Absolutely not. Universities should be places where students feel confident to take risks and try new things. If it fails, who cares? Just try to learn something along the way. None of us know what life is going to be like after university but we are pretty confident that it will take an enterprising mindset to make the most of it, to stand out from the crowd and to make sure you feel challenged, happy and fulfilled in whatever you do. We’re doing everything we can to equip our students for this from the day they start at Lancaster.

**What can they do now if they want to know more?**

We’ll be running a stall in Alexandra Square throughout week 9, along with the other Enterprise Partners I’ve mentioned above. Come along and talk to us about any of the above. Also, if you’re interested in starting a business at some point, we’re running our next Start-up Stories event on 11th June; come and meet our entrepreneurial alumni from all around the world and see what you can learn. In the meantime, come to the Drop-in, find us online, on Facebook, or drop us an email.



James Cridland

# Lancaster students take a Stride into the app world



**LIAM BURNS** DEPUTY BUSINESS EDITOR

Lancaster's Start-Up weekend in Michaelmas Term was the starting point for an idea that has since developed into a web application with a huge amount of potential that is likely to have a big impact on the world of business, and beyond. Lancaster students Michael Palmer, Oli Monks, Olly Heron and BCU student Chris Cerra have been able to take 'Stride' from its inception through to a stage where it is ready to be launched onto our phones and tablets in the very near future. The 'Stride' app fulfils what is for many a vital service; the ability to instantly share ideas when groups are unable to meet face to face, saving vital amounts of time for both parties. SCAN has spoken to the guys to see how their idea has evolved within a short few months, and what more could be gained from it:

**In what ways had 'Stride' been thought about prior to the 2014**

**Start-Up event? Did you ever believe it would evolve into what it has now become prior to the event?**

That's all that Stride had been before the Start-Up weekend event in November. We had spoken about it over a coffee and we realised that there was a real pain that existed for people who lived their lives "on-the-move". We weren't sure where to take it but decided to take it as far as the Start-Up weekend to just give it a go and see how far we could take it.

We always hoped that it would continue but wouldn't have believed that it would take the direction and have the capabilities that it has now. Each time we talk to somebody about the business, there's a new idea, perspective or way we could improve it.

**Was the idea for the app something that came about because you felt that you had ideas worth**

**sharing yourselves, or because others had voiced their own wishes for a platform on which they could share?**

Most of the ideas we've come up with have had some element of personal experience to them. It's a lot easier to run a business if you yourself have experienced the problem and can relate to your customers. In answer to the question though, it's definitely both.

There are great platforms now out there that exist for total team communication but there are still a lot of great ideas that go to waste. But we've found that it's about sharing your idea in the fastest and most persuasive manner.

**Do you see 'Stride' as a tool that not only gives entrepreneurs a means of getting their ideas off the ground, but something to be used by businesses? If so, how?**

We're aimed at anyone with ideas

to share, not just entrepreneurs.

Our tool is for the early-stage of capturing and then most importantly, facilitating those people who will take those ideas off the ground. This is the tool that you'll be able to see on your iPhones within the next month or so - stay tuned!

As for businesses, this is part of the slightly longer-term plan that we have. We found many businesses, ranging from small to larger firms are particularly interested in working in an agile and collaborative way. However, they do struggle with sharing ideas when many colleagues are travelling across cities and countries. Our tool will be developed and coupled with an integrated desktop management platform to allow colleagues to capture and develop ideas in real time, anywhere.

**Has the app's development been mainly as a result of your own work, or has the support found around the university been just as valuable?**

This has been one of the tougher challenges for us so far as a business. We found ourselves in a situation where nobody in the team had the technical skills required to fully develop the app.

We had the problem of either finding a technical person to come in and join the team, or outsource the initial development of the app. There's not a right or wrong answer in this situation and it's definitely dependent on the business. Fortunately, the University and LUSU had given us a lot of

help from different areas and contacts. Eventually we were put in touch with a developer working in UCLAN who's been brilliant throughout the whole development.

**How have people responded to 'Stride' since its launch? Have they given any feedback as to how it might develop in the near-future?**

It's been a really positive response which has been great for the whole team. You can never be totally sure how people are going to react.

It may be strange to say, but we never wanted all the response to just be 100% positive. Most useful has been constructive feedback on what the app itself is and will be. Just as importantly, we've had feedback on how we communicate the product and tips we should be sure to mention.

**What advice might you give to someone hoping to successfully launch their idea at a Start-Up event in the future?**

We'd be lying if we said the doubt goes away. It doesn't, that's just part and parcel of being an entrepreneur or putting something you're passionate about into the public. So, JUST GO FOR IT. Seriously, there are only good things that can come from launching your idea, meeting interested future partners or customers. It might be that your idea ends up being something completely different from how it was first intended. That doesn't mean it'll be any less fun!

## Alumni talk business experience - Start Up Stories

**STEPH MITCALF** BUSINESS EDITOR

Last year, the Enterprise Team on campus masterminded Start Up Stories. The event was to serve as an environment where students and alumni could share their ideas and experiences and learn from one another. In Global Entrepreneurship Week last year, the first Start Up Stories took place. Alumni from across the globe began getting in touch, expressing their interest in coming back to Lancaster to share their stories and hear

from students. Once the Enterprise Team secured funding from the Alumni Friends Fund, it was decided events would be held in March, June and November 2015. The next event will take place on the 11th June, in the Brandrigg Room in Cartmel College, from 6-9pm.

At the March event, LUMS Marketing graduate Gian Fulgoni, who enjoyed career success in market research companies prior to the creation of his own business

comScore, a global leader in digital media analytics. Gian told the story of growing two companies in the USA and taking them public with a combined market value of \$3.5 billion. Fulgoni said of the event, "I wouldn't be where I am today if not for Lancaster. Lancaster gave me the marketing knowledge and credentials that led me to being to be offered a job by a US market research company that brought me to the US. Everything then followed. Anything is possible if you work really, really hard

and have a great team with you. Do something which you think your skills give you a competitive advantage. Hire people who are smarter than you."

Amanda Brooks of the Enterprise Team said, "This has been a popular series of events for the both students and alumni. It was an easy and informal event and we are grateful to our narrators who captured and shared the essence of what it is to be an entrepreneur. This event is for future employees,

managers and entrepreneurs. The lessons learned benefit everyone. The audience has grown event on event and we are excited about where this format can go in the future."

Booking is open now for the next event on Thursday Week 8 via Target Connect. Book early to avoid missing out. If you would like to get involved in future events as a volunteer please get in touch with [enterpriseteam@lancaster.ac.uk](mailto:enterpriseteam@lancaster.ac.uk).

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JUNE  
12.00-  
4.00PM**

**LANCASTER UNIVERSITY  
SPORTS CENTRE**

12PM – 4PM NETBALL SUMMER CUP

12PM – 1.30PM CLIMBING TASTER SESSION

12.30PM – 2PM WOMEN'S HOCKEY MATCH

12.30PM – 2.30PM RUGBY 7S MATCHS

1PM – 2PM SCHOOL SPORTS DAY RACES

1PM – 4PM HAVE A GO BUBBLE FOOTBALL

2PM – 3.30PM MEN'S HOCKEY MATCH

4PM – 5.30PM CLIMBING TASTER SESSION

4PM - TUG OF WAR

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# Furness compete in Richard Slatter pool tournament



Richard Slatter

## ESTHER JEWITT

In memory of Richard Slatter, Furness College has hosted an annual pool tournament since 1997, taking place in its college bar, Trevor. Open to all Furness students and alumni, the winner has the honour of having their name carved into the Richard Slatter leader board on display in the bar. This year, it took place on Saturday the 23rd of May, a beautiful sunny day, when no one wanted to be revising anyway. 33 signed up to play; many familiar faces, and a few returning graduates, including Pete Barnes, the 2013 winner.

### Round 1

Josie O'Gorman, Furness women's captain in 2013, had also returned to do Furness proud. She admitted she hadn't played much in the last two years, but sailed through the first round.

Another women's team representative from previous years, Gemma Lovatt faced current Furnessian Ben Markham. Markham won, despite not being on a Furness pool

team. Ryan Smith, also a non-team member, swanned in and beat men's B team's Paul Alderson.

Lancaster's renowned Beardy Bob stole a very close victory against Damon Mau, after a very intense and serious looking game.

Jack Baxter's enthusiasm on the break, sending the white soaring across the room, was unfortunately not enough to get him to the next round. Adam Butler thrashed him, executing a cracking double on his last red.

Bella Ford faced Nick Dearman, and told SCAN she's just hoping not to be 7-balled. However, she put up an impressive fight, and Dearman's confidence was clearly rattled, before he potted the black and secured his place in the next round.

Next, two alumni faced each other, and Johnny Horsely effortlessly beat Dan Hunt. Dean Stoker, Pete Barnes and Richard Orford also deservedly won their games.

In a surprising twist, Toby Hecht,

Furness' A team captain unfortunately did not make the second round, losing to Henry Au. However, darts captain Sam Pollard did, smashing Fergus Yung and leaving an impressive five colours left on the table.

Two Furness women's team members went head-to-head: Esther Jewitt stole a win against Leah Seward, but ultimately they were just glad to have another female representative in the second round!

JCR Sports Secs Laurence Ansell and Harry Carter both sportingly gave the tournament a go. Ansell put up a fantastic fight, but lost to B team's Jordan Rosemond, whilst Carter also lost to Jake Heaney. Both showed a great deal of effort though, considering it was neither one's forte.

Womens team member Kirsten McPhail pulled off a few of her characteristic ferocious doubles, but it wasn't a match for the impressive skill of B team's Elliot Hartfield, who delivered a flawless win.

### Round Two

The second round saw our 2013 champion knocked out by Hartfield, despite Hartfield admitting that he wasn't even intending to play that afternoon.

Both of the two remaining girls won their games; Jewitt beat Heaney after fighting down nerves and finishing on an awesome long shot on the black, and former women's captain O'Gorman wiped out Markham with a spectacular double on the black to finish.

Au accidentally potted the black too soon while playing Rosamond, and lost the game by default. Whilst Dean Stoker and Beardy Bob both conquered their opponents.

Dearman beat Butler; it was a fairly even start, before Dearman stormed into the lead and took victory. Orford won his way into the third round against Pollard, with an impressive swerve shot on the black.

The atmosphere in Trev was a

jolly one, with casual darts going on, and plenty of beer and Sultans being passed around. However, things got serious as the quarterfinals began with just eight players remaining in the competition.

### Quarterfinals

Hartfield took out Rosamond, maintaining a strong lead from the start. Beardy Bob proved tough competition for O'Gorman, but she fought her way to victory, and made it to the semi-finals.

A very slow and tense game between Dearman and Stoker, involving some sticky situations. Dearman wormed his way out and secured his place in the semi-finals.

Jewitt faced Orford, holder of the A teams best record for the year, but was embarrassingly pummelled as Orford 7-balled her!

### Semi Finals

O'Gorman represented all of womankind in the best of three games against Hartfield. It was

a nail-bitingly close finish to the first frame, as both grappled over the black. Hartfield won the second frame by a fair distance, sending him straight to the final.

Orford appeared to be thrashing Dearman in the first frame, until he made an unbelievable comeback, potting six balls in a row, plus the black! The second frame was extremely close; Orford was first onto the black, but a miss cost him the game, as Dearman cleared up at the last second.

### Final

Dearman took on Hartfield to decide the 2015 champion. Interestingly, both are Furness B team players. The consensus among the spectators was that the two were equally matched, but that: 'if Nick wins, we'll never hear the end of it.'

The game began, and the spectators were in awe of the skill shown by both. Both were tactically covering pockets and placing the white to make their opponent's shots difficult. Dearman potted the black and won the first of five frames, with three of Hartfield's yellows left on the table.

Hartfield made up for the loss in the second frame, succeeding in potting the black before Dearman.

A dramatic third frame concluded as Dearman potted the black beautifully — and accidentally potted the white in the same shot! A foul granted Hartfield the win by default.

The fourth frame, and it could be all have been over for Dearman. His hand visibly trembled as he made his bridge. The tension in the air was tangible, as Hartfield stormed into the lead, potting four in a row. Dearman made a gutsy longshot, sneaking his yellow past the black, which was dangerously close to the pocket. Hartfield made things awkward by snookering Dearman. And finally, he doubled the black, it spun in slow motion across the centre of the table, kissed Dearman's yellow, and dropped into the centre pocket. The room erupted.

The Richard Slatter title was granted to Elliot Hartfield. He won a pool cue and will have his name immortalised on the wall of Furness for all to see. He declined to give a speech, but told SCAN he is 'delighted'. A well deserved victory!

## Premier League: SCAN's final day review

CHRIS BICKLEY

It was a little bit underwhelming wasn't it? I mean, aside from Stoke hitting Liverpool for six, Leicester putting five past the lifeless Queen's Park Rangers and Theo Walcott scoring a first-half hat-trick.

But when it all comes down to it, nothing really mattered much. The main thing to decide on was which team would join Burnley and QPR in slipping down to the Championship. And fittingly, the greatest coach in the Premier League was able to put the brakes on Newcastle's recent slide.

Steve Bruce's Hull were the team to lose out here, despite their goalless stalemate with Louis Van Gaal's Red Army. Usually a draw with the Premier League's most successful team would be celebrated, but this only consigned Hull to an arguably undeserved trip to second tier football.

Although certain members of SCAN's editorial team would disagree, the final day was ultimately disappointing. Newcastle's 2-0 victory over a flat West Ham side

was their first victory since February left. But despite the Magpies' dismal performances of late, it was difficult to see anything other than this scenario, as Hull faced a difficult task at home to Manchester United. And it was just the two of them. Despite this being one of the closest regulation battles for years, most teams seemed to pull themselves together by May, with Sunderland the last to guarantee safety with an impressive draw at Arsenal.

Leicester, supposedly doomed in March, gained 7 wins from 9, topping their season with a 5-1 demolition of QPR. Aston Villa scored decent wins against Everton and West Ham to secure their ever-present Premiership status. West Brom beat Man United and Chelsea to cap an impressive second half of the season, whilst Burnley and QPR were relegated with games to spare. So there wasn't as much tension as there could have been.

The same applies at the top of the table. Chelsea had wrapped up the title having been in charge since the turn of the year. Manchester City had secured second

place and barring an unlikely monstrous collapse against West Brom, Arsenal had fought off United for third place. This meant the only positions worth fighting for was the coveted fifth place.

It effectively came down to which team from Tottenham, Liverpool and Southampton didn't want a Europa League space least. It seemed that Liverpool felt that this wasn't for them, so they collapsed unbelievably against Stoke. Turns out they can't even do it on a sunny afternoon in Stoke, let alone a rainy night. Southampton continued their poor run of form (despite their Villa romp) by losing to Manchester City, leaving Harry Kane to grab 5th place after beating Everton 1-0.

Then we had Burnley winning at Villa Park 1-0 and Crystal Palace beating Swansea 1-0 also. Hardly electrifying. A damp squib of a final day, but is this a fair representation of the season? Does a poor conclusion cancel out the tense fights we've witnessed leading up to the 38th games?

Simply put, yes. It had been a decent season to an extent. We had witnessed Newcastle covering

most positions in the league at some point, West Ham and Southampton having extraordinary starts to the season, and Swansea punching above their weight and beating both Arsenal and Man United twice in the process.

But it all seems a bit irrelevant now. As interesting as it is to see underdogs give the top teams a run for their money, the final day isn't about seeing who will grab ninth place. It should be about deciding teams' destinies, which didn't really happen considering the drab performances of West Ham and Man United. The record books will state that the final relegation place was decided on the final day, but it never really had that final day aura, like in 2012 when Agüero scored that goal, or in 2005 when no team had been relegated by the final day.

At least there was some excitement on the final day though, no one can possibly forget Steven Gerrard's last Liverpool game now. And this has thrown Brendan Rodgers' job into speculation. But aside from this I can't imagine this final day will live long in the memories of supporters.



# Does sport actually help you in the real world?



Sammie Caine

**CLAIRE STARR** SPORTS EDITOR

🐦 @CLAIRESTARR94

We all know that taking part in a sport is one of the best ways of improving your health and fitness, as well as potentially boosting your career prospects. From a young age we are encouraged by parents and teachers alike to take part in activities outside the conventional school curriculum, and particularly, sport. Being at university gives us more scope to make our own choices about whether to and what to get involved with outside of our academic studies. There are plenty of sporting activities to choose from, whether as a complete beginner or an experienced player. Yet does taking part in a sport actually help you when it

comes to finally entering the real world?

As someone about to graduate, who has enjoyed taking part in sport across my three years at Lancaster, this is something that has crossed my mind a number of times. The Wednesdays spent crisscrossing the country to BUCS matches, the hours spent training and the highs and lows of winning and losing matches - to what extent will having taken part in a sport at university actually help me to get my first job after graduation?

The Management School recently published an interview with Paul Taylor, President and Chief Execu-

tive of leading global ratings agency the Fitch Group, who says that captaining Lancaster University's Fencing Team gave him his first job in finance. Taylor argues that as a captain he 'developed leadership and tactics, and the ability to hold his own, make fast decisions and get on with a team'. In other words, Fencing provided him with the skills employers often look for.

Of course, simply playing a sport, not only captaining, helps you to develop many of these skills. Aside from the obvious benefits such as increased fitness and health, sport provides us with teamwork, perseverance, commitment, strategy and increased communication, to name but a few. During all those

hours training, subconsciously, we gain important skills, transferable skills (to use the dreaded phrase), that will ultimately aid us in whatever career we choose to pursue.

One of the most fascinating points of the article is the highlighting of Taylor's interview for his first job with Lloyds Bank in which 'the regional head of Lloyds was also a keen fencer' and that he's 'sure that's why I got the job'. Perhaps it was the interviewer's knowledge of the skills the interviewee had gained from fencing which aided Taylor getting the job. Obviously a fair amount of luck is involved for your interviewer to share your interests. However, such a coincidence occurring helps you build

rappor with your interviewer and can increase your confidence as an interviewee which will help you deal with the more difficult aspects of the interview.

Ultimately, enjoying and taking part in a sport is just one way of picking up the vital skills that employers look for. Extra activities give you a talking point in your interview beyond the academic and job related subjects and a chance to build rapport with your potential employer. So have the countless hours spent on coaches, the improved sporting performance and endless running up and down pitches all been worth it? For many final year students, it's time to find out....