ral, I did enjoy many of the films produced s characters I enjoyed to see on screen. I en he is based on the comics, but also on the c

is students that you did well, also its really really nice that some effective the dections and they've obviously gone to so many student to make and mate them this? "Neal Deleven in this person." So far really it the typical levenin [shi] that are getting the roles, it's exclining that some candidates have just and got their feedback to suppose the vertically experience.

o have come in and said "I really want to do a good job for students" have said lets just ask st written their manifestos based on what current students want. There have been some candid 've done and what I've done is good for this years student but not necessarily good for next y

v calibre of students this year and I think that everyone cares and mental health has been on xiting especially for me"

amazing that so much attention is on mental health now!"

non [sic] that's also due to you as well giving that impact on others as President."

iny things I

year students, we haven't seen a like to say about your work th

"What do you mean 'finding a therapist', Robyn? I take what I'm given and say 'thank yo

ot doing a good job, or if they're just not doing the sort of job that you need them to do, choosing a therapist with all the delicate consideration with which you would choose a s., twisted thoughts than even your partner will. And they'll be the person you endlessly c. particular person to handle whatever your particular brand of traumatised is, and help w

nmendations from other people who you know have been to therapy, from GPs, from the inferent I to deck whether they're a good fit for you. And if for any reason you feel that it in't working out todget like a infered disk who was to this cheen earlier, They a different one.

Rags to look out for in any mental health professional include:

The Annual of ARU's Student Newspaper

Edition 1



Welcome!

This is the First Annual Edition of the Ruskin Journal Newspaper. The articles written in this journal are by students of Anglia Ruskin University and the Ruskin Journal Society 2017-2018.

We reserve the right to publish all content provided in this publication, which were pre-approved by all interviewees, companies, artists and individuals. All work here is copyrighted by the Ruskin Journal Society and the mentioned artists Ryo Arata, Jessamine Payne and Maisy Ruffels.

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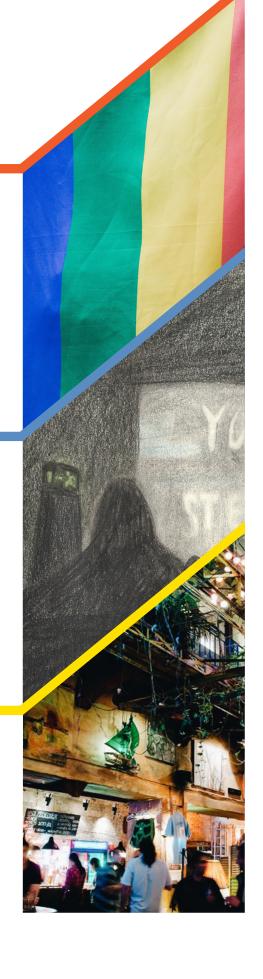
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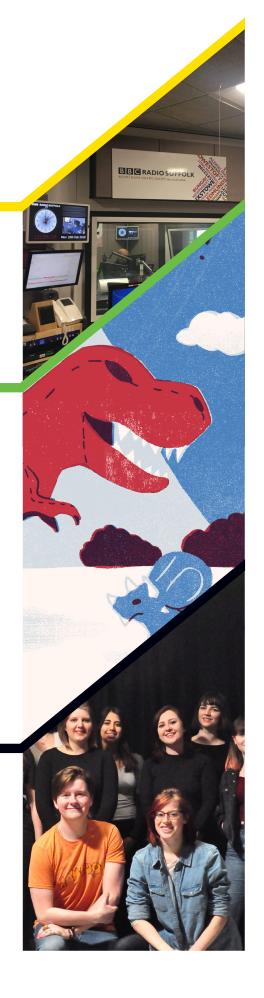
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My New Life as a

Written by Hanushka Karnani

our years ago, I attended an Open Day at Anglia Ruskin University with a view to read Music Technology. The University campus, facilities and location definitely impressed me, however, little did I know back then that my career choices would change so drastically. The one thing that caught my eye when walking through the main entrance of the Cambridge campus was the international and cultural dynamism that existed in the atmosphere. The warmth and excitement that I felt while touring the campus was something I could never forget. Even my parents, who visited ARU with me, left feeling that this would be a good choice for my further studies. After a turn of events, I decided to accept an offer to study at BIMM London, and ended moving there in the autumn term of 2014. The experience of living in a mega city that is London was fantastic, however, a part of me always knew that ARU was the right place for me. The year I spent in the capital was without doubt an excellent learning experience and I know now that if I wouldn't have gone there in the first place, perhaps I would never have realised that Media Studies at Anglia Ruskin University in Cambridge was the best choice for me.

year later in September 2015, I started my next venture in historic Cambridge. The transition to Media Studies, a subject I had hardly touched much upon in the past was exciting and nerve racking but a part of me knew that although it was a hasty decision, it was going to be the right one in the end. When choosing accommodation for my first year at ARU, I opted to live on campus halls, the popular Peter Taylor Building, located just above the lively Student Union. Best decision, ever. Firstly, it is right outside your lecture rooms, so no excuses for arriving late to class!

The buzz at Peter Taylor was what got me through the first few weeks of settling into Cambridge. I had the privilege of meeting people from everywhere and consider myself lucky to form part of those lively students I met in the early days of my University experience at ARU, many of whom are my good friends today. Moving in week, or Fresher's week better said, was definitely a week to remember. Every single day you were up and running attending social events and in the evening at around 8 o'clock you would be getting ready for yet another night out at one of the few, great nightclubs in Cambridge.

ow, why should one consider Media at ARU? Simple. The generalised course offers so much to students, from Film modules to Print Design and Social Media. This degree has something for everybody who's looking to enter the fascinating world of communication, and branches into politics, philosophy, feminism, game design and cultural studies. The term Media literally means medium which is essentially what connects society to so many distinct aspects of culture and when we say connect we mean communicate.

The department of Media and English at ARU boasts great study spaces and rooms, some to which became our second home throughout the years as we spent so much of our study time there and of which now we hold so many dear memories. The professors have not only been our tutors but some have become our mentors and have taught us lessons that are so valuable for all the tricky aspects of our day to day life. They have given us much of their free time to guide us in the direction they have felt would be best for us, but never hesitating to allow us to try something new or take a new direction.

o-founding the Ruskin Journal with Elle Haywood, was just another element to add to this incredible three-year roller coaster. Once again the Media department, with particular tutors in mind, were there with us throughout each and every step of the way and without them the newspaper would not be in the physical form that you are reading now. Allowing ourselves to engage into a big project such as this, in parallel with our studies, gave us the opportunity to see and experience the starting up and running of our own venture. The aim of the Ruskin Journal is to provide a platform where all students at ARU, regardless of course and faculty, can come together and share their thoughts on all kinds of topics.

he University, the course and especially all the individuals I have met along the way including students, tutors and professors have made me into the person that I am now, the person who is about to leave her student life and begin a new adventure elsewhere. I simply hope that I have managed to leave a small mark at Anglia Ruskin University, just the way it has left such a strong one on me.

<u>Photos</u> by Hanushka Karnani. From top, left to right: with friends at a pub on East Road, with the same friends by the River Cam, Urban Larder on Mill Road, Cherry blossoms in Midsummer Common, punting on the River Cam, coffee with friends near the Grafton Centre.

Student













Student Screening Arts Picturehous

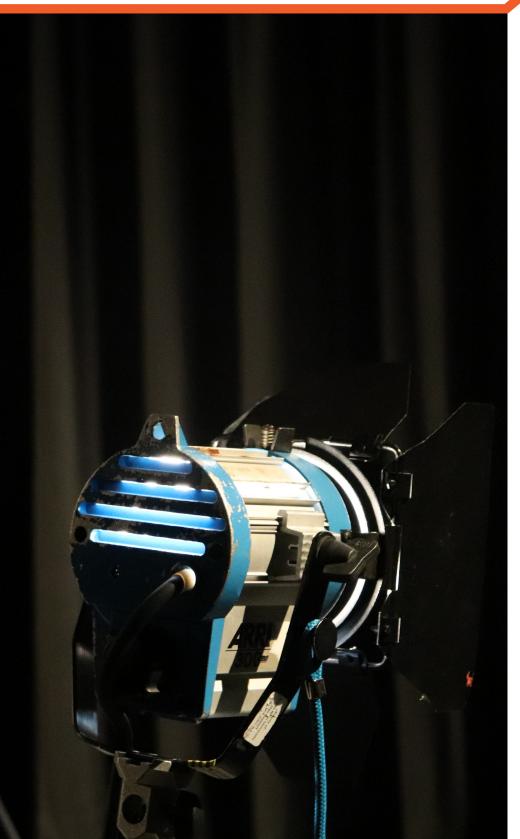
Written by Bethany Mattocks

he E4 Slackers Club is a popular club for students offering a free preview movie once a month at the PictureHouse Cinema. This exciting opportunity gives students a way to go to the cinema when they are low on funds- a common feeling. There have been multiple brilliant films shown which promotes the use of the cinema, with so much being online the cinema may be a declining form of entertainment. Films are shown all over the country at PictureHouse cinemas generally at nine o clock on a weekday, very good for the late-rising student working on weekends! The Arts PictureHouse in the town centre of Cambridge is a great little cinema, it may be slightly smaller than the complex of Vue at the Grafton or the Light Cinema at the leisure park but what it lacks in size it makes up in aesthetic being a very cute place to go.

he club aims to show a range of films and therefore appeal to everyone, I think it's a really good idea to give people a chance to see a movie that they normally would not be interested in and therefore they could find a new genre of film they really enjoy. Molly's Game was a really interesting film I saw with Slackers back in December 2017 about Molly Bloom a nearly Olympic skier who instead started to work for a poker game runner and then eventually started running her own games. Two years later after she has stopped the games she gets arrested for running them so the story follows the fight from her to stay out of prison showing flashbacks of how



ngs and the



the games developed as she got bigger in the poker world. She tries so hard to keep the game legal and help all her customers who eventually betray her. Still when she is able to avoid jail she says loyal to her players not to wanting to hurt their families, she refuses to give over confidential information to reduce her sentence and refuses a bigger book deal as it would involve exposing people despite the fact she has nothing left. What also makes this film great is that it actually happened, and is always fascinating to see the retelling of a true story on the big screen. Being a student and having this in depth interest of a film displays how young people are still interested in cinema. Students from ARU give their perspective on film in the modern age:

"The cinema is not the most affordable activity and so student deals make something fun easier to justify. Depressingly, I see the future of film being sequels and blockbusters, so it is nice that the Picturehouse shows less mainstream films."

Kevin Leddy ARU alumni Computer

Games Art

"It is always nice to go into class and discuss films you have seen, especially when they have the same sorts of interests and opinions."

Ian Atkinson ARU BA (Hons) History

he Arts Picturehouse also has close ties to Anglia Ruskin and the ALSS Department. ARU alumni Kayleigh Barnes tells us how she got

Depressingly, I see the future of film being sequels and blockbusters, so it is nice that the Picturehouse shows less mainstream films

involved and how this has influenced her career:

I started out as a student ambassador for the Picturehouse as part of a team managed by the Marketing Manager Jack Toye. It was great for me because in exchange for helping publicise screening and events at the Picturehouse to ARU students, I received free cinema tickets. This definitely enabled me to watch more films than I would have been able to afford on a student budget!

Subsequent to this role, I was offered a marketing internship with the Cambridge Film Festival (which is run by the Cambridge Film Trust whose offices are based at the Picturehouse). After the internship and graduation; I set up my own business partnership so that I could continue to work for film festivals, and arts/cultural events on a freelance basis. This year will be my 5th CFF!

Both the student ambassador role and the internship with the festival was because of Dr Tina Kendall's support, so I'm incredibly grateful to her for helping me kick-start my career in the industry! ARU students should get involved in the industry because not only does it give you an excellent opportunity to make contacts and get experience before

you graduate, but more importantly it also gives you the chance to work out what part of the industry you want to step into and which parts you know you'll enjoy. I have been able to turn my love of film into a career because by getting experience from both the Picturehouse and from the Festival I had opened doors for myself before I had even graduated.

ayleigh's story displays the importance of local cinema, arts and culture places that students can access and get involved in, for professional and passionate reasons! The most recent film I have seen with the Slacker's Club is Life of the Party which I saw in May. This is a classic Melissa McCarthy movie with a lot of laughs and slapstick comedy. It follows a mum who ends up going to university with her daughter to finish her degree. She shifts from being an overbearing mum to a party animal whilst loving her studies. This was strange to watch for me as I am just finishing my degree and so it reminded me of my three years at university which was nice.

Although their experience was a lot crazier than mine, it reminded me of all the people I have met, all the crazy nights I've experienced, the endless assignments and anxiety-inducing presentations and overall the degree I've achieved and how proud I will be at my graduation. In one scene the main character presents a project in front of her class and becomes so nervous she is sweating and ends up falling over. This reminded me of the many presentations I have completed as part of my degree and how scary it initially was to talk in front of so many people and although now the idea still scares me I think my and my classmate's confidence has increased enormously and so talking in front of people is not as much of horrible prospect as it once was.

verall this was a nice film to end my degree on as I was surrounded by two of the first friends I made at university as we have made it through the incredibly tough but rewarding three years.



Written by Blessing Raimi

epresentation is a topic that affects all walks of life, our everyday lives, school, university, the media etc. Recently the Black Panther film was released and broke records, being a lot more successful than some had anticipated, showing that audiences appreciate representation and people want to see faces like them on the screen, nuanced roles with people of colour in the forefront as well as behind the scenes. It is also something that is integral to student life and whether representation is effective at university can have a big impact on a minority student's experience.

I still remember when I started at the university and felt so compelled to run as a course representative because of the strong focus on representation as one of the Student's Union ideals and values. I felt it was such a great opportunity to give students a voice and raise awareness of course based issues, which the SU made clear even when I was just a fresher at the start of my first year. Fast forward a year and I was inspired to run for a campaign representative role and was able to be a part of the executive committee which covers faculty campaigns and also campaigns for students from minority groups.

I am grateful that the student's union had the campaign representative roles, giving these students a voice where they may have felt they had none. There is a great amount of support with full time officers who oversee campaigns to make the university a much better place for students and student's union staff that support all representatives every step of the way.

ithin my role as BME (black & minority ethnic) representative, I represented students of colour and it was an eye opening and fulfilling experience finding out what student concerns were and what needed to be done to improve their student experience. One way that I collected feedback was through feedback forms with questions ranging from extra-curricular to academic based queries. It was brought to my attention that some students didn't feel there was enough of a community feel between different ethnic minority groups and they would have liked to have more social student wide events to celebrate culture and diversity. With the information I gathered, I decided to run a Global Week speed friending event to encourage students to make a new friend and learn more about the variety of



Events like these have such a positive students and it is also educative, giving into the diverse world we live in and cultural sensitivity amongst us as income.



different countries that Anglia Ruskin students originate from. It was a successful event and a simple but effective way to bring people together in a relaxed and fun environment with snacks available from different countries which the students enjoyed.

Those that took part were able to befriend people they hadn't spoken to before and learnt more about what they enjoyed and where they came from. Later on in the year, during exam period I was able to assist with a cultural give-it-a-go event on campus, this particular event was themed on Nigeria and food was available for students to try, they also had the opportunity to learn some greetings and phrases in some of the country's languages. As a student from that country, I was able to speak to students more about the culture and the food, students enjoyed the food samples and learning more about the country and trying something new. It would be great if this could be a regular event focusing on different countries around the word. Events like these have such a positive impact on students and it is also educative, giving more insight into the diverse world we live in and increases cultural sensitivity amongst us as individuals. The Student's Union has been integral to providing students with a way to network and connect with other students through shared interests, beliefs, course and cultural based societies which representation ties closely with.

from across the world and there are many EU and international students who come here as a brand new experience being in another country, they were able to connect with others in the same situation through different events which cater to them helps them to get used to this new environment, make friends and build a good support system. One example of this is the International Cafe, run by the Chaplancy, which gives international students the chance to socialise and relax away from their studies and also make new friends.

There are a variety of different societies that students can join to feel part of a community and if I am honest, societies are where I made friends which I'm still in contact with today. Though I am a home student, it has been great to connect with students from other countries and learn more about where they come from and help them feel more at home here. I did feel homesick and anxious starting at the university, not knowing anyone when I first arrived. Joining societies and taking part in the different social events available also helped me to branch out and meet people from different courses, departments and faculties, which broadened my student experience and helped me step out of my comfort zone. It is definitely reassuring to know that you're not alone and there are people who understand you and can relate with you.

eeling represented at university and in the wider world can make people feel more empowered, validated and encouraged, helping them to feel more comfortable in their own skin. It also gives them a voice where they felt they had none. I feel that things are changing for the better at university and if we continue striving to make it a better environment for students then things will improve.

impact on more insight increases dividual<mark>s</mark>

Volunteering At Uni

Written by Merel van Schooten

ext to joining a society or a sports team, there are lots of other ways to meet new people at university or enhance your experience whilst at university. You could always get a job, or join a gym outside university, but by getting yourself involved with the community and making connections outside your normal circle of friends; there is a lot to learn and gain.

The Volunteering opportunities at ARU are endless, from positions that offer a place for a few months or one-off opportunities that are just for one day. There is always something that would fit your schedule and availability. Not only are the opportunities there to help the community but also by having various places that ARU works with available there is almost always something that can boost your CV in your chosen subject field. There are volunteers needed to be test patients in hospitals, places for people that want to help out animals, the homeless, or even help running events that involve marathons or the film festivals in and around Cambridge.

ost people seem to be so busy with their course and job that they forget all about the opportunities that

ARU provides. There are societies that make a difference within the university and so many places to volunteer. The amazing thing about volunteering is that whatever your schedule looks like there is always something you can do just to do that little bit extra for the community or society you are part of and help your own mental health.

have been part of various volunteering projects. The latest one was helping out at Papsworth Hospital as a test patient. The hospital runs courses for doctors to understand echo machines better and quicker. I myself did not understand a single word during the explanations but being there and getting a free scan of my heart was incredible. When you are volunteering people are immediately grateful of you being there, which gives such a boost to your own wellbeing. Feeling valued is something that can be difficult to attain whilst in university. You can get lost in a rut, by going to classes, work, sleep and again. It might be the grades or stress about money that gets to you and it becomes difficult to just slow down. There is always a deadline or an essay to write, but by taking time out and doing something out of your normal sphere, it helps yourself, them and your studies.

The mental health organisation has also done research on the effects of volun-

> teering on the person. And came to the conclusion that doing good does

you good. There are a few aspects that volunteering does for you, it reduces the feeling of isolation, it helps keeping things in perspective, reduces stress and helps us get rid of negative feelings. Harvard Medical School concluded that it lowers blood pressure and volunteers live longer is their intentions are purely altruistic. Now not everyone's intentions are pure when it comes to volunteering and many times it is to give a boost to either your CV or self worth but that doesn't mean that what you do is any less valued.

By volunteering through the university it becomes easier to find the right opportunity that fits you. They work with various organisations and will help you in making the first contact. The university also gives you the opportunity to log your hours and gives you recognition. They can also help you out as contact person when applying to jobs.

here are a lot of opportunities to do something extra at university that not only makes your CV look better but also gives you a great feeling about yourself and help the community out. As it also comes with a lot of health benefits it is something every student should engage in if they have the time. Even if it is a one-off thing it is a great feeling of doing something back. So whether you are a first year student or a student that has been around for a while have a look at all the new experiences you could engage with as it will make your university years that much more valuable to someone else and yourself.



Pirates Anonymous

Written by Ben Jones and Illustrated by Maisy Ruffels

Getting to the bottom of why piracy's so popular with millennials.

[The following article is NOT an endorsement of piracy, but rather an exploration of the reasons why people do it, from those people's points of view. This does not negate the fact that piracy is a crime – it is merely in the interest of coming together to find an effective solution to the problem.]

e all know that media piracy is a crime, yet many of us do it anyway – especially young people. In a 2016 study by the EUIPO (the European Union Intellectual Property Office), it was reported that 19% of 15-24 year olds had intentionally downloaded illegal content over the previous 12 months. 85% of those people had used illegal sites for films or TV shows. So why exactly is piracy such a common habit for this age group?

This issue was raised during the 9/03/2018 episode of Kermode and Mayo's Film Review, a film discussion programme on BBC Radio 5 Live. They received an email from a mother, whose son had illegally streamed the then-recent release, Lady Bird. She had apparently told her son that by not paying to see films, he was "ruining the film industry". He reportedly replied that he was "not that bothered".

Her assumption was that her son was motivated by convenience (it's easier to stay home than go to the cinema). Several other listeners concurred, as did co-host Simon Mayo. But no young people were involved in the conversation. What would they say their reasons are for piracy? Is there more to it than simply being "not that bothered"?

This inspired me to send out a survey to my Facebook and Twitter followers. At the time of writing this article, 18 people have taken the survey anonymously. All but two of those 18 were aged 20-24, and 13 of them answered "Yes" to using piracy websites. (Two of the respondents were over 50, but they both answered "No".)

When asked why they used illegal streaming sites, seven people cited the fact that some content isn't actually available through legal alternatives. Multiple respondents referred to films that are "not available on Netflix" or any other legal streaming site. Others referred to TV series that "aren't available in the UK", such as The Walking Dead and superhero shows like The Flash. It's no surprise, then, that these series ranked second and third respectively on TorrentFreak's list of the most pirated shows in 2017.

Admittedly, two people did refer to convenience, with one explaining that "if a friend has a film I want to see on file, I'll download it from them rather than go to a shop or wait for delivery of a DVD." But the most common reason for piracy, given by nine of those surveyed, seems to be money – and not necessarily in the same, unbothered way as the son of the Kermode and Mayo emailer.

"As much as I want to support film and cinema, especially for up and coming

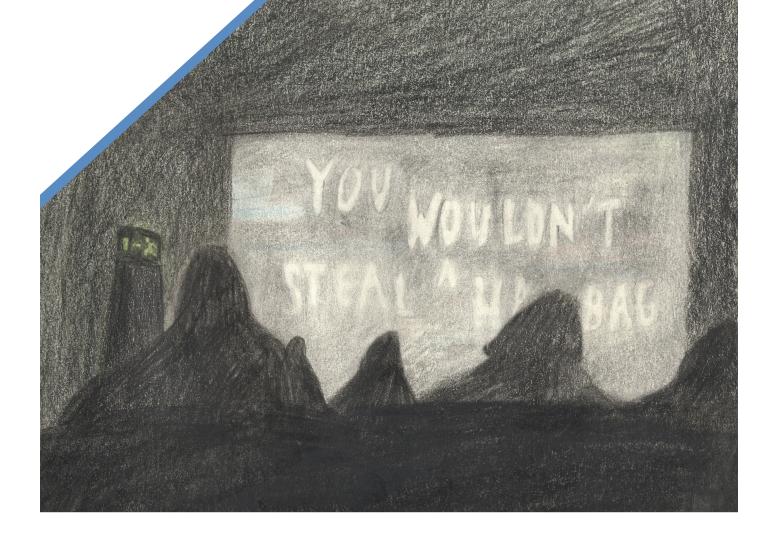
smaller films," says one respondent, "it's so expensive to go". The statistics ultimately support this; although the UK Cinema Association had the nation's average ticket at just £7.21 in 2016, there can be great disparity in the prices. In that same year, some London cinemas were selling seats for as much as £22.45.

The prices may not be that high in any Cambridge cinemas, but several respondents stressed that, as university students, their incomes can't afford much. One person even revealed that piracy can be driven by academic pressure, when there isn't "legal and easy access to all films on the university's syllabus". If tutors assign films that aren't available from the university library, Box of Broadcasts or on Netflix, this can leave their students with little-to-no affordable alternative.

o what needs to change for people to pirate less often? The industry certainly has their ideas. On the 20th February 2017, The Guardian reported that Google and Bing had agreed to demote illegal streaming sites in their search results. This would mean that if you searched for a film, the legal versions would appear several pages before the pirated ones.

Would this work? Six of the people surveyed said yes, but seven disagreed, with one arguing "I know the sites I use"; most people who use these sites will probably have memorised their web addresses at this point. Another proposed solution to piracy is outright blocking. In The Guardian again, on the 18th August 2017, it was

As much as I want to support film and cinema, especially for up and coming smaller films, it's so expensive to go



reported that several internet providers (including Telstra, Optus and Vocus) had been court-ordered to block illegal streaming sites. But when asked about this, 10 of my survey's respondents said that this wouldn't work either.

Five people said that, rather than being convinced to pay for the content, they "just wouldn't bother" to watch the film at all. Additionally, four of those surveyed revealed that it's "easy to get around the blocks", with one elaborating, somewhat worryingly, that free VPNs (Virtual Private Networks) are "easily downloadable, and mean you can access these sites around your provider's restrictions". Like it or not, blocking simply isn't infallible.

One more solution out there is a browser plug-in called "White Rabbit". On the 6th March this year, on the International Business Times website, Alan R. Milligan (White Rabbit's CEO and founder) explained that the plug-in "recognizes the content streamed, allowing fans to pay the rights holder directly, without forcing them to subscribe to any particular

streaming site". Essentially, users would be able to send money straight to the people who made the content, without having to pay a regular monthly fee.

This seemed to be the most popular suggestion amongst those surveyed, with four people saying "yes" and five saying "maybe", but everyone's answers were still fairly tentative. Several of the respondents would be happy that their money was "going back into the industry itself". However, the primary concern seemed to come back to finances. "What kind of cost level would it be?", asked one person. Others raised the point that it wouldn't necessarily be any cheaper than a DVD or an Amazon/iTunes download.

When asked what they themselves thought would reduce piracy, seven people wished for more content to be legally available in the first place; one respondent wished that television shows could be "available to everyone around the world" and not "country exclusive", whilst several others asked for "more content on Netflix". Unsurprisingly, the other most

common answer (also given by seven people) was monetary, with one person plainly stating that they would stop illegally streaming "if going to the cinema was cheaper".

These changes are probably unlikely to happen in the near future, but if the results of this survey prove anything, it's that the industry has largely misjudged the reasons as to why piracy is so pervasive. The current solutions in place don't actually tackle many of the problems that lead young people to use illegal sites.

erhaps the issue was best summarised by Mark Kermode during the aforementioned episode of his radio show, wherein he rebutted his co-host and listeners' arguments with this statement; "If people can get it for free, but they can also get it legitimately at a sensible price, most people will go getting it [legitimately]... Most people don't want to pirate! They want to do it properly."

Life, Legacy and B

Written by Elle Haywood

From having to hustle your way into the world of work, to fusing your passions and skills: Observer journalist and music critic Kitty Empire talks to us about her life and advice about getting into the media industry.

s a group of half-awake, slightly apprehensive undergraduates saunter into the room, they are greeted by our lecturer Dr Sean Campbell and the guest speaker for the morning. Having had this event hyped up for weeks on end and heading towards the end of the winter term, many of us felt a little anxious and intimidated

to meet the lady in question. But instead, were met by a charming, relaxed Kitty Empire in a rather cool shark jumper and warming smile. Suddenly this session didn't seem quite so daunting, and would

prove to be a wonderful learning experience for us all.

Empire is currently the chief music critic at the Observer, and frequents a number of BBC Radio shows. Notably, she also wrote for New Musical Express in the 1990s and has served as a judge for the Mercury Music Prize. With an incredible resume of work behind her, and invaluable insider knowledge of the industry, she began the talk with stories and anecdotes of her life as a journalist, with insights and advice cropping up at every convenient moment, as we hastened to

jot it all down so we could refer to it when job hunting post-university.

"You need to have a burning interest in your subject, and be able to articulate it, albeit through words, pictures, art, etc. You have to prove yourself before you apply. Also, most people nowadays are freelance ... permanent desk jobs are not that freely available anymore. Freelancing is just the reality now for people most days".

ontinuing on from this, she discussed the importance of continuously checking your work, editing and researching. But then also, not being boring, generic or sounding like everyone else.

"Essentially, you need to encapsulate what you want to do in as few words as possible. You need to sound assertive and authoritative. Don't be afraid to be confident. Put yourself in the commissioner's shoes. If you can fill even 15 minutes of their time with something interesting, engaging and specific then they will think: 'great this person knows what they're talking about.' Be proactive about what you want to do; you need to hustle but remain polite."

This depth and honesty of knowledge will prove invaluable to those of us currently studying for an arts degree, and her pragmatic talk about the competitiveness of the industry was refreshingly honest. The message suggested that it wasn't going to be easy, and that life is hard, but doing what you love is feasible if you go about it the right way and dedicate everything you have into your passion. Immediately this led to a bombardment of questions from the class. When asked about hunting for work experience and using contacts, she mused for a moment and said:

"I don't want to be discouraging about being talented, because being talented and knowing your stuff is the key to it. It's a fine art cultivating people. Essentially you have to get in with people, but in an

uilding an Empire

off-hand, polite way. If you write something interesting and someone gives you a 'like' on social media and they turn out to be someone who may be able to help you – do not be afraid, say 'thanks for liking my stuff – I have more of it if you'd like to see'. This is the way that things go around, people find people on Instagram, get in contact, remember you and want to include you. It does happen, it's about working your contacts in a reasonable way, and also knowing your stuff, being good at what you do and have some experience in the field."

the continued to speak about this throughout the Q&A, referencing the fact that having contacts in a company is great, especially if you are talented, as there are hundreds more talented people out there without these kind of contacts. It was reiterated that life is not fair, but you have to make the most of it. She also spoke about using transferable skills to switch between various journalistic subjects (film, music, and even food etc.) and the importance of doing your research.

"You'll find that it's not as easy as it used to be, however with a bit of trial and error it's doable. Film and music journalism are super competitive and you need to know a lot. You need to know the obscure details – fans appreciate it if you have that depth of knowledge when writing. You have to combine that with a breezy, readability.

It's not all about displaying the knowledge, you have to have some flair. In terms of switching between, a lot of it has to do with just being up for it."

his led on to a discussion about the combinations of talent, abilities and passions being the ideal way to find out what you might be good at in life. This knowledge was incredibly comforting - knowing that you may be able to combine what you love with your skills to thrive in the world of media.

"I was brought up abroad and in various places, and I was just obsessed with music from a young age. I was into all of it really. The first thing was that I just played records all the time and talked non-stop about music, my friends all thought I was obsessed – and I was! Then, I thought hmm what would be the most amazing job in the world. I can't sing, I can play about three chords on the recorder, I'm not musical or talented. But I obviously loved writing. So these were my two passions and I brought them together."

She wasn't shy in talking about her experiences either. From doing shots backstage with Tinie Tempah, chatting with Kayne West about his upcoming album and being in the same room as Paul McCartney. Empire was very humbling in discussing how she still gets star struck and slightly lost for words at meeting her idols, such as Patti Smith, but that it gets easier if you know what you're doing. She finished the talk focusing on her work as a music journalist, and was asked if she preferred writing one or five star reviews.

"That is such a good question. As I've gotten older, I've become a lot nicer. In NME, which used to be a real music paper; a lot of it required you to have a lot of swagger. That's what you did, you don't need to display a dislike for everything; but be entertaining and funny and then have a

grumble. I personally really do love both one and five stars because you get to just go nuts. This is amazing, this is fantastic, this will change your life. This is just great, put it on really loud. Or, these people are so bad or really embarrassing. You know, without being insulting, you can just go oh god it's a really failed experiment But being critical in assessing art is so important. It means assessing what's going on in this piece of art, why has it not achieved what it set out to achieve. I think as I have matured as a writer and got better. I'm much better at assessing things: what has it set out to do, has it achieved this, is it entertaining, does it light my fire or is it going to be successful. You demand a lot from the people you write about. In terms of albums, I want you to get a knife, stick it in my stomach, twist it around - I want you to make me cry for an hour. That would be a good sell. So I get to say stuff like that - it's good fun! Thank you everyone."

o from tales of stardom, to having to fight to earn your place in the industry; Empire ignited a sense of ambition and curiosity in us all. We followed her around like eager puppies for a while after, but let her go and carried on conversing about the talk for the rest of the day. It was very encouraging, knowing that pursuing this degree could lead to some wonderful opportunities, but that we needed to work hard to get there and be smart about it.

The newspaper would like to thank Kitty and Sean for this opportunity and being allowed to transcribe this interview.

A Comparison of UK University Comparison Com

Written by Rebeka Kancsar

rom Denmark to Germany, Europe houses some of the most prestigious universities of the world. If you ever wondered what your everyday life would be like if you studied somewhere outside of the UK and the comfort of Anglia Ruskin, keep on reading.

et's be honest, British universities are some of the most expensive in the whole world – and it is almost unbelievable that world-renowned universities with likes of University of Copenhagen and University of Oslo offer honours degrees with no tuition fees at all. Enrolment is completely based on grades and the person itself, meaning they are free of enormous loans hanging above their heads. Not all universities are free as student finance options vary from country to country, yet the average tuition fee in Europe is still a fraction of UK fees. Taking the Netherlands for example, one year of an undergraduate course costs around €2,000 (£1,750). Without the pressure of large tuition loans (you know, if any at all), even living costs are often lower than ours - for example, an apartment in Budapest costs an average of 47,900 forint, which is around £130 per month (yes, that is probably around the amount you pay in England for a week of rent).

Now that the sad money part is out of the way, let's talk about everything else. Cambridge is a city known for its historical and picturesque buildings, which tends to be a common theme with other European student cities if we look

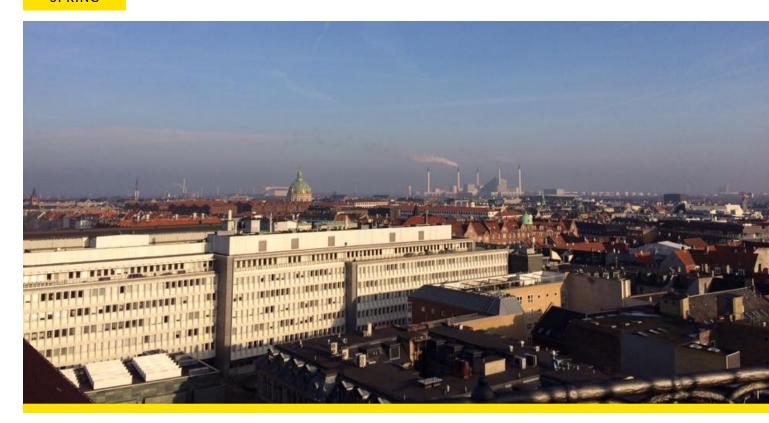


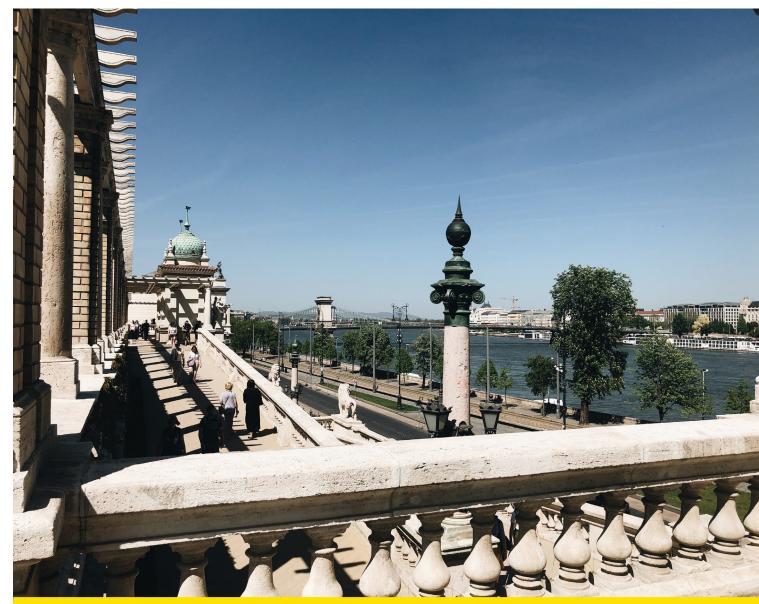
European vs ulture



at Paris and Vienna. You would definitely find students hiding behind their laptops in indie cafés by historical sites and eye-candy buildings, slipping on artesian coffee - sounds familiar? Espresso Library anyone? Student nightlife culture in Cambridge is mainly a round of predrinks and clubbing, thanks to student nights and whatnot, but non-UK European students often reject clubs completely in favour of pubs, such as Berlin and Budapest. The latter is famous for its ruin pubs throughout the city, a favourite of students of the city due to its thriftshop aesthetic and sense of secrecy that comes with it. As for Berlin, well, German beer is iconic for a reason, as are loud pubs with a football game on their TVs every night.

he main differences between British and European universities lay in the smallest details. Did you know that Scandinavian countries are obsessed with the sense of happiness and comfort to the extent that everything else only comes second? Their focus on mental health and relaxing is something that we could definitely adapt as we can often forget to focus on our own mental health as students dealing with essay deadlines and exam periods. How about Spain's siesta-culture? A mid-day power nap is considered so important that most shops and restaurants close down sometime between 2pm and 7pm (hours varying individually) to take a break from the burning Spanish sun and re-energize for the evening. Let's be honest - we all should know how tiring a morning library











session can be, perhaps a mid-day nap is the solution to all problems. In Switzerland, friends will always great each other with kisses on the cheek, which could be something of a culture shock for someone unsuspecting leaning in for a hug. Also, nude beaches are really a thing, but feel free to do your own research.

t this point you might be thinking 'okay, that's cool, thanks for that, now I'm jealous', but fear not, there is hope! Whilst suddenly transferring universities and packing your bags to move to another country might be just a little too dramatic, here I present you Anglia Ruskin's Study Abroad and Exchange programme. With over 30 partner universities in Europe (and even North America), you can spend one semester at a foreign institute with grants to help with living costs. You do not even have to speak the language as all partner-unis teach in English and the credits you gain go towards your degree at ARU. It allows you to gain new life experiences, learn about new cultures and grow as a person - not to mention it looks cool on a CV after graduation.

'My time in studying in Copenhagen was incredible, and a real eye-opening experience (without sounding too cheesy). But it really helped me grow as a person; helping my independence, fashion and attitude to life. Not only by throwing myself into Danish culture, drinking Tuborg and eating Danish 'snegles' (basically super tasty cinnamon pastries); but also my Erasmus experience introduced me to other international cultures which was fantastic!'
Emily Rippin, Media Studies

<u>Photos</u>

Page 18-19: Denmark
Opposite Page: top - Denmark, bottom - Hungary

This Page: top - Hungary, bottom left - Denmark, bottom right (upper and lower) - Hungary

Gatekeeping Hea Struggles as a Str

Written by Robyn Robles

hen a friend mentioned to me, on an early April morning, that she had to cut out having dinner for a while because she couldn't afford to eat more than two meals a day, my response was not horror. I laughed, and said 'Same!'

Money worries are so common at university that they are just seen as part and parcel of the student experience, with 84% of respondents to the National Student Money Survey worrying about having enough cash for basic living needs. One of the primary needs that eats into a student's monthly budget is food. After rent, it's the largest expenditure we have.

Despite this, it seems that, compared to those with a more regular income, we really aren't spending very much at all. The words 'student food' conjure up definite and consistent images in the minds of the population - 'processed', 'convenient', and 'low in nutrients' were words that came up again and again. The most common moniker, though, was 'cheap'.

Every hit on the first page of google for 'student food' promises to teach students to cook delicious food on a budget. But as well as assuming that those of us in our early twenties have 'everyday staples' in our pantries - what cause do I have to own a bottle of red wine vinegar Jamie Oliver? - these time-consuming recipes don't consider that most of us work a forty-hour-week as part of our univer-

sity course and then hold down another job as well. The time left to dedicate to elaborate meals is limited. So we resort to convenience.

hen interviewing Megan McNeilage, 21, an Anglia Ruskin Literature student, she excused herself to eat her lunch at the same time. After microwaving some instant pasta with a sliver of cheese on top, she sat across from me and looked defeated. 'I'm out of everything else,' she admitted, and laughed hollowly - 'This is what poverty looks like'.

According to one student, unhealthy eating seems to be, not only acceptable, but encouraged. 'My university has a partnership with Dominoes,' said Will Cotrell, 23, a recent Law graduate from Gibraltar 'They'd provide us with discount coupons at regular intervals.' As well as endorsing unhealthy eating in students' free time. Mr Cotrell found that the canteen food provided during his university was also low in nutritional value. 'It was all fried and processed foods,' he said, and as someone concerned with eating organic vegan food, Mr Cotrell was forced to find other options as he 'couldn't use the university's service'.

tudents are not generally stupid.

The plague of poor health among us has not stemmed from a lack of knowledge, nor a lack of interest. Mikka Park, 22, a Masters student at Durham



University, says 'I have always tried to be healthy at uni. It's very important to me.' But she admits 'it's very hard though, especially towards the end of the year'.

Even when students try to improve on poor health, budget can often hamper those attempts. Maddi Morgan, a 23-year-old linguistics student from Anglia Ruskin, chose to train for a half marathon during her third year at university. 'I wanted to

lth - Food

udent

start running again as a means of improving my health both physically and mentally, she told me. The Cambridge Half Marathon took place in March of 2018 and Maddi had a difficult road ahead of her supplementing her physical training with good diet. It tried to focus on prioritise complex carbohydrates to have energy for the increasing training runs whilst staying low on fat to reduce my weight, she said. Although this appears simple enough,

because of her strict student budget, it became much more difficult than anticipated. 'It was expensive to eat this way,' Miss Morgan explained. And yet, the 'way' that she was describing was simply decent whole foods that shouldn't be accessible to anyone in the country.

here are certainly long-term concerns with health that this poor diet among young people might raise. But importantly,
there are tangible, material
consequences that are imminently and gravely concerning. Miss Park
detailed the troubles that 'basically
living off pasta and eggs' were already
bringing her. 'It definitely has an effect
on my concentration,' argued Miss

Park, 'I just eat in the morning and at lunch which is my most active time for studying.' Her physical health also declined - she 'started to feeling really unwell and had serious stomach pains'.

We are normalising dangerous behaviour. If students not having enough money to eat well isn't seen as a problem, and is even the punchline to many of our jokes, it will be difficult to convince anyone with the power to do so that it is one worth

These time-consuming recipes don't consider that most of us work a forty-hour-week as part of our university course and then hold down another job as well. The time left to dedicate to elaborate meals is limited. So we resort to convenience

fixing. Most students agree that better support services are needed, although Mr Cotrell also suggested that 'perhaps universities could subsidise companies to provide a larger range of healthier products'.

niversity students have a, perhaps unearned, reputation for spending all their money frivolously. If we have a poor diet, it's because we've spent all our cash down the pub on six pints and a fish and chips. But contrary to popular opinion, the more students I spoke with, the more I found that the majority appear to be health-conscious, intelligent and aware human beings, navigating a world where a bag of kale costs more than a beer.

And when we can afford neither kale nor beer? Miss Park offers a sobering solution

- 'I try to go to bed early so I'm not too hungry.'

If you feel affected by any issues raised in this article the ARU Student Union have a confidential advice service here: https://www.angliastudent.com/advice/ mentalhealthandwellbeing/

Is Social Media Taking Over the Music Industry?

Written by Eliza Rawson and Illustrated by Maisy Ruffels

the decision to stream your favourite artist's music, download album's or even buy vinyl's is an inevitable option. Music is one of the most important aspects of a young person's life with statistics showing that over 53% of young people listen to music for more than three hours a day (Statista, 2018.) But, those three hours are spent using social media to access music playlists and libraries; not necessarily kicking back, hitting play on the CD player and enjoying the album being played. Are the days of creating a physical music library over simply because social media is what 21st century life is made of?

potify, Apple Music, Soundcloud, Amazon Music, Deezer – the music streaming sites out there are endless. Streaming services dominate the music industry, with 80% of the revenue coming from these services alone. There are over 140 million Spotify users in the UK, 60 million of whom are paying for the service, meaning they get no advertisements during songs and are entitled to unlimited music. (BBC, 2017.) After putting out a poll on Twitter to find out how people find new music (with all answers being from young people) it is clear that Spotify is the number one service with 64% voting for their most loved streaming app, followed by Apple Music with 26%, social media with 3% and 7% voting for 'other'.

hen asking students their opinions on streaming sites such as Spotify, I asked what their favourite elements are from the services the site provides:

"I love the quality and the choice. There's nothing worse than shazaming that allusive song in a DJs set and only finding it on sites such as Soundcloud which sound like it's been recorded on a Motorola." – Brad

"The choice of playlists on Spotify is my favourite part. If I'm in the mood for something chill, there's a playlist for it. If I'm getting ready to go out, there's a dance playlist to listen too. The choices are endless." - Tasha

"I love it as being a student, it's hard to support your favourite artists as it's so expensive buying music all the time, so paying £4.99 a month is great. They also make personalised playlists for you which is where I discover new music when it's weaved in amongst the music I listen to on a daily." – Jess

illennials have always been involved with technology though, whether it be streaming in 2018, downloading songs to put onto our mobiles back in 2007 or visiting the iTunes store for the first time in 2008; there has always been an element of technology involved. Although, there was always something intriguing about downloading songs and bluetooth'ing them to friends back in the day, which evidently we cannot escape from. From this assessment, it seems that few artists create their own physical music collection anymore, and proudly being able to show off your extensive CD collection in your room with the most attractive, pretty album covers being out on full display being only a nostalgic memory. Nowadays, it's finding out who creates the best playlists on Spotify, being

the first to find a new hit song and "shazaming" that song in the club you can't quite remember who sung. So technically, you could say that technology has in fact put an element of fun and interaction into our music industry.

spoke to Ronan Bloom, ARU student and a music fanatic about his views on the digitalised music industry:

"I'd say social media has taken over the music industry, social media is easily accessible to the user and also cheap to stream music. If you look at Spotify, it's only £5 a month for a student, gaining unlimited music which you can stream in seconds. If you also look at the rise of apps within the last ten years, they've been rather dominant and arguably with the rise of further technology, music apps would surely only increase; social media apps have combined with music, like Snapchat combining with Shazam."

"For me, I love having physical copies of music. I do enjoy having my Spotify playlists but because I love collecting music, vinyl is more personal to me. I recently went to Prague and found some new vinyl's which I'll now keep forever, always remembering exactly where I found them. They'll remain so special to me which is strange to say when it's just a material object."

inyl however, made a massive comeback in 2016, with Urban Outfitters, HMV and even ASOS selling vinyl's, turning the vinyl phase rather mainstream or 'hipster' as they call it nowadays. A staggering 3.2 million vinyl were sold in 2016, a rise of 53% on the previous year, according to British Phonographic Industry (The Guardian, 2017.) Vinyl's are mainly associated with 70's kids being able to collect the most popular LP and EP records that were in the charts, and later on 90s dance music and rave scene, being associated as underground music as



it wasn't classed as conventional music of that era that everyone would listen to. But now in 2018, artists releasing their album's onto vinyl seems to be the 'in' thing to do because of its popularity.

Artists such as The Weekend, George Ezra and Ed Sheeran release their albums onto vinyl's as well as CDs and on steaming services. Artists that have previously released well known albums have re-released them onto vinyl to bring their classics back with artists like Oasis, Arctic Monkeys and Red Hot Chilli Peppers coming in as the most well known in the vinyl charts. News has also been revealed this year that vinyl sales have out beaten digital downloads for the first time since 2011; with physical sales taking 17% of the music industry profit and digital downloads only taking 15% (NME, 2018.) World Record Store day has had a major influence on the above figures; a day celebrating vinyl's

and the artists that are hugely associated with them in local, small vinyl shops.

t seems that views are mixed on the opinion of social media taking over the music industry. Some love the feeling of owning vinyl, enjoying the authentic sound given off, feeling more as a personal possession, a piece of art, rather than just a grouping of songs. Others simply enjoy streaming and having their music all on one app, in multiple playlists, stored on one device. Because we live in a digitalised world, everything is going to have become digitalised, influenced by the reoccurring development of technologies – thus there is no escaping it.



The Importance Work Experience Your Second Year

Written by Sophie Taylor

n the second year of University, the panic of finding work experience begins. The Autumn term brings employability lectures, careers events and hopefully by this point, a lot of thought into where you want to be after graduating. After having a bit of a wake-up call after an employability lecture, I began searching for year in industry placements, volunteering opportunities on ARU's careers website and joined various Facebook pages that posted Media related roles. After realising an industry placement wasn't for me, mainly because of my fear of choosing a job for a year that I wasn't fully set on, I started looking for relevant work experience as a way to decide what I wanted to do.

My radio lecturer told our class that the BBC were recruiting for work experience all over the country. I sent off the same application to Radio 1 extra, Radio 1 and Radio Suffolk in hopes to get a week with them. I must've rambled on about Radio 1 Extra a lot, because when (to my surprise) I heard back from my BBC Radio Suffolk application, they mentioned my application wasn't based on them enough and they wanted me to write about of one of their shows. I listened to a recent breakfast show of theirs on catch up and sent off my review the following morning.

My work experience with BBC Radio

Suffolk completely changed my views on what I wanted to do after graduating; a few months after, I had another week of work experience with a company on their PR and social media team, but when I compared it with my week at the radio station, my original ideas of a PR related year in industry were now completely gone.

o, where do you start in trying to find work experience? At ARU, a good place to go for your first step is the University. Nicola Hodge from The Employability and Careers Team says:

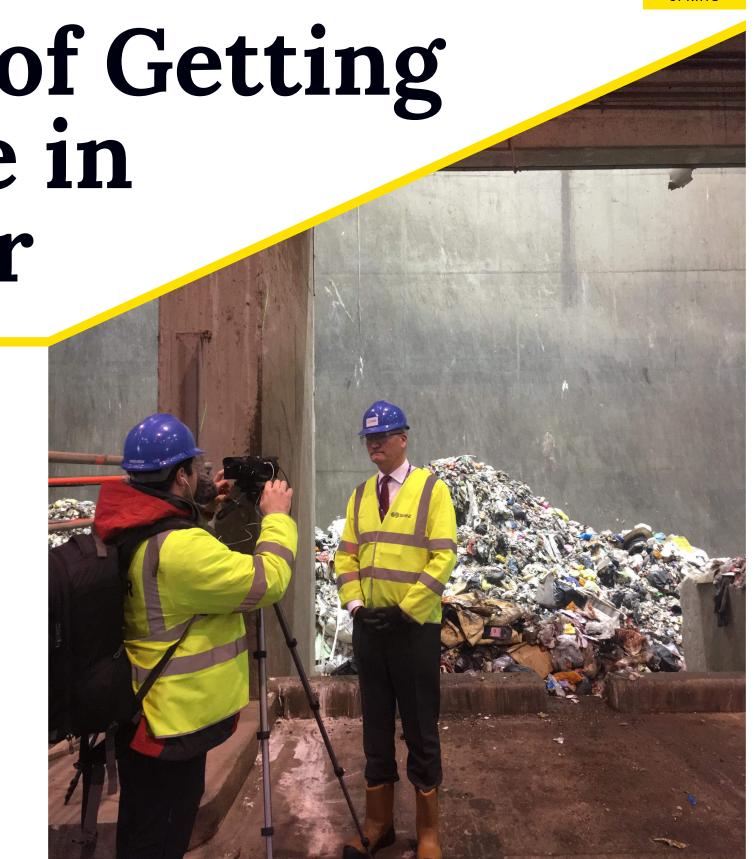
"As well as sessions during your course, we have a daily drop in session where we can offer advice on your applications, job hunting, cover letter writing, using LinkedIn and reviewing your CV. Twice a week we hold CV surgeries which allow us to spend more time with you, assisting you to craft tailored CVs. We are here to give you the tools to find and apply for placements, part time and graduate jobs. Our Careers Advisers offer 1-2-1 appointments to discuss your career paths, these can be booked via our Employability and Careers Portal which can be found on our Employability page of the website or via the ARU App."

Having support from the Employability Team such as offering honest CV reviews can be the ultimate step in getting that first work experience role. Nicola goes on to say,

"Having some form of work experience (be it a placement during your course, summer vacation work or part time working) or volunteering makes your CV stand out. Hence getting involved in student life including being a student rep, society officer, working for the Employment Bureau on campus or working with the Students Union all help!"

hen searching for work experience, I was lucky enough to have help from my lecturer, Martin Steers, who told our upcoming work experience and posted websites onto a class Facebook group. Martin told me, "I encourage all my radio students, regardless of which part of the media they want to work in to use their time at University to get work experience, there are so many opportunities in and around Cambridge as well as London which isn't that far away. Uni students have time during the summer and Easter holidays to try and get work experience placements or internships."

"Once you graduate, your degree might get you to interview, but it's your work experience, the knowledge and skills you gained as well as examples of your work



(from Uni and outside) that will help get you that job. What's going to make you stand out amongst the dozens of other applicants who all have degrees." Websites and Facebook group related to career fields that you're interested in exist out there and can help you find one. Another way to apply for work experience could also be to send your cover letter and CV to them directly, it's old fashioned but it certainly will make you stand out!

After realising an industry placement wasn't for me, mainly because of my fear of choosing a job for a year that I wasn't fully set on, I started looking for relevant work experience as a way to decide what I wanted to do

any courses at ARU also have a work experience module, mostly in third year, which is assessed on the creation of a portfolio that covers their time at their chosen company. Peter Crabtree, head of the Faculty of Science and Technology, explains:

"We offer undergraduate students the opportunity to undertake a work placement as part of a sandwich course. We have approaching 30 courses in the faculty. Students can either apply for a sandwich course or transfer onto one if

they wish. We have a placements team that will help students find a placement. We also have a few courses that have a placement module which allows students to gain work experience."

He explains, "Work experience is really important as it allows students to develop their confidence and develop employability skills which employers wish to see in graduates. It is also an opportunity for a potential employer to work with a student and to see the qualities they could bring to their company."

Therefore, having different work experience is helpful because, it helps you decide what you want to do by trial and error of different roles, shows that you're interested to employers in a specific field and makes your CV stand out beyond your grades.

he Employability Bureau puts on a number of Careers Fairs, Events and Workshops which focus on specific areas and subjects. In Semester Two, they hold a Job Opportunities fair which is aimed at students looking for part time jobs and work experience. For those looking at Self Employment we work in collaboration with the Start Up Lab and run a Self-Employment week where they bring in a number of speakers who can give you insights in how to set up your own business. The bureau also holds a 'Hire Me' all day workshops where we bring in employers to put you through your paces with mock interviews and group assessments. During Semester 2 we run a programme that is specifically for

Final Year students and focusses on being able to take those next steps (What's Your Next Move).

The primary reason for finding a range of work experience is that it helps you decide what career path you want to take. Even if you think you already know where that is, it's great to get work experience or an internship in that field to make sure you definitely do.

Helpful Websites

- Prospects.ac.uk
- Mediaargh.co.uk
- Employability service events
- https://web.anglia.ac.uk/anet/ student_services/employability/ events.phtml



Photos

Page 29: On location with one of the team's reporters. This Page: top - BBC Radio Suffolk team shot, bottom - a sneak glimpse into the studio where the magic happens!



Ryo Arata -How Big Are You Able To Dream?

Written by Sara Carreiras with Illustrations by Ryo Arata

s a routine, a smiley girl with long black straight hair and smart glasses walks in every morning. Always sitting down in a comfortable position, drawing or reading while drinking her large almond latte macchiato. Perhaps it was my journalistic curiosity what brought us together or maybe it wasn't. Her name was Ryo Arata, who did an MA in Children's Book Illustration at ARU. The only thing I am sure is how delighted I was by each of her stories. They were an inspiration for me as a second year student full of dreams. She taught me that "no matter how big your dreams are. If they are your true passion, make sure you will take the effort to follow them, because only the reward of doing whatever you love will fully warm up your heart and that is what really life is about. "To always do what we truly love."

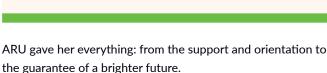
yo Arata's earliest memory of art in general was her dad's comic magazines, she mentions how inspirational those comic drawings were for her. "When I was about 5 years old, my father gave me my first comic magazine and I was amazed of how entertaining it was to me". Deciding that she wanted to be an artist, she focused her life into an artistic field from a very young age. Later on influenced by many authors, those still her favourites: Komako Sakai, Brian Wildsmith, Bernadette Watts, Oliver Jeffers and Emily Hughes.

As if she was predicting that one day she would fly away from her country, she decided to embrace international schools to complete her elementary and high school in Japan. In the International Japanese High School, she found her inspiration to became an illustrator through an English arts teacher; he had a different perspective of art from the ones she studied in her culture - "In Japan all the teachers were focused on techniques and how to draw realistic drawings. But this British teacher opened my mind by teaching me that the techniques were only useful to help me with what I wanted to draw". She added. "To draw the creative process is the real secret."

he inspiration that stemmed from her immersion into British arts made her consider England as a new opportunity. She chased her dream career and in 2012 she landed a foundation course at University of Arts, London Central Saint Martins. After successfully completing the integration year, she was accepted into BA Illustration course in Arts University Bournemouth. "I started falling in love with Children's Books during my undergraduate. And I did my assignments on Pictures Books, which got me really into this field." She says.

During this process, her research led her to the author Martin Salisbury, and she dedicates inspiration to him as she felt connected to the way he wrote his children's book. She continued searching into Salisbury and discovered he was a lecturer at Anglia Ruskin University. Henceforth, she applied to a MA in Children's Book Illustration. One year after, she reflects on university as a "lifetime experience", as





he fact that she didn't want her real name to be mentioned on her work, forced her to create an artistic name: Ryo Arata was the elected one. This name is 新涼 in Chinese letters and can be read as Shinryo. "I wanted to feel fresh and new all the time during my career, so I decided to use this name once Shinryo means the first cool wind of Autumn: fast and fresh", Ryo says. To turn it into a proper name she decided to separate the characters. The first letter 新, which is read as Shin and also as Arata which is a word used mainly for surnames in Japan. And the second letter 涼, by its own is read as Ryo, a name used in Japan for forename. "Placing them on the correct position Ryo Arata sounded me as a name I could identify myself with" says Ryo.

uring her MA, Ryo developed three major projects: the first one called "Shadows" aimed to understand the tone and the shadows of objects, so she created illustrations of a girl who chases a shadow which apparently doesn't belong to no one. Although the narrative tells of a girl who died and went to a shadow world, Ryo developed this piece without the use of words. "Once an illustration isn't just a drawing. It is a narrative; it tells a story." as Kristi Valiant, a renamed illustrator says.

Secondly Ryo created a picture book called "Pink and Blue" this book is a reflection on gender and cultural issues that concern her, and by this she aims to slowly help to contribute in shifting our world into a better place. In this story drawn under retro style influences, Ryo compares a male cat illustrated in shades of pink with a female dog in shades of blue, during her narrative she leaves the reader with the final message of "We are what we are."



Her third picture book is called "Japanese Animal Folktales" which is based on five different Japanese folktales. Ryo says that this picture book was the evidence that "illustrations really work like a language" as she learned on her master at ARU, "where it is required to learn how to speak in order to communicate with others, there isn't right or wrong in how you speak and in what you speak about." She adds. So for her the illustrations helped to understand the folktales she was telling. A course-mate of hers, called Yulei Zhang, gives the following feedback on this book: "Ryo has a great sense of colours. For example, when she draws the cats, they are perfectly understandable even from a very simple shape."

RU, apart from enriching Ryo Arata's artistic work, also contributed in helping her have a taste of what being a professional children's book illustrator feels like. Her tutor, Mr. Salisbury, gave her the opportunity to get inside the Children's Illustration Books industry by debuting her work at an exhibition in London during February 2017 at the Candid Arts Trust Gallery. Evidently she received highly positive feedback, and she also got someone contacting her to buy the illustrations printed out from the book "pink and blue".

As result of Arata's immediate success, a few days later her work was selected by Salisbury to be taken to the Bologna Children's Book Illustrations Fair, which was a great opportunity for Ryo to get her work out on market. "Ryo Arata knows how to control the colours in sophisticated style illustrations" comments Martin Salisbury on Ryo's work. "And this really works at her favour in our business industry." He adds.

er future prospects are to go back to Japan in order to teach others about what she has learned in England and to introduce them to British perspectives on artwork. One may consider Japan being behind socially in terms



of values and perspectives regarding social and cultural issues compared to other countries, but also in artistic ways as digital illustrations are not as popular in Japanese Children's Book industry as they are in the UK. "I really feel the need to take all the luggage UK provided me into my home country and turn it into a better place. And for this I have to thank ARU and to everyone who contribute to reshape my own culture and values." Ryo says. And this is how we can create a better world, by dreaming and by turning our dreams into a reality. And who knows? Be curious so you can learn to later on prove that nothing is impos-

sible, and inspire others to do the same.

Illustration Information (by Ryo Arata).

Page 32/33: Snake/Cat – These discuss traditional Japanese animal folktales
Page 34: Pink and Blue Book Covers - These look at gender and culture issues. Ryo hopes the covers can help shift perspectives into being more equal
and accepting

This page: Dancing Animals – The folklore illustrations look at the language of imagery, and how it's all down to personal interpretation.

The Big Pitch 201

Written by Natalie Brown

ach year the Anglia Ruskin Enterprise Academy (AREA) run a competition called the Big Pitch for students across all ARU campuses. The semi-finals and the grand finals were held on the Cambridge campus, whilst the boot camp was held off campus at the Moller Centre, a spectacular Churchill College facility. The academy which is likened to Dragons' Den invites students to submit imaginative business ideas and gives them the chance to pitch for the money and support that they need to build their business.

I spoke with Marcia Baldry, Enterprise & Entrepreneurship Support Manager from AREA after the competition and she said: "The Big Pitch competition has been running for eight years. And this year proved to be the best year ever. The quality of entries and the passion of those that entered was far better than previous years. Student engagement contributed to making the competition a success, from social media call outs to talking with students face to face about the competition, sometimes having someone explain something makes all the difference.

For the first time we took the second round boot camp off site and made it residential. This proved very successful enabling participants to network and get to know each other as well as being immersed in the marketing, finance and all important pitching techniques required. Resulting in six well prepared and confident grand finalists."

his year's competition ran from the 8th February to the 2nd May and was divided into three rounds. To enter the competition students were required to submit a 60 second video pitching their business idea. The prizes included a cash pot of up to 10k, access to space in the Startup Lab, one year mentorship from AREA entrepreneurs, additional sponsored prizes offered by Provide and Allia. The grand finale on the 02 May was judged by 5 business owners and experts.

entered the competition this year and won a social enterprise award providing one-year free membership to the Future Business Centre sponsored by Allia. My business idea is to create educational short films on housing law to help private sector tenants who are representing themselves in court and I asked the Big Pitch for £2,300 to help me create my first film to use as a showcase. Although I didn't win the money I had pitched for, I am so pleased that I won the social enterprise award giving me access to the Future Business Centre where I can develop my business further and receive mentorship. The highlight of the competition for me was the boot camp, a two-day residential training programme consisting of interactive seminars on business planning, financial forecasting, marketing and pitching skills.

he winners of the competition won different prizes to help them start their businesses: The Earth App won £2,500, Recyco won £5,000, Student Computers won £2,500- Chris also won Student Entrepreneur of the year and with that won an additional £1,000. Brown Educates won the social enterprise award gaining one year's free membership to the Future Business Centre sponsored by Allia, and Quirky Working won the social enterprise award of £3,000 sponsored



by Provide. To read about the business ideas of grand finalists and winners visit: http://thebigpitch.co.uk/

spoke with Andre Pereira, a first Year MBA (Master of Business Administration) student about his experience of the Big Pitch 2018 and winning half of the 10k pot of money, here is what he said and how he felt:

"It's complicated to describe a mix of feelings with only three words, but I would



say I am: thrilled, amazed and mainly thankful."

What made you apply to enter the Big Pitch?

"In the beginning, I thought that I couldn't participate in the business competition and, that I was not at the same level as the other entrants. Firstly, because cameras and I are not friends and secondly, I was a bit intimidated by having to present an idea in another language in front of

others. But, then I realised that The Big Pitch could be the chance I was looking for to do something good for somebody and that I could use this opportunity to push myself beyond my limitations and to develop my communication and presentation skills."

What is your business idea?

"The idea has three main points of focus: People, Place and Profit. Talking about people, Recyco wants to help people in need offering them free professional courses in order to develop and empower themselves to find new opportunities in the market. Life has been generous to me, why not give it back, right?

The second is about the place where we live. Recyco aims to make a positive impact in the surrounding communities' area by picking the drink cans off the streets and selling it to aluminium recycling companies.



The idea is to share equally the profit with the employees. So, they would have free professional courses and also a monthly salary. And last but not least, even though there is abundance of aluminium to be collected and recycled, the material is not returning to the big aluminium recyclers facilities and they are having to pay more for aluminium extraction. This process costs them at least 50% more than to recycle the used beverage can, not to mention the energy saved during the recycling process. Everybody would benefit in some way, the community with a cleaner place to live, the in-need community members would have a job and the hope to get back to the market and the big companies would be socially involved and reducing costs."

At any point during the competition, did you feel inadequate and think what on earth am I doing?

"All the time! That's exactly how I felt during the whole competition and, I think it is normal to feel like this when you are pushing yourself out of the comfort zone. In my humble opinion, in a situation like this, you cannot let what you feel take control of your actions and, the way you approach a problem or opportunity makes a total difference. Once you feel that what you are doing is aligned with your beliefs, whether inadequate or not, you do what you have to without hesitation."

I saw you shed a tear once you were announced as one of the winners of the Big Pitch 2018. What does it mean for your business idea to have won the Big Pitch Award?

"I believe that everything is possible and that the impossible is just a bit more difficult to accomplish. I put all my heart and energy into this project and MBA assignments. Luckily enough, I was surrounded by wonderful people who supported me from the very beginning. When they announced my name, I knew I had made my family and friends proud and, it was a

small proof of what I believe is true and, I could not and would not hold my emotions. It was a moment of pure ecstasy and it took me a few days to notice what had just happened. A very precious moment that I will remember forever."

To find out more about the Big Pitch visit The Big Pitch Website: http://thebigpitch.co.uk/ Facebook @TheBigPitch Twitter @TheBigPitch2018

To find out more about Anglia Ruskin Enterprise Academy's other events visit https://www.anglia.ac.uk/ business-employers/startup-at-anglia

Photos

Page 39: The Big Pitch team meeting. This Page: (top and bottom) - me during my presentation.

Life After University: Why it's OK Not to Have a Plan

Written by Hollie Luck and Illustrated by Maisy Ruffels

ou are fully in to essay mode, your days filled with stressing about references, deadlines and word counts until you press 'submit' on that final assignment. And then you sit back and realise that the last three years of hard work (and procrastinating) are suddenly over and you are now left with the question 'what now?'.

This is the situation I found myself in just over a month ago, and if you are in the same position then do not stress! There may be expectations from family, friends, society and even yourself to have your life and career planned out as soon as you graduate, however you should not allow that pressure to get to you and start to stress you out. The Independent spoke to 40 students and graduates about their feelings leaving University, and an overwhelming 95% stated that they believed 'post-university depression' was a real issue that students face.

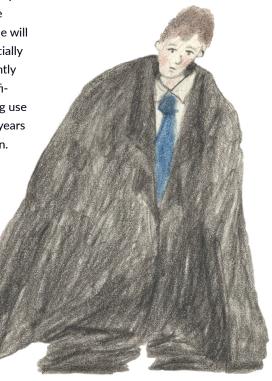
University seems to be in its own bubble of lectures, seminars, free time and perhaps some part time work. When that routine is suddenly gone, it is understandable why large majorities of students feel down and lost. Some students may question whether they want to move back home to their families, and some will worry about whether they can financially handle continuing to live independently now they no longer receive student finance. Another large worry is making use of the degree that you've just spent years studying and thousands of pounds on.

owever, stop and take a moment. Firstly, to congratulate yourself on all the hard work you've put in throughout your time at University, and then take baby steps and make a basic plan of what you

would like,

and how you can make it happen to try to minimise feeling so overwhelmed.

First, if you moved away from home would you want to move back or not?



SUMMER

Maybe going back to your family home would mean paying less rent a month than living independently, however maybe after tasting freedom for the first time at University, moving back home would feel restrictive. Either way, deciding means one weight lifted off your shoulders.

Once you have made that decision then it is on to the next important step, a job. Whether you have moved back home or not, you are going to need some form of income. It is of course natural to want to go straight in to a career that relates to your degree, and you may be lucky enough to find one right away! However, do not be disheartened if you cannot find a role that suits you, or simply do not know what you want to do. Having just finished a Media degree, I have ended up in a great position in the hospitality sector, and to my surprise I really enjoy

it! Not knowing where in the vast scope of 'media' I would like to work in, I am not too worried about using my degree straight away as I have found a job that I still enjoy.

o help with job hunting, students and graduates of ARU can use their Employability service. The service is available to all current students and graduates up to two years after you



graduate, so use them wisely whilst you can! The service can offer you everything from help building the CV that will get you noticed by potential employers, interview techniques, workshops, drop in sessions in case you have some niggling questions, and of course an employment portal that allows you to explore all matter of job vacancies. So, take a moment, your next big adventure might be waiting for you on there!

n the end, finishing University may feel daunting but a whole new experience is waiting! Trying to settle the basics such as your next living situation and finding a job will give you a stable foundation to take your time whilst you explore your next career steps - just remember if you are feeling the post-uni blues you always have support whether that be from ARU, or friends and family.

Help and Advice:

If you feel particularly affected, please seek the advice of a qualified health provider with any questions. Anglia Ruskin University has its own counselling and wellbeing service, you can find more information here: https://www.anglia.ac.uk/student-life/health-and-wellbeing







The Truth Behind Student's Experience

Written by Kiana Rad

, like many other students across the UK, am reaching the end of my three-year bachelor's degree. This may not seem like big news to you reading this if you're doing a master's degree or are experiencing the same emotional rollercoaster yourself, but if you happen to be a first or second year student and are looking for an insight into what it is like to look adulthood in the face then you have opened the right article.

As a film student I opted to base my final short film project on a concept that is fairly simple yet hardly ever discussed, and that is the personal feelings and experiences of soon-to-be graduating students. I sat my friends down and asked them a series of questions that uncovered a bounty of truth as to the real life anxieties that most students face when leaving university and being forced to plan their future in such a short space of time. This included discussing their personal feelings about leaving university, what they have learned from their experience, and how they are going to apply in to the future.

The Initial Feelings

or me personally, the prospect of leaving university life for good did not hit me until I was at the halfway point of my dissertation. My mum had called me up for a casual catch up and the conversation then quickly turned to how my job hunting was going. The truth was, I hadn't even started yet. This was mostly because finding a full time adult job was the last thing on my mind. I had a sense of denial about how my life would play out after all the long lectures and hours of dreary library sessions. 'I am still a student' I thought. 'I am in no way ready to commit myself to full time work yet because that would cement my boring, hard-working future forever'. I don't feel this so much now that I've actually started looking at the kind of jobs there are out there, but in a weird way, I still feel like a student in the sense that I know I still have so much more to learn, and I have now realised that working a full time adult job shouldn't hinder the learning process, it'll only help me grow to 'professional' status, and that is mostly the dream for every hard working human being.



or the friends that I interviewed, the feelings amongst them was rather split down the middle. The unsure ones liked the prospect of going home but feared what the future held for their dreams and passions. They even expressed a lot of anxiety about leaving the friends and home-like environments they had build over the las three years. This is understandable as I too am very afraid of my close friends and I going our separate ways for good. However, I try to remind myself that if my friends and I are as close I as believe we are, we will find a way to catch up with each other. Besides this, when you leave

d the Graduating



your university home, your real home will be waiting for you on the other side (also the beautiful home cooking you can bless your tastebuds with after so long). On the other hand, the other half were beaming with excitement to leave the sometimes difficult stresses of the student experience and try something new outside of the university bubble.

ne thing that has helped me to change my mindset is to explore all of the possible routes I could take and to try and get excited at the fact that I have as many potential

pathways as I do. At the end of the day, my wise mother once told me that you'll face a lot of rejection before you get even one acceptance, and I now realise that that is okay too! Because if you keep searching, applying, and even planning the little things such as festivals or holidays or even catching up with old friends from home, going back to non-student life won't seem as scary anymore.

CAPTIONS:



What Was Taken from the Experience

ne of the funnier parts of the ongoing discussion into how my friends were feeling about leaving university life was the learning process they went through from first year until today. One friend spoke about the bad habits developed in the early days such as rolling out of bed and turning up to 9am lectures semi-dressed to face the day. Another spoke of going into university with no knowledge of general adult life skills such as cooking or budgeting and blamed his parents from 'shielding' him from the adult world. However, when comparing this to the skills they now know, they all had something similar to say, and that is that on the most part the learned to cope and do certain things from each other, or that certain life skills just

naturally progressed on their journey as they had to adjust to being independent. So although university was a bit of a wild ride from the start with the consistent nights out, sleeping in lectures (sometimes), and all the new daunting skills to learn for survival, it was all just apart of becoming an adult, and that's completely okay.

The Future

his was the part I dreaded hearing about the most. I already knew all of my friends had exciting plans for the future, whilst - as you read earlier - I was still figuring out my next steps. Also, I didn't want to hear their exciting plans because I knew it would make the prospect of all of us leaving



each other for good a much more forthcoming reality than it had ever been before. Luckily, the discussion actually gave me a sense of closure about the end of our era. And despite what I initially thought, a couple of my friends were also like me and did not have a detailed five year plan ready to execute once arriving back home. In the words of one of my friends, she said that "I just hope that I do something that I enjoy because if I don't enjoy my job I won't be happy". This statement really resonated with me because I think it should apply for everyone, but also because I shouldn't feel guilty for taking my time to join the adult world just because I want to pick carefully and do something I am passionate about. My one hope now is that all of my friends, and you reading this, think about how far you've come and realise that you should be proud of yourself, because no

matter what point you're at in your life or reaching towards your future career, you still made it this far, and that's pretty amazing.

Film Stills:

Page 42-43: Left to right: Graduates Rishab Punjabi (Business Management Bsc) Hons and Ben Hunnisett (Public Services BA Hons)
Pages 44-45: Left to right: Graduates Charlie Honeysett (Creative Music Technology BA Hons) and Demitry Organ (Business Management BSc Hons).
Elle Haywood (Media Studies BA Hons) and Hanushka Karnani (Media Studies BA Hons)

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The Society
(from left - right)

Bethany Mattocks, Blessing Raimi, Robyn Robles, Maisy Ruffles, Rebeka Kancsar, Elle Haywood (back), Christine Kennedy (front), Hanushka Karnani, Beth Clark (back), Oscar Pearson (front), Kiana Rad, Merel van Schooten, Sara Carrieras, Hollie Luck, Sophie Taylor, Eliza Rawson and Ben Jones.



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About Us

The Ruskin Journal was founded in March 2017 by Elle Haywood and Hanushka Karnani. It all started in a small cafe in Cambridge opposite the university where we had a discussion about the gap in ARU's student media - and decided to produce an online newspaper. After months of planning, the proposals for the university paper were put forward to the Students' Union and ALSS Department. The society and website were given the green light. The society currently has 27 members including writers, photographers, illustrations and designers. Our website has had over 2,000 views and attracts regular readers via our social media channels. We have covered events run by ARU, allowed students to be vocal about issues that matter to them and sent out support to other students, hereby helping to connect all members of the university. We won Best New Society at the 2018 ARU Students' Union SU Awards Ceremony and were short-listed for Society of the Year.

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