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UNIC & You

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CULTURE SHOCK

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LIFE**

*my first
birthday
in the U.K.*

*WINTER
MUST HAVES*

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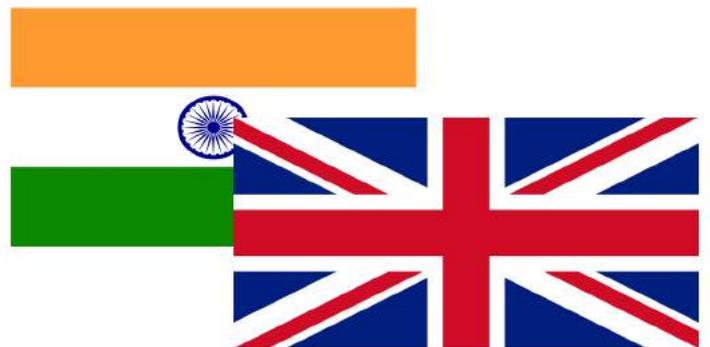
"SAME SAME BUT DIFFERENT"

BY VINAYAKA AGARWAL,
INDIA, EVENT MANAGEMENT
FIRST YEAR



Imagine that you are at the tip of a ninety-degree fall. The sudden anxiety and excitement you feel, the thrill of not knowing what is happening next. That is what I felt when I took off with my luggage to leave to start my education in Northampton. I was about to start a new adventure on my own for the very first time. Everybody that mattered to me, was now seven thousand miles away back in India. Exciting as it was to lead a life without any parental advisory, and enjoying a proper student life in a whole new culture, I was still anxious about seeing so many new faces and having to live in a whole new country. Once I had stepped off the plane at Heathrow, a cold breeze hit my entire body, head to toe. I assure you it wasn't pleasant. As a person from India, we are used to temperatures of around 40 degrees Celsius at this time of year so arriving in just seventeen degrees Celsius was a major change and something I am still adjusting to. In fact, it is not just the temperature that makes India and the UK so different. Food! Thinking of food back home, I was so excited to eat junk food every day without anyone keeping an eye on me. However, it all changed once I landed in UK. Being an Indian makes me enjoy spicy food. However, for the English, spice is something quite unusual. Even the Indian restaurants here prepare food which would appeal to the British people. Can't wait for them

to try some real Indian spicy food. I felt so welcomed when I first arrived in the UK, especially because here in the UK, people follow a trend of greeting every person they see. It was so new to me; people in India walk past each other without even noticing. Not only that but people's helpful approach to you can also make you feel comfortable before you even know it. People were, and still are, really kind and helpful, which helped me make friends quite fast. When I look back at India now, I feel that there is so much India could learn in terms of communication which would definitely help the entire country grow for the better. Being in the UK now, I get to feel parts of history since India was a British colony. There is more shared history and more sharing of culture than we actually understand and being here now truly makes me understand it. India has a rich history that makes it a truly marvellous country yet the UK, too, has a history beyond imagination. I think that's what makes me eager to experience everything.



According to the dictionary, the word adventure means 'an unusual and exciting or daring experience.' Sounds like a cliché, doesn't it? If you like adventure, like me, then you are on the right path because that's what life is all about, being adventurous and marching into the unknown.

I have been adventurous all my life and I do not regret a single moment that I have spent in search of the adventure of a lifetime. That's one reason I decided to fly abroad for my higher studies. My adventure and experience is much more than the material reality of a degree but the whole experience of living and being in a new country unfamiliar to me.

I believe life is a journey and not a race. Everyone is travelling at their own speed, in their own boats and not all of us seek the same destination. If you asked me how you should live your life then my advice would always be to act a little crazy. I advise that because the crazier you get, the more avenues and colors of life that were once hidden will appear. The 'go along to get along' attitude will only unlock half the potential that you possess. Find out what you really want to be and recognize your inner potential. Once you have, hold your ground because there's nothing wrong with being yourself and you don't need to ever apologise for being yourself.

You have so much time to be young and you have your whole life to be old. Don't hide your emotions. In fact, be glad you are able to express your emotions. Ask yourself the questions: what makes you happy? What type of people make you happy? Find your inner self. Basically, what I mean is just be yourself no matter what happens.

One way to have the adventure of a lifetime is to travel, but of course, it's not the only way. Whilst you are studying in the UK, you should make the most of your opportunity and time because every other person I have spoken to in their final bachelors' year says they would want to go back in time just to enjoy uni life again. So don't be afraid, take risks and make the most of the experience. You might not think of yourself as an adventure seeker but you have decided to start a new way of life in a whole new country and so, I think all international students are adventurous.

BY SOHRAB KHAN,
PAKISTAN,
FOUNDATION BUSINESS



For men folk, it's time to forget the drab jackets and enter the world of camouflage rage. Pull off this pullover like no one else. Be basic with jeans. White shoes for any mood!



Cotton twill parka (H&M) £49.99



Backpack (UCON ACROBATICS) £64



Textured weave polo neck sweater (Pull and Bear) £19.99

Faded super skinny jeans (Bershka) £19.99



Pure Boost (adidas) £95

Invoke Winter

If you've been pulling out the same turtleneck and jeans combo for almost all your life now you might have cold-weather induced boredom. Don't worry - it's totally curable! Just bring out your debit cards and swipe these latest trends. Here's the guide to a fashion Insta's fool-proof closet for the season. By Nikita Patel, Zambia, Foundation Science.

SCAN THE QR CODES FOR EACH ITEM ON YOUR SMARTPHONE TO SHOP NOW!



Houndstooth oblong scarf (Forever 21) £16



Ribbed jumper (H&M) £14.99



Skinny high waist jeans (Bershka) £19.99



Suede boots (BOUNTY) £42



Duffel coat with hood (Zara) £79.99



Fashion is what you are offered four times a year and now is the time to grab some of the cutest winter attire. It's the moment to embrace the furry hoodies and slay it like a model. Be your own comfy self with a very warm jumper. In the right denim, a girl can conquer **the world**. Scarves are the ultimate form of sophistication and you **can kick off** any outfit with the proper **boots!**



UK AND ME



In this article, I have been given a chance to talk about my personal experience on starting UK life. Read on to find out about my exciting journey from home to UNIC. By Zain Rizvi, Pakistan, Foundation Science.

Departure Day

Like every international student, the level of excitement, expectation, planning, hopes and preparations were shaking all together in my mind. By controlling my tears, I greeted my family and asked my parents for their blessing and permission to start my journey of study far away from home.



Arrival (Exciting) Day

I was travelling abroad for the first time in my life. My dream to study in England was about to come true. Words cannot describe how I felt when I heard the announcement on the plane: 'Please fasten your seat belt, we are about to land'. My heart became excited to explore the country as soon as possible. Fortunately, I was at a window seat which meant I got to enjoy each and every moment of the landing.



Week before Orientation

If you can, please try to arrive earlier than when enrolment starts at the university. It really helped me to enjoy my fresher's week. I was much more relaxed. I really enjoyed arriving a week early because I experienced many changes to the culture, weather, tradition and food. These few days gave me time to accept the changes.

My First Birthday in the UK

It was one of the happiest days of my life because I received two unexpected surprises from my family and my new friends. Firstly, at midnight, my brother and his family shocked me in my room through a sudden loud 'Happy Birthday!' When I went to UNIC the next morning, I received another surprise from my friends. I was so happy because the entire team of UNIC, my tutors and my friends wished me well, gave me gifts and brought a cake to celebrate as well. This feeling far away from my own family back in Pakistan made my birthday even better.



Orientation Week

I would recommend you joining the UNIC student group page on Facebook because there, you can meet friends on your course and also stay updated about different activities happening at UNIC. I found the FB group page very useful as I was able to explore the wonderful world of UNIC through video clips shared on the group before arriving. When orientation day came, I was so excited to meet the UNIC staff and to meet my friends. I enjoyed the enrolment process, which was well managed by the staff and student ambassadors. During this week, you'll make so many new friends from different cultures. It's not hard to make friends; just try not be shy and be the first to say 'HELLO.' That's what I did.



UK AND ME

Zain Rizvi, Pakistan,
Foundation Engineering

continuation

My first official presentation

I was elected as a Student Ambassador, which gives me many responsibilities of helping students around the college. I was chosen by our college director to participate in a Sales and Marketing Workshop for Navitas and the College by doing a presentation from a student's perspective. This allowed me to practice my public speaking skills in front of professionals. I was very nervous at the start because it was a huge responsibility on my shoulder, but it paid off when I was told: 'You were excellent.' The reason I shared this with you is because I want to tell you to say yes to every opportunity you get and to participate in all the activities you can because it is all for you. You are here to make memories and gain different experiences alongside your studies. So go and try them out. I am sure, just like me, that you will be very happy here.

Frankly Speaking

with Caesar Frank

Campus Fashion Outlook as a Freshman

For most university freshmen, it's another chance of a new life. A chance at creating a new personality or revamping old personality. In respect to that first, impressions are as important as any other aspect of your life. Keep in mind that "You'll be addressed based on how you're dressed". As a freshman, here are steps to making sure you don't get treated less based on the way you look.

Research

Find out about the environment you're stepping into. Their behaviour, weather and lifestyle. Northampton is quite a small community and not so over-rated as cities like London or Bedford.

Don't change your wardrobe whilst in your country

You might want to step into Northampton first before you decide on changing your wardrobe.

What do I take with me?

Simple outfits. Less is better. I arrived in Northampton with only one box containing a few t-shirts, a pair of jeans and comfortable shoes. You might find your wardrobe less functional than you'd think it is. You'd rather not consider the drastic move.

After arrival

Now in Northampton, I took a good survey of my environment. What I noticed was how simple everyone looked. I realized that comfort is the major determining factor. But as much as you want to be comfortable, you wouldn't want to mistake comfort for tackiness.

Decision time

Because its winter, I go for joggers, pullovers, jeans, coats, t-shirts and sneakers. They're comfy, and simple to slide into. Budget is considered. I was able to find items that suit my personality by Asos, Zara and H&M. Stick to calm colours (black, grey, beige etc). Comfort & style are of essence.

You don't just go through the education system; the system goes through you. The university is not just preparing you educationally. All aspects of life is put into consideration here. This is the best time to educate yourself on your self-worth and how to always appeal to your environment. Trust me, you'll need it in the near future.



*Note: Less is more
Simplicity is the ultimate
sophistication!*



MY EXPERIENCE OF HURRICANE MARIA

I started to worry when the signal kept going down on my TV and I was right to worry as the warning level hit category 5 within the hour. By 7pm, we lost all power. Finally, the reality hit me that I was alone, couldn't contact anyone in my family and was about to be in the middle of the worst hurricane in our country's history. The first thing I need to mention about the experience was the noise of the wind. It was excruciating, it howled through my apartment like a living creature, ripping off the doors and windows. I started praying as I didn't know what else to do. I felt like I underestimated the power of the hurricane by staying alone in my apartment and not going home with my family that evening. My apartment started flooding and for hours, I was just scooping out as much water as I could with buckets and using my clothes to try and soak up some of the moisture. It was exhausting and an impossible task as for every bucket I threw out, double the amount of water was flooding in. I took all my important belongings to a top shelf to keep them from harm. At one point, I heard my car alarm go off and the glass windows smash in. I started to realise the severity of what was going on. At around midnight, it fell silent for 4 to 5 minutes. I thought the worst may be over and went outside to check my car. As expected, the glass was completely smashed in and all the electricals were messed up. I went to get some plastic covers to cover the windows but all of a sudden the wind started to pick up again. I now realise that that was just the end of phase 1. We were then up against

phase 2, the tail end of the hurricane. This was when the most damage was done. I went back into my apartment, sheltering behind a door and prayed again that I could stay alive. It was so vicious over the next few hours, overturning furniture and tearing around every gap it could howl through. I could hear people's roofs tearing off and I found out later that it was someone's roof that had actually smashed my car. After approximately 6 hours of turbulence, the hurricane finally passed at around 3am. The whole island fell so silent you could hear a pin drop. I decided to try and go to sleep for a few hours – my bed and mattress was wet through and not comfortable at all but I was so exhausted that I slept straight away. I set my alarm for 5am, when I knew there would be light. When I woke up, the first thing I noticed was the house in front of me. Half the house was gone, not just the roof. As I further took my surroundings in, a majority of the houses had lost their roofs. I would say 3 out of every 5.

You could see wood and metal everywhere, and tree trunks stripped of their barks so they looked just like white poles. I had a nice view from my apartment before but now it looked like a warzone, like someone had dropped a bomb. Our country is called the

Nature Isle because it is known for being so green but on that day it was quite the opposite, brown and unrecognisable. That day, I managed to meet with my father and we walked almost 20 miles in total, checking on family members and making sure they had all survived. My uncle, who lives the closest to me, was the worst affected. He actually got hit by a sheet of glass that flew in the air and shattered on him, cutting him in several places.

His flat was more destroyed than mine. For two weeks, we survived on generous supplies from local businesses, mostly canned food and water. The government started to attend to the damage and devastation that was our home. This experience has taught me to appreciate the little things; appreciate your life because it is so precious. It would be so easy for me to feel sorry for myself and **give up, defer** my studies in the UK because of this experience. Nevertheless, I stayed **positive and it paid off**. If I can survive this and still get to the UK for my studies then **you really can do anything** you put your mind to.



By LLnall Emanuel, Dominica Foundation Law



UNIC & You

IF YOU WOULD LIKE TO FEATURE IN THE
NEXT ISSUE, PLEASE SEND YOUR ARTICLE
IDEA TO:
FIONA.WATSON@UNIC.NORTHAMPTON.AC.UK

STUCK? HERE ARE SOME ARTICLE SUGGESTIONS:
MOVIE REVIEW, EXPERIENCES OF BEING AN
INTERNATIONAL STUDENT, TRAVEL, CULTURE OR
ANYTHING THAT INSPIRES YOU!

WE ALSO SEARCH FOR PHOTOGRAPHERS, GRAPHIC DESIGNERS
AND PROMOTERS. GET INVOLVED AND BOOST YOUR CV!

Every issue is completely planned, designed and written by the UNIC students themselves.

Special thanks to the contributors

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and You
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Lastly, a thank
you to you for
reading

