



Balance
Issue 722



Letter from the editors

Issue 722
Balance

Dec 2018

With second term in full swing, it's important to look out for our wellbeing. Finding stability and moderation may not always feel like an easy task, especially when grappling with an often chaotic student lifestyle, but it should still remain a priority. That's why we've chosen "balance" as this issue's theme – to keep mental health at the heart of campus conversation.

But across this issue's sections, our writers have reflected and interpreted the theme of balance beyond issues relating to mental health. From striking a balance with cultural ideals to creating conversation across political divides, from addressing imbalances in the scientific sphere to critiquing those in fiction, balance becomes a more interesting concept when considered across different contexts.

We hope you enjoy this issue, and find inspiration within each spread to enhance your personal wellbeing, or to simply approach life with a little more balance.

Georgina Bartlett & Laura Riggall
Editors-in-Chief, Pi Magazine

Contents

News

4 UCL launch Full Stop campaign

6 should the UCL students' union support a people's vote?

Comment

8 fighting for female friendships

10 being biracial

Politics

12 trolls under the bridge: tribalism and free speech

14 education establishment: the balanced response to populism

Science & Technology

16 counting down to day zero

18 hijacks and imbalances: childhood cancer

Sport

20 rowing against the tide

22 are the 'Big Six' killing English football's competitive balance?

Travel

24 a european balancing act

26 how much lagom is lagom?

Lifestyle

28 balanced recipes

30 why i deleted social media

Arts & Culture

32 crafting stability

34 drug policy: are we getting it right?

Credits & Contact

36 Pi Media team

38 Pi Media committee

UCL launch Full Stop campaign to combat sexual misconduct on campus

Mia reports on the way forward for supporting students' safety

words by mia lui
art by jess castle-smith

It is now difficult to imagine a time in which #MeToo was not a principle phrase within our vocabulary. Over the last year, a wave of revelations hit the headlines, shaking the foundations of large industries and organisations. The scope of the campaign points to a problem that extends well beyond Hollywood – and academic institutions are by no means exempt. A survey of 4,500 students published in March by campaign group Revolt Sexual Assault and education website The Student Room found that more than three in five students have been sexually assaulted or harassed at university.

“Multiple investigations this year have found misconduct by staff in UK universities to be at epidemic levels”

UK universities have been accused of failing to tackle the issue, many of them not implementing the reforms recommended by a Universities UK taskforce in October 2016. A UUK report published in March did indicate that some progress had been made in dealing with misconduct, but this was variable and limited to specific institutions. Research carried out by the Guardian also showed wide discrepancies in the ways universities record incidents, despite one of the UUK recommendations being a centralised reporting system.

However, this issue is not limited to the student body, as multiple investigations this year have found misconduct by staff in UK universities to be at epidemic levels. A breakthrough investigation conducted by the NUS was released in April 2018, publishing findings involving more than 1,800 students across UK universities; only one in 10 students

who have experienced sexual misconduct by staff reported the incident, whilst 90% of those who did felt that their university had failed them.

“Does it take national news coverage to impel the university to effectively tackle sexual harassment?”

UCL is planning to publish annual data on harassment, bullying, and sexual misconduct to improve transparency after the Guardian reported that victims of sexual misconduct in the university's science faculty were unhappy with how complaints were processed by the institution. Michael Arthur, UCL Provost, publicly addressed the issue: “UCL has learned from past cases and I will be doing my utmost to drive through the necessary improvements to ensure that going forward, our values of respect and tolerance are upheld by all.”

He also said that he is personally overseeing UCL's new strategy to address sexual misconduct. Whilst the prospect of “going forward” is encouraging, it does provoke the question: does it take national news coverage to impel the university to effectively tackle sexual harassment?

The Full Stop campaign, which aims to “develop an institution-wide strategy for addressing sexual harassment”, is still in its early stages following a conference held in June 2017. The Preventing Sexual Misconduct Strategy Group was also established around this time, whose primary objectives were to re-examine existing systems of processing sexual misconduct complaints, as well as recommending new prevention strategies and

providing increased support to victims. Yet development of the Full Stop campaign has taken more than a year, and reforms of UCL policy have not made a visible impact.

Several other new measures for improving responses to violence are currently in the works at UCL. Training for 1,000 staff members has already been introduced, which will be expanded to a further 2,000 staff this year. UCL is also planning to introduce an online tool called Report and Support, aimed at facilitating reports of abuse and providing support to those affected. Most importantly, this will provide a single point of contact for students and staff who have been affected by harassment or violence, and are in need of help or advice. The tool is not limited to sexual misconduct, instead functioning as a space for anyone affected by any type of bullying, harassment or violence.

“Although the university cannot investigate anonymous reports, these will allow greater understanding of where and how violence occurs”

Report and Support is currently used in several UK universities, including Manchester and Goldsmiths. UCL's version is scheduled for release in Spring 2019. It has two functions: reporting cases of violence and receiving support. The person reporting can either remain anonymous or be put in contact with a university advisor. Although the university cannot investigate anonymous reports, these will allow greater understanding of where and how violence occurs. Reporting is followed by a meeting with a trained member of staff who will provide full information and support to those

undergoing the reporting process.

The introduction of a single online reporting tool brings a long-awaited unification of UCL's approach to the issue. Reporting mechanisms at UCL have been a source of dissatisfaction among students for years, as they were considered unclear, difficult, and often humiliating. The process could last for months with no resolution, and students were unaware of the outcome of their report, leading many to ultimately withdraw from the process.

Despite years of lobbying from the Students' Union for a change in policy, there had been no clear leadership from the university until the Provost declared this issue an institutional priority in 2017 and appointed a Preventing Sexual Misconduct Manager. The Union started its 'Zero Tolerance' action plan calling for new policy and procedures back in 2016.

In a meeting in October, the Registrar and Head of Student Support and Wellbeing halted proceedings, delaying the new procedures going live for students in April 2019, as was previously agreed this summer. The Union's Women's Officer, Abeni Olayinka Adeyemi, raised concerns at the Preventing Sexual Misconduct Strategy Group and secured backing; the Provost confirmed that the new policies would be introduced for students by whatever means necessary.

It is the responsibility of universities to protect their students from all kinds of violence, which necessarily includes a multi-layered approach. The urgency for change was aptly summarised by the NUS Women's Officer: "Universities can no longer plead ignorance: sexual violence on campuses is still at crisis point and they must act now." It is imperative to both understand and take seriously this increasingly prevalent and dangerous issue. Efforts being undertaken by UCL reflect its awareness of the issue and its commitment to tackling it, but they still remain indefinite.

The introduction of a single online reporting tool brings a long-awaited unification of UCL's approach to the issue

The Union's Women's Officer, Abeni Olayinka Adeyemi, raised concerns at the Preventing Sexual Misconduct Strategy Group and secured backing





The UCL Students' Union has taken a side in the national debate. Cathy reports on the implications

words by cathy meyer-funnell
photography by hans hu and ohie mayenin

The UCL Students' Union has announced that it will actively support a People's Vote on the final Brexit deal, following a resolution passed at the All Student Meeting on the 15th November. An overwhelming majority were in favour of the decision, with 1026 votes in favour compared to just 123 against and 161 abstentions. The Union has already taken the step of writing to Shadow Brexit Secretary Keir Starmer – who, incidentally, is the MP for the constituency of which UCL occupies a large proportion – calling for his support of the Union's People's Vote campaign.

As the Union is a regulated charity, it believes that nullifying the possible negative consequences of Brexit falls within its charitable objectives. As such, it has a duty to try and prevent a potentially life-changing policy, particularly for the 28% of the UCL student body that live in EU countries outside of the UK. While this motion does appear to represent the majority of student opinion, it has nevertheless ignited discussion about how

balanced a student union representing over 40,000 students should be.

Senior figures at UCL have not been afraid to voice their support for a people's vote, but always emphasise that they are expressing no more than personal views, and that the university remains neutral on the matter. Provost Michael Arthur has expressed his fear of "a big gap in funding and a generation of scientists disappearing", whilst UCL's vice-chancellor has been unequivocal in his support for another referendum.

"By pledging its support, the Union is not advocating for any political gain, but rather acting on what it feels is in the best interests of its students"

The Constitution Unit, a think tank based in UCL's Department of Political Science, "has no position" on Brexit or the possibility of a second referendum, yet the university does have a 'Brexit Mitigation Programme' in place.

Set up in the aftermath of the referendum result in June 2016, it has since been analysing the potential impact of Brexit on university life, and ensuring support for EU students who will be studying at UCL at the point of departure. Evidently, the university is still taking measures to enable its community to thrive in any possible scenario, whilst on a political level remaining impartial.

The People's Vote is not a party in itself, nor is it a party policy; it is a campaign run by the people, for the people. By pledging its support, the Union is not advocating for any political gain, but rather acting on what it feels is in the best interests of its students. Given the responsibility the university itself has to represent thousands of students and staff, some of whom undoubtedly voted for Brexit, impartiality would seem to be the only option. Students, on the other hand, have a tradition of being politically mobilised and keen to protest. Both UCL and its Students' Union undeniably have a duty to the care and welfare of their



Should the UCL Students' Union Support a People's Vote?

students, yet while the former must abide by its principles of being an institution open to all political beliefs, the Union must act on behalf of what the majority of its members want.

In its role as the representative body for students across the UK, the National Union of Students has offered substantial support to the People's Vote, going as far as providing transport for those who wished to travel down to the People's March that took place in October.

"It has to be questioned whether such a central focus on Brexit is truly a balanced approach to student concerns"

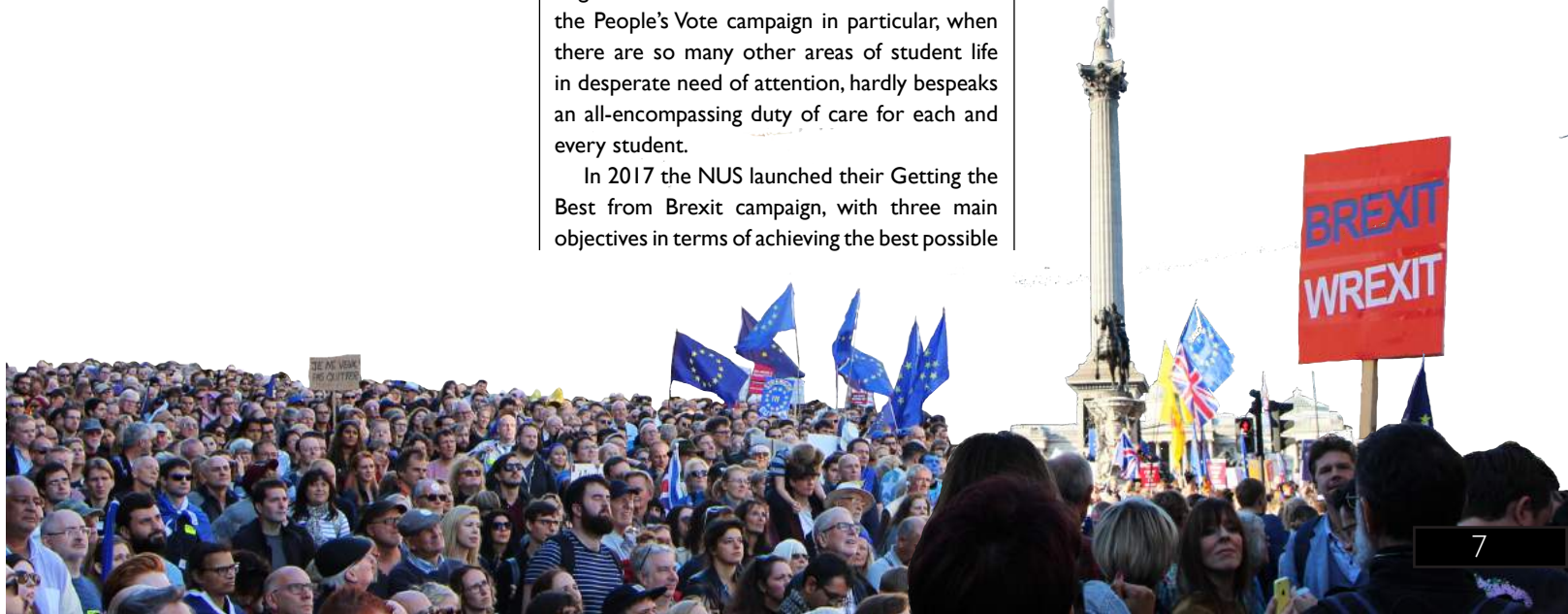
The desire for student action in this debate is palpable, especially regarding an issue which has the potential to limit future careers and economic possibilities. However, Brexit's relentless dominance over the national conversation in the last two years has often eclipsed discussions on other problems with equally damaging prospects, such as climate change or the growing cost of living. Bearing this in mind, it has to be questioned whether such a central focus on Brexit is truly a balanced approach to student concerns.

Of course, the vast majority of those that voted in the All Student Meeting were in favour of this outcome. But will there be student meetings to decide on action for other pressing issues? Students have to wait up to 20 weeks for counsellor appointments, whilst rent at UCL has increased by 52% since 2010. To divert large amounts of time and resources towards the People's Vote campaign in particular, when there are so many other areas of student life in desperate need of attention, hardly bespeaks an all-encompassing duty of care for each and every student.

In 2017 the NUS launched their Getting the Best from Brexit campaign, with three main objectives in terms of achieving the best possible

outcome for students. These include negotiating for special immigration status for students and academics in order to allow for free movement, campaigning for the continuation of the Erasmus scheme, and removing international students from migration targets. It is certain that Brexit will affect international students more than UK students, and London's "global university", currently involved in 167 collaborative projects in Europe, will inevitably also bear the brunt of any breakdown in communication with institutions and academics in EU countries. Yet the university body has shown no clear political affiliation, and so the impetus lies with the students themselves to exercise their democratic right and fight for the change they want to see.

Considering this, perhaps the student voice is one that needs to be consulted. If Brexit has inspired such passion and political feeling amongst us, then we should allow this to be channelled into improving our lives in other ways. The recent Extinction Rebellion protests that took place to raise awareness over the impending catastrophe of climate change was also highly relevant and important to students, yet this is not something the NUS has expressed their support for. Brexit may be dominating national news right now, but it will not do so forever. If these student bodies are as keen as they claim to be to promote student rights, this is something which should be reflected across all current affairs, not just the ones with a popular and current campaign attached to them.



“Each of us when separated, having one side only, like a flat fish, is but the indenture of a man, and he is always looking for his other half.”

Female friendships have come under a negative light through the ages, from those found in pop culture to classical literature.

Aristophanes' theory in *Symposium* (Plato's famous dialogue on love) assumes that humans were formerly creatures of two halves, later divided by Zeus. There were three kinds: Aristophanes' first refers to the man-woman with scorn, as there are many adulterers among them. The female-female type are women who “do not care for men but have female attachments”. In contrast, the male-male relationship is praised. Aristophanes does not talk only about romantic love, but also the real connection of souls, intimacy, and friendship that make these relationships special. These male double creatures were the most superior, as only their descendants deserved to become “our statesmen”.

Since then, much has been written about the solidity and exceptionality of male friendships. Popular culture provides us with many examples portraying such relationships as the strongest bonds to build stories upon: Butch Cassidy and Sundance Kid, Frodo and Sam, Hans Solo and Chewbacca, to name but a few. Unfortunately, pop culture does not provide such strong examples of female friendships, which may affect how girls and women perceive one another.

Obsessing About Men as the ‘Point’ of Female Friendship?

We can look to the most popular literary works for children and teenagers: Harry Potter's best friend is Ron, but Hermione, quite significantly, does not have such a strong and fulfilling friendship with another woman. Her main female relationships are with the annoying Lavender Brown and Parvati Patil, who constantly giggle about boys and show hostility towards a girl who values her intellectuality.

The idea that women's friendships only evolve around men is both reflected and shaped by culture. Virginia Woolf complained about women being defined only by their relations to men in her famous essay *A Room of One's Own*, noting that fictitious female relationships are “too simple”. Since 1929, this has not changed

“Many women grow up thinking that female friendships are superficial and short-term”



words by karolina kasparova, art by rhianna betts

fighting for fema

Female friendships are often portrayed as superficial or toxic.

to the degree you might imagine – even nowadays, according to Vox, women on film have much less space for dialogue compared to their male counterparts. When they do speak to each other, it is mostly about men, as the famous Bechdel test determined. This surely had an influence on how both men and women think about female friendships.

This creates the impression that having a relationship with a man stands at the centre of a woman's life, as Woolf had already touched upon, whereas men can have philosophical or political conversations, or experience adventures in addition to a relationship with the opposite sex. Not only does such an attitude ignore all women who are not heterosexual, it also supports the idea that a female friendship is not a fully-fledged relationship, but rather some necessary accessory when things are going downhill with men.

Many women grow up thinking that female friendships are naturally and inevitably superficial and short-term. Women complaining about friends ‘ditching’ them for a boyfriend, who later come to accept it and decide to patiently wait for their friend to break up, is still

a topic even discussed by the BBC. While this may happen for men too, it is usually framed as ‘the evil girlfriend luring the friend away’ trope, while in the woman's case it is her own ‘natural’ decision. This definitely points to an imbalance in comparison to male friendships – according to a study published in 2017 by Men and Masculinities, young men get more emotional satisfaction out of ‘bromances’, friendships between men, than they do out of romantic relationships with women.

“Women are stupid, and I am the exception”

When I started high school, I was proud to feel some connection with Hermione Granger. I was good at mathematics and subconsciously believed that women were just not as smart as men – partly on the grounds that girls are generally discouraged from STEM subjects, and I used to consider taking and succeeding in them as the ultimate criterion of intelligence. I also cannot rule out the fact that I have been influenced by works such as Harry Potter, my former childhood obsession, or other films and

TV shows in general, which portray women in a certain way.

Another big reason were the dynamics I had observed between adults in my family or among family friends. Whereas women – who even now do much more housework than their male counterparts – were often worrying about food or children, men were the ones assertively discussing politics or similar issues much more frequently.

Because of my own internalised misogyny, friendships with men felt more valuable. Not because they were necessarily better, but because they made me feel better: “Women are stupid, but I am the exception” was a fallacy ‘proved’ by the fact that I wanted men to be friends with me. This seems foolish and arrogant when I reflect on it now, but many conversations with my female friends over the last few months have confirmed that they shared a very similar feeling at some point.

‘Frenemies’, not Friends

Another factor poisoning female friendships is the idea of relentless competition. Zadie Smith

depicts this aspect masterfully in her novel *NW*, referring to the relationship between two women who grew up in 1990s London. Smith does not blindly perpetuate these stereotypes, but rather reflects how they poison relationships between women:

“You always wanted to make it clear that you weren’t like the rest of us. You’re still doing it...Even when we used to do those songs you’d be with me but also totally not with me. Showing off. False. Fake. Signalling to the boys in the audience, or whatever.”

Natalie, the addressee of this monologue and a very successful career woman, always thought of herself, at least before university, as the quiet outcast girl, and these accusations made by her friend Layla truly surprised her despite being the most well-founded. Smith’s character faces both the aforementioned problems female friendships grapple with – the fact that Natalie’s friendship to Layla was less important to her than trying to impress the boys, and the belief that she was superior to other girls.

There is yet another issue complicating female friendship present in the piece, namely competition – the idea that women cannot

“We still need better representations of female friendships”

be ‘real’ friends because they are always each other’s enemies. Whether they compete for relationships with men or a better career, this idea is often exploited in order to prevent women gaining better positions.

We should not blame the so called ‘queen bees’ who were able to climb the career ladder and then refused to help or support other women because ‘they never had any help themselves so why should others have it’. What these women are doing might be sad or even morally reprehensible, but the fact remains that it is rational. A study published in the *Academy of Management Journal* in 2016 found that senior-level women who do want to help other female employees at work are likely to face more negative performance reviews than those who do not. Female employees thus often do not receive any kind of support, while men are much more likely to have people who champion them at work, because senior-level men statistically prefer them to women as well. This proves that analysing female friendships is not just a personal psychological issue, but that it can have a huge impact on other areas of women’s rights.

Building Solidarity

In spite of all these odds, there are of course many women who form true friendships. I would be unable to form such friendships myself if I had not met other women who showed me that they truly valued my presence, my advice, and my company. In questioning my previous thoughts, I decided to work on these relationships with the same energy as I give to others of such importance.

I am not saying that the issue of equal rights for women will be solved just by women sticking together. We still need better, less superficial representations of female friendships in both popular and ‘high-brow’ culture, and if one woman is willing to show others that she values their opinion, trusts them at work and is willing to provide support, the desired knock on effect of mutual trust may form, and some balance may be restored.

This is already happening to a certain extent and, unlike issues such as discrimination of women at work, cannot be achieved by enforcing any policies. It needs to happen in everyday life situations, by making positive behaviours and attitudes between women the norm. With this, women are finally starting to look for and embrace their other female halves.

Female friendships

It is time to change this perception.





“It can be difficult to feel like you can adequately identify with and fulfil cultural and linguistic aspects”

What is it like being biracial? Here, Thomas discusses

being

“What are you?”

An all too familiar question with no winning answer, like a game show no one really wants to play.

Being biracial can elicit emotions of curiosity, wonder, and perceptions of exoticism from our mono-racial peers. In many ways, they're right to be amazed. Being biracial is fantastic. We get to be a bridge across cultures, globe-trotting polyglots, and have family in all corners of the world.

But this isn't about how wonderful being biracial is. It's about how we learn to balance our dual identities, and how we learn to belong.

Biracial people are often assumed to either share the same issues as our mono-racial peers, or to be magically freed because of our lack of 'wholeness'. We aren't wholly Asian, or black, or Hispanic, so perhaps some people think we can't share their problems. However, being biracial comes with a unique set of challenges, many of which are never properly discussed.

I am Eurasian, with an Irish father and a Hong Kong Chinese mother. Growing up, I didn't

really question what I was, I just was. When you're young, you don't really think about big questions of race and identity, but this changes when you start growing up and noticing people looking at you a little differently. When you start to notice the slight dismissiveness. When you're forced to start identifying yourself on the basis of ethnicity and race, and to make a choice. This choice is dependent on innumerate factors, such as sociocultural context and expectations, the household context, and our external appearance.

The choice is a dichotomy I call “both but neither”, a paradox that manifests in two ways: when we personally don't feel able to adequately identify with our dual heritage, and when our cultural self-identification doesn't match how the external world views us.

Being biracial means we are granted with an external appearance that pays tribute to our dual heritage. While they may not be a perfect 50/50 split, we wear it as a badge. However, sometimes our cultural self-identification doesn't match how the external world views us. Growing up in Hong Kong, a city that is 90%

ethnic Chinese, I developed a more Chinese-leaning cultural identity. Yet, in Hong Kong, I looked too white to be considered Chinese. This left me feeling as if I didn't belong in the place where I was born and lived for 18 years. Conversely, in Ireland, I don't really look white enough to be considered Irish. I'm always a little too 'other', whether in a supposedly-global city such as Hong Kong or in rural Ireland. The reality is that, despite our globalising world, much of society is still composed of a mix of mono-racial individuals, and to be biracial is sometimes even considered boundary-pushing.

When we start developing our sense of ethnic self, the most common way to do so is through our parents' ethnic background. But when our parents are from two disparate backgrounds, such as Ireland and Hong Kong, it can be difficult to feel like you can adequately identify with and fulfil the cultural and linguistic aspects of both, leaving you in a strange middle ground. This middle ground can wreak havoc on our sense of self. Our inability to truly fulfil the cultural aspects of both of our identities can leave us with a resounding sense of

disappointment and guilt, feeling as if we've let down our families, our ancestors, and ourselves. To this day, I'm still not sure I haven't.

A resounding example is the pressure to be bilingual, to be able to adequately communicate with our family and dual societies. Raising a child in a bilingual environment can be difficult, as parents worry about excluding their partner from discussions in one language, or one language dominating. When a bilingual household isn't achieved, miscommunication and a cultural disconnect can be created. I ended up not really being taught Cantonese, my maternal mother tongue, for which I am still playing catch-up.

In Hong Kong, a society where speaking Cantonese is so intrinsic to identity, my lack of proficiency leaves me feeling like I am never good enough, never Chinese enough. As a result, I am constantly striving to achieve a sense of approval from other Hong Kongers. It has also impeded by ability to really connect with my family – my biggest regret. Losing family members is always hard. Losing family

members without feeling like you made a true, familial connection is even harder; you've lost a member of your family, but you've also lost a font of wisdom, innumerable stories, and the ability to really know members of your family.

Sometimes issues extend even into the household. Chances are, if you're biracial, your parents are monoracial, who have never lived this experience of biracialism. Having biracial children can definitely affect parents in unique ways, seeing as passersbys may not think that a child and their parent are actually related. But crucially, they haven't had the same heavily personal experience of a split cultural identity, and can fail to relate to and understand the issues faced by their biracial children. Essentially, a disconnect between half the family unit, the mono-racial parents and their biracial children is created, because they can't relate to one another on this level. This also means that sibling bonds are likely to be strengthened, as your sibling has grown up in the same environment as you, and therefore share a similarly lived experience.

The key to these issues lies in acceptance of our unique racial and ethnic identities. Our strength is in the phrase "the whole is greater than the sum of its parts". Combining identities as an individual allows us to have a richer lived experience, and act as bridges between our societies. Being half-Chinese has given me a sense of societal responsibility, and to respect those that came before me and their experience – key values of Chinese culture. Being half-Irish has given me a sense of independence and pushed me to love my individualism, as well as the ability to drink large amounts. Balancing these and other cultural values of your dual heritage gives you a richer, more nuanced perspective on life.

So, what is left for us biracial people? Maybe we should go and create our own communities and cities where we all understand each other and can be proudly biracial. But that would do a great disservice. Our perspectives and world views enrich our lives and the lives of those around us, through our unique cultural experiences.

biracial

words by thomas duffy, photography by estelle ciesla



"Yet, our perspectives and world views enrich our lives and the lives of those around us"



Trolls under the bridge: tribalism and freedom of speech



How can we have more productive conversations about free speech?

words by aidan patrick
art by hannah bruton

“You can’t say anything these days,” he said, “It’s political correctness gone mad!”

Some of you rolled your eyes, and some of you nodded. Political correctness is the issue in vogue – and you’re told you have to take a side. For its detractors, it’s about freedom of speech. For its supporters, it’s about freedom from oppression.

That’s a problem though. There is no general rule we can apply to this concept. It’s a debate about language, sure, but ultimately, it’s a debate about people and what they should and shouldn’t say to one another. And like people, it’s messy, it’s complicated, and no two cases are the same. A debate over no-platforming a certain speaker is, categorically, not a debate about no-platforming every speaker. It’s about that speaker, and why they should or shouldn’t be invited. The debate isn’t about specific instances, but the conditions around them. So how and where should we have these debates?

“Political correctness is the issue in vogue”

Let’s cut away the extremes. It is nonsense to suggest that there should be no restrictions on free speech. Sometimes you should be silenced. You should rightly be prosecuted for shouting “fire” in a crowded cinema. Incitement to violence is morally abhorrent and those who preach it ought to suffer the consequences. Furthermore, libel law protects you from slanderous material in print. On the other side, free speech should exist even if you dislike the outcomes. You shouldn’t be banned from discussing something merely because somebody else finds it unpleasant. Censorship carries with it a high moral burden, a burden that is rarely met by one person or a group alone. The discussion takes place between these two poles, in a reasonable ‘middle ground’ of what can be discussed.

I stress “reasonable”. Too often, malicious intent is ascribed to speakers. For the most part, people have good intentions and reason well. It is better to assume that they are good and sometimes be proven wrong, than to assume that they are bad and sometimes be proven right.

A person arguing for safe spaces usually

doesn’t believe that everything that is offensive should be banned. A person arguing against a no-platform policy for a particular speaker usually isn’t trying to erase people’s identities. It is easy to accuse somebody you disagree with of extreme things, but it helps nobody. Equally, accusing the other side of being stupid is easy, but still wrong. Most of the people you will encounter in your social circle are as smart as you, if not smarter. Robust, reasonable debate only happens with mutual respect.

“Accusing the other side of being stupid is easy, but still wrong”

Without this crucial axiom, the discussion is meaningless. If you are convinced the other side comes from a place of malice or stupidity, you’re never going to change your mind – it’s already been made up. What’s the point in engaging in a discussion when you’ve decided the other side is wrong before the conversation even starts?

This is the problem with people like Steven Crowder, a YouTube celebrity who ‘debates’ with students on campus. His channel is chock-full of videos in which he relentlessly mocks people with different opinions to him. His brand is built on a refusal to accept the other side. We all deserve to be listened to, and when we aren’t, it just drives us further apart. Many who voted Leave felt – with good justification – that their Remain counterparts didn’t listen to them, and that they were simply considered too stupid to make the ‘right’ decision.

When I say “reasonable”, I don’t mean to say that these arguments should be devoid of emotion. Human emotion is a vital part of the human experience, and what we say to each other is a vital part of how we experience life. Despite what some people say, there is no coherent distinction between ‘emotional arguments’ and ‘logical arguments’. We make decisions every day on the basis of what will make us feel better. As a society, we make policies on the basis of making people feel happier.

The reason that economic growth is good is not because our money will be worth more, it’s because we can live better lives with the money we have. When considering what we should and shouldn’t say to each other, our emotional response is central. It’s logically valid

to accommodate your feelings, and the feelings of others. In a debate, no reason is unimportant, it’s just that some reasons are more important.

So where can we have these debates? Freedom to speak your mind exists in some spaces, but not all spaces. This is a very good thing. It would be absurd to allow a whiskey salesman into an Alcoholics Anonymous meeting.

That space exists so people can share their experiences with other recovering alcoholics, and not to become worse ones. We all deserve a space to share our experiences with like-minded people without fear of ridicule, or invasion by groups who don’t have our best interests at heart. As a corollary, some spaces are ill-suited to some speech. For example, it is also wrong to host a Gamblers Anonymous meeting in a Ladbrokes, because that space is not for those people. Sometimes you should hold your tongue, not because of what you’re saying, but because of where you’re saying it.

Equally, if there should exist spaces where people can share their ideas without ridicule, there should exist spaces where ideas can be measured up against others. There should be a forum where ideas are assessed on their merit, and voices (so long as they are well-intentioned) should be heard. I sometimes hear it said that there are no such spaces at UCL. This is wrong. UCL has a wealth of societies dedicated to debate and discussion. You’re reading an article from one.

“Don’t feed the trolls, build bridges over them”

Politics bends towards tribalism, and the debate around free speech is just another example of that. It is the duty of each of us to take this seriously, and approach it in a robust and fair way. We ought to try and bridge the gaps between us, rather than stay locked in our own bubbles.

While there are always trolls Tweeting from underneath the bridge we intend to build, they should be ignored. All serious sides of this debate acknowledge that speech has power. If it didn’t, the issue would be trivial – if nothing anyone says matters, why should we care whether they say it at all? Freedom of speech isn’t a triviality, and both sides know that. So don’t feed the trolls, build bridges over them.

EDUCATION ESTABLISHMENT: THE BALANCED RESPONSE TO POPULISM

Populist rhetoric is readily dismissed. Is there a better way of responding to it?

words by ádám lóránd, art by natalie wooding

Since the 2015 peak of the European migration crisis, populists from mainly the (far) right, but also occasionally from the (far) left of the political spectrum have been on the rise. Not only in Europe, where populism has been causing quite a bit of headache to the ‘mainstream’ European leaders and the EU as a whole (think Prime Minister Viktor Orbán of Hungary, or Brexit), but also in the US, and more recently, Brazil.

Jair Bolsonaro and Donald Trump’s electoral victories, however, were not the first time populist forces prevailed in the Americas. Indeed, in the 20th century populism was a mainly Pan-American phenomenon; from the numerous populist governments across South America in the 1980s, to Ross Perot in the US (who achieved the best ever result for an independent candidate in the 1992 presidential elections).

“ HOW HAVE POPULISTS MANAGED TO STICK AROUND FOR SO MANY DECADES? ”

In the first decade of the 21st century, populism’s ‘centre’ shifted to Europe, where populist forces have become prominent political actors since the global financial crisis. The joint effect of the financial and the European migration crises have also led to the re-emergence of populist forces in the Americas, primarily in the shape of the aforementioned figures.



From this short historical summary, it is clear that populism has been around for quite a while. Populist forces use the discontent of the people, condemning the establishment for whatever problems a country has.

They also tend to have no (or few) real

policy measures, and even those tend to be quite vague. “Make America Great Again” by improving economic performance and imposing tariffs to cut the US trade deficit (because “it’s not free trade; it’s stupid trade” according to President Trump).



Further, stopping migrants – accused of taking the jobs of Hungarians, making Hungary into an “Islamic migrant country”, and raping Hungarian women – from entering the country (policies that Orbán outlined as the most important in the 2018 electoral campaign).

President-elect Bolsonaro promised to make “the necessary adjustments to guarantee growth with low inflation and job generation”, in reference to improving Brazil’s economic situation. Trump suggested a set of “real” policies, but he did not account for the consequences that his policies might entail, such as the current trade war with China.

Orbán decided to push his narrative of Syrian migrants flooding Hungary, without engaging in any debate over – or coming up with policies that help solve – the most burning problems of the country, like the state of the public healthcare and education systems.

Bolsonaro’s policies, similarly to Trump’s, do not say how exactly he would like to achieve the goals mentioned above, making them little more than vote-baiting promises.

So, if all populists are capable of pointing the finger at the establishment, making unfounded claims and coming up with not-at-all-thought-out policies, why have they managed to stick around for so many decades? The answer lies in the way the establishment has answered populists, and its continuous failure to truly address the (real or imagined) issues of the masses.

Most establishment politicians, academics, and other experts tend to act quite dismissively towards populist politicians, and also, though

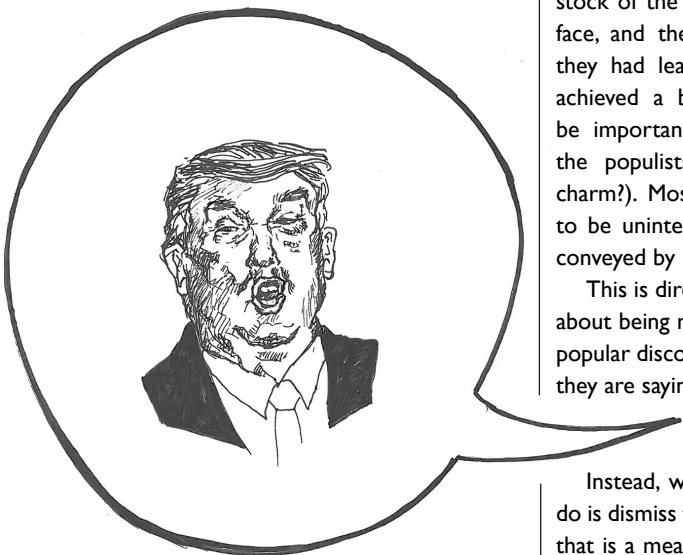
rarely, towards people who vote for populists. This strategy has led to a vicious circle: populists emerge using slogans that say they are representing the people the establishment does not care about, to which the establishment responds that they are just using people's naivety and ignorance to gain political power.

The populists, in turn, can denounce the establishment as enemies of the people, using the elite's comments against themselves. In this situation, the elite grows desperate, and tends to call out the populists for not engaging in any kind of productive debate with them. I have to admit, this is a fair point – but the truth is, the populists don't really *need* to engage in dialogue with them to maintain their electoral support.

Their voters come from the parts of society which feel abandoned by the establishment or the current liberal economic system, the key features of which are relatively free movement of the factors of production, and relatively free trade.

I would like to emphasise the latter as an important factor in populist voting; Trump voters are mostly disillusioned with free trade, while in the Brexit referendum, Leave voters were disillusioned with free movement within the EU. Thus, populist voters do not require their preferred candidates to engage in debate with an establishment they themselves do not value much.

What could the establishment do to prevent this vicious circle from forming? Firstly, they should be more engaging with the general population.

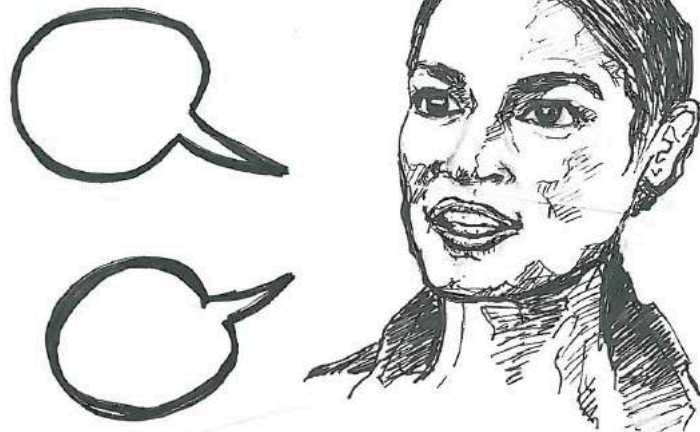


This is showcased excellently by the seemingly endless stream of comments underneath recently elected congresswoman Alexandria Ocasio-Cortez's Tweet about not being able to afford to rent a flat in Washington, DC.

Most comments praised her as one of the few politicians who actually know what

everyday life is like for the average person, and condemned the majority of politicians as rich people who have no idea about how hard everyday life is for ordinary people.

The case of the 2018 Hungarian elections is another great example: Orbán's party won primarily because the state-owned media (including the most widely-accessible TV channels) and regional newspapers – owned by oligarchs closely dependent on the Orbán regime – were used as propaganda tools to spread the message of “just how dangerous the hordes of Muslim immigrants were”.



Now, if opposition politicians had gone to as many small villages and towns in the countryside (the socio-economically worst-situated regions) as possible to personally take stock of the problems the people living there face, and then form policies based on what they had learned, they probably would have achieved a better result. Secondly, it would be important to start trying to understand the populists' arguments (or should I say, charm?). Most establishment politicians seem to be uninterested in the important message conveyed by populist rhetoric.

This is directly related to the previous point about being more engaging: populists live off of popular discontent, so actually listening to what they are saying might be useful.

Instead, what most 'mainstream' politicians do is dismiss the populist rhetoric as something that is a means to an end while not carrying a 'useful' message.

Thirdly, and probably most importantly, the political establishment and society as a whole should seek to educate people. Now, I am not talking about a 'classical' education (don't get me wrong, I am not underplaying its importance), but rather improving social cohesion.

If one looks at populist rhetoric, the

demonisation of a certain group is a key part of it. Be it Eastern European immigrants in the UK (Brexit), Latin-American illegal immigrants (Trump), or Syrian refugees (Orbán, Geert Wilders in the Netherlands, AfD in Germany), scapegoating a group of people is omnipresent in populists' speeches.

By improving social cohesion and educating each other on our cultural and religious values, we might help reduce the usually unfounded hatred felt towards people who differ from oneself. The relative weakness of populists in big cities, which tend to be more multicultural than those from rural areas, underpins this argument.

Even if we take all the other factors into consideration, such as people living in cities having higher incomes and being better educated, the argument about multiculturalism shouldn't be played down.

“
**MOST ESTABLISHMENT
 POLITICIANS
 SEEM TO BE UNINTERESTED IN THE
 IMPORTANT MESSAGE
 CONVEYED BY POPULISTIC
 RHETORIC**
 ”

To give a more balanced response to populism, the establishment and society as a whole must realise that they both have an important and direct role to play, rather than just verbally combatting populists or not voting for them.

Once this happens, we could start to work on the specifics of how to permanently improve our socio-economic and political systems, so that the average person feels less abandoned by their own kind.

counting down to day zero

The global water crisis has us on borrowed time

words by jessica jones
art by temi ajayi

Balance can be achieved through an equal relationship between supply and demand, cultivating sustainability.

When we look at our treatment of our most valuable resource, water, our actions are strikingly out of balance. The exponential increase in demand for water has created the growing concern that is the global water crisis. According to the National Environmental Education Foundation, water consumption has tripled globally in the last 50 years, with the World Bank predicting that by 2025 two thirds of the world's population will suffer a shortage of fresh drinking water. This vital human resource is being treated and priced as if it were limitless, and thus is used in absurdly wasteful ways. BBC's environment correspondent Matt McGrath reports that enough water to meet the needs of 20 million people every day is lost through leakage. The urgency of this crisis is often overlooked, despite it being our largest global risk in terms of impact over the next decade.

There are two kinds of water scarcity: physical and economical. Physical water scarcity is an issue of quantity, where there is no longer enough water to meet its demand, whether that is due to uneven distribution or by the draining of aquifers. Aquifers are bodies of permeable rock found underground that can contain or transmit groundwater. They also provide 37% of our drinking water. To extract this water, we

drill into these wells and pump the water out.

However, these underground deposits of water have accumulated over millennia, and will take millennia to fill back up again. Additionally, the surface soil above these ever-emptying wells physically sinks as a result of this extraction. The effect is irreversible and has become a damaging reality to regions such as Mexico City.

“The Environment Agency has warned that England will be facing water supply shortages in 2050 unless rapid action is taken to curb its water use and wastage”

Economic water scarcity, on the other hand, is an issue of water quality and the economic support required. For example, a lack of technology and investment needed to provide clean fresh water can cease to exist even when water is physically available. This is particularly prevalent in regions such as Sub-Saharan Africa. However, in London (one of the most developed cities in the world), any talk of water scarcity or rationing can seem fictitious and dystopian – a cause for widespread dismissal. However, the Environment Agency has warned that England will be facing water supply shortages in 2050 unless rapid action is taken to curb its water use and wastage. To imagine the extremity of what rationing would be like, we can look at the state of Africa's fourth richest city: Cape Town.

From 2015 to 2017, Cape Town suffered

severe droughts, putting a strain on the water resources accessible to the city. Although measures to conserve water were put into place in 2015, by May 2017 it was declared that Cape Town was experiencing the worst dry season in a century. The Theewaterskloof Dam, despite government efforts, was drying up, and water restrictions became increasingly severe until the nightmare of 'Day Zero' became a fast approaching reality. Day Zero refers to Cape Town's doomsday countdown, where the city's faucets are set to run dry, leaving citizens to queue for rationed fresh water. This day was first announced in 2017 to occur in March 2018. However, due to successful implementation of legally binding water restrictions, the citizens of Cape Town grouped together in an urgent effort to push back their Day Zero for as long as possible. The idea that Cape Town would become the first city on earth to run out of water caught the attention of national and international media outlets, inspiring a flurry of environmentally conscious and fear-mongering articles.

The approaching Day Zero has already drastically changed the attitude of thousands of residents. In March 2018, CNN reporter Raymond Joseph wrote of his experience driving through Cape Town, and the 20 people lined up on the street in an orderly queue, all of whom were holding large plastic bottles. Apparently, rumours had spread throughout

**THE UK USES A
DAILY AVERAGE
OF 150 LITRES
PER PERSON.**

**WHEN IS OUR
DAY ZERO?**

the neighbourhood of a burst water main, from which fresh water was wastefully flowing. Immediately, citizens arrived to systematically conserve the water instead of leaving it to flow into the storm drain. These efforts likely stem from Cape Town's daily water use restrictions of 50 litres per person, differing from the UK's daily average use of 150 litres per person. From drastic actions such as these, Cape Town's Day Zero countdown has been postponed until further notice, although we are likely to see more stories of its return in 2019.

The perceived value of water in Cape Town has skyrocketed since the potential threat of its disappearance. Yet, for those of us who cannot imagine its disappearance as it seamlessly pours from our taps, we find difficulty in attaching any real value to it. How do we value something, economically speaking, that is necessary to every living person? Less than 1% of the world's water supply is readily available for human use, the rest is salty, frozen at the poles, or trapped underground. And 70% of the 1% of available water is used on water-intensive agriculture and lost through leaky pipes.

Goldman and Sachs predict that water will be "the petroleum of the next century", due to its diminishing supply and rapidly growing demand worldwide. The debate of whether water is a commodity, or an essential human resource remains in discussion as its value becomes unprecedented. In 2011, Citigroup's Willem Buitler said that "water as an asset will eventually become the single most important physical-commodity based asset class, dwarfing oil, copper, agricultural commodities and precious metals." There is a disconcerting pattern of billionaires such as George H.W. Bush and banks such as JP Morgan and HSBC that are buying thousands of acres of land containing aquifers, lakes, and water utilities.

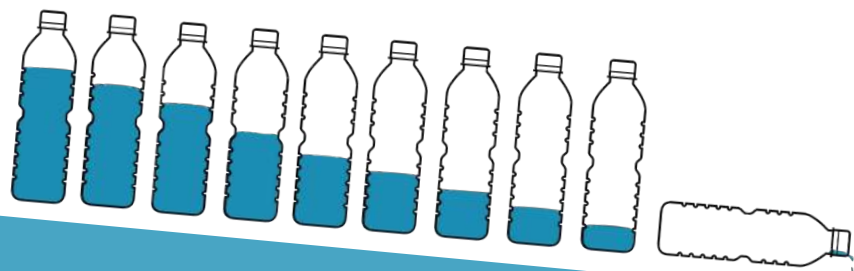
Investing powerhouses such as T. Boone

Pickens and UBS are also buying shares in water engineering and technology companies across the world. Many believe the privatisation of water to be incompatible with ensuring the international human right to water, as it gives a select few the power to dictate an international necessity. The privatisation of water also means significant price increases, furthering the economic water disparity that already exists.

"For those of us who cannot imagine its disappearance as it seamlessly pours from our taps, we find difficulty in attaching any real value to it"

However, it is certain that in the next few decades water will become the sought-after commodity. Michael Burry is famous for predicting the 2008 downfall of the subprime lending market years before anyone else. His story of his profits made from America's economic crash inspired the Hollywood film *The Big Short*, where his Wall Street guru persona is re-enacted by Christian Bale. Since 2016, it became apparent that Burry "is focusing all his trading on one commodity: water".

Perhaps our Day Zero feels too far away to spur on such intensive conservation efforts. However, it is apparent that there needs to be significant change in the way we perceive water. Investment in water leakage reparations and environmentally safer desalination schemes, if applied internationally, could save the lives of millions. Irrigation efforts can become more efficient and a change in national attitude towards water could promote a thread of popularity for conservation. Yet, unless human ingenuity comes up with a sustainable way of accessing or re-creating fresh water, without severe or irreversible impacts to the environment, we are ultimately all on borrowed time.



Hijacks and imbalances:

childhood cancer

Doctors examine the scans of a child, barely one year old. A large tumour presses on one side of his spine. Telling the parents there is nothing that can be done, the doctors send the family on their way without any treatment. This isn't merely the end of a sad tale, it's also the start of an unwanted quirk of nature.

Cancer is often considered a disease of the elderly, accompanied by greying hairs and a longing for the good old days – but this isn't always the case. Cancers can occur at any age, but those found in children and teenagers are often wildly different from their adult counterparts, even forming their own field of research. These cancers can have different survival outcomes, different treatment regimes, and even different mutations.

Cancers are growing masses, ever expanding and selfishly-driven, diverting nutrients and blood from the functioning body and ignoring biological instructions to die despite containing a crumbling jumble of DNA. They do not occur overnight, but in multiple tiny steps, hitting vital cellular mechanisms one at a time. First, the mutations in the DNA stop the cells fulfilling their potential of becoming healthy skin, blood or muscle, instead trapping them in a perpetual cellular puberty – oddly shaped, with a weird diet, and unsure of their place in the world. Then, they increase their growth, the broken cells multiplying exponentially while turning off the mechanisms designed to terminate them. This is a lethal combination. But what happens if many of these mechanisms are already in place, if there is no need for these mutations to occur? This is often the case in children.

Imagine a host which is already primed to grow quickly and even has cells which heal wounds better, because they have yet to determine what they will be for the rest of their adult life. That is a child: fertile soil for a cancer to grow. When you consider that an egg has to transition from a single cell to a fully formed

human, it may be more of a shock that we don't see a staggering number of childhood cancers.

“Researchers at UCL are able to push stem cells through the various stages of embryonic development”

For many childhood cancers, the process can start before the child is even born. In the 1990s, when scientists looked at the blood of newborn twins who would both develop blood cancer, they found the first cancerous mutation existed in both patients. These twins had shared a placenta and a blood supply before being

born, allowing the mutant cells to freely flow between the embryos – demonstrating that the first mutations in childhood leukaemia actually started within the womb.

Flash forward to the modern day and researchers have long stopped looking at spots of blood. Instead, they are now mimicking the developing embryo in the lab. Working with induced stem cells, artificially created by genetically manipulating cells from an adult human, scientists have been able to recreate some of the earliest events in embryonic development. Stem cells can continuously reproduce and have the potential to form multiple cell types and organs. By growing these cells in the right conditions, researchers at UCL



The science of childhood cancer reveals the delicate balances in the human body

words by alexander marshall
photography by catherine zang

are able to push stem cells through the various stages of embryonic development towards a desired cell type, dissecting the process of early blood production along the way.

Emma Laycock, a researcher at UCL's Cancer Institute, works on a mutation found in 1/100 newborn babies and is currently "growing leukaemia in a dish" from stem cells, made from human foreskin. While 1/100 babies are born with the mutation, only 1/10,000 will go on to develop the leukaemia she works on, raising some interesting questions. "We're trying to figure out how leukaemia develops in children," Emma Laycock explains. "What happens to the cells that have these mutations? Why are these particular cells vulnerable to the mutations?"

Her work, alongside Dr Charlotta Boiers, has shown that the effect of the mutation is primarily on a rare stage of white blood cell development, unique to the embryo: "Most of the time these errors are detected and, if they can't be repaired, cells are sent a self-destruct signal. We think mutations, like you get in childhood leukaemia, are these developmental mistakes that managed to escape detection and live past their expiry date." This means that if the mutation occurs in cells too late, or in cells that do not need to pass through this unique stage, they will function normally and eventually die without ever being noticed.

While blood cancers provided some of the first key evidence for the pre-birth origins of childhood cancer, the link with normal development was evident. Picture a tumour with thin, wiry black hair, teeth protruding at odd angles, a collection of intertwined nerves and muscles and even the odd shrunken limb – a horror of the imagination worthy of Victor

Frankenstein. This is a teratoma.

Growing in both adults and children, teratomas are a microcosm of growth, a horrific picture encapsulating all aspects of the human body. Forming from the testis or ovaries in adults, teratomas are an exemplary demonstration of the intimate balance between the programming which controls normal growth and cancer. The cells within the sex organs, which go on to produce eggs or sperm, need to have the innate potential to become any part of the body. When this goes awry, the terrible consequence is a teratoma. If their appearance was not enough of a reason to hate them, these demonic-looking cancers form the most challenging issue towards advancing stem cell therapies. Originally, it was thought that transplanting stem cells could solve many of the ailments facing mankind, due to their ability to become any type of cell. However, in initial experiments, these cells frequently became large teratomas when they were transplanted into mice.

“Teratomas are an exemplary demonstration of the intimate balance between the programming which controls normal growth and cancer”

But not everything about childhood cancers is a cause for alarm. Many children respond better to treatment than adults (although there can be some long term implications), and certain childhood cancers can simply disappear. For example, one specific type of cancer, called a neuroblastoma, often starts in the developing nerves of the embryo. Most children are diagnosed before the age of 10, but if a neuroblastoma is diagnosed before the age of one, and restricted to only one side of the body, the child is often left untreated. Incredibly, the outcome is usually that the tumour merely fades away – becoming part of the body or just dying off unnoticed.

It's a terrible juxtaposition – a trick of fate played by the world – for a child so full of life to be burdened with a cancer. Yet, in many ways, the links between them are intertwined on a deep molecular level. Mutations which are rendered useless at any other time in an adult are only allowed to blossom because they can prey on the quirks of a growing embryo – an embryo which must be able to rapidly grow, avoid death, and take nutrients at the cost of the mother. Unlike other cancers, it is not the specific genetics or mutations that make childhood cancers such an interesting field of study: it's the oddities that surround them, which arise from hijacking the naturally delicate balance in the fledgling human body.

IT IS NOT THE SPECIFIC GENETICS OR MUTATIONS THAT MAKE CHILDHOOD CANCERS SUCH AN INTERESTING FIELD OF STUDY: IT'S THE ODDITIES THAT SURROUND THEM, WHICH ARISE FROM HIJACKING THE NATURALLY DELICATE BALANCE IN THE FLEDGLING HUMAN BODY.



Rowing AGAINST *the tide*

Sports such as rowing are not just challenging physically, but also mentally. Here, Emilie and Jake discuss some of these challenges

Great Britain has topped the Olympic Games' medal table in rowing for the last three games, winning 9 golds, 6 silvers and 5 bronzes in that time. This is a huge haul, considering there are only 14 events offered.

But what does it take to make it to this level? The foundation of it is actually pretty simple: you need to train yourself to be at 100% of your physical potential. However, putting this into practice is a whole different story.

Most of us live our lives at around 40% or 50% of what we could be physically, and there's nothing wrong with that. You could be a perfectly healthy weight, do the 'prescribed' 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity every week, and live to be 112, all while living your life at 40% of your 'physical fitness potential'. So how do you move yourself from being at 40% to 100% (or even 75-85% like a normal university rower), and how much can this undertaking mess with your mind?

A rower's perspective: words by Jake Figi

At any half-decent rowing program, your first year should be relatively smooth sailing. The main thing to overcome is an incredibly steep learning curve. Beyond this though, most clubs are supportive and try to reassure their novices (i.e. those who have very little experience) that they are making incredible progress (or at least this is what I think UCL's Boat Club [UCLBC] does well).

"As a rower, you need to train yourself to be at 100% of your physical potential"

At UCLBC, we try to ease novice rowers in slowly, but no matter what you do there's still a massive learning curve for them to overcome, which is both a positive and a negative. On one hand, you have the huge pressure of trying to learn a fairly complex new sport from scratch. This adds all sorts of mental strains. For example, you experience substantial amounts of self-doubt, thinking to yourself "why am I so

awful at this sport?!" while you're actually just as inexperienced as everyone else who has just started.

Some people will also obtain their first taste of non-academic competition, whereas others may experience real 'failure' for the first time (or rather, failure to achieve their own goals, such as making a top boat). Yet, on the other hand, you experience the huge physical and mental benefits of regular exercise.

As a result, most new rowers will get a great deal of satisfaction as they see themselves improve on a near-daily basis. Once you move into your later years of rowing, a whole new host of problems and benefits instead may arise.

A common theme that underlies life experiences is that the deeper you delve into a subject, and the better you understand that subject, the better you then understand the subject as a whole, and just how much there is to learn about it. It's the classic iceberg description: once you look under the surface, you realise just how much there really is.

It often feels like it's one step forward and two steps back, even when you aren't taking any steps back. You reach your goal, but as soon as you do, you realise that your goal wasn't very ambitious to start with. Five goals later, and you are still dissatisfied with what you have achieved. There's always someone better, faster, stronger, lighter, more technical, having better endurance, a better squat, more flexibility, a stronger core, or just more knowledgeable about the sport. It always seems to be a losing battle.

A typical outing (rowing on the water) will consist of between 1,250 and 2,000 strokes - blade in the water and back out again. To put what I have just discussed into perspective, I'll briefly run through my typical thought pattern during each of those strokes:

"Ok, hold your core and keep your back upright and forward. Push. Strong swing back, but not too far. Get that tap down with your left wrist flat. Keep that back straight and get the arms out in front quickly, and keep the knees locked down. Blade staying level, check the man in front for reference. Square the blade up and keep in time. Don't dip that outside shoulder. Strong position at the front, and make sure you don't rock over any more once the position is set. Lift the hands now, quick. Damn, too slow again. I hope I didn't splash the guy behind me..."

That's pretty much what I think for the three

seconds each stroke takes. Over 1,000 times, five times a week. Some of it is subconscious, but most is near-active thought. So, this provides an ideal opportunity for me to doubt myself, and judge myself thousands of times, in a short hour and a half. Constantly striving to take that one perfect stroke, the one the coach makes sound so easy and is constantly trying to drill into my head. But it isn't easy.

And, often that pressure and doubt makes me question my place in this sport. Why should I bother with this if I will never be good enough, or row well enough for people to think I'm 'good' at rowing?

A coxes' perspective: words by Emilie Morrow

In rowing, the cox is the person who sits at the end of the boat, sometimes at the front, and sometimes at the back (depending on the boat itself). Ultimately, they act as an all-knowledgeable coach, sitting with a microphone linked to speakers which project sound all the way down the boat, and juggle being aware of the boat's surroundings with being aware of what's going on in the boat. They're the voice of the boat, controlling when the boat stops or starts, the rate at which it's moving, and how and when it turns.

They also analyse who is doing what in the boat: who's blade is going in early? How level are the handle heights of the blades? Is everyone in the boat squaring early enough?

Whilst being aware of the internal workings of the boat, a cox must also be aware of the position of the boat on the water - what is the effect of the wind on us when we're stationary? How powerful is the tide? How shallow is the water in this area at this water level? The positioning of the boat must also abide by the Tideway Code (a set of rules dictating where boats can be according to which way they're going, which way the stream is moving, as well as other factors, on the Thames).

Perhaps to someone outside of the rowing world, this sounds quite stressful - equally, perhaps not. But in rowing, there has long existed somewhat of a stigma surrounding the role of the cox.

Often seen as a 'dead weight' in the boat, annoying or useless, coxes were historically treated poorly and treated as verbal punching bags for frustrated athletes. Whilst things are

photography by ellen forsyth



now significantly better, a lot of issues still linger surrounding personal wellbeing in coxing.

Speaking to coxes, the issues seem to start with outsider perception: their role is not as physically exerting, and therefore is seen as less demanding than that of rowers. The mental stresses and strains of coxing are frequently belittled, and, unlike rowers, there is often no opportunity to burn off steam in the same way. Certainly, there isn't the same feel-good release of endorphins that those rowing will experience through physical exertion.

This is acknowledged by coxes alike. "Whilst not very helpful or necessary to compare the roles of rowers and coxes, given each have different requirements, and the impact on either varies, coxing doesn't get the physical benefits of rowing, which does counter the mental exertion and stress," stated a fellow cox.

"Therefore, I often finish coxing and feel mentally drained after two hours of responsibility and leadership, and having to constantly analyse the boat and its inhabitants."

She continues. "Yet, the stress sits with me long after a session, as I haven't physically worked it off. Whilst I could then do some exercise independently, I am often too tired

to do so. This is quite a harmful cycle, and this manifestation of stress is also hard to express, given that the other four or eight individuals in the boat have physically exerted themselves for the same amount of time."

Whilst not physically moving a blade through the water, coxes are also required to maintain a strong core, particularly in fast paced races, in order to increase the fluidity of the motion of the boat.

This, in combination with the physical impact of having to provide a constant stream of calls, is often underestimated - this is not to say that it is comparable to the output of the rowers, but rather, these factors are rarely acknowledged to exist at all.

However, the issues that have been described from both perspectives lie in a much larger-scale problem with society as a whole, in that mental health is still not perceived as of equal importance to physical health.

As efforts are made towards changing this perception, sports such as rowing should benefit, and ultimately, sports will serve to enhance both physical and mental wellbeing for all athletes involved, no matter what role they may play.

UCLBC's Rowathon for Mind: words by Laura Riggall

Every year, UCLBC complete a rowathon for a charity of their choice. The aim is to accumulate as many kilometers as possible, whereby rowers take turns to row continuously on two rowing machines over a 48-hour period. Held in Covent Garden Market, the public can not only donate, but provide motivation. UCLBC believes it's important to give something back to the community, and given some of the challenges rowers and coxes alike face, chose Mind knowing the importance of good mental health for everyone.

Specifically, Mind aims to change public attitudes and government policy towards mental health whilst raising awareness. They also continue to ensure that everyone with a mental health problem has somewhere to turn for advice and support. This year, UCLBC raised over £1,500 for Mind.

"A lot of issues still linger, surrounding personal wellbeing in coxing"

Are the 'Big Six' killing English football?

The Premier League proclaims to be "the most competitive league in the world". But is this still the case?

words by george glover, art by ashley broom

One could make a strong case for the English Premier League being the UK's finest export. It is the world's most-watched sports league, broadcast in 212 territories to 643 million homes, and to a potential TV audience of 4.7 billion people.

An idea of competitive balance has always been central to the league's commercial success, with the phrase "anyone can beat anyone" utilised not only as a dreadful pundit's cliché, but also as a canny marketing slogan that attracts fans looking for excitement and unpredictability. Recently, though, this balance has been undermined by the emergence of the 'Big Six'.

The Big Six consists of six clubs – Manchester United, Manchester City, Chelsea, Arsenal, Tottenham and Liverpool – that have significantly more financial power than the rest of the league.

Since the early 2010s, when the sub-grouping emerged, the clubs have collaborated together to control the league in a cartel-like manner; most notably, they recently re-negotiated the Premier League's overseas TV rights deal to ensure that revenue will no longer be shared equally between the division's 20 clubs.

A key reason for this financial disparity is a shift in the ownership model of football clubs. When the Premier League was founded in 1992, chairmen such as Manchester United's Martin Edwards, Tottenham's Irving Scholar, and Arsenal's David Dein prided themselves on running their clubs as business ventures, applying commercial principles and prioritising profit ahead of revenue.

25 seasons later, much has changed. The globalisation of football has enabled investment from overseas tycoons that prioritise success on the pitch ahead of profit margins.

The most egregious case of what one might

disparagingly call a footballing 'sugar daddy' used to be Chelsea's owner Roman Abramovich; since his first investment in 2003, Abramovich has reportedly loaned the club over £1 billion, and the club used to regularly make losses of over £100 million per season.

This investment helped to catapult a previously mediocre club into the 'Big Four', a precursor to the Big Six. The same business model of excessive spending with a prioritisation of revenue over profit has been pursued by City Football Group, the Emirati businessmen that own Manchester City, and who have strong links to the Abu Dhabi royal family.

Last season's City squad cost £777 million to put together, a staggering transfer outlay that

the second year in a row; sixth-placed Arsenal finished nine points above seventh-placed Burnley. This shows that the financial disparity that exists between the wealthiest and the rest is increasingly being reflected by on-field performance.

"The Big Six have collaborated together to control the league in a cartel-like manner"

However, perhaps the stat that best represents this is goal difference. In 2011, teams won games by an average of 0.93 goals, yet by 2018, the average margin of victory had ballooned to 1.60. This indicates a worrying growth in one-sided matches that make for poor viewing experiences, and almost all of these games come as a result of the Big Six's expensively assembled squads thrashing the Premier League's financial minnows.

For example, at the time of writing, City had won five of their 13 Premier League fixtures by a margin of four goals or more. While the Mancunian club's fans might enjoy such dominance, it is unlikely to attract foreign viewers, who would be better served in terms of entertainment by switching channel to watch other more competitive leagues. Thus, the Big Six's dominance can alienate potential audiences and risks eroding the Premier League's global brand.

At least Manchester City's dominance has come from playing exciting and attacking football; manager Pep Guardiola has even had the courtesy to improve a few English players, including World Cup stars Raheem Sterling and John Stones. If potential fans are alienated by City's repeated thrashings of smaller Premier League clubs, they should be actively repulsed



Premier League clubs outside the Big Six could never match. They went on to win the 2017/18 Premier League title by record-breaking margins, and became the first team to record 100 points.

City's outstanding campaign coincided with the Big Six occupying the top six positions for

football's competitive balance?

by the theatrics of their cross-town rivals Manchester United.

Ex-manager José Mourinho insisted on coaching his side to play dull, defensive football, leading to a spate of 0-0 draws against much smaller clubs. Mourinho then routinely complained about a supposed lack of backing from United's board, despite the £302 million that the ownership group has spent since his appointment in 2016. Hypocrisy and monotony are arguably equal parts of the Big Six package.

Perhaps it is worth considering the historic context of an elite cartel dominating the Premier League. The competition itself was founded in 1992 by a 'Big Five' group of clubs (United, Arsenal, Tottenham, Liverpool and Everton) that sensed an opportunity for financial gain and thus broke away from the 104-year-old institution of the English Football League.

“Brexit may mean that the Big Six can no longer easily acquire top European stars”

In the 2000s, the league was dominated by the aforementioned Big Four (United, Arsenal, Liverpool and the newly-wealthy Chelsea). United, Chelsea, Arsenal and City have won 23 of the 25 titles since the league's formation, reflecting a general competitive imbalance whereby smaller clubs have seldom competed.

“It is undeniable that upsets and miracles still happen”

However, there is hope for football fans that the Premier League will reclaim its previous (self-given) title of “the most competitive league in the world” in the near future.

Financial Fair Play measures are yet to be properly enforced by Europe's governing body UEFA, but they do provide a framework to punish clubs for incurring massive losses as part of a strategy of unrestrained spending.

Furthermore, amongst the Big Six the title race is still hugely competitive: games between any two teams in the group become a must-see event, and no team has won consecutive Premier League titles since Manchester United in 2009.

Perhaps one silver-lining from Brexit may be that Big Six clubs can no longer so easily acquire top European stars, which would force them to concentrate on developing home-grown players and reduce the on-field gap with other Premier League clubs.

The best reminder of English football's enduring entertainment factor comes from one of the few clubs to break into the Big Six during the past decade: Leicester City. In the 2015-16 season, an unfancied and cheaply-assembled side embarrassed the cumulative riches of the Big Six.

The 'Leicester City story' gained the Premier League new fans around the world, and such an incredible underdog story was only so engaging because most football fans were actively rooting against top clubs' monopoly.

Even as modern English football seems increasingly imbalanced, it is undeniable that upsets and miracles still happen. Leicester proved that there remains some truth in that old Premier League marketing slogan: anyone can still beat anyone.



follow @ajbroom_art on Instagram

“Leicester proved that there remains some truth in that old Premier League slogan”



“Spanish and Bulgarian? That’s...interesting. Why those two?”
“What a strange mix! What made you want to study them?”
“Did you say Spanish and...what?” Bulgarian? Why?”

a european

Studying Spanish and Bulgarian, I’m no stranger to the curious, bewildered, and sometimes downright reproachful reactions I receive when asked about my degree subject. So far, everyone who has asked me what I study follows up this question with a variation of the above quotes: why?

Why such different languages? It is difficult to answer, as I never know what people are referring to when they say “different”. Different because linguistically they are practically strangers? Different because the countries are situated on opposite ends of Europe? Or different because the first is one of the most widely spoken languages in the world, and as for the other, a rather shocking number of people do not even know that it is a language.

However, what I find overwhelmingly more important, and what most people neglect to ask me about, is how through their differences I see their similarities. Looking through the Foreign and Commonwealth Office’s advice for British nationals travelling abroad, the words “basic” and “old-fashioned” crop up regularly in the section about Bulgaria. These warnings refer to facilities, hospitals, and even attitudes, whereas the dangers in Spain reflect something much more lively: spontaneous forest fires, strong river undercurrents, and a recommendation that I avoid all demonstrations and protests. I wondered if I would find my experiences there as different as these descriptions: one drab and dilapidated, the other a red-hot, impulsive flame.

Arriving in Bulgaria, I had arranged for my new landlord to pick me up at the airport, a decision that I was starting to regret as the minutes ticked by, waiting on an uncomfortable plastic bench next to the Arrivals sign. That being said, I could have just as easily been waiting in Departures, as those returning and

The cities of Sofia and Granada sit at opposite ends of Europe. Alexandra gives her insight on the balances struck between them

holiday-goers setting off blurred into one group in the oval-shaped, plastic white hall.

I am certain that most of the arrivals were Bulgarian natives returning home from holiday, unlike me, one of the few foreigners visiting Bulgaria in mid-February.

“It was as if Bulgaria had its own filter, unsettling the balance, heightening the contrast on everything”

I was beginning to worry that entrusting the first day of my Bulgarian placement to a complete stranger was going to turn into one of the travel horror stories that one hears about. But I had done the relevant checks: I had looked up previous tenants, reviews, Erasmus forums, the Foreigners in Sofia Facebook group, which is a must for finding out information that only locals can tell you, and all the advice that the government’s Travel Aware Campaign had to offer. Eventually, my phone picked up a signal, and a string of messages from my landlord flurried in, assuring me that he was on his way.

Often the most effective way to explore a new place is on a train, coach or bus, or as in this particular case, an incredibly dusty yet hard and sturdy Jeep. Able to take in the lengthy view of the contours of the new horizons that would hug my peripheral vision for the duration of my stay in Sofia, the drive from the airport was grey. Not an English, drizzly grey, but a grey with shadows of forest green, a grey balance of vibrantly alive, plush yet silhouetted pine trees, and half-dead collections of dusty brown sprigs, somehow still uprightly sticking out of the ground and competing for height with their leafy cousins. Streets were lined with structurally identical, yet characteristically distinct, smoky and dilapidated buildings, the grey shadow of Communism uniting their brown suburbs. It was as if Bulgaria had its own filter, unsettling the balance, heightening the contrast on everything – green and brown, dead and alive, rich and poor – whilst covering everything with a stony, slate-like shadow of



ash. Perhaps it was just the smoke from my new landlord's girlfriend's skinny cigarette getting in my eyes.

Landing in Granada proved to be somewhat more straightforward. Whereas Sofia had felt shrouded in mystery, the Spanish city's secrets shouted at me and burned my eyes and skin with their colourful yellow heat.

My friendly taxi driver mirrored the happy and curious questions of my Bulgarian landlord, both journeys tongue-tying me linguistically as I struggled to flip my brain between Spanish and Bulgarian modes. The lined olive face smiling at me in the rear-view mirror was kind, but his heavy Andalusian accent added a prickle of nervous sweat to my already uncomfortably flushed skin, which was slowly reddening under the flaming orange blue sky blasting in through the open windows of the taxi.

Here, the streets were cramped and narrow. The tanned buildings pushed into each other like chattering fans at a concert waiting for the famed flamenco dancers to flare along their stage: the yellowy-beige, hard, uneven tiles sparkling down the alleys of these long, winding terraces. Whilst the tops of the pale blonde buildings were taken over by sun terraces and curly black iron balconies, the bottoms belonged to the street-sellers and tapas bars.

The Arabic influence, present before the reclaiming of Catholic Spain, has maintained a stronghold in Granada; perhaps not politically, but certainly in the tourist industry.

“They structurally balance Europe between our neighbouring continents: Africa to the south of Spain and Asia to the east of Bulgaria”

Rich purple and golds woven into tapestries drape along alleys, and thick, pungent incense coils into the street from below. But beneath the bitter scent of frankincense were all the classic smells anyone might expect to find when in Spain: aromas of tomato dishes cooking at the backs of restaurants, salty cured meats hanging over their entrances, red wine and cigarette smoke wafting from tables, and fold-up chairs lining every pavement. Sometimes stereotypes exist for a reason.

At first glance, the impressions that struck me when entering Spain and Bulgaria were polar opposites. Now, my perspective has changed dramatically. I picture the two countries on a map not as the bottom corners of Europe, but rather more akin to funnels: winding footpaths, through and between different continents, religions, communities, shades and shadows of the world. They structurally balance Europe between our neighbouring continents: Africa to the south of Spain and Asia to the east of Bulgaria. On my year abroad, I attempted somewhat of a balancing act myself between these two different funnels of Europe, splitting my time between both, and attempting to harmonise my view of each, rather than carrying with me the cultural conflict of East vs. West.

balancing act

words by alexandra hodgkinson
art by carol bartlett





The Nordic Model. The Scandinavian Lifestyle. The obsession with Northern European countries as prototypes of political and societal utopias. By now, you're probably all sick of how-to guides on *hygge*, tired of the spotless perfection of Scandinavian showroom furniture, minimalist fashion, and idealised models of government and welfare states. The concept most recently appropriated by lifestyle connoisseurs is, however, quite interesting: the untranslatable Swedish word for balance and moderation, or rather, not too much yet not too little – just enough. The best translation might even be lukewarm, but not only for temperature. The word, and concept, is *lagom*, and it is often discussed as defining the Swedish psyche.

Used both as an adjective and adverb, *lagom* is neither positive nor negative, and initially seems completely harmless or perhaps even inspiring; for what better way to achieve happiness, minimise stress, and feel at peace than taking a step back and not overdoing everything? Although I frequently use it in Swedish, and feel that other languages and cultures are missing out, the consequences of the 'lagom mentality' in Sweden raises questions about how much *lagom* is just enough, and how much is too much.

"For what better way to achieve happiness, minimise stress, and feel at peace than taking a step back and not overdoing everything?"

Would you like more cake? No, I shouldn't eat any more than this – this is *lagom*. Should we go to all three parties this weekend or only two? We shouldn't overdo it, two is *lagom*. As a general guide, *lagom* teaches you to avoid both deficiency and excess. Although you might prefer more, being satisfied with and even striving for something less than perfect is the general idea. *Lagom* guides you to balance work and friends, encourages you to try your best, but never to push the boundaries. This is reflected in Scandinavian minimalist fashion, along with the perception of moderation and humility as key to being a good citizen. I often struggle finding an adequate translation of *lagom* in English, as no synonym for balance or moderation captures the neutral connotations of the original Swedish word, which defines something that is just right, without being inherently positive. In Swedish, the word *lagom* is nothing special or significant; it is just a very common term used by all ages in daily conversation.

There are numerous articles and books describing how *lagom* can change your life for the better and improve your mental health. Without completely rejecting the concept,

because I do quite frankly love it, I believe that *lagom* is the cause or explanation for some of the many flaws and issues of Swedish society. I was raised in South East Asia by Swedish parents and spent every summer in Stockholm, before eventually moving there at the age of 14. Therefore, I feel justified in comparing cultures so far as identifying what is Swedish and what is not typically Swedish in terms of cultural norms and social behaviour. From personal experience, I believe the main issue with *lagom* is how it manifests itself in the Swedish psyche. In a society where the goal is to strive for 'good enough', passion, ambition, and drive are often mistaken for trying to prove yourself as superior to everyone else.

Although balancing your workload, listening to your body, and pacing yourself to avoid overexertion are essential for mental and physical health, being determined and working towards reaching one's goals should not be condemned. Being privileged enough to grow up attending international schools abroad, I was educated in a very competitive environment, where success was praised and hard work encouraged. Excelling in a subject meant being offered additional, more challenging work in order to progress further. I therefore felt extremely out of place when I started a new school in Sweden and mentioned to my maths teacher that I had already covered the topics she was teaching – she politely asked me to wait until my peers had caught up to my level instead of giving me extra work. In my previous schools, I had been known as "hardworking" and "studious". In Sweden, I was labelled "overambitious".

Many argue against overly strict and disciplinary models of primary and secondary education, but the *lagom* mentality has pushed the Swedish education system in the polar opposite direction. Missed your essay deadline? Don't worry, hand it in when you can. Still haven't handed it in? That's ok, your grade will be based on the work that you did do. Obviously, there are a range of factors that have resulted in the decline of the Swedish education system in world rankings. However, this mentality of a more casual approach to studies and a fear of overworking students is a very visible culprit.

It is interesting to note that similar comments

"In a society where the goal is to strive for 'good enough', passion, ambition, and drive are often mistaken for trying to prove yourself as superior to everyone else."

How much lagom is lagom?

Moderation is a core principle of Swedish culture.

Can even this be pushed to excess?

words by alicia signell, photography by nina goldfuß

were made about my extracurricular interests. Being dedicated to the performing arts, I spent hours rehearsing and training for shows or sharpening my skills. This was something I chose to do that both made me happy and helped me combat the stress of my academic and social life. Although they recognised the importance of having a hobby, friends and extended family encouraged me to take a break, step down, relax, and quite frankly stop trying so hard. “Maybe tone it down a little, you wouldn’t want to exhaust yourself” was advice I was given weekly.

Having said that, lagom is not the only culprit for this societal resistance towards individual triumph and high-achievement. Jantelagen, meaning ‘The Law of Jante’, is a code of social behaviour considered a defining aspect of Scandinavian society, and is closely linked to the idea of lagom. First coined by satirical author Aksel Sandemose in the 1930s, Jantelagen describes the culture of not striving for, nor taking pride in, any form of individual progress or success. Whereas lagom is usually only considered a word describing a form of balance (which I have interpreted as a core source of a certain mentality), Jantelagen specifically defines the Scandinavian view on the individual in relation to their peers. In some ways, this part of Scandinavian culture is quite inspiring: celebrities and politicians roam the streets of cities mainly undisturbed, as exaggerated recognition for success would be rejected. However, it does also discourage praise as a form of support and encouragement for further prosperity, which can be especially disheartening or unhelpful if a person has faced obstacles along the road to achieving their goals.

Returning to the concept of lagom, why is it that a country with such an underlying fear of overworking suffers from an increasing percentage of the employed population on sick leave for work-induced exhaustion? With no background in psychology to validate or justify diagnosing a whole nation, my hypothesis is that

“The key is to not exaggerate the use of this balance – to avoid incorporating it into all aspects of life, and to abstain from rejecting other people who choose to do things differently.”

Swedish people do not learn how to deal with stress. Society shields its citizens from stress by demonising it as something to run away from and avoid at all costs. It is not strange, therefore, that when people launch themselves into a profession working with international markets, they are unable to handle the fast-paced, far-from-lagom way of doing things. Furthermore, hard work and exertion leading to accomplishment is faced with minimal support in the form of commendation. With restricted reward for efforts made, morale can quickly fade.

“Many societies could, and should, introduce Swedish models of work and life balance”

Lagom also prevents radical decisions being made, leading to indecisiveness and an extreme fear of risk taking. As I write this, Sweden has been without a government since the election day on 9th September 2018. The parties are anxious about upsetting anyone, with a concern that coalitions of any unconventional or unpredictable sort might portray a party as ‘too left’ or ‘too right’, as ‘too this’ or ‘too that’. But being without a defined government for months, with no signs of progress in decision-making, only leads the people of Sweden to distrust their state, causing a decreased sense of security and stability.

There is a lot we can take from the Swedes in regards to balance. In fact, I believe many societies could, and should, introduce Swedish models of work and life balance, the structure of parental leave (16 months, with 90 days reserved for each parent to balance out gender inequalities), the way indulgence is opposed for the sake of equal distribution, and happiness of others, to name a few. The key is to not exaggerate the use of this balance – to avoid incorporating it into all aspects of life, and to abstain from rejecting other people who choose to do things differently. Lagom should never be used as a free ticket out of difficult situations – it requires a sense of responsibility. Ironically, therefore, the key to lagom is lagom. As a true Swede, I conclude with the most Swedish thing I could say: have a lagom amount of lagom in your life, and you will be happier.





balanced

words by callie
art by callie winch

"Living a balanced lifestyle is key to getting the most out of life, especially in terms of your diet. While we need to eat healthily and provide our bodies with all the vitamins and minerals we can, why can't we have Nutella and banana pancakes for brunch when we fancy it? I've provided you with a couple of recipes, two being nutritious, filling and super easy to make."

Overnight Oats



Cannellini Bean Burgers



This is one of the simplest breakfast recipes that I've ever come across, and the product is one of my go-to breakfast meals. It's perfect to make the night before a 9am lecture, to eat on the go, or to leave in the fridge for a couple of days if you sleep through until 11. The yoghurt flavour and fruit used can be adapted to your tastes, and I regularly like to experiment with new combinations to see what tastes best. Also, the use of frozen fruit makes it a lot more cost effective, as buying a bag of frozen fruit is much cheaper than buying it fresh, and you can use as much or as little in a week without worrying about it going bad.

Ingredients:

- 225g 0% Greek yoghurt
- 2 tbsp honey
- 50g rolled oats
- Handful of frozen cherries
- Handful of frozen blueberries
- A couple of fresh strawberries

Method:

1. Mix the yoghurt with the honey.

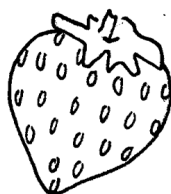
I do this as I prefer a slightly sweeter and less tart Greek yoghurt in my oats, but it's purely personal taste.

2. Layer 1/3 of the yoghurt into the bottom of the container you will be storing the overnight oats in the fridge in – personally, I use a leftover jar, whether from a jam, pasta sauce etc.

3. On top of this layer, spread half of the oats and top with the frozen blueberries. Repeat this layering with more yoghurt, oats and another fruit layer, but with the cherries this time.

4. Top with the rest of the yoghurt and then the fresh strawberries.

5. Leave in the fridge for at least six hours to allow the oats to absorb some of the yoghurt and for the fruit to start to defrost.



Whether you don't eat meat at all or are trying to reduce the amount that you are eating, these bean burgers make for a quick and easy dinner that is sure to impress your flatmates. They're extremely easy to put together and can be served on top of a salad or with rice and smashed avocado, in a bun for a healthy homemade burger. If feta isn't your favourite cheese, these burgers go well with halloumi or can be served without.

Ingredients:

- A large handful of spinach
- 1 small red onion
- 1 can of cannellini beans
- 1 egg
- 3 tbsp of flour
- A clove of garlic
- 1 tbsp of chilli powder
- 1 tbsp of cumin
- 1 tbsp of garlic powder
- Salt and pepper
- Spray oil

Method:

1. Chop the red onion, spinach and

garlic into small pieces.

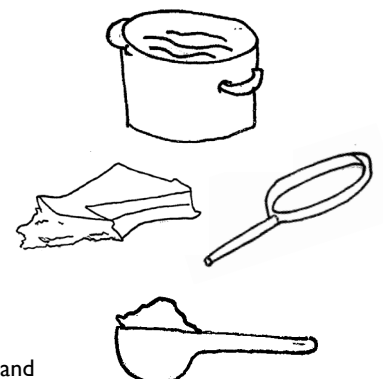
2. Mix the red onion, spinach, garlic, cannellini beans and egg in a bowl together, using your hands to combine them well.

3. Add the flour to the mixture to bind the ingredients together and shape them into patties.

4. Heat a pan up with the spray oil and once hot add the burgers.

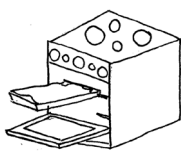
5. Cook each side until browned (the burgers can crumble easily so be careful when flipping them).

6. Serve with the feta (or an alternative cheese) crumbled on top of the burgers.



Recipes

by Callie Winch
Winch and Temi Ajayi



...amins and minerals it needs, it's vital to listen to what your body is craving and enjoy some sugary or fatty treats every so often. As long as we're eating them in moderation, they're easy to make for everyday student life, and the other two being slightly more indulgent for when you want to treat yourself, to reinforce a balanced, healthy lifestyle."

Pizza Fries



When you're fancying pizza but waiting for your loan to drop, this is an easy alternative recipe to satisfy those cravings. This recipe can be topped with whatever you enjoy on a pizza, whether that be vegetables, pepperoni or ham and pineapple...I like to make my own chips if I have the time too, but frozen pre-made chips can be used if you don't have a great deal of time. This recipe can also be multiplied to feed more than one person, and is ideal either as a snack for a movie night or to be served alongside a dinner.

Ingredients:

- 3 medium sized potatoes
- 2 tbsp of tomato purée
- 1 tbsp of dried oregano
- 1 tbsp of garlic powder
- 50g of grated mozzarella
- Spray oil
- Salt and pepper
- Pizza toppings



Method:

1. Preheat the oven to 190 degrees.

2. Chop the potatoes into chips (I don't take off the skins but this is personal preference).

3. Microwave the chips for six minutes to soften them prior to cooking them in the oven.

4. Place the potatoes onto a baking tray, coat with spray oil and salt and pepper, and any other seasoning such as paprika, onion powder and garlic salt.

5. Cook these for 40 minutes. Halfway through cooking take them out of the oven to re-coat with seasoning, and spray with more oil if needed.

6. Whilst the chips are roasting, mix the tomato purée with the dried oregano and garlic powder, and loosen with a bit of water to make a more spreadable pizza sauce.

7. Once the chips are cooked, place them into an ovenproof dish and top with the pizza sauce, mozzarella and toppings.

8. Place the dish back in the oven for 10 minutes until the cheese has melted and slightly browned.

Fluffy Pancakes



Pancakes are my most favourite breakfast or brunch food in the world! My love for them began after my first family holiday to Florida when I tried the fluffiest pancakes in iHop, and I feel as if I have finally perfected a recipe for them. My favourite pancake toppings have to be either banana and chocolate hazelnut spread or maple syrup and streaky bacon. However, these pancakes taste amazing with just a knob of butter on top. They're easy to create, and make for an impressive show for friends or family, especially around the holidays. The milk can be replaced according to your preferences too, for example with dairy-free alternatives such as almond milk.



Ingredients:

- 200g self-raising flour
- 3 large eggs
- 1 tbsp of sugar
- 1.5 tsp of baking powder
- 200ml of skimmed milk
- 25g melted butter
- Cooking oil
- A pinch of salt



Method:

1. Mix all of the dry ingredients together into the bowl thoroughly and form a well in the middle with your hands.

2. Beat the eggs, milk and melted butter together in a separate bowl and then pour into the well.

3. Slowly mix until a smooth batter is formed (this can be done with either an electric whisk or by hand).

4. Heat a pan up with cooking oil (or butter) coating the whole of the pan, and pour in a portion of the batter.

5. Cook the pancake on one side until you can move a spatula around underneath the pancake, and then flip it (be careful when flipping the pancake as they can easily break).

6. Cook for a further minute on the other side of the pancake, and until it reaches a deep golden-brown colour on both sides.

7. Repeat until all of the batter is used up.

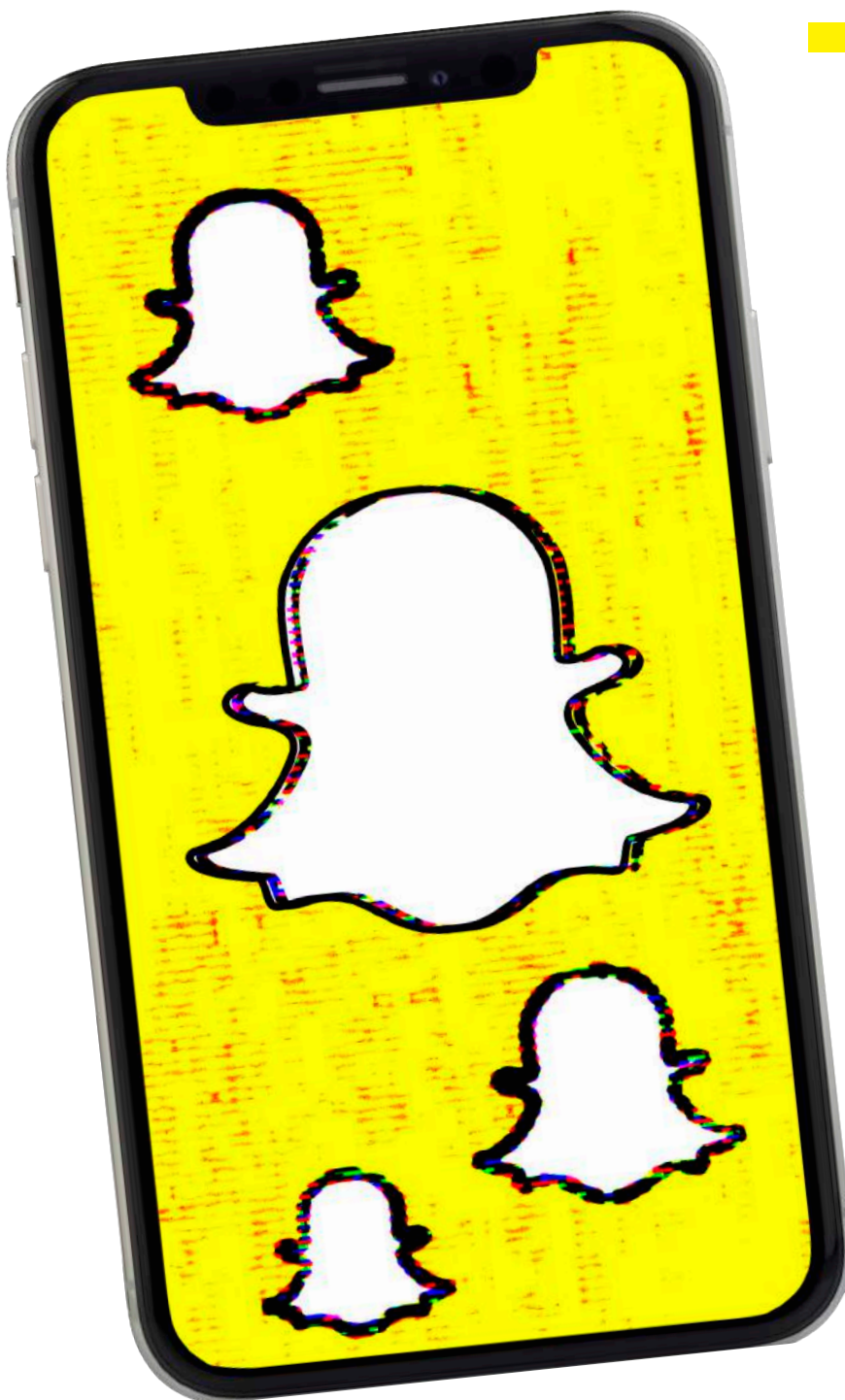
8. Stack the pancakes high with your favourite topping and enjoy!

WHY I DELETED SOCIAL MEDIA...

Are you spending too much time on social media?

words by alexander blayney-crewe

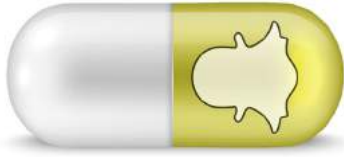
art by charlotte temple



Like many people my age, I was an avid social media user for most of my teen years. Scrolling through endless news feeds and uninteresting Snapchat stories became embedded in my daily routine. I would spend hours of my day on Instagram, Snapchat, Twitter and Facebook, meaning hours that had the potential for productivity were inevitably wasted on my phone.

“Scrolling through endless news feeds and uninteresting Snapchat stories became embedded in my daily routine”

But I'm not alone – it's estimated that three billion people worldwide use some form of social media, and on average we spend two hours a day on these sites. It's therefore of no surprise that many have become addicted to this modern phenomenon. In a 2016 Tedx Talk, Dr Cal Newport, an associate professor of computer science at Georgetown University interested in the intersection of technology and society, highlighted that numerous social media companies hire “attention engineers who borrow principles from Las Vegas casino gambling among other places, to try to make these products as addictive as possible”. Apps like Facebook and Instagram were sold to us as the modern way of sharing with our friends, when in truth they have become distorted



versions of reality that keep us hooked by offering rewards of false validation in the form of likes, hearts, shares and views.

It was after seeing an interview on the American daytime TV show *The View*, in which technologist Jaron Lanier revealed that many of his Silicon Valley colleagues don't allow their own children to use the very apps they create, that I decided enough was enough. This was an indescribable red flag for me. I couldn't believe the hypocrisy.

I knew in that moment that I needed to break out of this toxic dystopia in which my self-worth was determined by the number of hearts below my photo. In one afternoon I deleted my Instagram, Twitter and Snapchat accounts – dismantling a world I had taken so long to construct. I deleted all content from my Facebook profile and massively culled my 'friends' list, only retaining the account due to the site being the primary means by which university societies inform their membership (arguably highlighting just how ingrained social media has become in all aspects of our lives).

Admittedly, I was concerned that by cropping myself out of social media culture I would become isolated and alienated from much of modern society. How would I stay connected with my friends? How would I keep updated on current trends? Was I disadvantaging myself by not having an online presence? Would this affect future job opportunities? I came to the conclusion that people had survived and functioned successfully for millions of years without these modern technologies, making me confident that I too would be just fine without this twenty-first century medium.

“Admittedly, I was concerned that by cropping myself out of social media culture I would become isolated and alienated”



It's now been six months since I changed my relationship with social media, and it's completely transformed how I live my life. Ironically, I already feel far more connected to my friends and family than I did when I used Instagram or Snapchat. Now, when I'm with those I love I find I'm far more present in their company than before, and I genuinely believe this is due to removing the anxieties and distractions that come with social media.

Time I previously spent checking my phone for likes and retweets or digesting mindless content, I now put to more productive use such as tackling uni work and taking time out for self-care. By quitting the apps that once dictated so much of my day, I inevitably use my phone considerably less, and I've been surprised to see physical changes already taking place. I am less tired, less prone to mood swings, more motivated and more comfortable in my own skin. I quite frankly no longer care about the opinions of people who are not important in my life. I feel free from the shackles of a cyberspace that values photo-tuned constructions over authenticity.



I realise that this article may sound like I'm suggesting social media is an unrecoverable evil that is slowly destroying the very foundations of our society, but this is not my intention. I will happily concede that these platforms do have their positive aspects, such as enabling people to raise awareness for worthy causes, and to communicate in an entirely new and valuable way.

However, I do believe that the full extent of social media's mental health implications are still to be fully realised. Arguably, we are still in the infancy of the social media age and many regular users already report increased feelings of inadequacy, anxiety, stress, and depressive qualities. We are yet to see the long-term side effects of this modern culture. Admittedly, it's encouraging that we as a society are feeling

“I'm not asking everyone to quit social networks for good, but I would encourage you to take a more balanced approach”

increasingly comfortable to talk about mental illness, with fantastic movements such as the 'Heads Together' campaign shedding new light on a previously taboo subject.

But we are not there yet. If social networking is to persist for some time, which I believe is very likely, then it's of critical importance that we continue to have a wider discussion about the mental health repercussions.

Additionally, the corporations behind these applications have their part to play also. They are simply not doing enough to protect their users from online abuse and are failing to safeguard our data. We must seek greater transparency and demand that they be more accountable for their actions, as their technology is affecting the lives of so many.

The real world is happening now and so many of us are missing it. My mum always told me that, when in London, it's so important to look up at the incredible architecture, to take in your surroundings and appreciate where you are. But this can be applied to anywhere and everywhere. I've realised that so many people spend their day with their heads down, fixated on the screen in their hand, obliviously sleep walking through life.

You only need to take a tube journey or walk down Oxford Street to see how we are becoming more isolated and desensitised to the people around us. These applications supposedly designed to make us live in a more connected world have consequently had the reverse effect.

I'm not asking everyone to quit social networks for good, but I would encourage you to take a more balanced approach: to have the confidence to log off every now and again, take stock and look up – because it's amazingly liberating to look at life through your own eyes again, rather than the filtered lens of social media.



crafting stability



How Pomegranate Workshops are helping refugees and asylum seekers find their feet in London

words by georgina bartlett
photography by shayane lacey

Many new to London life will speak of how lonely and impersonal the city can feel at first. For refugees and asylum seekers, who already face the strain of the tough British asylum process, isolation can take a particularly significant toll on their mental welfare.

In the year ending September 2018, 11,538 asylum applicants had been waiting more than six months for initial decisions on whether they could remain in the UK or not, according to the Refugee Council. During this period in limbo, applicants have limited access to education and are unable to find jobs in most fields, with opportunities confined to a government-issued list of skill shortages. While supported by the government, those stuck in this situation are expected to live on around £5 a day – and must find employment the second a request for UK living status is confirmed. As Pomegranate Workshops founder Shayane Lacey maintains, this doesn't make a whole lot of sense.

During her placement as a support worker at London-based charity Housing Justice, Shayane developed a hosting programme for destitute asylum seekers. It was there, during welfare

check-ins, that she realised low confidence and poor sociability were common problems amongst those she was helping to settle in. They would often see no one but their host, their lawyer, and Shayane herself between visits, instead choosing to stay at home for lengthy stretches of time. A combination of travel costs, a lack of local knowledge, and linguistic barriers mean that refugees and asylum seekers often fail to integrate into wider society, and naturally experience the burden of social marginalisation as a result.

Structural support in combating these issues needs considerable work: as is common knowledge by this stage, mental health services have long waiting lists. While specialist organisations such as Freedom from Torture do the important work of tackling specific hardships faced by refugees and asylum seekers, there remains a lack of base-level provisions for those struggling to stay afloat day-to-day.

"From merely putting pen to page,
there grows great potential"

Pomegranate Workshops, currently in its prototype stage, aims to ameliorate this gap in the asylum process's logic. Founded last summer at the culmination of Shayane's time at Year Here, a postgraduate course in developing social enterprises, the start-up presents a 10-week programme of arts and crafts workshops for refugees and asylum seekers. Participants from a myriad of backgrounds engage in different creative activities each week, from painting to stitching, from collaborating on a large canvas artwork to writing letters for the future. At their heart, the workshops open a space for refugees and asylum seekers to find peace through self-expression and socialising, all within a welcoming and pressure-free environment.

As a former Women's Officer at Cambridge University, Shayane's experience in craftivism has, for her, reaffirmed art as a grassroots "conduit to solving social problems". From merely putting pen to page, there grows great potential; refugees and asylum seekers are encouraged to build their individual artistic strengths and self-esteem, and in the process, form meaningful connections with those who

“The workshops aim to trigger long-standing change for refugees and asylum seekers in their journeys onwards – to build better foundations as they put down new roots in the UK.”

have similar life experiences. Completing the workshops’ emphasis on safety and support are opportunities for idea-swapping and plenty of laughter, speed art challenges, and background music featuring Simon & Garfunkel.

Transcending language barriers as well as popular media narratives, art also offers new ways to tell refugees and asylum seekers’ stories outside of turbulence and darkness.

“Refugees and asylum seekers may or may not share the negative parts of their lives, but the crucial point is that it’s entirely up to them in these moments”

Shayane emphasises the importance of talking about those parts of refugees’ lives unshadowed by trauma; they are, she explains, accustomed to having difficult conversations on loop, meaning casual, lighthearted chatter becomes ever more necessary to improving their mental health. The opportunity to take the narrative back into their own hands, to tell the story they want to tell, is a welcome one.

Refugees and asylum seekers may or may not

share the negative parts of their lives, but the crucial point is that it’s entirely up to them in these moments. This cornerstone of Pomegranate’s philosophy is no better portrayed than by its reflective self-portrait class. Inspired by artists like Frida Kahlo and Lois Mailou Jones, it is spent selecting and compiling colours, objects, and materials that participants feel best represent themselves and their stories.

And why the name? A child of Iranian parents, Shayane plays on the significance of pomegranates in her family’s culture, as well as in other parts of the world, for symbolising life, hope, and prosperity for centuries. The workshops aim to trigger long-standing change for refugees and asylum seekers in their journeys onwards – to build better foundations as they put down new roots in the UK.

And Pomegranate isn’t alone in this mission. Its development comes during a spike in London-based enterprises geared towards improving the lives of refugees and asylum seekers. Welcome Cinema + Kitchen combines film and food to craft much-needed accessible entertainment, while Migrateful, also a product of the Year Here course, trains refugees to

cook for paying customers. Pomegranate will follow a similarly empowering path through its artist development programme, a platform for improving transferrable skills and prospects for employment. Targeting an increasingly experience-based economy amongst the millennial market, and led by the appeal of cultural exchange, Shayane plans to train workshop participants to pass on their artistic skills for a fee.

Solving problems in creative ways, empowering the vulnerable, and activating a social conscience are crucial parts of the work being done by Pomegranate and similar organisations. Where support systems are failing, they step in and improvise – and it’s them who pave the way forward in making London a truly welcoming city.

Set to launch in early 2019, Pomegranate Workshops will soon open volunteering opportunities to members of the public – students included.



drug policy: are we getting it right?

Drug culture remains a challenge in the music industry and beyond. Is current UK policy fit to tackle it?

words by james maidment
art by lauren faulkner

Let's set the scene: it's Friday night, and you're waiting outside a club in North London. You finally make it to the door, your ticket and ID are checked, but there's more to come. Airport style security is in place, searches are carried out, pockets are emptied, wallet looked through, and perhaps you have to walk through a metal detector. Most of us have now come to accept this state of affairs as part of a night out, because clubs are under immense pressure to prevent drug taking. But is this the right approach?

Talking about drugs is difficult; they're naturally a divisive issue, emotions run extremely high when any public debate does occur, and it's not difficult to see why. According to The Week, deaths directly or indirectly caused by drugs have risen from 53 per million in 2008 to 66.1 per million in 2017. There are several explanations for this shocking rise. Firstly, funding for drug and alcohol treatment services in the UK has been cut by around 30% in the last five to 10 years. Secondly, the nature of drugs on the market is changing: as science develops, dealers can produce stronger substances, which pose an ever-greater risk to those wanting to take them. Thirdly, new drugs have entered the market, such as Fentanyl, a powerful synthetic opioid, and Spice, a synthetic cannabis product, both of which have begun to wreak havoc across cities in the UK. Finally, the way in which drugs are distributed has changed. Cross county operations known as 'county lines' have emerged, and the number of young people convicted of drug trafficking rose by 77% between 2012 and 2016.

However, the current debate remains grounded in emotional rather than rational reasoning, and, as such, has not provided a

viable solution to the crisis that we now face. It is beneficial to step away from the traditional debate on whether drugs should be legal or not; it does not seem useful to repeatedly recite the reasons why people like or dislike drugs. Instead, we should shift focus to the UK's current policy, on a local and national level, and explore whether it is fit for purpose.

"Police stop and search powers have been reinforced, 'county lines' operations have been intensified, and sentences have lengthened"

Two key terms form the opposite ends of the drug policy debate spectrum: the user and the supplier. Essentially, the issue that faces policy makers is whether the former or the latter should be prioritised. A policy focusing on the supplier would tend to focus on attacking the symptoms of drug crime, such as possession, supply and violence. Drug crime fighting is

normally associated with negative police actions such as arrests and the jailing of suspects. However, it is easy to forget the positive community-based policing that attempts to deter young people away from crime. The benefits are clear: a reduction in the flow of drugs and criminals operating. However, here, no attention gets paid to the user.

On the other hand, policies focusing on the user tend to advocate harm reduction, research into the effects of drugs, community support, and education. This could significantly reduce deaths related to drugs, but it may not help current addicts to recover – and may even encourage potential new users.

The current government appears to have followed a policy which focuses more on the supplier rather than the user. Police stop and search powers have been reinforced, 'county lines' operations have been intensified, and sentences have lengthened. At the same time, community support has been cut back and offender rehabilitation services are floundering. The crackdown on 'county lines' operations has



been a notable success, with 200 arrests made in the space of a week last month, for example, according to the Independent. Having said this, drug use continues to rise, as does violence, deaths due to drug use, and the involvement of the young and mentally ill. So, where does the problem lie? Some researchers believe that an outdated perspective on drugs is the core issue at hand.

“This explosion in the recreational drug scene has not been mirrored by a sweeping set of policy reforms to keep pace with these rapid developments”

Let us consider the government’s perspective on drugs. Policy makers believe that the way to win the ‘war on drugs’ is to fight the symptoms of drug trade; there has been little pause to think about how we view different drugs and the state of our current policy framework. The simple dichotomy between hard and soft drugs is no longer relevant – gone are the days when the recreational use of drugs was limited to forms of cannabis. Today, young people are able to find a wide variety of substances, which greatly differ in their potency as well as their physical and mental effects.

This explosion in the recreational drug scene has not been mirrored by a sweeping set of policy reforms to keep pace with these rapid developments. For example, cannabis is a Class B controlled drug, as are synthetic cannabinoids, widely recognised as far more potent than their natural counterparts. Furthermore, possession of MDMA is as serious an offence as possession of heroin. The current classification system of drugs is primarily designed to aid prosecutors in cases against suppliers and producers, the justification being that the more ‘dangerous’ a drug is, the heavier the sentence it should carry.

In reality, very little is known about the effects of even the most well documented drugs, and researchers are only beginning to understand how drugs affect the brain. Thus, this justification seems somewhat sketchy. Furthermore, there appears to be very little thought given to how and where each drug is used. Of the eight drugs in the UK’s Class A category, three are informally known as ‘party drugs’. To equate an opioid used mostly at home on a frequent basis to a stimulant used at parties on an intermittent basis seems ill thought through.

The final result of the current drug classification system is that it increases the level of violence because of the risks involved in producing drugs which carry such heavy sentences. In sum, the hard-soft dichotomy is outdated at best and dangerous at worst; it pays little attention to the user or the indirect effects of classifying drugs in this way, and is hampered by a lack of knowledge around the dangers of each drug.

An alternative could be a system of classification that incorporates the type of drug as well as its perceived danger, in order to avoid the problems stated above.

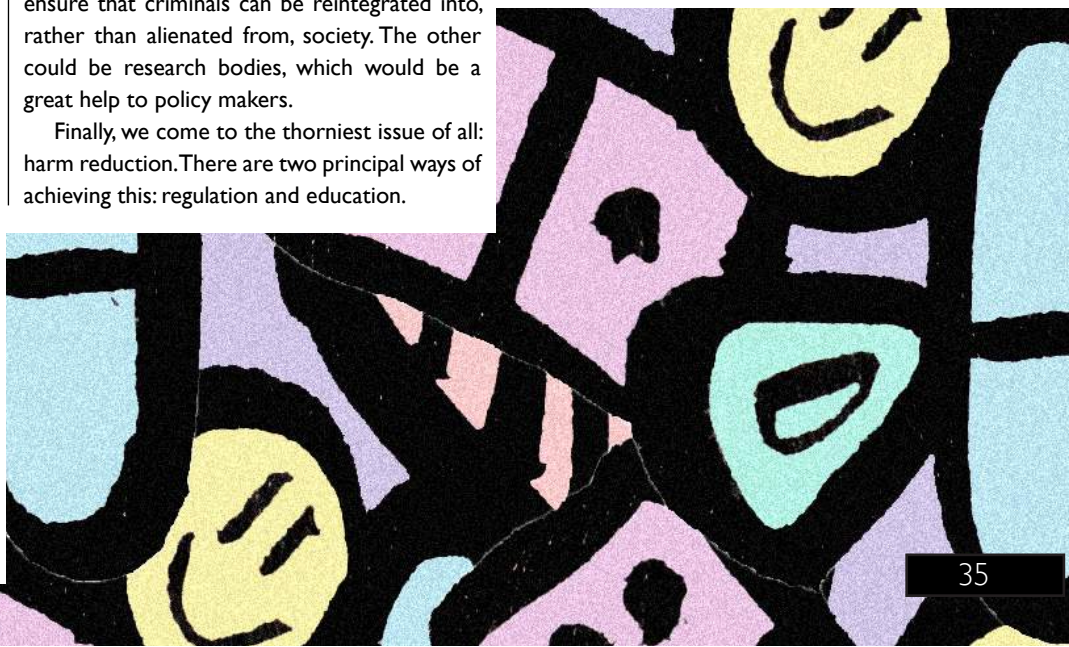
If that sounded far too easy a solution, that’s because it is. Changing one’s perspective on drugs is easy, but reinforcing that change is much harder. If this new framework were to be constructed, how could it be implemented? The aim is to increase safety, discourage use of dangerous drugs, prevent crime, and increase research funding, all whilst the number of police officers on our streets has decreased by over 20,000 and the government continues to cut back on police funding.

If a new drug classification system was introduced, with a greater focus on the type as well as the danger of each drug, police policies could be implemented to create greater separation between ‘party drug trade’ and what we traditionally call ‘hard drug trade’. This could perhaps go some way to reducing the violence we see today. Secondly, since investment in extra policing seems unlikely in the near future, the current police policy of prioritising the most violent forms of drug trade seems most sensible. There could be two funding priorities in this scenario: one being the prison system, to ensure that criminals can be reintegrated into, rather than alienated from, society. The other could be research bodies, which would be a great help to policy makers.

Finally, we come to the thorniest issue of all: harm reduction. There are two principal ways of achieving this: regulation and education.

The problem is that the government does not officially sanction the use of drugs, so regulation is difficult, and education has to be very carefully arranged. Perhaps our priorities need to change, the fear of increased use pales in comparison to the danger of letting people continue to use drugs with very little knowledge of how to take them safely. But enough of the scare tactics. Since regulation of drug supply and quality is so difficult, if people want to take drugs, they need at least some knowledge of what to do and what not to do. Organisations like the Loop have been pivotal in this role in the last three years and continue to work to educate and reduce harm. Even if education reform seems a step too far for the government, investing in organisations like The Loop ought not to be. Policy makers could also learn from the example of the music industry; in superclubs such as Fabric, a massive improvement in medical facilities has aided in decreasing numbers of fatalities and major incidents.

The picture is unclear, and the problem is very complex, but that shouldn’t deter us from attempting to change the situation. Even in the current political and economic climate, there are concrete steps the government can take to advance UK drug policy. The picture is far more nuanced than it appears, even if you think the answer to the problem lies elsewhere.



The team

NEWS

pimedianews@gmail.com
Georgia Gee
Benedict Holzmann

editorial

POLITICS

pimediapolitics@gmail.com
Carmine Greusard-Deffeuille
Claude Lynch

SCIENCE & TECHNOLOGY

pimediascitech@gmail.com
Anna Mallach
Corlett Novis

COMMENT

pimediacomment@gmail.com
Lydia Bews-Fullilove
Timothy Sung

LIFESTYLE

pimedialifestyle@gmail.com
Izzy Harris
Sophie Large

SPORT

pimediastport@gmail.com
George Glover
Shyaamal Solanki

PHOTOGRAPHY

Estelle Ciesla

DESIGN

Temi Ajayi

TRAVEL

pimediatravel@gmail.com
Catrin Harris
Isobel Helme

INVESTIGATIONS

pimediainvestigations@gmail.com
Benjy Goodwin

ARTS & CULTURE

pimediapamuse@gmail.com
Bruno Reynell
Jennifer Osei-Mensah

contributors in issue 722

WRITING

Georgina Bartlett
Alexander Blayney-Crewe
Thomas Duffy
Jake Figi
George Glover
Alexandra Hodgkinson
Jessica Jones
Karolina Kasparova
Ádám Lóránd
Mia Lui
James Maidment
Alexander Marshall
Cathy Meyer-Funnell
Emilie Morrow
Aidan Patrick
Laura Riggall
Alice Signell
Callie Winch

PHOTOGRAPHY

Estelle Ciesla
Lauren Faulkner
Ellen Forsyth
Nina Goldfuß
Hans Hu
Shayane Lacey
Ohie Mayenin
Callie Winch
Catherine Zang

ART

Temi Ajayi
Carol Bartlett
Georgina Bartlett
Rhianna Betts
Ashley Broom
Hannah Bruton
Jess Castle-Smith
Lauren Faulkner
Laura Riggall
Charlotte Temple
Natalie Wooding

2018 / 19

Committee

PRESIDENT
Uri Inspector

VICE PRESIDENT
Lucia González Mantecón

EDITORS-IN-CHIEF, PI MAGAZINE
Georgina Bartlett
Laura Riggall

EDITORS-IN-CHIEF, PI ONLINE
Daniel Jacobson
Matilda Singer

EDITORS-IN-CHIEF, PI TV
Jess James
Ohie Mayenin

DEPUTY EDITOR-IN-CHIEF, PI TV
Wafia Zia

ADVERTISING & MARKETING OFFICER
Thomas Duffy

WELFARE OFFICER
Ananya Banga

EVENTS OFFICER
Aidan Patrick

About Pi Media

Founded in 1946 by the student Richard Lubbock, and named after then Provost Sir David Pye, Pi Media has spent over 70 years creating award-winning content for the student population of University College London, and we are still going strong.

Pi Online is our online platform, where we post the majority of our content.

Pi Magazine is our features publication, which is published four times a year and follows a particular theme each issue.

PiTV is our collaboration with UCL's Film Society, dedicated to providing a range of content, from interviews with UCL scientists to backstage access to UCL Arts Society shows.

We're always seeking enthusiastic individuals to join our diverse team of writers, editors, columnists, filmmakers, producers, and designers.

Maybe you're a budding film critic? Or interested in exploring investigative journalism? Or maybe you have a completely new idea for Pi Media to explore? Whatever it is, we can't wait to hear from you! Get in touch with the relevant editors (see page 36) or our committee (see below). Message us on Facebook or send an email:

*pimediapresident@gmail.com
pimediamagazine@gmail.com
pimediaonline@gmail.com*

*Facebook: @UCLPiMedia
Twitter: @pi_media*

