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This magazine is one of the many outputs of the Democratic Education Network (DEN) initiative, launched in 2016 with the support of the Quintin Hogg Trust and the School of Social Sciences at the University of Westminster, so we would like to thank the QHT and the School for their continuous support. Their financial support has allowed students to unlock their limitless potential and to realise their goals, whether that is hosting a conference, supporting refugees, or producing a magazine.

We are grateful to Professor Dibyesh Anand, Head of the School of Social Sciences, for his guidance, dedication, engagement and support over the past three years. We would also like to mention the immense dedication of Dr Peter Bonfield, Vice Chancellor of the University of Westminster, who has continuously supported students and DEN.

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We would like to thank the dedicated academic members of the Democratic Education Network; Farhang, Sahar, Greg, and Irene. Without them not only would this Magazine be impossible but so would this entire project. They have dedicated multiple hours, days, and years of their time to this project in order to make it what it is and make our University experience unforgettable. For all of this, we would like to thank them and let them know that we will be eternally grateful for their investment.

Lastly, we would like to thank you, the reader. This is the first issue of our new format and we are excited to establish a new platform for Westminster students, but we cannot do it without you. We are always looking for new contributors, new stories, and new ideas, so if you are interested in joining our team or being a part of DEN please drop us an email, follow us @den_uw on Instagram and come to our weekly meetings.

AN INTRODUCTION.

The DEN was launched to embrace a new curriculum, and provide opportunities to discover new ways to support and engage students. The initial strategy was called the International Community Project (ICP) in 2012, with minimum funding at the Department of Politics and International Relations.¹

It has gradually evolved, with a growing impact, into DEN. The ICP, and later DEN, were both managed by staff and students together, initially with a limited budget. However, in 2016, the Quintin Hogg Trust (QHT) provided a substantial amount of funds for DEN to manage a growing number of projects.

DEN's approach is to embrace the whole curriculum. It aims to provide an umbrella under which it can bring a community of educators and learners, by facilitating support and engagement for students, inspiring them to develop their skills and knowledge through teamwork, and building a community of educators, learners, and support staff. Acknowledging the different backgrounds of students in DEN, we started building links with various local community groups and international universities. Some of these links are shown in our 'travels' section (page 12).

Aside from engaging students, this gave them the ownership and responsibility to create a new environment in which they could develop a relationship with their past, and put that at the heart of their education. Not surprisingly, DEN has progressed enormously since 2016. It has become a cornerstone of the School of Social Sciences, and of the University as a whole. The network is now established, with over 200 students and staff members.

DEN meets once, and sometimes twice, a week to discuss major projects, and to ensure that all objectives and impacts are openly discussed and identified among the students. In addition to the main strands of work, different projects have flourished that have been at the heart of DEN, including Student4Refugees (S4R), OutReach, Local Community Projects, Conference and Silent Oppressions (a visual art exhibition). As part of the project, students and staff developed the DEN website, as well as an online magazine (Inside Westminster) and a social media profile, through which they could promote their projects and communicate. Every project has been a collaborative work led, managed, and delivered by students.

DEN has become a platform to engage students, encourage them to freely move around different projects or zones, and express their interests and passion for being creative and imaginative. As a result of working on such projects, the interpersonal skills and relationships of students have improved. They have become aware of their strengths academically, as well as finding new skills, knowledge, and ability to work and lead the various projects. This has given them more courage to believe in themselves as well as develop their critical thinking. DEN has given students the confidence to encourage democratic engagement through a collective approach to their education. DEN has integrated student engagement projects into a coherent and effective network, organised into different zones of learning, that offer students clear pathways to engage with their local and international community, opportunities for experiential learning and a range of practical and employment-enhancing democratic skills.



¹See <https://csdinternationalcommunityproject.wordpress.com/2012/11/29/>

This has developed into knowledge diversity, helping different groups of students build a team through global networks and linking them to universities in Turkey, Vietnam, India, Taiwan and Uzbekistan. The annual DEN conference, started in 2017, continues the work of building links between students from around the world and ensures that they can meet, exchange ideas, and keep the conversation moving.

By building a link between the whole curriculum, DEN has developed an inclusive way of engaging students. This has encouraged many students to become involved in research, and in student-led workshops, publishing magazines and journals based on conference proceedings. This in turn has served to increase students' knowledge of how to open up deliberative and empowering spaces, and how to maximise the impact of their projects on students' experience and satisfaction.

These projects resulted in student-run conferences, both here and abroad, presentations by students, and learning and teaching at other universities, as well as the student-edited journals. This process has inspired students and developed their knowledge, skills, and confidence, encouraging them to enjoy their learning, in a healthy environment. Many students have been full of enthusiasm as a result of exchange activities with local and international communities, especially when offered clear and integrated pathways for engagement. These pathways include mutual exchanges, visits, and workshops with local community groups, skill-sharing sessions, and participation in international exchanges and conferences.

The use of knowledge exchange activities with local communities and groups – essentially using global London as our classroom – is especially empowering for international students, and here, in particular, students have benefited from the networks of community groups.

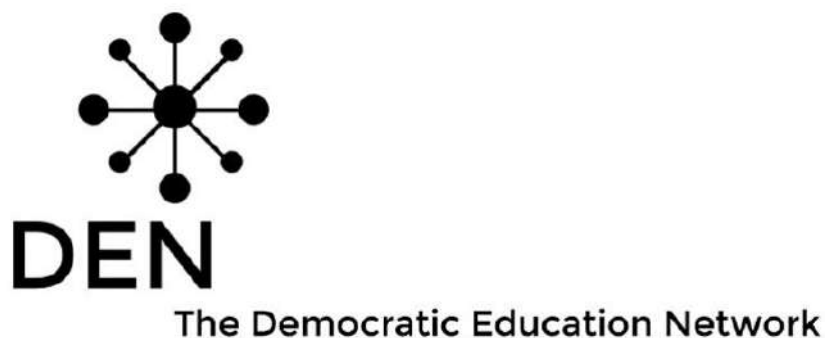
Our international field trips are essential for UK students in developing their multicultural and global awareness. Interactions with academics and students in an educational setting have always been crucial for individual development.

However, for many students to develop this into something they have not experienced constitutes a shift from the traditional approach to tutorials, both in the university and in the Department. Such an experience inevitably has not only engaged students in the university, but has also improved their employability and democratic skills.

From a students perspective.

DEN is a unique experience within the University environment. It creates a space for us to be creative and develop projects which we are genuinely invested and interested in. The academics involved as well as our peers are dedicated to each and everyone of these projects. We have a true community within the University of Westminster where we develop various skills and live amazing experiences together. These are all important to our development into young adults and prepare us for the real world.

It is because we love and cherish DEN so much as a community, project, and experience that we are dedicating this entire magazine like we do each year, to share our experiences and reflections on everything we have accomplished this year together with you, the reader.



The Democratic Education Network

What is DEN?

Students4Refugees

The DEN conference

Field Trips



STUDENTS4REFUGEES

WWW.INSIDWESTMINSTER.CO.UK

STUDENT4REFUGEES (S4R) is a student-led organisation formed within the Democratic Education Network (DEN), created to make a change for refugees. S4R invites all students within the university to participate in various projects throughout the year to contribute to making a change and fundraise. As a student-led organisation, we have many aims and goals that we wish to achieve, a few of our goals include: to raise awareness and have a positive impact on the refugee crises and developing connections with refugees and other organisations.

To achieve our goals, we hold several fundraising events at the university across the year. These events play a key part for S4R, as it provides us with the opportunity to develop and spread a sense of awareness of refugees around the world, who need our help, allowing both lecturers and students to come together for a fantastic cause. Holding events within the university also gives S4R the opportunity to promote themselves as a student-led organisation, promoting their goals and encouraging students to contribute and realise individual change is possible.

S4R work tremendously hard to organise events for everyone to enjoy, uniting us as a university community to raise money for those in need. The money raised from our events goes towards creating a service for both refugees and teens that will provide them with the opportunity to network as well as accessing tools, seen with the donation of resources to Hopetowns. S4R has held a number of events to raise awareness of the ongoing refugee crisis and fundraise.

We have been able to host an annual gala for the past two years. The gala has been a massive success for raising money for our cause that we hope continues in the few years. The night included an array of fundraising activities one of which was an exhibition of photos that was illustrated by students, staff and organisations that had a variety of opinions on the global refugee crisis. The exhibition included photos from previous DEN events and trips, such as the DEN conference, Vietnam trip and the difference festival, presenting who DEN are and what we have done in the past to make an impact. Further to this, the night had different entertainment which allowed people of all ages and cultures to highlight the importance of refugees and the problems that face them.

The gala aimed to provide more insight and understanding of the struggles facing refugees. Other events that we have held was an international food festival in collaboration with a refugee organisation called Hopetowns.

« It gave us a chance to gain a better understanding of the issues within the refugees and asylum community »

It gave us the opportunity to gain a better understanding of issues within the refugees and asylum seekers community and how S4R network with members of Hopetown. Many members of Hopetowns shared their cultures, food and the stories of how they came to the UK with us. The diversity in age and culture was something we appreciated and connected with, many of those there shared their aspirations of how they want to access higher education and future career paths. Recently a Cultural Heritage night was held by DEN and STUDENTS4REFUGEES, working to present who we are in a fun and interactive way, we held a raffle and allowed those from all walks of life connect. The event proved to be successful with friendships made and a better understanding of how UK policy shapes these people's lives. Finally, third year students who have been involved in the foundation and journey of STUDENTS4REFUGEES would like to mention how we are proud of the work and change we are striving to make. Raising over £1000 has been something that students of every year are proud of and third year students are happy to say that we have had an effect in this fundraising. Even though our work was halted by Covid – 19 we are grateful of the second and first year students, teachers and those who helped us facilitate this journey.

By Aisha Isa, Yasmin Ahmed and Zeenat Khan

A WORD ABOUT HOPETOWNS

DEN and Hometown - reaching out to London's most marginalised Since 2019.

The Democratic Education Network (DEN) has lent its support and solidarity to the community group Hometowns, which works with asylum seeking individuals in London - one of the most marginalised and disadvantaged groups of people in society. This is one of the communities that DEN has collaborated with to develop relationships and strengthen the university's work in its local community.

With this we aim to engage our students, to develop their understanding of history, politics and social condition, as well as their skills to manage and communicate in a real and meaningful situation. The initial contact started in 2018 and since then there have been various visits between community leaders, academics, students and refugee both in the community centre and at the University of Westminster. This short article is to demonstrate both the plight of refugees, Hometowns and DEN's work with them.

The Hostile Environment.

The support available for asylum-seekers in Britain has seen a steady decline over the past decade. Many of the refugee-related NGOs and organisations that previously supported asylum-seekers awaiting the outcome of their application are today only able to help those with refugee status (Leave to Remain). This leaves asylum-seekers, who also lack the legal right to work, in an incredibly vulnerable and marginalised position which also risks delaying their potential future integration into society.

London as a capital city has traditionally been a hub for refugees and migrants from all over the world. As early as the 18th century the arrival of Huguenot refugees (French Protestants) in Brick Lane, followed by hundreds of Irish people forced to leave by the Potato Famine of the 19th century; Jewish families escaping persecution in the early 20th century; finally becoming the cultural hub of London's Bangladeshi community.

Just like in the 18th and the 19th century, asylum seekers continue to be isolated, alienated and struggle to develop friendships and find meaningful support. This can have a significant impact on their physical, mental health and wellbeing. Once granted refugee status, many more face the risk of destitution due to the Government's so-called move-on-period, which essentially gives newly granted refugees 28 days to find their own accommodation, being evicted from their previous asylum accommodation without further ado. This is a difficult period for many individuals, who struggle to access the housing market due to lack of knowledge of how it functions and also due to unwillingness among some landlords to host refugees. On top of this, many struggle to open a bank account as swiftly as required to rent a room, and so on.

« Take all the stress and bad thoughts from their minds » « and to allow volunteers and refugees to join together in friendship and solidarity » ~ Samer, founder of Hometowns.

The Hometowns Model of Community Support In this context.

Hometowns fills a crucial gap and helps to alleviate some of the hardships experienced e.g. during long periods awaiting a decision on the asylum application, by providing a sense of security and support during uncertain times. The group also contributes towards lessened tensions and prepare individuals for the next phase of their lives.

The fact that the leader - Samer Mustafa - and many of the volunteers are refugees themselves, makes the project particularly sensitive to the specific difficulties experienced by our participants, which makes their work even more impactful. The idea of starting the Hometowns charity project emerged from the personal experience of Samer, who arrived in the UK as an asylum seeker in 2016. While he was waiting for his asylum case here in Britain, he knew something was missing for young asylum-seekers going through the same process as himself. He therefore wanted to find a way to address the disconnection which he felt internally, and the isolation he was experiencing externally in society. For all of these reasons, he decided to start something powerful which could help people improve their lives.

He mobilised his network and set up Hometowns, to help refugees and asylum-seekers with integration into their new communities, and to help build skills to get through everyday life in Britain. Importantly, Hometowns was also set up by Samer to "take all the stress and bad thoughts from their minds", and to allow volunteers and refugees to join together in friendship and solidarity.



DEN and Hopetowns

The contact between DEN and Hopetowns began in 2018 with Marta Welander, a PhD student in department of Politics and International Relations, and Zeenat Khan, Development and International Relations student. This relationship has continued over the years with a range of activities together, from various visits, to writing articles and invitation to participate in the DEN international student conference.

Last year, DEN students invited Hopetowns to a food festival, where students and asylum seekers came together to share food from around the world and create new friendships. This was followed by a visit by DEN, including its Academic Director Farhang Morady, to the Hopetowns community centre in Maida Hill where another food festival was held – this time organised and hosted by the asylum-seeking members of Hopetowns themselves.

More recently, DEN has kindly contributed to strengthening the quality of Hopetowns’ teaching environment, with a set of books for the Hopetowns book club. This has greatly helped the community to have a better learning environment, for the many ambitious individuals who join the group for lessons every week. DEN has also invited Hopetowns to submit a paper to its forthcoming conference in 2020, and the Hopetowns community members are hoping to exhibit their creative writing project at the conference, highlighting their experiences along the journey across Libya and the Mediterranean, as well as also reflecting about life in London.

The partnership between DEN and Hopetowns is an important one both for students and the community. It constitutes an attempt to train our students to support refugees through teaching, developing their communications skills and above all helping them to integrate in a wider society. DEN has always been proactive in building bridges between communities here in London, to welcome newly arrived individuals who are looking for support, friendship and a life in dignity. DEN’s act of reaching out to Hopetowns is an excellent first step in fostering such relationships between the University of Westminster’s student body and communities across London.

By: Marta Welander and Farhang Morady



S4R

STUDENTS4REFUGEES PRESENTS

*STUDENTS4REFUGEES
GALA DINNER*

SATURDAY 23RD NOVEMBER 2019

19:00 - 23:00

HELD WITHIN BOARD ROOM, 1ST FLOOR, 309
REGENT ST, MARYLEBONE, LONDON W1B 2HW

DONATIONS ARE EXPECTED ON THE EVENING

 DEN

DEN CONFERENCE

WWW.INSIDEWESTMINSTER.CO.UK

The annual conference is a unique occasion for students to get in a conversation with their thoughts and to resist the prevalent cult of ignorance in society. Little did I know that by the time the byproduct of the conference, a book with all our research papers, was ready, the topic I had presented was going to serve as the very base for my academic future and ambitions.

The Democratic Education Network aims to provide students with a platform to engage with real-world issues and exchange ideas in a healthy environment. Being part of the two-day conference in 2019 showed me that you can take the knowledge and yourself less serious to boost your thinking. We seldom realise that our ideas and beliefs despite being born out of our passion are not usually our own. We question them and we develop them, which is a good thing, but we live and breath with the ideas that have already shaped our society, and a fundamental mistake is to take too much pride in delivering those ideas.

« DEN has managed to address this and gave me so much confidence in my abilities to question and explore my passions. »

Essentially, conceit can spoil even the greatest talent. DEN has managed to address this and gave me so much confidence in my abilities to question and explore my passions.

Overcoming the unhealthy culture of competitiveness and rivalry that is largely being promoted at university, the conference and all the staff involved are helping students to think inclusively and with concern for one another.

After all, social sciences scholarship is there to serve society and to promote everyone's well-being. In that sense, disagreements are accepted with great excitement and respect rather than with indifference and anger. On a personal level, this was particularly important and allowed me to reflect and critically evaluate my development within higher education. I appreciate good strong words that mean something, so does the Democratic Education Network.



The conference has been the perfect opportunity as an undergraduate student to broaden my perspectives and get in conversation with peers to discuss the pressing issues of our time. The international conference provides a platform for academic debates in an inclusive manner. I have been given the chance to develop my ideas into actionable research that is beneficial to not just myself but the society in which I live.

By: Polina Encheva

UNIVERSITY OF WESTMINSTER

CALL FOR PAPERS

DEN STUDENT CONFERENCE

TODAY'S TOMORROW

REFLECTING ON THE PAST
UNDERSTANDING THE PRESENT
SHAPING THE FUTURE

CONTRIBUTIONS ARE WELCOME IN A WIDE RANGE OF DISCIPLINES INCLUDING (BUT NOT LIMITED TO):
GLOBAL POLITICS AND INTERNATIONAL RELATIONS - CLIMATE CHANGE - SOCIAL JUSTICE - MIGRATION
AND REFUGEES - ECONOMIC DEVELOPMENT - GLOBAL CRIME - TECHNOLOGY AND INNOVATIONS - GENDER
EQUALITY - HUMAN RIGHTS - CONFLICTS AND WARS

THE CONFERENCE AIMS TO HIGHLIGHT SOME OF THE MOST PRESSING ISSUES OF OUR TIMES ACROSS MULTIPLE FIELDS
AND DISCIPLINES, AND TO PROVIDE A SPACE FOR DISCUSSING INNOVATIVE IDEAS AND BEST PRACTICES THAT CAN
INSPIRE US TO COME FINALLY TOGETHER AS A COMMUNITY TO ADDRESS SOME OF THESE GLOBAL CHALLENGES. AS SUCH,
WE HOPE TO ACKNOWLEDGE THAT WHERE WE ARE TODAY IS A PRODUCT OF OUR PAST, AND WHERE WE WILL BE TOMORROW
IS DETERMINED BY WHAT WE DO TODAY.

DEADLINE FOR ABSTRACT: 23RD MARCH 2020

ALL PRESENTERS WILL RECEIVE A CERTIFICATE OF EXCELLENCE
FROM THE UNIVERSITY OF WESTMINSTER.

■ ■ ■

EMAIL SUBMISSIONS: [DENCONFERENCE2020@GMAIL.COM](mailto:denconference2020@gmail.com)

VENUE: 309 REGENT STREET, W1B 2HW, LONDON

MAY 8-9 2020

■ ■ ■

INSTA: @DENCONFERENCE
TWITTER: @CONFERENCE DEN

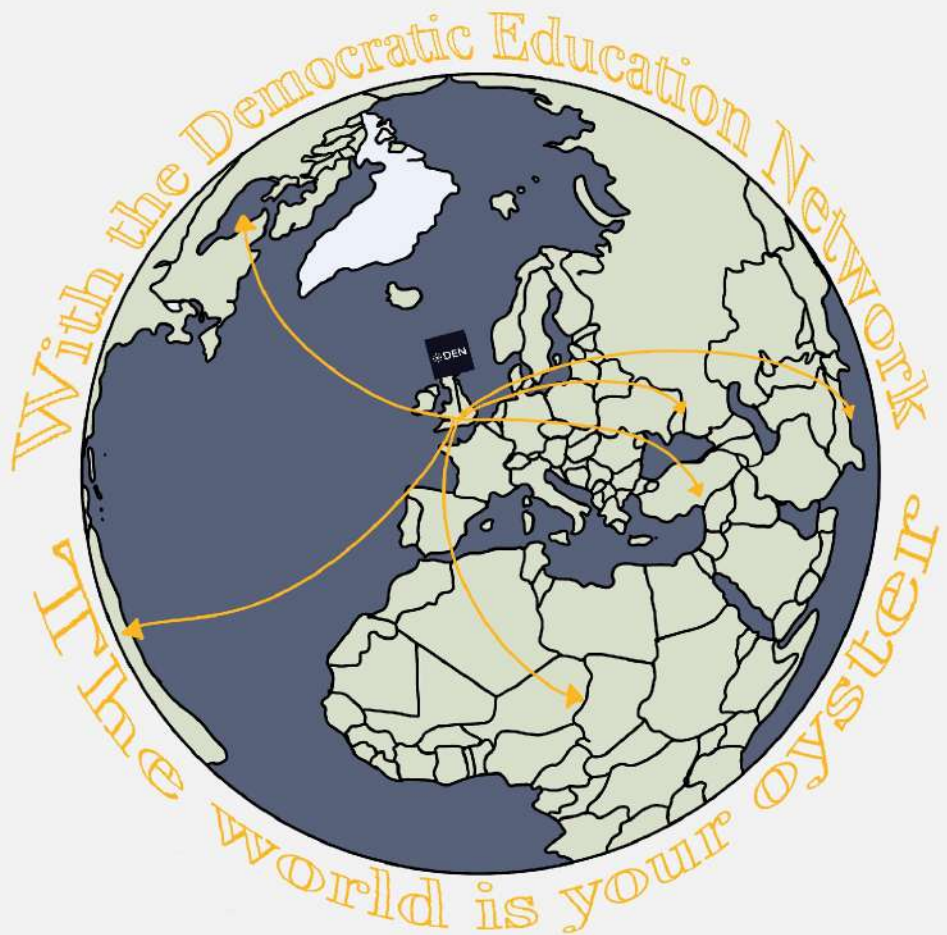
FIELD TRIPS

WWW.INSIDESTWESTMINSTER.CO.UK

DEN, the Democratic Education Network, not only known for focusing on the political matters and a variety of different projects within London, but also across the globe. DEN has organised various international field trips to many different countries such as Geneva, Vietnam and Turkey.

DEN organises international field trips because we think it is important for everyone, no matter their background, to be able to broaden their horizons through traveling and experiencing new and exciting things.

We want to broaden our perspectives about the issues that happen around the world. This gives us the opportunity to immerse ourselves in the many cultures of the countries we visit, including the history, architecture and foundations. We aim to interact and network with the people, try their cuisine, examine and be part of the way that they live their lives and to gain a world view. Thus, offering us students a stimulating learning experience, combining both educational and social aspects that in turn, guarantees an experience of a life time. These international field trips, have been very eye opening for many of the students who are part of the organisation. It is amazing to go to countries which we are not well informed about. It is difficult to have concrete knowledge on how people live their lives or even the type of government they have.



But after visiting and being immersed into the different cultures, we gain first-hand experience and knowledge which boosts our appreciation for the country, as well as our desire to travel there again one day.

There are so many unique opportunities that come from going on these trips. Listening to stories about our adventures does not come close to experiencing it first hand.

DEN is a community which gives us these wonderful opportunities, and develop our awareness and understanding of the world.

by **Mahnoor Shahid**



TRAVELS

WITH DEN THE WORLD IS OUR
OYSTER



VIETNAM

PHOTO ESSAY

December 2019

By Mahnoor Shahid



Vietnam. Located in South East Asia, has to be one of the most astonishing countries that you will ever visit. Whilst there, I learned so much about the community, the people and the way in which they live their lives. For a fact I could say we all resonated with the feelings that, upon arriving there we had one view, but when leaving we were confused. Such a country is Vietnam. Though plagued with a past of consistent war, the country is nothing like the stereotypes built on its communist nature. The citizens of Vietnam have a fighting spirit, kind and welcoming.



My fellow classmates, the Vietnamese students from Hanoi university and I visited “Cuu Village”. It was a very interesting experience, where I got to see the traditional values and architecture of one of the oldest village in Hanoi. Upon arriving, all you can see is the country side, lots of grass and rice fields. It was also very hot, most of us wore traditional Vietnamese hats called the “non la”, and this gave us a sort of traditional feeling. It’s very common to see people wear these hats within Hanoi, especially the people from the elder generation. Once in the village, there were many traditional styled houses. An elderly woman had invited all of us inside to see what her house looked like, it was really beautiful, and she had a garden inside her house, which looked well kept. For a village that’s been there for one hundred years, the architecture looked well-structured and still strong.



Vietnam had just won the football match, for the first time in thirty years. It was personally my favourite day there as the whole country was in celebration. The unification of everyone celebrating, all happy and joyful is one that I will remember for a life time. The streets were filled with people waving the Vietnamese flags, blasting music and chanting. I had never experienced anything like this in my life. There were motorcycles everywhere, the roads packed with people. I had a headband on, and I joined these wonderful people, I raised the Vietnamese flag in celebration and walked the streets with my class fellows chanting away.



It was beautiful to see everyone together, people had even stopped to thank us for celebrating with them. The human interaction was so empowering. There was a point where random people would high five each other, and I never high-fived that many people in my life, everyone was just so happy. People were out there taken pictures with each other, dancing and singing and overall enjoying an amazing time together. Cars were going around and people were standing on top of them waving the flags, it was amazing to be part of such a happiness for the country.



«VIỆT NAM SỐ MỘT»



In Hanoi, there were many motorcycles, about five million in just that city itself. The Vietnamese citizens also use “Grab bikes” which is a motorcycle taxi, relatively at a cheap price. Crossing the roads, were problematic as it was not safe. However, the people on the motorcycles manoeuvred their ways around us. The motorcycles would not only be on the road, but sometimes would use the pavement as a path to use their cycles on. With my personal experience, when I was with my friends, the traffic did not stop for us, so when crossing to get on the other side, we were very nervous but it was a fun experience. The Vietnamese students encouraged us to cross without worries as the bikes would go around us. Though when actually doing it, there was an adrenaline rush that hits, this is because it is different in the UK. As there are traffic lights everywhere, though that was not the case in Vietnam, there were only traffic lights at the main junctions.

In this picture, we went to the Ho Chi Minh Museum. Ho Chi Minh, was the founder of communism in Vietnam. He is regarded with great respect. The museum was very informing and had lots of information about the history of Vietnam. For instance, the history of communism, the influence of the French, Ho Chi Minh and his endeavours around the world. There was a map to show all the countries that he had visited, to gain an insight of which concept would be better to use, to then lead the country with. It was interesting to learn about Ho Chi Minh and the foundations of communism. There were very strict rules when visiting the final resting place of Ho Chi Minh. No one was allowed to smile, hands were to be kept at the side and no shorts. This was all part of the respect that had to be upheld.





One outing with the Vietnamese students included my friends and me trying out some of the traditional Vietnamese desserts. With regards to the food, Vietnamese cuisine consists of French infusions due to the colonisation. But there are also the traditional aspects, such as rice, pork, fish and vegetables etc. It was a struggle to get use to the food there, especially since being a Muslim entails not being able to eat meat that is not “Halal” (permissible to eat). In that regard, there was no halal meat, but there were vegetarian options, such as pizza, or rice with vegetables etc. The dessert had no meat so was okay to eat, it had a very unique taste.

Ha long bay. Filled with emerald coloured waters and beautiful scenes, was a privilege to go to and see. We had all spent two nights on board the Emeraude cruise boat, which was such a wonderful experience. The scenes around us were mesmerising. Whilst there, we carried out a number of activities, one of them was kayaking. I had never been kayaking before this, and didn't know what to expect. However, I got lucky that my first experience of it was in such a stunning place. Surrounded by islands, caves and open waters, the atmosphere and experience itself was wholesome, one that I would highly recommend and grateful to have been a part of.

Overall my time in Vietnam was memorable, I had the best time of my life. Meeting and forming friendships with different people and being part of the culture, experiencing the traditions, and tasting the cuisine of Vietnam will be something that I will remember for a life time.

By: Mahnoor Shahid





SWITZERLAND

PHOTO ESSAY

February 2020

By Zeenat Khan

Geneva, a place that thrives amongst international relations. Typically, the city is unbeknownst to the world, unless you work or study in the field of global politics and international development. This city is one that can only be considered the epicenter of politics and it only inspired me more to understand this world more.

Starting this journey excruciatingly early, I understood that the only people traveling was a group of sleepy, excitable students and those flying to the countless headquarters and offices based in this very small city. After asking someone who clearly spent a lot of time in offices rather than getting the best “pics for the gram,” we finally boarded our unbelievably empty flight with our very small group making up a third of the passengers abroad

On arriving in Geneva, we hit the ground running, going to our hotel dropping off our luggage and walking to the Geneva Graduate Institute. The amazing weather allowed walking to be an option and allowed me for the first time in about six months to go outside without a jacket on. The walk was one of sightseeing future workplaces like the International Labour Organisation and getting the best “golden hour” pics



We arrived at the Geneva graduate institute ready for talks on how we get into the working world of international relations and development as well as understanding what further education in this field feels like. Even though I was shockingly tired, I found the lectures so engaging and interactive, exciting me for what the future may hold after my graduation. It made me realise that there is a bounty of options in the world and that my education and future does not have to be restricted by the borders I live in. I do not think I would have ever truly believed that if it wasn't for international field trips that I have been on due to DEN, including Geneva.



The second day was our only full day in Geneva, after waking up at 6am to make sure I was ready for my day at two of the biggest entities on the global political playing field – the UN and the International Red Cross – we made our way there, ignoring the complete change in weather to rain and snow. With a talk from UNCATD – the main body of the UN looking at trade, investment and development – on their specific work as well as a tour of the UN headquarters. During this tour, we discovered that this was an important day within the organisation, the Human Rights Council was meeting and the hustle and bustle within the HQ was clear.



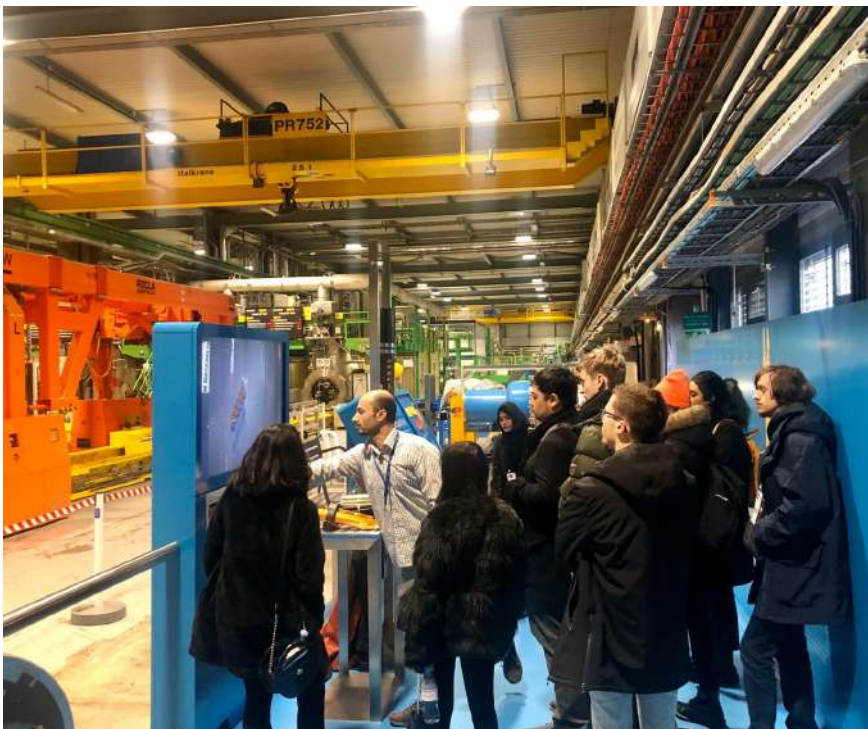
Even though we stuck out, I also felt comfortable and continuously intrigued by the many faces walking around. The international reach of Geneva is not one that can be ignored, clear with our trip to the international red cross. The museum at the red cross was eye – opening, the work they do is profound, unmatched and intrinsically linked in the history of humanitarian crises. But the highlight of my second day in Geneva was the amazing food I discovered. An international city represented in their food, with some of the most amazing Lebanese food from 'Street Beirut.' I was so full but could not turn down the opportunity to go for chocolate fondue at a traditional Swiss restaurant. Honestly, the food was unmatched in both of these restaurants and me eating as much chocolate as I could was a must and did not stop until the next day.



« THE CORRIDORS OF POWER »



The third and final day was an early morning to visit CERN. To be honest, I was not ready for this day. It was snowing, I was ill, and I had no real interest in physics. All of these different factors apparently didn't matter, as soon as we got there, we were met with an experienced physician who had worked at CERN and therefore had first-hand experience of the politics and workings of this respected institution. The organisation is one of the largest for Scientific research, and even though I personally hold little interest for this field, to see the work and effects they have on the world was amazing, and one I am very grateful for. With the limited time we had after this trip, me and a friend were straight into the other side of Geneva, the hub for entertainment, food, chocolate shops and an amazing view of the lake and the famous Jet of Geneve.

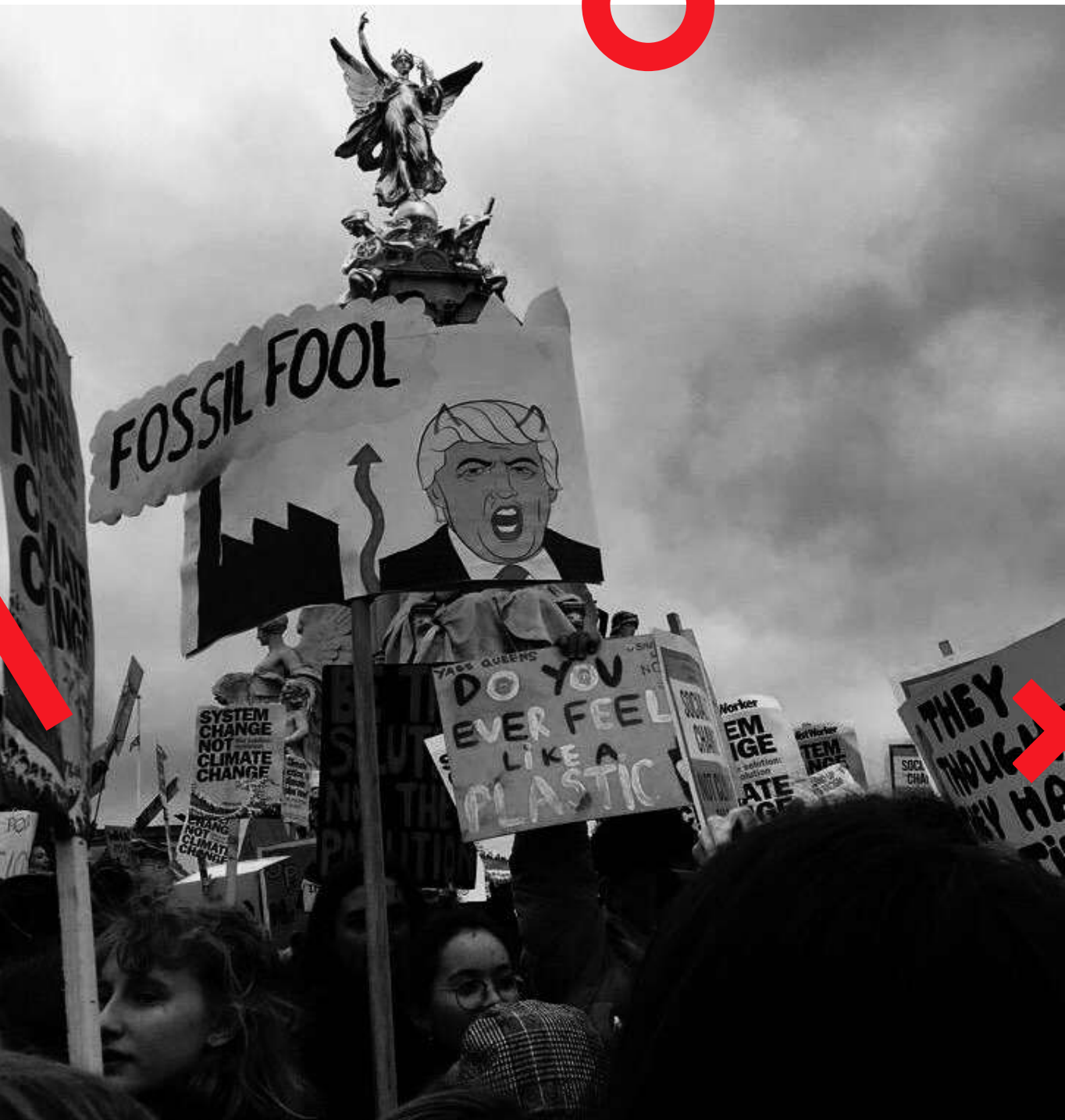


This trip was amazing, seeing the sights of this small but busy city and the immense connections that it holds with international actors is shocking. I am grateful to those who organised this amazing trip and have learnt many lessons from this trip, about myself and the field I want to go in. This may seem a bit much for a three - day trip, but I would not refrain from giving credit where it is due. This trip taught me that even though I am not the typical vision of those in the world of international relations, it turns out there isn't a clear definition of who those people are and I could definitely be one of those people who have a profound, positive effect on the world. For that amazing lesson, I can only say thank you to those who saw me through my degree and pushed me during DEN.

by Zeenat Khan

Our Perspective on the world.

Find more on : www.insidewestminster.co.uk



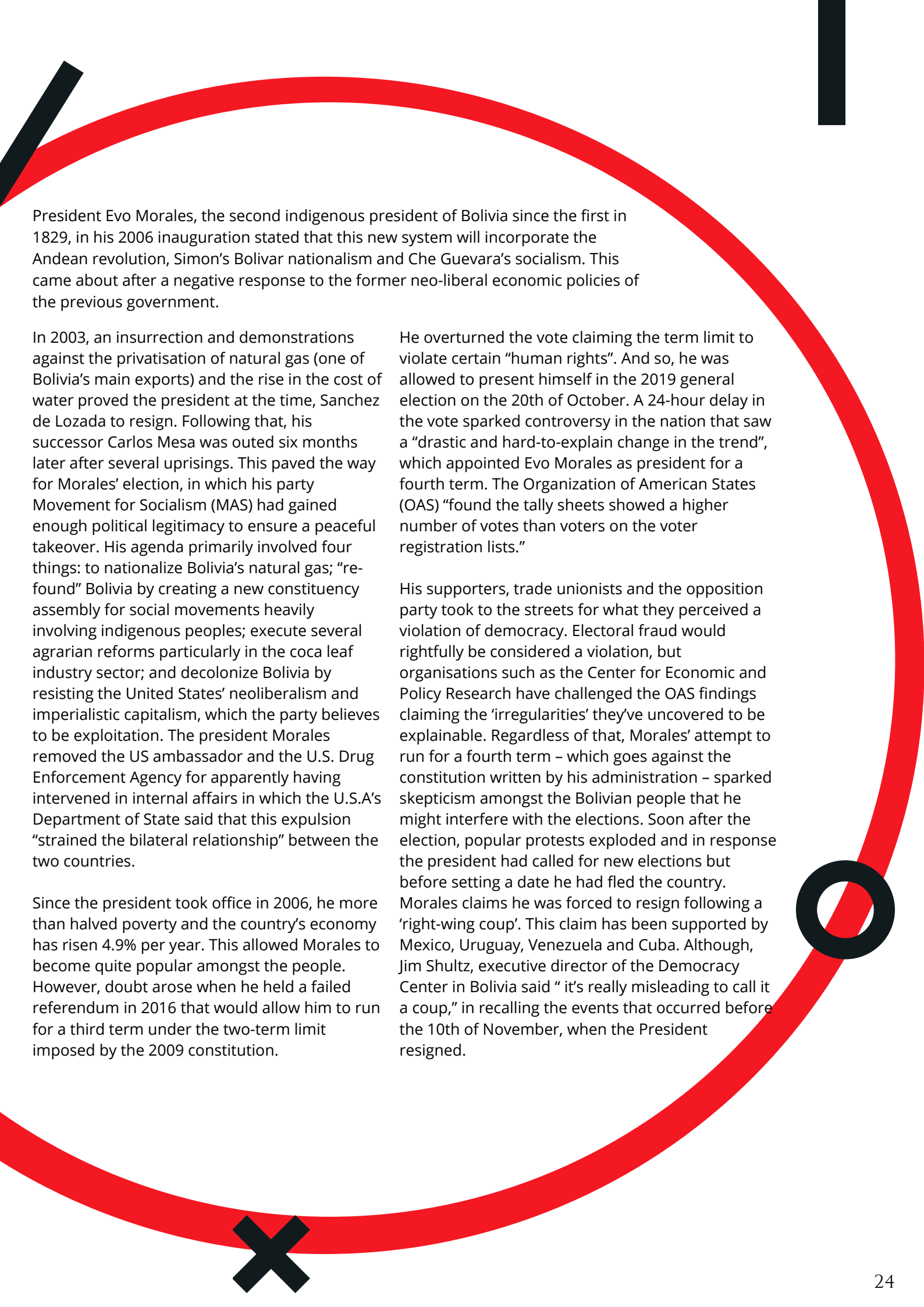
Bolivian coup.

Could the recent alleged coup in Bolivia be another attempt to overthrow a socialist leader?

10th January 2020



By Camille Hoy, 3rd year Politics and International Relations student



President Evo Morales, the second indigenous president of Bolivia since the first in 1829, in his 2006 inauguration stated that this new system will incorporate the Andean revolution, Simon's Bolivar nationalism and Che Guevara's socialism. This came about after a negative response to the former neo-liberal economic policies of the previous government.

In 2003, an insurrection and demonstrations against the privatisation of natural gas (one of Bolivia's main exports) and the rise in the cost of water proved the president at the time, Sanchez de Lozada to resign. Following that, his successor Carlos Mesa was ousted six months later after several uprisings. This paved the way for Morales' election, in which his party Movement for Socialism (MAS) had gained enough political legitimacy to ensure a peaceful takeover. His agenda primarily involved four things: to nationalize Bolivia's natural gas; "re-found" Bolivia by creating a new constituency assembly for social movements heavily involving indigenous peoples; execute several agrarian reforms particularly in the coca leaf industry sector; and decolonize Bolivia by resisting the United States' neoliberalism and imperialistic capitalism, which the party believes to be exploitation. The president Morales removed the US ambassador and the U.S. Drug Enforcement Agency for apparently having intervened in internal affairs in which the U.S.A's Department of State said that this expulsion "strained the bilateral relationship" between the two countries.

Since the president took office in 2006, he more than halved poverty and the country's economy has risen 4.9% per year. This allowed Morales to become quite popular amongst the people. However, doubt arose when he held a failed referendum in 2016 that would allow him to run for a third term under the two-term limit imposed by the 2009 constitution.

He overturned the vote claiming the term limit to violate certain "human rights". And so, he was allowed to present himself in the 2019 general election on the 20th of October. A 24-hour delay in the vote sparked controversy in the nation that saw a "drastic and hard-to-explain change in the trend", which appointed Evo Morales as president for a fourth term. The Organization of American States (OAS) "found the tally sheets showed a higher number of votes than voters on the voter registration lists."

His supporters, trade unionists and the opposition party took to the streets for what they perceived a violation of democracy. Electoral fraud would rightfully be considered a violation, but organisations such as the Center for Economic and Policy Research have challenged the OAS findings claiming the 'irregularities' they've uncovered to be explainable. Regardless of that, Morales' attempt to run for a fourth term – which goes against the constitution written by his administration – sparked skepticism amongst the Bolivian people that he might interfere with the elections. Soon after the election, popular protests exploded and in response the president had called for new elections but before setting a date he had fled the country. Morales claims he was forced to resign following a 'right-wing coup'. This claim has been supported by Mexico, Uruguay, Venezuela and Cuba. Although, Jim Shultz, executive director of the Democracy Center in Bolivia said "it's really misleading to call it a coup," in recalling the events that occurred before the 10th of November, when the President resigned.



There is uncertainty in what to call these events of what seems to be a power grab by Morales' opposition party, because there was already instability due to popular social unrest caused by serious allegations against Morales for voter fraud. The person meant to hold a new election in the next 82 days – a time limit set by Bolivia's constitution, is the self-proclaimed conservative interim president Jeanine Áñez. Many fear that her questioned legitimacy and ideological divergence of the still very popular socialism in the country will further polarise the nation. This has continued to manifest itself through further civil unrest. Áñez granted immunity from prosecution of military personnel for "participating in operations to reestablish internal order". Security forces then opened fire on Morales' supporters killing 9 and injuring 122 protesters. Despite this, the United States has rapidly welcomed and backed the interim president. Whilst other countries such as the United Kingdom, France and Russia have recognized Ms. Áñez as the interim president and are urging her to conduct a new election. The United States' backing of this new president does raise relevant skepticism.

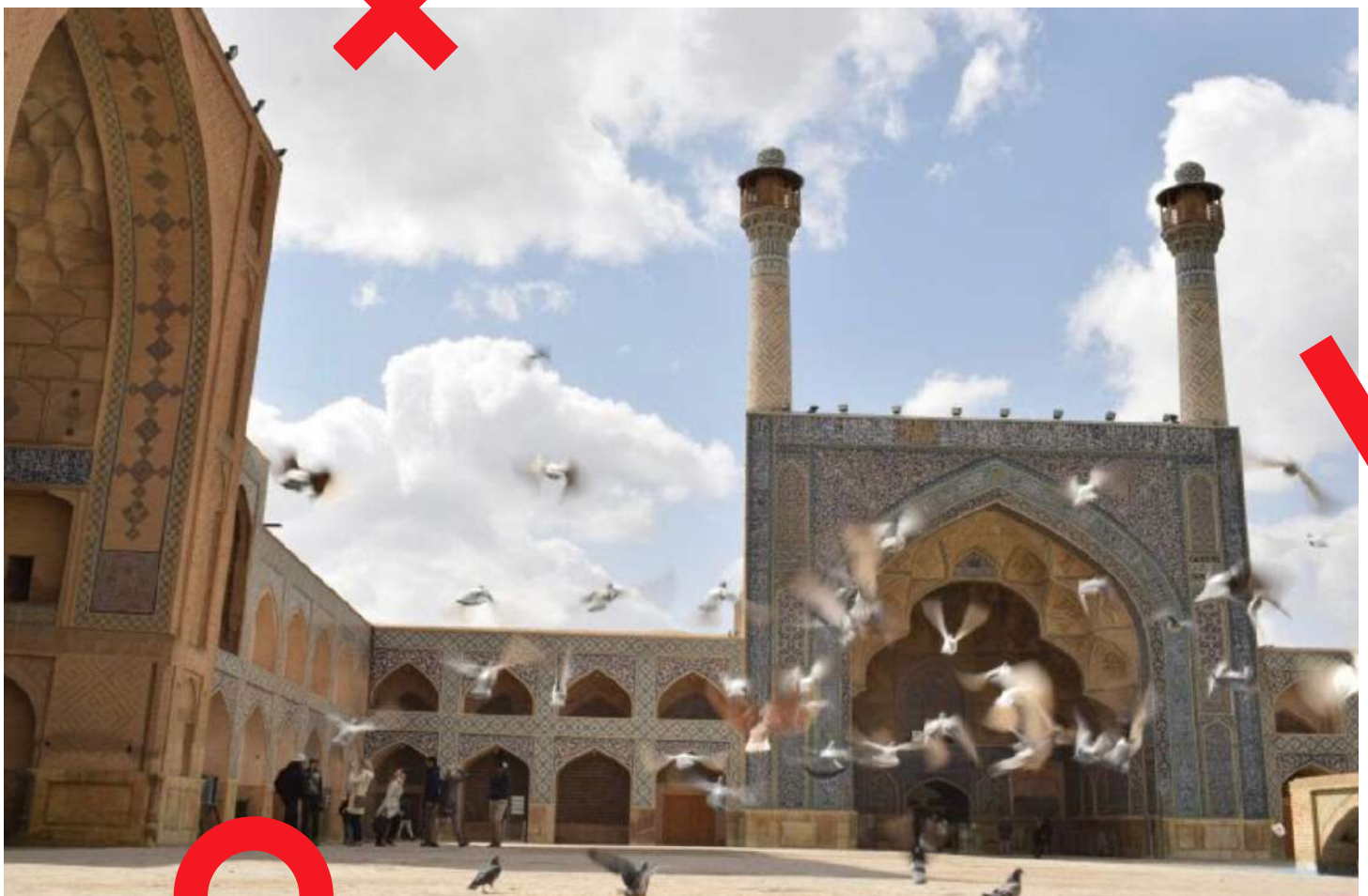
The US has a history of backing right-wing coups against democratically elected socialist leaders in Latin America such as the overthrowing of: President Isabel Perón in the 1976 Argentine coup d'état; Brazilian president João Goulart in 1964; Chilean President Salvador Allende in 1973; El Salvadorian President Gen. Carlos Humberto Romero in 1979; Guatemalan President Jacobo Árbenz in 1954; Panamanian president Manuel Noriega in 1989 and a couple more CIA-backed coup d'états in the region. Recent accusations of a US intervention in the politics of Latin America is the recent failed coup of Venezuelan president Nicolas Maduro and arguably the overthrowing of president Evo Morales of Bolivia. Morales' insistence on national sovereignty might have provoked yet another US-backed insurgency in a Latin American country, but as of now the US Government has not claimed any responsibility. Many are skeptical of the US Government's quick recognition of the interim president, Morales' in response is calling on the United Nations envoy "to be a mediator". We will look forward to the next election in hopes that the Bolivian people can enjoy democracy once again.



Iran.

The start of deception between western powers

12th January 2020



By Reza Fayad, third year International Relations Student

When it comes to the important events in contemporary Iranian history, most people would usually remember the 1979 revolution as the arrival of democracy in Iran. However, the struggle between the people and the government for power roots back to even longer times. In fact, the ongoing tension of Iran and western states is deeply influenced by this very issue. This article aims to briefly review the very starting points, occurred at the beginning of 20th century, regarding the dishonestly between the Iranian society and Western powers.

The dynasties within the land of Persia interacted with French, British and Russian several times, but they had a fairly cordial relationship due to the rise of Ottoman Empire. Furthermore, both sides shared the fear of the rising Turkish empire which threatened their border, reason why in many occasions the French and British empires supplied weapons to Iran to fight against the ottoman and keep them distracted in their eastern border. However, by the decline of the strength of the ottomans, the interest of the Europeans laid within the Iranian territories, Russians in the north for Caspian Sea and Brits in the south for Persian Gulf. As a consequence of this phenomenon, we can realize the reason of treaties such Turkmen chai (that gifted Caucasian lands to the Russians), and the creation of Anglo-Persian oil company or the British monopoly of tobacco industry in Iran. The tobacco strike is considered as the first public movement of the Persian society against western influences. Since, the Qajarid kings were spending their time galivanting around the world and the economy was getting worse by day. The people tried to make an action independently and the only entity that could help them was the religious figures. On December 1891, Ayatollah Mirza Shirazi issued a fatwa, calling all Iranians to stop possessing any sort of tobacco from then on. As a result of his statement, people went to the streets and broke their shishas and pipes as a symbol.

of their support for the protest, despite being religious or not. Even though the mobilisation lasted for only a year, it was a huge movement as it was the first time the people showed their power to draw boundaries from foreign nations, which outlines the crucial influence of Mullahs within the Iranian society.

The constitutional movement is considered the first democratic faction that occurred in the MENA region. These series of protests aimed to halt the power of the monarchy and bring it to assembly in order to improve the living standers of the Persian society, including the basic rights of the citizens and their freedom. The Constitutional revolution, or movement as some have debated, sparked around three different events. Initially, it all started with the dissatisfaction of people from the Belgian chief of Customs and tariff entity because of extremely low income. However, the monarch ignored people's will and trusted Nous (the chief) which raised people's anger even more towards the injustice. Secondly, the several religious figures such ayatollah Behbahani and Tabatabaei protested the brutal punishments of baazaris, which were oppressed again by the monarch. These two events lay the foundations for the essential demonstration which involved the British.

Furthermore, in 1890 students, religious figures and baazaris united and protested in front of the British consulate for almost three weeks, this was the first cooperation of academic sector and religious figures against the monarchs which again represents some roots for the 1979 revolution. As a consequence, the riots left the monarchs no choice but

to accepts the people's proposal to create the first Iranian parliament in 1905. The creation of the parliament was a turning point for democratization Iran, since it was an introduction in Iranian society of different parties whom represent many parities such as nationalist, liberals and socialists.

On the other hand, the growth of democracy in Iran caused a fear for western nations, namely Russians, since the rising strength of Persia could cut off foreign influence in Iran, and eventually harm Russian interests in the region. Therefore, a few years after the transition of power to parliament, the tsarist took part of a conspiracy against the MPs, and with the approval of Muhammad shah, they executed all the members of the parliament and dissolved it. Consequently, with the help of the Russians Iran shifted back to absolute monarchy and peaked the anger of society against the outside influence.

To conclude, it could be argued that, even though Persia as a state has never been formally colonised, the economy functioned only in favour of western powers. Additionally, whenever the people tried to dismantle foreign influence, foreign powers interfered boosting the power of monarchy, which resulted in an increased of oppression towards the people. It is interesting to note that in all the occasions when the people challenged foreign powers, the only sector of government that supported people's liberty was the clerics, which could explain their crucial and powerful role in the current regime of Iran.



YOUR GUIDE TO

LIFE AT UNI

WESTMINSTER STUDENT JOURNEYS
MANAGING YOUR FINANCES
EATING HEALTHY
STUDENT SURVIVAL HACKS

Najaha Choudury 1st year International Relations



My first year attending the University of Westminster has been a rollercoaster. Just a year ago I was on a completely different career path. Initially I wanted to study Law, however I realised I would be able to make a better difference in people's lives through pursuing a degree in International Relations. A-levels were a worthwhile struggle, I studied history, psychology and geography, a combination that's largely helping me in my current degree.

The different modules I learnt helped me realise my interest in international relations and development, for example the global governance module in geography, British colonialization from history, and how to better manage my mental health or why people make the decisions they do from psychology.

My interest in this degree stemmed from my A-levels and helped set me on the path to the University of Westminster.

I have really enjoyed studying here the tutors are really influential, and I highly respect them. The University has been excellent with, not only the students, but also adults in managing our mental health, constantly being there for everyone, even during the global pandemic of COVID-19.

Alongside my degree, I joined the Democratic Education Network also known as DEN, an academic student-led organization, that involves many projects such as the refugee project and DEN Conference. Joining DEN was one of my highlights this year, as I made many new friends, and saw with my own eyes how much us students can do, just with the encouragement of our tutors, for example a conference, gala, and organised trips abroad.

I was actually able to attend a three-day trip to Geneva; I learnt an immense amount of information whilst attending. We were all able to visit the United Nations, this experience changed my perspective on the UN, since I was quite critical of the institution prior to the trip. Visiting helped me learn more of its history, and role in global governance this all reminded me why the UN is such a respected organisation.

Whilst on the trip we also attended the International Committee of the Red Cross, and toured the museum, where we learnt of the humanitarian crises the organisation has been involved in. We also visited CERN. I wouldn't have been able to experience any of this, had I attended a different University and not joined DEN.

Overall my first year at University has been amazing, it didn't go as I had planned and yet turned out better than I had anticipated. Being at Westminster has made me realise you can't have control over all the stress in your life, yet putting my trust into the University has made me realise that that's ok, and to be optimistic since it'll all get better.

Samira Azir

2nd year Politics & International Relations



During the lead up to university I had been very politically active within my community, from working with my local MP Tim Loughton to engaging in local youth council events. I felt and still do feel that there was a massive need for representation of Muslim, Asian women within my constituency. This in part fueled my passion to study politics further at university.

In the last year and a half I have been actively involved with my Students' Union in order to carry on fighting for what I believe in. DEN has helped me shape my character and improve my transferable skills such as networking, public speaking and events managing. Not only have I learnt a lot about myself, but this also encouraged me to run for elections such as NUS (National Union of Students) where I was elected to represent my university on a national scale.

This year I have been re-elected as a NUS delegate as well as being elected as the University of Westminster BAME (Black, Asian, Minority Ethnic) officer.

DEN has supported me during my election periods as the skills that I have developed have helped me through long tiring days of campaigning.

The skills I have enquired from DEN will go on to helping me adequately perform my role as a BAME officer, this is due to the fact that I have had the opportunity to network and meet so many amazing individuals from all over the world.

In addition to this I have been able to work on many projects such as Student4Refugees where I have organised and hosted charity galas, cultural nights, women's festival and fundraisers. My university experience so far has provided me with amazing opportunities to visit countries such as Hong Kong and Vietnam, which have changed my perspective on many situations in life, looking forward to what life has to offer

**SAMIRA 4 BAME OFFICER.
BE BOLD. BE HEARD.**

MY MANIFESTO:
#CLOSINGTHEGAP
#BREAKINGBARRIERS
#BAMEHEALTH

VOTE FROM THE 17TH - 20TH FEB 2020
AT [HTTPS://WWW.UWSU.COM](https://www.uwsu.com)

WOMEN'S ENTREPRENEUR PANEL DISCUSSION

panel
members
include:



Bola Sol
#RichGirlChronicles
Creator Refined Currency



Karen Thorpe-Reid
Director of Premier
Change Consulting



**Jamelia
Donaldson**
Creator of
Treasure Tress



Andrea Montalvo
Academic, MA in Business



Hafsah Dabiri
Author and Podcast Host

Monday 18th March • 6-8pm

Fyvie Hall, Regent St Campus, 309 Regent Street, Marylebone W1B 2HW



Khaled Mohammed 3rd year IR & development



University of Westminster, the institution where I broadened my horizons surpassing limitations I never expected to exceed. Starting at the university in September 2017, as a young teenage boy from Brick Lane in the borough of Tower Hamlets. I was not expecting my university experience to be as eventful as it has been thanks to my involvement in the DEN and the Students' Union.

My experience at university has helped me grow, to become a leader and build up my confidence through the opportunities provided to me by the Students' Union. From my second year of university I gained the role of captain of the boxing club, giving me a huge responsibility to recruit new comers to the 'sweet science' of boxing and get people who already have experience in boxing to join the club. I did this by broadcasting, and taking part in the freshers fair, making me the face of boxing for the university.

From Boxing I have had six fights in various venues in front of over a 1000 people, which helped me build up my confidence and skills. This encouraged the university to introduce me to the Elite Athlete Programme (EAP) in my final year. The EAP provided me with opportunities to increase my physical ability by giving me free access to the university gym, and a personal trainer for strength and conditioning, and a physio.

The Students' Union always holds social events such as, karaoke nights and cultural events with societies representing different countries, religions, and other categories, so you will find a range of people at the University of Westminster to interact with.

Lastly DEN was where I was able to flourish in taking part in a mix of amazing projects providing me with irreplaceable experiences from presenting at an academic conference, and managing charity gala's to helping refugees from Sudan, as well as, we got to meet some refugees which was a real insight to what people in refugee camps go through. DEN being a student led organisation gives us diverse group of students the opportunity to build friendships and work together in projects.

The University of Westminster will provide you with so many great opportunities, whether it is through your course, the Student Union, DEN or the amazing people you will meet here. It is up to you to seize those opportunities.

Jimmy Singh

3rd year

IR &

Development

Prep 4 the future



From early on in our educations, we are told that grades are not enough. In order to progress in life, experience and skills are essential when entering the job market.

There are many routes that educational institutions recommend when developing a portfolio. These are meant to help you when you go off on interviews and filling in applications.

When it came to me and my goals in life, I was set on one thing and that was to work for the United Nations Development Programme. As such, I took it upon myself to research and find out what is required in terms of experience and skills, when aiming to work for such an institution. For me it was essential that I broaden my knowledge of different cultures while demonstrating a sincere desire to do good in the world.

I also had to develop vital communication skills and teamwork which are the cornerstones of working in an environment such as the United Nations.

In my case, I volunteered for many different projects around the world using the Go Abroad team who send reoccurring emails with information regarding such material. My first volunteering experience was in Marrakech with an organisation called Original Volunteers. This organisation worked closely with an NGO called Open Hands who act as a helping hand around the city. From fixing schools to teaching street kids to looking after baby orphans, as a volunteer you had to be ready for any task that was required of you. I stayed a little over a month there where I developed a lot of experience in teaching as well as handywork and dealing with children.

I took part in other projects through the University such as International Citizen Service which ran for 4 months in which I volunteered in Southern Nepal, working on various water projects. These projects were in relation to goal number 6 of the UN's Sustainable Development Goals. The Go-abroad team also got me in touch with an Estonian company called Bellnor which helps students from Eastern Europe study abroad in places like the UK.

I taught English to potential students for a couple of weeks and developed a lot of training skills in the process. Throughout my time at University and attending foreign projects I was involved with the Democratic Education Network (DEN) through helping with fundraisers and raising awareness of issues such as the Refugee Crisis.

It was with DEN that my knowledge in running student-led organisations and groups began to fully emerge. All these projects and experiences helped garner skills and knowledge that are helpful when filling out applications and CV's. This is because not only do you educate yourself, but you also develop many practical skills that are essential in the workplace and when working in an office environment.

When I entered my last year at university, the pressure is really felt as this is the year that with a final push (depending on how much you put in) you will obtain your degree with the grades that you wished for. But you also realise that obtaining the grades are not the only issue you will be facing. You will also have to figure out what exactly you will be doing next year whether that be a Master's or an internship or a full time job.



These applications also have deadlines as well as your assignments which means you will have to be on top of everything and be fully organised. But as hectic as it is this is a step into how things will become in the real world and that instead of taking this as something to be scared of, you should view this as a challenge that you can take head on.

It is important that you take into account everything you experience at University and you apply it to how you would be in the workplace and also life in general. This is because what you experience now at university is a once in a lifetime opportunity and must be valued while you are still here.

CELEBRATING DIVERSITY: DEMOCRATIC EDUCATION NETWORK (DEN)



DEN International Annual Student Conference with over 100 students from more than 10 different countries



DEN Book Team preparing for the launch of the next edited volume with student contributions



DEN Charity Gala to fundraise money for refugee communities in the UK and Germany



DEN Difference Festival celebrating the achievements of our diverse students

Financial Health

As a student it is always important to ensure you manage your finances appropriately - this will be practice for entering the "real world". Here are a few tips we would suggest:

Lets starts with the stressful stuff!

Budget.

When you move out of your parents house is when you really realise how much it costs to simply - live.

In order to be responsible and always stay afloat make sure to work out a budget. The easiest way to do this is to make a list of all your income (student loan, your job, the Bank of Mum and Dad...) and then work out how much you have left after all your essential expenses (rent, travel, bills, and food shopping). Whatever you have left over is for entertainment purposes (and if you want to be EXTRA responsible you can't put some of your leftover money into your savings account for a rainy day).

Your bank account.

When opening your student bank account you need to hunt for the perfect deal. Pay close attention to the monthly fees and hidden charges (basically, read the small print).

Try to avoid getting an overdraft if you can, but if you do need one find out how much you can borrow and how much it will cost you each month. Some banks will charge a fee for using your overdraft and some will also charge you interest on the debt. Be careful with your overdraft because it can be vicious and a never ending cycle.

The same rules apply for getting a credit card. Avoid it, but if you must get one do not forget that this is not free money. You should not be using this to go out for drinks, splash at a fancy restaurant, go on holiday or buy the latest designer shoes you've been eyeing. You should restrict yourself to using this for emergencies and then pay the debt off ASAP.

If you do need to use your credit card for your daily expenses, make sure you make a minimum repayment every month to keep your credit score in good shape. When searching for the best credit card deal make sure to look for the best interest rates (the lower the better), also do not let yourself be tempted by any added extras like free gifts. Prioritise the overall cost of the card if ever you do need to use it.

Travelling.

I would recommend getting a **Student (18+) Oyster Card** as that gives you a discount on fares. Along with this, if you plan to travel around London often, more than just to your classes, I would highly recommend getting a monthly travel pass. Prices vary based on the zones you buy them for, but if you live on the edge of a zone then it saves money to buy the pass for the zone before yours and simply get the bus (or even walk) to an underground station - for example living in zone 3 and getting the 1-2, and then taking the bus to a zone 2 station. Bus fares are included in the travel pass hence the recommendation to travel by bus!



Shopping.

Looking out for seasonal discounts and using apps such as UniDays are two easy ways to save money when shopping.

Also, if there is a cheaper alternative to shop at, definitely take it - if there is a Lidl or Aldi nearby it's more economical to shop there as opposed to Tesco or Sainsbury's. Whatever the supermarket nearby is, it is important to buy food for the week to not end up going there every other day - this way you can also learn to budget.

Making food at home instead of eating out will also save a lot of money, and will also improve your cooking skills which is always a plus.

Nights-Out

If you're someone who goes out often - like me - then here are a few tips.

Firstly, make use of pre-drinks. Whether you live in student accommodation, with friends or are able to meet friends before going out, I would definitely suggest pre-drinking at home, as buying drinks at a shop is MUCH cheaper than buying drinks at the bar/club, where you will be charged for a cocktail for nearly the same price as a bottle.

Secondly, if you're worried you will overspend, take cash instead of using your card - this way you're much more restricted in how much you can buy.

Thirdly - do your research!

There are many options to go out in London but you need to research and find the cheap bars and clubs, as some even do discounts.

For example, the LGBT+ club Heaven not only has cheaper drinks than usual, it also does student discounts on entry - just show them your Student ID and you go in for £1!

We hope some of these tips will be useful for your student life ahead. The most important thing is to have fun!

By: Carmen Lesplulier and Karolis Barutis

DEMOCRATIC
EDUCATION NETWORK IN
PARTNERSHIP WITH HOPETOWN



*International
Food
Festival*

*Join us on Thursday, 22nd
November 6:30pm
at Wells Street - Common Room.*

RECIPE FOR

TOMATO BRUSCHETTA

NAME OF DISH

FROM THE KITCHEN OF

BBC GOOD FOOD



MAKES 12

PREP TIME 15 MINS

COOKING TIME 5 MINS

TOTAL TIME 20 MINS

VEGETARIAN/
VEGAN/HALAL **APPROVED**

INGREDIENTS

- ½ small red onion, finely chopped
- 8 medium tomatoes (about 500g), coarsely chopped and drained
- 2-3 garlic cloves, crushed
- 6-8 leaves of fresh basil, finely chopped
- 30ml balsamic vinegar
- 60-80ml extra virgin olive oil
- 1 loaf crusty bread/baguette



DIRECTIONS

1. In a large bowl, mix the onions, tomatoes, garlic and basil, taking care not to mash or break up the tomatoes too much.
2. Add the balsamic vinegar and extra virgin olive oil. Add salt and pepper to taste. Mix again.
3. Cover and chill for at least an hour. This will allow the flavours to soak and blend together
4. Slice the baguette loaf diagonally into 12 thick slices and lightly toast them until they are light brown on both sides.
5. Serve the mixture on the warm slices of bread. If you prefer the mixture at room temperature, remove from the fridge half an hour before serving.

SHOPPING LIST?

INGREDIENTS

SEARCHING FOR THE CHEAPEST OPTION... WE GOTCHA ;)

Red onions 1KG - **Tesco** £1

Tomatoes 6 Pack - **Tesco** £0.75p

Garlic 4 Pack - **Tesco** £0.62p

Cut Basil 30g - **Tesco** £0.70p

Balsamic vinegar 250ml - **Tesco** £1.00

Extra virgin olive oil 250ml - **Tesco/Sainsbury**
£1.35

3 Baguettes - **Tesco** £1.00 (£0.45p each)



*Prices and quantities are subject to change in supermarkets

Inspired by : www.bbcgoodfood.com/recipes/tomato-bruschetta

CLASSIC SPAGHETTI BOLOGNESE

PREP TIME
15 mins

COOK TIME
25 mins

SERVINGS
4 (half or double the quantity of ingredients according to servings)

INGREDIENTS

450g ground beef OR Quorn meat for a vegetarian/vegan option
1 large onion, chopped
3 cloves garlic, chopped
2 Tbsp olive oil
128 oz cans tomato sauce

2 Tbsp tomato paste
1 -2 tsp oregano
1 handful of parsley
Salt and pepper- to taste
½ cup grated Parmesan/ Pecorino cheese
230g Spaghetti

INSTRUCTIONS & TIPS +NOTES



1. Heat the olive oil in a large pan over medium heat. Add the onions once oil is hot and sauté until lightly golden, 2 to 3 minutes. Add the garlic and fry another minute.

2. Next, add the beef; fry until fully cooked and no pink shows at all in the meat (about 8 minutes or longer according to taste). Add the oregano and tomato paste and mix well with the meat.

3. Add the tomatoes, parsley, and bring the sauce to a boil. Season with the salt and pepper according to taste. Reduce the heat to low, and cook for at least 15 minutes (you can cook longer for a deeper flavor).

4. In the meantime, boil the water and cook the spaghetti. Serve topped with the sauce and pecorino cheese (if using).

- Use lean, low-fat meat to avoid a greasy sauce.
- Seasoning the meat with salt and pepper to an extra kick of flavor which is key to speeding up the cooking time of this sauce.
- Make this sauce your own by adding whatever fresh or dried herbs of your choice.
- When adding the dried oregano, try rubbing it between your palms to warm it up to release maximum flavor.
- If you have the time, simmering the sauce for longer will add a deeper flavor.



Shopping list?

Garlic 4 Pack - **Tesco** £0.62p

Extra virgin olive oil 250ml - **Tesco/Sainsbury** £1.35

Beef steak mince 250g - **Tesco** £1.99

1 large onion - **Tesco** £0.09p

Dried oregano 14g - **Tesco** £0.70p

Quorn mince 300g - **Aldi** £1.59

Canned tomatoes 142g- **Tesco** £0.28p

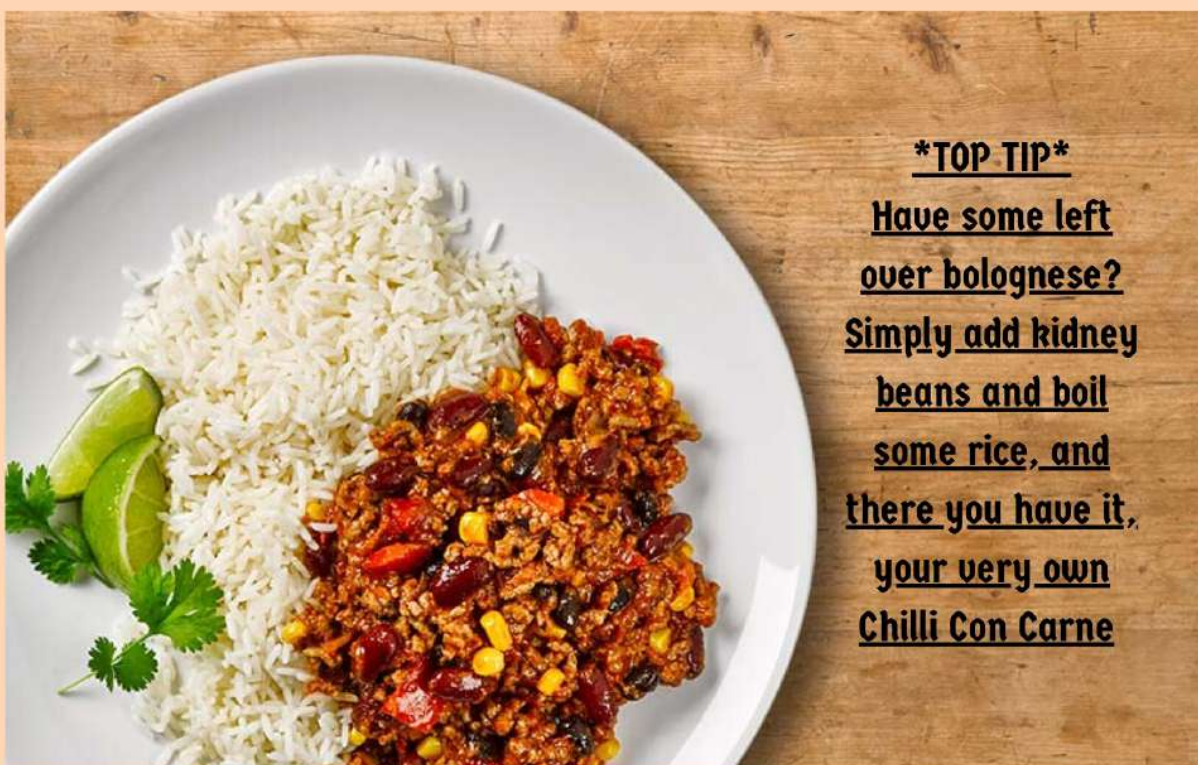
Halal* Beef mince- can be purchased at **Tesco** from prices varying between £3-£5

Tomato Puree 200g - **Tesco** £0.31p

Parsley 30g - **Tesco** £0.70p

Hearty Food Co. Spaghetti Pasta 500g - **Tesco** £0.20p

Grated Pecorino cheese 50g - **Tesco** £1.00



TOP TIP

Have some left over bolognese?
Simply add kidney beans and boil some rice, and there you have it, your very own Chilli Con Carne



NO-BAKE CHEESECAKE

YOU WILL NEED :

250g Digestive biscuits
100g butter (melted)
Vanilla extract
600g Full fat soft cheese
100g icing sugar
284ml double cream

***Prep time: 30 mins (plus overnight chilling/6-8 hours**

***Serves :12-14**

- To make the base of the cheesecake, first line a loose bottom tin (or any serving dish) with baking parchment. Crush the digestive biscuits using a blender or rolling pin. Combine the melted butter and biscuit crumbs until all crumbs are covered. Empty the mixture into the tin/serving dish and firmly press down. Refrigerate for 1 hour to solidify the base.
- Next, place the cream cheese, icing sugar and vanilla extract (3-4 drops) and beat using an electric mixer, or a whisk until a smooth mixture forms. Add the double cream and continue beating until the mixture is well combined. ***Feel free to add fruits into the mixture at this point to make a fruity cheesecake. Alternatively, add Oreo crumbs or any chocolate of your choice, to make a chocolate-based cheesecake***
- Spoon the mixture evenly onto the biscuit base and smooth the top of the cheesecake to gain a neater look. Leave to set in the refrigerator for 6-8 hours, or overnight depending on the serving time.
- 30 mins before serving, remove the cheesecake securely from the tin/serving dish and place on a plate. Garnish using toppings of your choice, such as strawberries, blueberries, caramel sauce, chocolates etc.

SHOPPING LIST?

Digestive biscuits 400g - **Tesco** £0.50p

Butter 250g - **Tesco** £1.40

Dr.Oetker Madagascar Vanilla Extract 35ml - **Tesco** £1.30

Full fat soft cheese 200g - **Tesco** £0.80p

Icing sugar - **Aldi** £0.69p

Double cream 300ml - **Tesco** £1.05

*Prices and quantities are subject to change in supermarkets



INSPIRED BY :

WWW.BBCGOODFOOD.COM/RECIPES/STRAWBERRY-CHEESECAKE-4-EASY-STEPS

STUDENT LIFE HACKS



These tips touch all the bases and are student verified !

- Buy a small portable tool kit/box from the pound shop or B&Q so you always have access to the necessities in an emergency (screw drivers...).
- Get a job early in the year.
- Buy a water filtration jug and water bottle so you don't have to keep buying a water bottle.
- If you're living out, make your house/flat or room your own. This doesn't have to be expensive, you can get home deco from Amazon, Home Sense, B&M, or high street shops.
- The real hack is to not leave your course work to the last minute but, if you do, minutely plan everything. Break your work into tasks: ie Do 5 readings a day 1. plan essay, 2.write introduction, 3. body, 4. conclusion and give yourself a certain amount of time for each task.
- Get involved with societies. You'll make loads of friends. Especially from other courses and year groups which can be very helpful.
- Get to know your older peers, particularly those doing the same course as you. They're usually really nice and can help you with your assignments, recommend Academic literature and help you navigate University life.
- Plan your meals! Meal prepping is nearly impossible to do unless you really want to spend your entire Sunday cooking for the week. However, planning your meals is quick and easy. Writing a list of your meals for the week kills multiple birds with one stone. You'll have your shopping list ready, you can organise your time better, it will avoid you overspending on your food shop and you'll be able to have a healthier lifestyle.
- During your first food shop don't forget to stock up on SPICES (soy sauce, salt, pepper, paprika, nutmeg, herbs, etc...) this will avoid you eating bland food and missing your parents cooking. It also means you will not have to pop to the shops in the middle of cooking every time.
- Control your bladder during lectures. For some it can be embarrassing to become the centre of attention in the middle of a two hour lecture. But it is especially disrespectful towards your lecturer and your peers as it tends to disturb the atmosphere and break some people's concentration.
- Don't hesitate to ask for help! Your tutor will be really helpful and friendly. If you're struggling with coursework or anything else do not hesitate to make an appointment with them to talk about it.

