

May 2016 Issue 5

world student

WHAT I'VE LEARNT AT 8 SCHOOLS

MOVING SCHOOLS AND THE
DIFFERENCES BETWEEN THEM

Plus: A student guide to
Norway, short stories,
articles and news from
students worldwide

CAN WE REALLY MAKE A DIFFERENCE?

TWO STUDENTS'
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YOU!

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world student app



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Welcome!

Welcome to the May 2016 issue of World Student.

It is always inspiring to read about the vast array of experiences and opportunities presented to World Student readers. From competitions and accomplishments to travel destinations, more articles are being submitted than ever before. We absolutely love reading them so keep on sending them in.

Inside this issue you will find some wonderful stories about your travels. Øystein tells us about his beautiful home city of Stavanger and some of the many events, sights, activities and restaurants that are worth looking out for, as well as some of the hidden gems that you won't normally find in a guidebook. There is something in this picturesque seaside city for everyone. But just in case that wasn't enough to get you itching to jump on board a plane, we have students' travel experiences of Cambodia, Iran, Egypt, South Africa, Tokyo and my home country, England.

We feel it's important for people of all ages to keep up-to-date with worldwide events as well as listening to the exciting projects open to them and their peers. Fenne tells us about the Paris attacks last November and how the world responded to them on social media; she also talks about the attacks on Beirut that closely followed and the differences in people's reactions. Luke Addison talks about his experience with PeaceJam Greece and the important lessons the students learnt about refugees and the necessity of compromise. We also have articles about Wycombe Abbey performing at Shakespeare's Globe in London and World Read Aloud day where a Year 1 class in Tokyo read their favourite book to students over 9,000km away in New Zealand.

Young people often feel that their opinions don't matter, we are trying to change that by making your voice and experiences heard. In this issue we learn from Anushka about the effects of envy and how it affects us both mentally and physically. As well as Selim's and Luc's experiences settling into a new school and the reasons why Dias moved schools eight times!

If you have done something or been somewhere that you want the world to know about then drop us an email at editor@world-student.com

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World Student © is published by John Catt Educational Ltd, 12 Deben Mill Business Centre, Old Maltings Approach, Woodbridge, Suffolk IP12 1BL, UK. Company registration 5762466

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COBIS AND WORLD STUDENT MAGAZINE

Starting with something which you already know, being connected and sharing personal stories is what makes us all tick and the world turn. Regardless of age, gender, ethnicity, sexual orientation or geographic location we all have valuable stories that should be told and listened to.

For example, the readership of this stimulating magazine written by talented world students is distributed to all corners of the globe and to all schools within the COBIS family of schools which spans more than 70 countries worldwide. Each edition is packed full of inspirational, thought-provoking and colourful articles, each offering a different perspective on life as a student.

Leafing through the pages is an enriching experience with articles connected to innovation, culture, travel, learning, personal development, global awareness, political debate and the philosophical question of 'can we really make a difference?' Resoundingly and with confidence my position is that individually and collectively, we can.

I was very fortunate to garnish first hand evidence that the power of the student

voice is a force for change and a vehicle for worldwide possibility thinking. The inaugural COBIS Model United Nations event, held in Romania in March and hosted by the admirable International British School of Bucharest, allowed students to step into the shoes of a United Nations delegate, experiencing the world of diplomacy and negotiation. It was truly an inspiring affair and the level of both preparation and debate was outstanding. The event did so much to reinforce the old cliché that age is but a number as we were treated to a real display of the wisdom of youth. With students not only discussing everyday realities like the refugee crisis, the threat of terrorism, or global warming but offering viable solutions to these modern challenges. This year was only the start, and COBIS is working hard to ensure that we offer students the opportunity to have their voices heard, through whatever medium possible.

While our events and competitions encourage students to express themselves, our Annual Conference which takes place in London in May gives international school leaders and governors the chance to tell the story of their school and the students that light up

every day. Storytelling, the theme of the 35th Annual COBIS Conference, is a way not only to be entertained but for us all to learn and reflect. COBIS works for the benefit of both personal and professional development but we also stand strongly for the provision of better learning and life chances for children and young people. That's the whole motivation and drive for all our conferences, political-influencing activities, residential student summer schools and student competitions.

Finally, I'd like to remind all readers that this copy of World Student is just one in a series of enriching magazines so please do share this and other past editions, online and via various social media channels. We always welcome new contributions so article submissions for future editions would be much appreciated. Most of all though, enjoy reading this new issue! ●

Colin Bell, COBIS CEO

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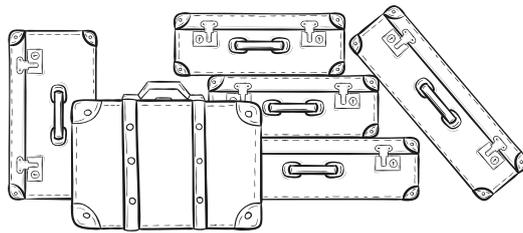




Photography by Liisa Toomus

NUMINOUS TRAVELS

TRAVELLING TURNED ME INTO AN UNFLINCHING FEMINIST
BY LIISA TOOMUS



In all honesty, when growing up I didn't spend much time thinking about feminism. I grew up with a dad who worked with boat engines at a subgroup of Volvo, and my mom working as a social worker for the state. I know I've been lucky to have two very supportive parents, because never has there been a moment when I've felt the need to sway my hobbies or future job desires for anyone else. "Are you sure you don't want to come and work at Volvo?", my dad would sometimes jokingly ask when I was growing up, and I'd know there was no pressure to commit to anything, yet, the door would always be open. I remember a phase in my childhood when I called out that, "I want to be an author," and as a result turned myself to fill empty word documents with scribbles. My parents would still nod cheerfully at my ideas and aims. When I got into photography, my dad slowly helped me upgrade cameras and techniques; directing me to manuals and camera magazines with technical language I would slowly come to master over the years. Around the time I hit fourteen, a craze within me decided that fashion was the way to go. Suddenly my bedroom floor was filled with piles of ELLE magazines, and my mom sponsored my extensive consumerism of drawing pads that soon became filled with sketches, only to be replaced by a new number of drawing pads. Even today there is still a large pile of old sketches and home-sewn clothes hidden under my bed and on the top of my closet.

When I started travelling, I started thinking more and more about gender roles. In Buenos Aires, Argentina, at the very

bottom of Latin America where I once lived, my school building about exactly a 20-minute walk from home. During that time of walking, I'd already heard every synonym of 'bonita' (Spanish for 'beautiful') shouted at me and my girlfriends in hostile voices before 8am. I've always wondered how long it would have taken to finish building, or repairing, whatever building was next to our street crossing should all the construction workers have stopped working to loudly catcall any girl passing by. Similar to India. In India not a single pair of oversized baggy jeans or trousers seemed to be appropriate enough, no piece of clothing ever seemed to hide enough of our shoulders from the 'male gaze' and even the smallest amount of mascara out seemed to be a daring statement to the outside. About a year and a half after moving out from India, the movie, 'India's Daughter' was released. There is one specific scene that received a lot of attention, as one of the main lawyers or judges calls out that rape, especially of girls, should be legalized and not considered a crime. In India, the country that throughout my stay proudly exclaimed to be 'the world's biggest democracy', statements like this were broadcasted by the people governing their law. It seemed to me that rarely would societies in either of these places be able to acknowledge women and girls as anything than mere decorations and products of men's wants and wills.

Flash-forward a number of months and countries. I'm sitting at one of my lectures at university, 'Problems in Global Politics'. It's a course based on theories and how different people view the world. It also happens to be my favorite course. This time,



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the lecturer talks about feminism, and tells us that there are multiple types of feminism. One of the theories that resonate the most with me is called, 'post-colonial feminism', and in my notes I have scribbled down: "post-colonial feminists see problems arising because much of feminist knowledge is largely based on the experiences of privileged western women." A few weeks later a guest speaker, who served in the Royal Air Force for 34 years and most recently had been the Head of the British Defense Staff in Washington DC, made my thoughts drift back to this again. By the end of his lecture he asked if anyone had questions, and a few people raised their hands to receive long answers dragging out the time. By the very back of the lecture hall, sitting with my guy friends from my course, I raised my hand, trying to raise it a bit higher than everyone else as one of his latest answers was linked to something that was on my mind. So I amplified my slightly too shaky voice to ask what his thoughts were on the future aspect of Kurdistan, considering the battle against Daesh with the west that he had discussed for the past hour, and what he, with his military perspective, thought about Kurdish guerilla groups. For about ten minutes, he was responding to my question, and I was the only one in the room nodding my head. And suddenly, he drifted off as if he suddenly had realized my gender. I don't think it is a secret to anyone that politics is a very mans dominated field; just like when I worked at Fashion Week had most photographers been men, and just whenever I had visited my dad's work at Volvo: men, men, men. "People like you must break through the glass ceiling," he was suddenly saying. I felt small, because I'm just one person, and suddenly our guest speaker is telling me to break glass ceilings. As he continues talking about the need for women in politics, I notice a clear change in his vocabulary. It no longer is the 'glass ceiling', but now also the 'concrete ceiling' and 'cement ceiling', which to be fair might be a more accurate description. I nodded.

So my excerpt to this issue goes out to all the ladies out there who are trying to break the glass ceiling of wherever you are - may it be in a classroom, a 'masculine hobby', or a future career. Just because I have travelled and been exposed to inequalities does not mean I do not believe it cannot get better. All my friends typically have ascribed me to be what they consider a 'typical girl', imaginably referring to my bubblyness, cute lace blouses, the dark red lipstick I tend to wear, and also perhaps my great unwillingness towards muddy outdoors sports. Still, this should not keep me away from pursuing what I want. Nor should harmful stereotypes about girls keep them away from pursuing what they want anywhere else. I really hope and wish that any girl, and boy, out there can chose to commit to any hobby or dream they have, unaffected by gender biases; just like how bluntly I would find new dreams and goals when growing up. However, by flinging my suitcases around the world, I have realized that this is not reality for the majority of the ladies

We Should All Be Feminists by Chimamanda Ngozi Adichie

- This is a short 20 minute read, and is largely based on Adichie's experience of gender equality in Lagos, Nigeria. I really like this book because how neatly she explains how gender roles not only affect women poorly, but also men. I read this book in the beginning of the year, and for some reason I keep going back and going over certain quotes and experts, pondering about the meaning behind it all. There is also a TedxTalk by the author about the same subject for anyone interested.

Bananas, Beaches and Bases: Making Feminist Sense of International Politics by Cynthia Enloe

- This book was deeply recommended by one of my professors during my lecture about feminism. Initially, I started skimming through this book to gather resources for my final exams this spring, but got caught. Enloe brilliantly shows when and where in politics women have played key roles, although often behind the scenes, and also how women have been exploited by corporations for sales and profits on an international level. Deeply recommend this book.

Bad Feminist by Roxane Gay

- This book is still on my reading list. As with anything, the word 'feminist' comes with a range of stereotypes, and as we all know: stereotypes are harmful. I look forward to reading this book at some point during this year, and even though I do not yet know if or nor if not I will agree with her opinions on feminism, I will hopefully have expanded my own horizon.

out there; the glass ceiling is a myth, in reality is a hardline cement ceiling that is seemingly unbreakable from inside the room. That is the reason to why I do not hesitate for a second to call myself a feminist. ●

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A GUIDE TO... STAVANGER, NORWAY

ØYSTEIN STAUPE VAGLID, A STUDENT AT THE INTERNATIONAL

SCHOOL OF STAVANGER, TELLS US ABOUT HIS FAVOURITE PLACES



Photograph: Bjørn Sætrevik

Stavanger is a beautiful coastal city in the southwest end of Norway. Despite being one of the most urban zones in Norway, it still bears the charm of a smaller community due in part to the protected 18th century wooden houses which dominate Stavanger's downtown area. It is the largest surviving wooden house settlement in Europe. These houses stem from Stavanger's time as a vital component of the shipping routes in Northern Europe, which led to a period of population growth and job opportunities. The city is now the fourth most populous city in Norway and retains a position as an important trading post, although the position is diminished. Stavanger has become the oil capital of Norway and one of the energy capitals of Europe, bringing many skilled expat workers and families to Stavanger and, thus, to the International School

of Stavanger as well (among other industries). It is home to the headquarters of Statoil, the largest company in Scandinavia.

During the summers, Stavanger also hosts a number of cruise ships carrying heaps of tourists wishing to experience the best that Norway has to offer. The bus system in the city is easy to use, affordable and far-reaching, making the attractions easily accessible. This includes natural wonders such as Lysefjorden, Preikestolen ('The Pulpit Rock') and the lovely beaches at Jæren, which attract surfers and nature enthusiasts from around the globe. Tourists also tend to stop by the Stavanger Cathedral built in the 1100s, the Norwegian Petroleum Museum and the Stavanger Maritime Museum. Few can resist gazing at the Swords in Rock, standing with a lordly composure in Hafsråfjord.



MAJOR EVENTS IN STAVANGER

Gladmat Food Festival

The Gladmat Festival is one of the grand events taking place in Stavanger during the summer. The festival occupies the Stavanger harbor with different booths, all providing samples of flavors from the Stavanger region to more than 200,000 hungry visitors every year.

NUART

An inspiration initiative by the Stavanger municipality led to the creation of NUART, an international contemporary street art festival. Its aim is to bring art to the people who are not often exposed to the medium. The art that is forged often challenges conventional ideas about what art should be and attempts to encourage debates concerning important social issues; it is also beautiful.

Maijazz

Maijazz is one of Norway's leading jazz festivals, bringing together major international, national and local artists

performing over 40 concerts on 20 stages. For any lovers of jazz or anyone wishing to become familiar with jazz, Maijazz is an event that must be experienced when in Stavanger.

Tour Des Fjords

For anyone wishing to participate in a cycling race, the Tour Des Fjords provides breathtaking natural scenery as well as the competitive environment of the best bicycle races in the world. It is a fun event for both participants and viewers as the bikers make their way through the region.

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Photograph: Jim Nix <http://nomadicpursuits.com>

LOCAL CUISINE

Flor & Fjære

This restaurant is known for its ability to combine local ingredients to create the most incredible dishes that “make your mouth water.” For any other restaurant this would be enough, but at Flor & Fjære guests are also provided with a boat trip on the fjord and a tour around their garden featuring 50,000 diverse (exotic and tropical) flowers and plants. It is truly an experience of a lifetime.

Egget

Although the food served at Egget isn't always the most traditional Norwegian food, the restaurant has a warm and relaxed atmosphere and uses local ingredients to create strange yet tasty combinations of food. With a record player humming away classical tunes in the corner, visitors are served experimental food decided on by the mood of the chef. Don't worry, the chef has a very good taste in food.

Ostehuset

More in the style of a café, Ostehuset offers a variety of tasty treats and a variety of luxury items such as olives, sauces and, of course, cheeses as the name would suggest (Ostehuset translates directly to The Cheese House). The café has a friendly staff and is constantly the meeting place for a day in town.

Fisketorget

Fisketorget occupies a delightful position on the Stavanger harbor in the middle of the city and therefore has one of the best outdoor service in Stavanger. It serves deliciously varied foods based on the catch of the day and fresh commodities from the local community.

Hansen Hjørnet

Skagen 18 is one of the oldest buildings in Stavanger with a history that goes back to the 1700s. More incredibly, the bar has been owned by the Hansen family for over 300 years. This history has given it a neat atmosphere and allowed the owners to perfect their menu.

LANDMARKS

Preacher's Pulpit (Preikestolen)

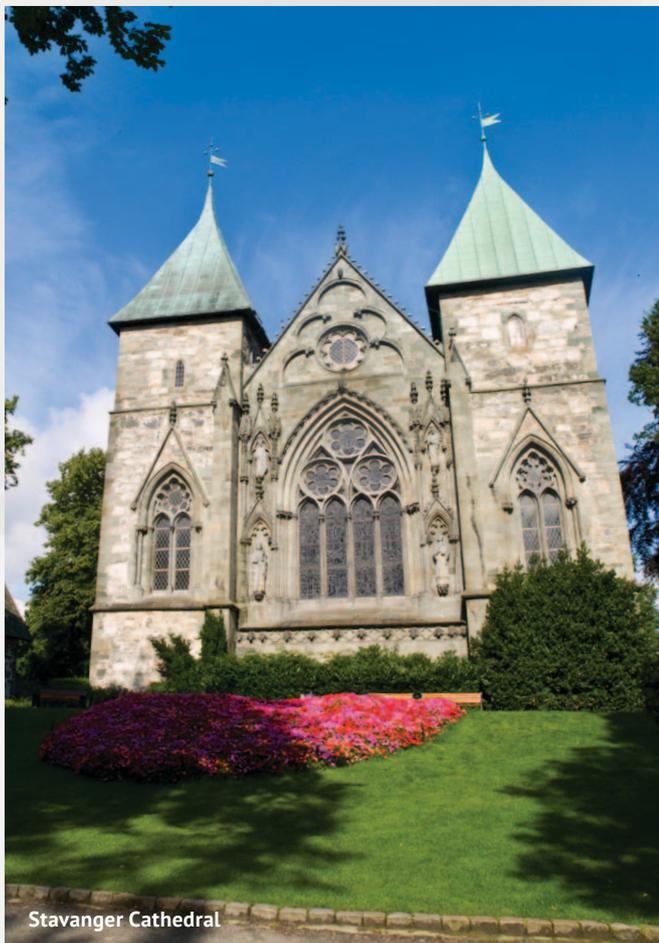
A natural monument – not for the faint of heart – is the Preacher's Pulpit (also known as Pulpit Rock, or Preikestolen). It is by far the most popular tourist attraction in the nearby fjords. The flat-topped mountain lies more than 600 meters above sea level and has an incredible view of typical Norwegian environment.

Stavanger Cathedral

Located at the Stavanger centre, the Stavanger Cathedral is a structure originating from the 12th century and famous for the stone font of the Gothic period. It is also worth checking out for the beautifully intricate stained glass art works and carefully-carved Baroque pulpit.

Swords in Rock

On the shore of Hafrsfjord, three swords stand tall as a monument to the Battle of Hafrsfjord, when Harald Hårfagre united Norway into one kingdom in 872 AD. The swords, which are modelled on actual Viking swords found around Norway, stand 10 meters tall with one being taller than the others representing the victories of Harald. Visitors will not regret witnessing this beautiful, historically and culturally significant monument representing unity.



Stavanger Cathedral

ACTIVITIES

Surfing at Sola Beach

Unbeknownst to many, Norway has some of the most beautiful beaches in Europe, and topping the list is Sola Beach, located on the outskirts of Stavanger. The Sunday Times included Sola Beach on its list of the six most beautiful beaches in the world in a 'Best Holidays' article. Not only is the beach visually magnificent, it is also home to some of the world's best opportunities for surfing and includes two charming lighthouses often open to the public.

Experience Nature (Lysefjorden)

The greatest reason Norway attracts tourists year-round is due to its picture-perfect natural scenery. Popular activities include kayaking or canoeing, helicopter rides over the Lysefjord, fjord-rafting for the adrenaline-junkies, or the most common of all: hiking. Two especially interesting hiking trips are to Pulpit Rock, referenced earlier, and Kjerag, host to Kjeragbolten, a big boulder lodged between two walls of the mountain. The most daring of visitors take the trip onto Kjeragbolten for a great picture opportunity and bragging rights. Another fun trip to take is to the Magma Geopark. Created over 1,500 million years ago with the help of magma and shaped through millions of years of pressure from glaciers, the park is of unique cultural and geological heritage with a wide network of activities including hiking, biking, climbing, and kayaking.

Winter Activities

One of the best attractions that sets Norway apart from many other holiday destinations is its lush mountain sides reserved for downhill skiing, cross-country skiing, snowboarding, telemark skiing and all other forms of transportation on snow. Not far from Stavanger, there are some of the best skiing resorts in Norway. They can be reached by buses that leave early in the morning for a day of skiing in the slopes at Sirdal, or by taking a boat from Stavanger centre to the ski resort of Sauda.

The Factory of Knowledge (Vitenfabrikken)

Vitenfabrikken provides a playful method for children of all ages to become familiar with the fascinating world of science and math. This interactive museum features various exhibitions, a planetarium and an excellent science show. It is recommended to spend a whole day at the museum as it is filled with fun, hands-on experiments in which visitors get lost for hours. ●

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BEST KEPT SECRETS

Broken Column

Around the city there are rust-colored statues created by Antony Gormley. They can be found among the teeming life of the harbor, inside private homes, in the midst of traffic, and inside the courts and legal offices. All of the statues are modeled after their creator and put at different heights so that if they were to be placed into one large statue they would fit on top of each other perfectly. The statues have become a part of Stavanger and are a fun thing to look out for.

Mathallen

For anything and everything concerning more gourmet, local food, Mathallen – a food market – is the place to go. It serves lunch and dinner, and allows costumers to scout a varied selection of cheeses and herbs. It is also a venue for conferences, courses, exhibitions, competitions, festivals and other events dedicated to food and beverages.

52 Everyday Walks

DNT (the Norwegian Trekking Association) is an organization that arranges outdoor trips around Norway for people of all ages. They have cheap cabins open to anyone and their trails bring visitors to recreational areas around the community, providing fresh air and exercise. DNT has set up 52 everyday walks allowing hikers to experience the best parts of Stavanger.

A UWS EXPERIENCE IN CAMBODIA

MATTEO SCIOLLA FROM THE ST LOUIS SCHOOL OF MILAN

TELLS US OF HIS EXPERIENCE OF VISITING AND TEACHING IN THEIR

UWS PARTNER SCHOOL, SWY IN NORTHERN CAMBODIA



When my teachers first asked me if I wanted to participate in a trip to Cambodia I wasn't totally convinced – this seemed a great opportunity but I had my doubts, especially when they told me about the need for vaccinations. Yet after this short period of indecision, it became clear that this experience was exactly what I needed as I wanted to understand what is meant by cultural difference and inequality.

We travelled from Phnom Penh to Ban Lung through unpolluted countryside, surrounded by green fields. The market in Ban Lung sold many different types of food, from fresh meat to deep fried insects. Amid this vibrancy, I could only see extremely poor people and this struck me – before experiencing the inequality of the world first-hand, I just did not know how large the gap between countries and incomes could be.

When we arrived at the Swy village the children were thrilled to see us and immediately wanted to play. The genuine kindness we saw characterizes everyone we met in Cambodia. For the four nights that we spent in our partner village we slept in hammocks underneath the school. We were joined by the Cambodian representative of United World Schools, Coco, who shared all sorts of local insights with us and his experience of Pol Pot. Coco became a true friend, going out of his way for us. He is a great man, always smiling through difficult times, brave



beyond comparison to any stuntman, and I will never forget him or the example which he set.

In the village, I taught music and was thrilled to find the children seemed to enjoy it more than their other lessons. After lessons in the morning, the afternoon held 'special activities'. My friend Tommaso and I ran sessions of dominoes but it soon became a time of simply having fun with the children. In the evening we put a play on for the students, choosing "The Three Little Pigs". Together with the teachers, we revisited the plot trying to find a rural Cambodian equivalent for items in the story like a wolf and a brick house.

My experience in Cambodia has really made me think about Western society's waste and use of resources. I don't think anything we have is 'deserved' from birth, we are all the same. In a world full of hate and continuous competition, we should be inspired by the people in Cambodia. They seem to live with a smile on their face, with no material wealth but just with the hope of creating a better future for themselves and those whom they love.

This journey has made me reflect on the world, on poverty and exploitation. The ability to do this trip has been a privilege, I know few will ever get the chance to bond with people from an entirely different and remote culture. I must thank my parents and my school as well as United World Schools. Without them, this wonderful experience would not have been possible. ●

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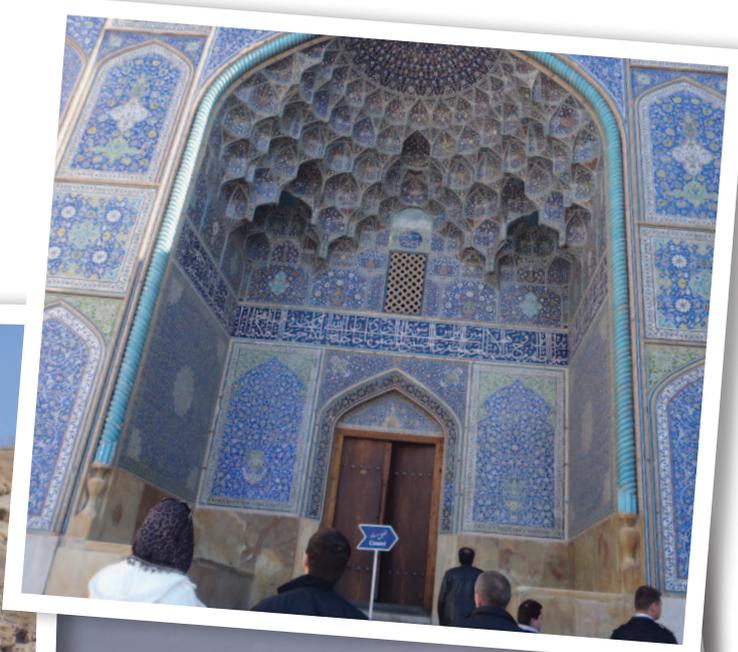
EXCHANGE IN IRAN

AMELIA LOUGHNAN TALKS ABOUT HER TIME IN IRAN

From space, our world is a spherical ball of blue and green that is meagre in comparison to other planets. From the ground however, our world is a kaleidoscope of colours and people which is highlighted by the vast oceans and distances that separate us. My time in Iran was an awe-inspiring experience that opened my eyes to the diversity that is present on our earth. It stopped me from viewing the world as blue and green, and made me start to see the world as a multitude of colour. It gave me insight into the differing ways that lives are lived around the world, giving me greater respect and understanding of the traditions and cultures that these people immerse themselves in.

During my time in Iran, I was able to feel like a young child again. I was seeing and hearing everything for what felt like the first time. The new language, scenery, fashion sense, culture, the chaos of the city. It was overloading my senses and I relished every bit of it. I was soon in love with the Iranian

traditions, architecture and people. It was so different to everything I had ever experienced before and it was shattering all my ideas of the so called "right way" to live life. My world was starting to have elements of colour in it, rather than just being black and white. I saw people from all walks of life, laughing and smiling and crying and arguing. Every one of them so animated it seemed their lives were all epic stories of love and torment. Seeing such a wide variety of people linked in this beautiful way demonstrated to me that under our facades, we truly are all the same. It showed me that everyone has the same longing to belong and to be both loved and accepted for who they truly are. I feel that realising this improved me as a





person as it allowed my skills of empathy and compassion to flourish. My time in Iran also taught me to appreciate the small things in life. I was encompassed by people, many of whom barely had enough money to buy their weekly groceries, yet, they exuded happiness and radiated warmth. They captivated me and provoked me into being a more generous and gracious human being. They made me eager to learn and I became a sponge for knowledge and a possessor of my own unique ideas. These people, who I could not properly communicate with, had such an immense impact on my life, and I sincerely believe that, was it not for them, I would be a different person today.

After leaving Iran, I felt more complete than I ever had before. I think that this was because I had finally grasped the idea of the illusive, 'meaning of life'. I do not feel that I found the meaning of life in Iran, but I do feel that my time there made me realise that there is a meaning and purpose in everyone's life and it made me determined to find out what mine was. While in Iran I discovered non-profit organisations and women who were doing incredible things, in a country where they were far from having complete freedom. These women were using their voices to change the world and were dedicating their lives to a cause they truly and strongly believed in. Every day

they risked going to prison, or worse, in order create a better world for generations of women to come, and for this they have my complete admiration. I realised that if I one day hoped to reach a place of immeasurable happiness and blissfulness, I needed to become like these women; I had to dedicate my life to something I had a passion for. I am still unsure of what this will be, as I feel that there is so much more of the world for me to discover and to learn from, but I have no doubt that one day I will find what I am passionate about and when I do, I will make sure my voice is heard, just like the unbelievably courageous women in Iran.

After my exchange in Iran, I was left with one standout thought that refused to leave my head. "What else is out there?" I knew that there were more countries waiting for me to explore, more people waiting for me to meet and more spectacular sights waiting for me to see. And every day I am left waiting to discover them. ●

Amelia Loughnan is a Year 12 student at Doha College, Qatar

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TUDOR IN FOUR CONTINENTS

TWO YEAR 12 STUDENTS, AMELIA AND THEA, TALK ABOUT THEIR EXPERIENCES IN JOHANNESBURG ... AND BOLTON

Tudor in Four Continents is a contribution Tudor Hall School in the UK makes to community and world service. Projects in India and South Africa are well established, and they have recently added projects in South America and the UK.

Thea sees Tudor in Four Continents as “a way of discovering the world and as a way to help to change it for the better through charity work and volunteering.” Looking at the projects on offer, she said “I really wanted to go to Guatemala because it looked amazing and, when first told that there was an option to go to Bolton, I thought ‘I’m not going there when there’s an opportunity to abroad! Why would you when there are other, more exotic locations on offer?’ But

I applied to work in Bolton because, thinking about it, it would be more hard-hitting for the group. We know that challenging conditions exist in other countries but these conditions are less visible to us in own country. The Bolton project offered us something much closer to actual work experience and I felt that it would be challenging”.

In contrast, Amelia applied to volunteer at the Sparrow School in Johannesburg, saying that, “It would be a wonderful experience to give something back. I had never been somewhere like Africa before and its history has always been of interest to me. I like the on-going connections between our schools – we go out to Sparrow School and they come here and we get to see them again.



They performed at a fundraising concert at the Royal Hospital Chelsea and we assisted with the event by waitressing. They also visited our school and spent some time experiencing British life.”

The girls visiting Johannesburg started with some cultural orientation, visiting the Nelson Mandela Museum and learning about the country’s history. During their stay, they lived with South African host families, travelling to the Sparrow School each day to work. They volunteered with a range of different year groups. “Sometimes we were running art lessons, sometimes we were just doing really practical things like covering their textbooks to help them last longer. We repainted 2 classrooms and painted a Gruffalo mural for the school.”

The girls in Bolton spent the week helping at the Lads & Girls Club. Thea observed that “The club is busy with young people who had nothing to do and who had few resources at home. During the week we helped the club’s regular staff by planning events like a Halloween party and by spending time with the children. The club runs a mentoring programme. Trained mentors provide 1:1 support to children who have nowhere else to go and who are struggling with their family lives. I went with a mentor to visit an 11-year-old girl whose mother was unwell and the family was struggling to feed itself. The girl was very anxious. Another girl needed some respite and distance from her home environment. We also helped with really practical things like setting up for and cleaning up after lunch.

“Although we were only at the club for a short while, we genuinely helped. The feedback we got from the club staff was that our presence was valued, showing that we contributed something positive. I know that there’s a saying ‘every little helps’ – because it does. The club has a handful of workers and they are all older than us, so it was nice for the children attending the club to have contact with people closer to their own age. We also provided the club with a fresh perspective on its work and were able to offer them some new ideas. The experience was eye-opening, really changing our views about poverty, our own country and other people’s lives.

“A big thing that I learnt was everyone is the same. These young people were exactly the same as us. They had just happened to have been born in a different place and in a different situation. Some of the things that happen to children in the UK are difficult to believe – they sound like things from TV dramas. I had never absorbed the idea of abuse and neglect until I visited the club. Everyone knows that there is more poverty in the third world, so to see it in England makes you look differently.”



Amelia was also struck by her experiences in Johannesburg: “I had never experienced a completely different life and we were able to see how different life was in South Africa was. It taught me to take nothing for granted and made me want to do more volunteer work. If I have a gap year, I will definitely be going back to the same school, together with one of my friends who also visited. Working overseas for such a short amount of time can only give you a taster of what it is like, but it has made me want to go back and help again. The painting and the new books we bought means that we left a tangible legacy behind, even on such a fleeting visit.”

Reflecting on the experience, Thea comments that: “It is a really great programme because it is a learning experience and helps other people and gets us out into the community – to go and see new places. Work experience may well be sitting down at a computer but this is practical – it improves social skills, makes you look at the work differently, travel, explore and give to another community!” ●

Amelia and Thea are Year 12 students at Tudor Hall School, UK

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THE BEATING HEART OF INNOVATION

CHRISTINE MATHIESEN DESCRIBES HER EXPERIENCE OF TOKYO AND THE TECHNOLOGICAL ADVANCES BEING MADE THERE



The world around us is a metropolis for continuous and rapid innovation of astounding magnitude and every day we take new steps towards discovering fresh ways to improve the world around us. The ability we have shown to use our intellect and understanding to create things that were previously unimaginable has caused our entire civilisation to grow and grasp the bigger concept of how the world around us works. Technology and innovation has always fascinated me, so when I was offered the opportunity to visit the epicentre of technological advancement, I jumped at the chance.

My fascination with technology started in my younger years, back when the only way my brother and I would get along was to battle it out on the PlayStation 2. All throughout my childhood I noticed electronics around me improving, from the complexity of the games I played to the size of the phones we used. Everywhere I looked I saw how technology affected our lives, and how each day it was continually changing. As I experienced this more and more, my captivation increased and

I began to understand how dependent we are on such things. It shouldn't come as a surprise that my only wish was to travel to Tokyo so I could breathe the air of the technological hub that helps power our modern day world.

Recently, my Information and Communication Technologies teachers organised a school trip to Tokyo, Japan, to help our eager, youthful minds get some perspective on what was currently happening in our chosen field of interest. After years of only being able to imagine what the brightest minds could invent, it was finally our turn to see it for ourselves. When the plane eventually touched ground in the dark hours of the evening, a chorus of frenzied squeals burst from our group of over-excited teenagers – it didn't quite seem real that we were actually here.

The long haul flight and the time difference seemed to be the only thing dulling our chaotic excitement, and it managed to dampen our energy enough to get us into bed as soon as



we reached our hotel. This resulted with the next morning bringing enlivened teenagers, ready for our adventure to begin. Throughout the week we were introduced to masses of different technology, culture and tradition. There was a particular science museum that impressed every student amongst us: The Miraikan is dedicated to showcasing Emerging Science and Innovation and refused to let us down. The most humanoid robot in the world, Asimo, made an appearance to play some football, interactive conversation stations could be tried and there was even some space food to eat, just like astronauts would consume on their space journeys. NTT Docomo was another enthralling museum that focused more on mobile technology. This seemed more relatable to us, as mobiles are central to a teenager's life nowadays and it was intriguing to see what was being worked on, as much of what we saw had not been released onto the market yet. This managed to enforce my love for technology, seeing all these endless possibilities, and making me long to become a part of the journey of innovation.

Contrary to what I had originally expected, what influenced me most throughout the trip was how culture has infiltrated the fast paced lifestyle that is practiced in Japan. Technology isn't only seen in the immense skyscrapers and forward thinking museums, but also the inspiring anime museums that play an

integral part in the Japanese culture. The Sugunami Animation Museum displayed technology dating back many years to show how anime had first been created. This was perhaps the most unique perspective we encountered, as we could see side by side the advancements we had made and therefore appreciate the magnitude of where we are today.

Tokyo is a beating heart of innovation and is awe-inspiring in every possible way. Never before had I felt so small, being amidst the brilliance that radiates out from the capital. This trip helped me realise that the possibilities that we have in this generation are infinite – we have everything in front of us, ready to be discovered. Never before has my future been so unclear, but unclear in a good way. The uncertain future that I hold in my hands is exactly as it should be because it means that I develop, change and improve it as I want. The world has opened up for us through technology and I have every intention of continuing down that path and seeing what else we have to offer. ●

Christine Mathiesen is a Year 12 student at Doha College, Qatar

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CAN WE REALLY MAKE A DIFFERENCE?

LORI GUNN AND CHAN DARA TALK ABOUT THEIR TRIPS

TO CAMBODIA WITH THE TABITHA FOUNDATION



The following morning, we attended a soccer training with Happy Football Cambodia Australia, a soccer club that provides an opportunity for disadvantaged and homeless youths to play amateur athletics. We had a friendly football match with these athletes and were soundly trounced!

until our hands were blistered through the gloves we were wearing. We had never worked so hard before!

By the end, we had built houses for six very happy families. Their smiling faces are an image we will carry with us always. ●

Lori Gunn is a Grade 12 student at Canadian International School

 [CIS.edu.sg](https://www.facebook.com/CIS.edu.sg)

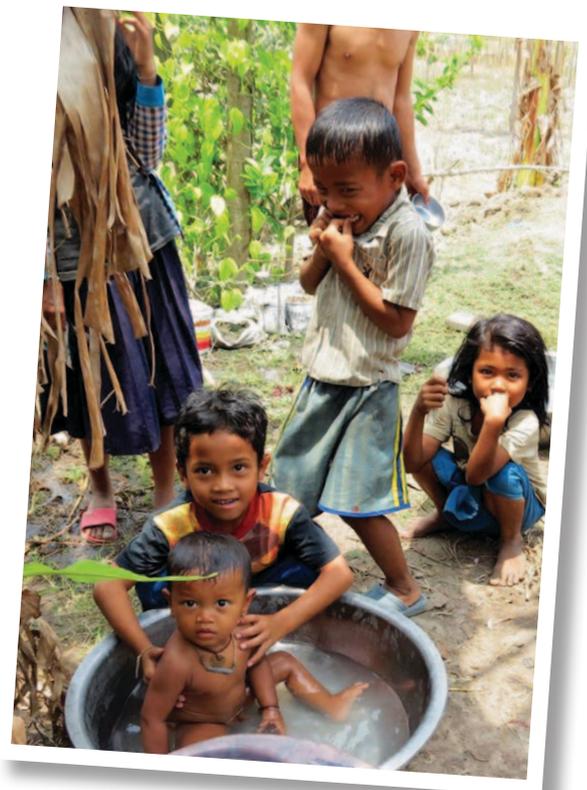
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This was at the forefront of my thoughts as I listened to Janne Ritskes, the founder of the Tabitha Foundation, speak to a group of Grade 11 CIS students earlier this year. Tabitha helps Cambodians help themselves out of poverty. We were 12 girls and four boys about to embark on a nine-day service trip to Cambodia and discover just how strong and determined we really were.

On our first day in Phnom Penh, we visited a primary school where we taught students new skills and helped them with their English lessons. Many of these young children would be out working instead of going to school if it weren't for their families being provided with food if they sent their children to school.

Next was an unforgettable tour of S21 and the Killing Fields. Learning about the Cambodian genocide first hand gave us a deep understanding that we could never gain in a classroom. It also gave greater meaning to our house building mission. I was very nervous about this. Could I make a meaningful contribution? These families had worked hard, investing a dollar at a time towards the cost of the building materials that would become their homes.

With sweat pouring down our faces, we hammered floor boards and siding





Before the trip to Toul Sleng and Choeung Ek, the orientation with Janne at the Tabitha House Building headquarters brought me to a realization. Even though I have heard many stories time and again from different people about their experiences during the Khmer Rouge Regime, not one of them have ever mentioned anything about being traumatized.

Janne's talk made me realize that many of the people who survived the war would have had post traumatic stress disorder and this made me more cautious and mindful when speaking to survivors about their experiences. Additionally, even though I have lived in Cambodia my whole life and understand that most of the Cambodian people who were victims of the war are incredibly grateful and caring due what they have gone through, I seem to have forgotten these things until Janne's emotional reminder.

I feel that even though I know quite a lot about my country and what my relatives and many people around me have gone through, it can be so easily forgotten because the people have moved on, or at least tried to move on, and build their lives from what little they had left. Her much needed reminder has stuck with me and taught me to respect my elders because of how they have come out victorious even after all they have gone through. It is easy to hear a

story from a victim and feel empathy for them, but it is also easy to forget their struggles when they can hide it so well. Janne's talk not only allowed me to gain inspiration from the victims and how well they have coped after the war, but she also taught me to never forget people's struggles because even though they might be happy now, bringing back the memories of their trauma could hurt them, therefore it is incredibly important to be more cautious and understanding of their past. ●

Chan Dara is a student at International School Phnom Penh

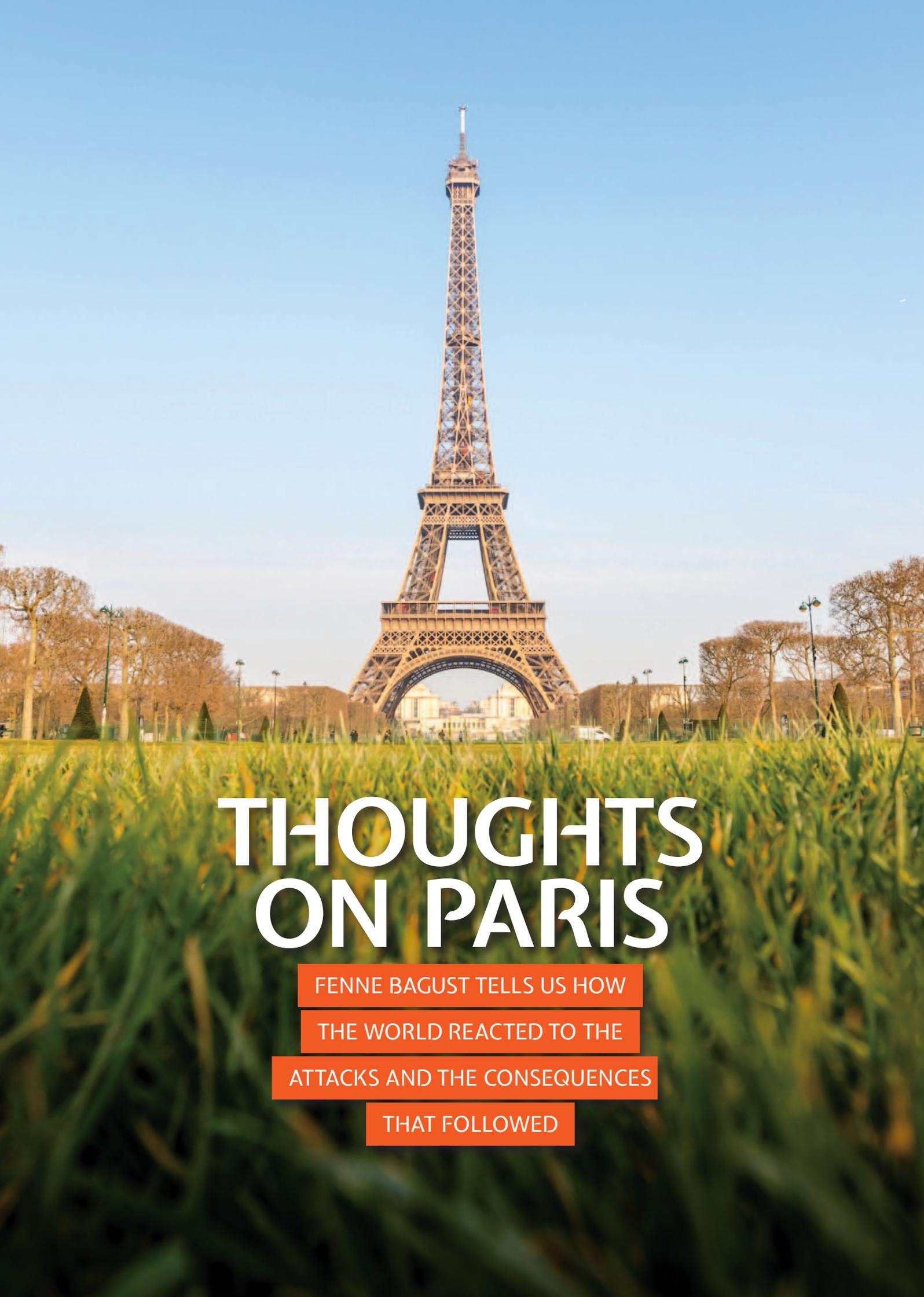
If you or your school is interested in collaborating with the Tabitha foundation please visit <https://tabitha-cambodia.org>

f Tabitha Foundation Cambodia



Photograph: Opposite bottom and this page bottom two images supplied by Tabitha Foundation





THOUGHTS ON PARIS

FENNE BAGUST TELLS US HOW
THE WORLD REACTED TO THE
ATTACKS AND THE CONSEQUENCES
THAT FOLLOWED



What happened in Paris on Friday 13th November 2015 will always be remembered. France had not witnessed such a violent attack on its country since the Second World War. Seven coordinated terror attacks took place. Over 120 innocent people were killed in the gun attacks and suicide bombings arranged that night. The French president, Francois Hollande, described the incident as ‘an act of war’ and declared 3 days of national mourning in respect to those who died.

Just like the ‘Je suis Charlie’ incident, the attack was quickly engulfed by the social media. People all over the world were posting statuses with the hash tag #PrayforParis. Many celebrities also tweeted about the incident, saying that their ‘hearts, thoughts and prayers are with all the family and friends of the victims and all the people of Paris tonight’ (Sam Smith). Instagram was covered with pictures of the Eiffel Tower. People changed their profile pictures to the French flag in solidarity to those affected by the attacks. The fact that everyone is so aware about the situation is amazing, however awareness is key but a lot more is needed if a change is to be made. Some people decided to lose the French flag on Facebook, not as a retraction of solidarity, but rather as an extension of it towards those lost and forgotten in the Eurocentric flurry of social media. This public unity against terrorism cannot truly mean anything until all loss of human life is treated equally, regardless of their ethnicity. It’s not that they don’t mourn for Paris, but sometimes our attempts to show solidarity, alienating others who are also affected.

An example of this would be the attack in Beirut on Thursday 12th November, where ISIS suicide bombers detonated themselves in the southern part of the country, killing 43 people and wounding 239. The media ignored the incident. Or at least it did not have as much of an impact on the social media as, let’s face it, Paris is known much better around the world. Paris may have sparked more of an emotional response. However it is important for

people to be aware that terrorist attacks are happening all over the world. For this reason people acted with hostility towards the ignorance of other incidents regarding terrorism.

Many people associated the attacks with the immigration crisis in Europe, blaming immigrants for the attacks and immediately recognizing them as terrorist. This is wrong. Yes, one of the attackers was found with a fake Syrian passport, and may have masqueraded as an asylum seeker to infiltrate Europe. But it is important to realise that the immigrants are fleeing from terrorists and attacks just like the ones we witnessed in Paris and Beirut. They are not the aggressors. Extremists are the terrorists, not Muslims or any other religions. This stereotype has sadly been reinforced by the acts of terrorists and fanatics, who by no means represent what the religion truly stands for. They hijacked the religion, and the media attention for their own selfish and immoral ambitions. Therefore the world opinion tends to view Islam as a violent religion. People associate Islam with Saddam Hussein, suicide bombers, Osama bin Laden, and September 11. Very few see it as a religion that forbids any kind of aggression, and permits fighting only in self-defense. The truth is the religion of Islam, described by God in the Quran, stands for peace and tolerance. It does not condone or encourage terrorism. So ISIS can no longer be recognised as a religious terrorist group – as it goes against all religion, we can view it as an extremist group.

“Once again, we’ve seen an outrageous attempt to terrorize innocent civilians. This is an attack not just on Paris, it’s an attack not just on the people of France, but this is an attack on all of humanity and the universal values that we share.” – Barack Obama. ●

Fenne Bagust is a Year 12 student at Prague British School

 [PBSchool.cz](https://www.facebook.com/PBSchool.cz)



FROM GREEK TRAGEDY TO HOPE IN THE FUTURE

LUKE ADDISON TALKS ABOUT HIS TRIP WITH PEACEJAM IN GREECE AND THE EYE-OPENING EXERCISE HE DID WITH THE CHILDREN THERE

It is very fair to say that those currently living in Greece have not had an easy ride; an economic crisis and a continuously growing issue of refugees arriving at the coasts has made life for the Greek people extremely difficult. Looking from the outside it is easy to assume that the Greeks would give up and that a solution is far from within their grasp. However, after visiting Athens and hosting a conference in Thessaloniki for around 200 young Greeks I can honestly say that I am so, so hopeful for the future of the country.

My purpose for visiting was due to my current role as the Conference Coordinator for PeaceJam in Winchester. I have written about PeaceJam before in World Student but for those reading about this for the first time, I will offer a short insight into what we do.

PeaceJam is an innovative and unique international education programme for schools and youth groups and is the only educational programme working directly with Nobel Peace Laureates who pass on their spirit and wisdom to the next generation. The purpose of PeaceJam is to empower and inspire young people to be active citizens and agents for change.

The idea was to get a group of young Greeks in a room engaging in debates, discussions, workshops and local service projects. We mixed the groups around so kids from Athens met kids from Thessaloniki where the struggles and strains differed and allowed space for reflection and empathy. These young people, aged around 13-18, are then mentored by university-aged young people in a mentoring system which allowed young people to facilitate discussions for other young people. Sharing

views and benefitting hugely from the diverse range of ages, backgrounds and opinions.

The conference took place at the American Farm College in Thessaloniki, and was attended by around 200 young people. We started the morning with an introductory session to which two guest speakers, each from organisations working with refugees, attended and spoke about the growing pressure on coastal areas and how unaccompanied minors are becoming a huge issue. It was clear that the speeches impacted our young people, the buzz from morning breakfast excitement soon turned to the realisation that what they were doing here today was vital to their countries' future. This was the view shared by all and throughout the day especially when the platform of a podium and a microphone was open the young people had no problem going up and describing their experiences and sharing with each other.

I hosted a workshop for the young people in the afternoon. I took about 100 young people into a hall and divided them up into 10 groups. I explained to them that they had been in a huge storm and were each now 'ship-wrecked' on 10 different habitable islands. Their aim now was to create a new society (think; 'Lord of the Flies' meets 'Cast Away') and come up with an island name, three important rules for the island and then rank those rules in order of importance. We had 'Pizza Island', 'Dreamland' and several other bizarre concoctions, and the rules varied from 'eating pizza daily' to 'all resources must be shared equally'. Even the creation of the rules showed not only that these young people had a great sense of humour, but also that they were compassionate and understood the importance of the session.

Once islands were created, everything gets shaken up; I explain that each island is hit by another huge storm and one islander from each island is swept across to the island along from them. Then it begins, I tell them that the island must welcome its new visitor, perhaps with a special greeting and then they must read the rules of the island out... but there's a catch; the new person

must disagree with one or all of the rules. A short improvisation ensues for around 10 minutes as the young people struggle with diplomacy and the importance of compromise. When the game ended I encouraged a discussion around why it is important to respect other people's views and also on how it must feel to enter a new place sometimes not even by choice. Obviously this was related to the refugee situation and I really saw and heard some incredible things.

Overall, my views were changed completely, from arriving in Athens and seeing scenes of graffiti on sculptures and statues, and large problems with drugs and homelessness, I was not sure what to expect on my journey. But meeting these young people, and seeing such genuine positivity and hope for the future gave me so much inspiration to keep doing what we are doing. I am so pleased to say that we have now launched 'PeaceJam Greece' and we are currently looking to run a proper weekend conference with a Nobel Peace Laureate later in the year.

One young student, who won't mind me sharing her experience, sent me this following the conference:

"I'm a student from Rafina language school who took part in the conference. I enjoyed it so much! It was a pleasure to be a part of PeaceJam Greece 2016. I had a great experience. It helped me realize things I was not aware of so thank you for that, your lessons were very insightful and thank you for allowing us to be creative in our own way. I'm so keen on to work closer with PeaceJam and help anyway I can as young student in Greece hoping to change her future. I have already presented about it to my class and if there is a possibility of starting a club or a group where we are, we need to know how." ●

For information about PeaceJam and how you can be involved check out www.peacejam.org or www.peacejam.org.uk

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A SOIREE AT SHAKESPEARE'S GLOBE

WYCOMBE ABBEY PERFORMS AT SHAKESPEARE'S GLOBE

On Sunday the 20 March 2016, Wycombe Abbey took over Shakespeare's Globe in London for a 'Shakespeare Soirée'. With more than 220 pupils involved, the performance was a huge success and at the end of the evening everyone returned to school with a huge smile on their face.

The show consisted of a variety of acts, including snippets from some of Shakespeare's most famous plays: 'Othello', 'Macbeth', 'Midsummers Night's Dream', 'Richard III', 'Henry V' and more. From a traditional court dance, a ferocious duel on stage, a spine-chilling performance of the witches' spell, and a rendition of 'double double toil and

trouble' by the choir, the variety of performances was vast – each stunning the stage and its audience.

The evening, a once in a lifetime opportunity, was produced in order to celebrate the 120th anniversary of the School, in conjunction with the 400th anniversary of the death of Shakespeare. Wycombe Abbey girls from the ages of 12 to 18 all worked together, along with some Wycombe Abbey Seniors, who had attended the school in the past.

Personally, we were involved in a piece entitled 'All Hail Macbeth', in which we played the role of 2 of the 3 lead witches, with an ensemble of younger girls as the other witches, and Nicola as

Macbeth. Although we had to give up long-periods of time, including Sundays, to do voice work and rehearse, we really enjoyed having the opportunity to help direct and take part in the abstract piece. Our five-minute-long performance was full of sound and visual effects that we had created through the use of our own imagination. It is clear that this event will go down in Wycombe Abbey's history, and we would like to thank everyone involved for giving us this amazing opportunity. ●

Written by Riva and Gigi (Year 11) studying at Wycombe Abbey

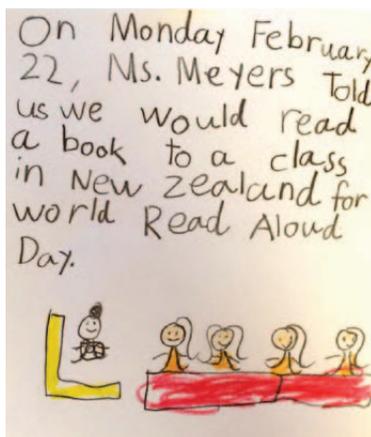
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WORLD READ ALOUD DAY

CRYSTAL MEYERS – AND SHRISHA IN YEAR 1 – TELL US ABOUT WORLD

READ ALOUD DAY AT SEISEN INTERNATIONAL SCHOOL

Teaching at an international school which promotes global citizenship and international mindedness, I am continually looking for new and exciting ways for my students to engage with their peers around the world. After seeing an advertisement for the World Read Aloud Day Skypeathon on twitter, I promptly signed up my class to participate. The idea of a global project which promoted the importance of literacy and the joy of reading excited me, and I knew for certain it would excite my students as well. In the end, the experience was better than I could have ever imagined. My students demonstrated their reading and listening skills, made new friends, learned about a new part of the world, and created memories which will last a lifetime.



My name is Shrisha and I would like to tell you what happened on World Read Aloud Day. World Read Aloud Day was Wednesday, February 24, 2016. My class was paired with a class in New Zealand. I was picked to read, and the book I read was called Yoko. The class in New Zealand read us a book called, How Maui Slowed the Sun. Each person in their class got to read a part of the story. In my class only three people read the story, and that was me, Rina, and Erica. The class in New Zealand really loved our book.

I was really proud of myself because I tried my best and I read everything correctly. I am also proud of myself because I read with lots of expression. I am proud of my classmate Erica, because she also used lots of expression, and she read clearly, nicely and carefully. Rina also read really good, so I am proud of her too.

I was so happy on World Read Aloud Day because my friends in New Zealand were really happy with the book I read. I really love the book Yoko, and the book that the class in New Zealand read to us. I really, really, really, really loved World Read Aloud Day, it was so exciting! That night I went home and told everything to my mom. It was so fun!

Written by Shrisha (1A) Seisen International School, Toyko ●

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THE SEVEN DEADLY SINS

ANUSHKA SHANKAR WARNS US OF MAJOR THREATS
TO OUR MORAL WELLBEING AND PHYSICAL HEALTH

Envoy, one of the seven deadly sins or capital vices in Christianity, also makes an appearance in the Ten Commandments of the Old Testament in the form 'Thou shalt not covet'. Envy is defined as a state in which the desired advantage enjoyed by another person or group causes a person to feel a painful blend of inferiority and resentment, making him long for the quality or possession.

We all have experienced some form of envy, however mild, whether it be a classmate who got better grades or a workmate who got more promotions. Unattended envy can morph into contempt and schadenfreude. The envier harbours feelings of frustration over someone's success and prosperity, and this

yearning leads to greed, anger and pessimism. Additionally, feelings of worthlessness and unhappiness dominate. It is impossible to be at peace when one is envious because of the resulting stress and depression in efforts to keep up with the success of others. Although these are emotions and affect a person's mental health, there are inadvertent effects on the body and physical well-being. Therefore, envy is self-destruction: "A person is born with feelings of envy and hate. If he gives way to them, they will lead him to violence and crime, and any sense of loyalty and good faith will be abandoned." (Xun Zi)

What is the extent to which a mere emotion can impact physical well-being? Surely, an emotion can only affect a



person mentally. However, envy does have a varied impact on the human body, and it all depends on the person's degree of affectedness and the manner in which they respond. A person prone to frustration and high levels of stress might feel anger knowing that many others are more fortunate and successful. It might lead to irritation, mood-swings and ill-thoughts. Anger and acute stress can initiate the 'fight-or-flight response' – even though, in the short run, it is vital for survival, unrelenting and long periods of stress are highly harmful.

It is a well-known fact that increased levels of stress weaken the immune system, hence increasing the chances of contracting diseases like the flu. It is more difficult for the body to fight pathogens under long-lasting stress. Worrying and preoccupations of the mind with thoughts of bitterness can cause sleeplessness and fatigue. Countless nights of pondering one's shortcomings and failures is bound to give anyone a headache: the fight-or-flight response is essentially to prepare the body for activity, making it more alert and ready. So, it is difficult for the person to relax and fall asleep. Additionally, it can even lead to a loss of sex-drive and libido. Women may even experience irregular menstrual cycles which is injurious to fertility.

If that's not enough, stress is also involved in the reduction of a person's retention span. It renders the envier unable to think at their best and recall memories. It can impair spatial navigation, motor performance, and learning. It's very hard to not focus on one's shortcomings while one is surrounded by people seemingly more successful. Most of us have surely experienced times in which we are so preoccupied by an onslaught of negative emotions that we are not able to fully participate in our present lives. Nevertheless, "In times of great stress or adversity, it's always best to keep busy, to plough your anger and your energy into something positive." (Lee Iacocca) The fact that stress involves the suppression of the digestive system means that some experience weight loss and the feeling of lethargy. Contrarily, some people have the urge to overeat when in tense situations to feel better; this improvement in mood occurs due to the release of serotonin upon eating nutrients like carbohydrates. I am sure that we are all familiar with the term 'comfort food' – examples include everything from chocolate to crisps. Overeating also occurs because of persistently low reservoirs of energy caused by the maintenance of high levels of respiration by adrenaline; the end result is an increase in appetite.

People consumed with negative emotions such as envy are more prone to depression. Every time one gives in to feelings of resentment, they are letting their happiness and mental well-being be taken away from them; the sense of under-achievement, self-pity, and inferiority can cause despair. Some of the more universal symptoms of depression include body

aches, lethargy, fluctuations in weight, insomnia, hypersomnia, and chronic fatigue.

There are also some effects on the body that arise from the envier's conscious decisions. Enviars are constantly frustrated and stressed, making them more liable to partake in alcohol abuse and smoking. For example, smokers smoke more cigarettes on days with high stress levels. In the long run, this is lethal as chances of contracting conditions like emphysema, coronary heart disease, and chronic bronchitis are higher. Moreover, high levels of drinking occur as people consume alcohol to cope with defeatist emotions. High alcohol intake can damage the liver – steatosis, alcoholic hepatitis, fibrosis, and cirrhosis; the toxicity of metabolic by-products of alcohol breakdown damage liver cells. Depressed people are likely to neglect their physical health and use more drugs – dopamine is involved in the reward system, and several drugs cause an increase in dopamine and the feeling of pleasure, hence helping to deal with depression and stress.

Envy is much more universal than people believe. The theme of envy has been extensively explored in literature, from *The Great Gatsby* and *Jacob Have I Loved* to *Scar* from *The Lion King* and *Ursula* from *The Little Mermaid*. The emotion of envy is not limited to age, culture, or gender; it is quintessentially human and felt by all, making it dangerous as everyone is at risk of feeling its negative effects on the mental and physical health. At a young age, envy can manifest itself in minor things like Facebook and other social apps. Being privy to the joys and successes that others experience evokes social competition and the need of a positive self-presentation. This is the driving force behind modern-day envy. Young adults, who have to compete for social attractiveness, may experience envy, depression, anger and stress at an early age if they are socially 'losing out' and do not have a high social position.

Envy is the worst sin out of all because it gives birth to greed and wrath. Enviars become malicious and aggressive as they always strive and covet possession of more qualities or material objects than the person they envy. Similarly, owing to a loss in self-confidence after comparison to others, insufficient pride acts as a vice. Sloth, which is physical and emotional inactivity, arises from depression – a potent symptom of envy. It also refers to the lack of use of personal skills, which is what happens when a person is envious and does not focus on his own abilities. Therefore, it can be argued that envy is the root of all the other sins, and this is what makes it especially damaging. Finally, proverbs 14:30 aptly sums up envy – A sound heart is the life of the flesh: but envy the rottenness of the bones. ●

Anushka Shankar is a student at St. George's British International School, Rome, Italy



HOW HAS THE INTERNET AFFECTED YOU?

NO DOUBT YOU ALL USE SOME FORM
OF TECHNOLOGY EVERY DAY. KAROLINA
DISCUSSES THE PROS AND CONS OF
THIS NEW TECHNOLOGY

Technology in modern-day society is inescapable. Since the Industrial Revolution in the 18th and 19th century, thousands of advancements have been made. Every one of these advancements has affected the lives of humans, from the invention of steamboats, auto mobiles, telephones or computers. It is pointless to argue about the most prevalent and used technology of the 21st century so far, the internet. First invented in 1969, however it didn't become an everyday part of our lives until the 1990's. In 1996, the first ever internet survey concluded that there were about 40 million users, while in 2013, there were counted to be over 2.5 billion users. Have you ever considered the amount of time you spend on the computer daily? According to Ofcom's Media Use and Attitudes 2015 report, teenager aged between 16 and 24 spend more than 27 hours a week on the internet. All over the world, our internet habits are rapidly increasing, especially after the emergence of devices capable of accessing the internet while still being portable like smartphones and tablets. However we must ask ourselves whether this is a positive or negative approach to the use of technology.

I intend to prove to you that modern technology, especially the internet is a positive factor as long as they are being utilised correctly.

Technology is everywhere; it has become an everyday part of our lives, whether that is for entertainment, work or study. The main benefit of the internet and social networking is that it has removed a lot of the communication and interaction limitations that are apparent in real life. Now, anyone can communicate their perspective whatever it may be and while being anonymous, they don't have to fear being humiliated or ridiculed. The internet, especially social networking, has helped business expand and evolve in a multitude of different ways. Traditional advertising, such as radio and print ads, has seen a downturn while TV commercials are being less and less profitable. Social media platforms like Facebook, Twitter and YouTube have allowed all types of businesses to connect to their customers for free through accounts or to pay for advertisements on the website itself. This can severely lower marketing costs. Furthermore, blog websites like Wordpress allow aspiring writers or journalists to write and gain an audience which would have been proven to be very difficult in the past. It had been estimated that there are approximately over 152 million blogs on the internet.

On the other hand, many people have argued that the internet and mainly social media have stopped people from socialising with other people face to face. How many times have you heard adults complaining about their children's constant use of social media and the amount of time they are spending inside on their phones? You would be correct in thinking this however I believe that social media has had a dramatic impact

socialising, creating a new form of interaction. Instead of being face to face, it is based on constant connectivity through the web typically with people from all over the world. In the Journal of Computer-Mediated Communication, a scholar from the School of Information University of California-Berkeley, Ellison N.B, defined social networking: "... as web-based services that allow individuals to construct a public or semi-public profile within a bounded system, articulate a list of other users with whom they share a connection, and view and traverse their list of connections and those made by others within the system." I believe this completely sums up social media. In the ever more common urban life in massive cities, people may end up feeling completely isolated and the internet becomes a great way to communicate with people with similar interests who they probably wouldn't have met otherwise. The main problem with the common view of our parents and grandparents is that view is outdated: most of them grew up in smaller towns where they were friends with the same people in the same community for most of their childhoods. Unfortunately, in the rapidly moving and evolving modern life, there may be the opportunity to meet many other individuals with the same interests as your own except for in school.

In order to evaluate your use of the internet, you need to analyse and ask yourself questions about the effects it has on you. It is apparent that a prolong usage of the internet may affect your social skills? So then you have to ask yourself whether technology aids you in creating meaningful and positive relationships with other people or if it stops you from socialising and communicating with the people who are already in your life. Does technology increase or decrease your concern and your compassion for others? Are you letting people know what interests you and what you contribute to this society, or are you merely distracting yourself with shallow pursuits? Modern technology and the internet aren't going anywhere so it is beneficial to evaluate your relationship now rather than later.

In conclusion, modern technologies have many advantages and disadvantages ranging from safety to being connected. They radically affect and change our lives for better or for worse. As with anything that affects our lives to this extent, it is our own responsibility to evaluate how the internet affects us. Even though, computers and mobiles are necessary for work and staying connected, it is our choice whether we want to spend our free time using them. Technology doesn't affect everyone the same and doesn't create these problems by itself, it merely highlights problems and issues that you already have. ●

Karolina Komanicka is a student at Prague British School

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EFFECTS OF ACADEMIC PRESSURE

ELENA TALKS ABOUT THE PRESSURE FACING TEENAGERS ACROSS THE WORLD AND THE EFFECTS IT CAN HAVE

Many teenagers across the globe have different amounts of pressure forced upon them from a variety of different areas of their academics. However would these all be beneficial for the child, or does it have a more of a negative impact on a child's future success and development after finishing their studies, which counteract the good ones?

First we should address what success is. Would it be to have large sums of money sitting and waiting for you to use in the bank; or simply to have eternal happiness and acceptance? Or are these both the same? Success is not something that can be simply 'measured', as there isn't a true definition, and is rather a definition which varies greatly amongst different people and social/cultural groups. However in careers, reaching the top of a business or company would most likely be seen as highly successful in the work proportion after school.

Generally there is no exact or 'right' amount of pressure children should receive from someone during their schooling lives. This is due to large variables within each teen's upbringing, along with personality traits that would change and affect how a child should be treated.

School is set up in order for students to achieve a high ability and competence in the key subjects (reading, spelling, English and maths) in order to be able to reach achievements/goals and continually stay happy during school. However having large masses of pressure upon an individual teen can possibly be counterproductive, which can consequentially induce a rebellious attitude towards superiors or other higher powers.

Branding by one test at the end of your schooling life can produce huge stress on a child. So why wouldn't a student

simply drop out of school and avoid the stress completely? Working at McDonalds surely isn't that bad? The stress in the UK alone causes one fifth of teens to leave school before A-level qualifications at the age of 16 [According to OECD]. However is this due to pressure and stress or merely disinterest? Psychologically, it is most likely to be due to stress, as A-levels are a stressful period and student would rather avoid the difficulty that it entails.

The need for ones self to be 'perfect', A pressure we put upon ourselves. Everyone would strive for perfection and many students will take it to the extreme. Aims to achieve perfect grades, perfect friends, and perfect households. They will control everything in their lives to be their idea of perfection. Fostering this obsession to be the perfect child for their parents for their friends, to be accepted and approved by everyone. Some may try to balance their worries over/for grades, sport, social approval, competition and or a tough workloads. Students would constantly compete with each other and strive for this so called 'perfection', sugar coating whatever they did to get there, as a product of this competitiveness, the loss of friendships and support along with other negative consequences the individual wouldn't see at the time due to their shortsightedness.

Students from different cultural backgrounds have different amount of pressure applied to them from parents. For instance Chinese parents have been shown to put pressure on their children from when they were at a young age. Every parent's reasoning to why the pressure was applied would vary due to them either wanting to be accepted by their group of friends, by their bragging/boasting about ones child's 'success' or at a more selfless note, the hope to prevent the disappointment or feelings of failure, as the result of rejection from a college due to their previous bad grades. The majority of parents wouldn't



realize the repercussions of their actions and may not see their child burning out before it is too late. Excessive amounts of parental pressure can cause a collapse on students both mentally and physically, prompting negative consequences which include: eating disorders, excessive anxiety, cheating, loss of interest in life or hobbies and social withdrawal and sleep deprivation. This stress and anxiety in turn would produce overwhelming circumstances leading to physical pains of stomach aches, diarrhea, headaches, plus for younger children nightmares or the evasion of school.

Yet to the previous extreme there is an opposite, regarding the lack of pressure, affecting the child's wellbeing negatively. As the absence of any pressure, would result in lack of motivation or rebellious acts, as they believe their parents don't appreciate them or they are not important enough for them to focus on them. Thus the need for attention would grow stronger and acts of rebel would increase to attempt to gain the notice from their uncaring guardians. This would eventually lead to similar conclusions to excessive pressure applied to a child.

Influences from friends would show certain amounts of pressure, as the thought of being seen 'uncool' and exclusion

would cause students to change their grades in order to fit their group's standards. This can cause both negative and positive impacts, as the child would surround themselves with people of different standards of academics. Therefore the students who surround themselves with the 'smarter' group would most likely have a higher pressure to achieve similar grades to their friends; thus gaining acceptance of their fellow pupils. Although if one was surrounded by peers who do not see grades as important and would judge those negatively who achieve higher grades, the student's grade would show a decrease, as they attempt to gain social approval.

Pressure has a major impact on academic success. The pressure can come from anywhere and when pushed far enough a teen can react in spontaneous manners. But is this really what will make the student achieve their goals, or will it just result in major burnout and devastation? ●

Elena A is a student at The British International School of Kuala Lumpur

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WHAT I'VE LEARNT AT SCHOOL (WELL, EIGHT SCHOOLS...)

DIAS SHAYAKHMAT WRITES ABOUT HIS EXPERIENCE OF MOVING BETWEEN SCHOOLS AND THE DIFFERENCES BETWEEN THEM

In eleven years of school education, I have been to eight different schools. You might think I've been kicked out for bad behaviour or laziness, but in fact, it's exactly the opposite! I've always been looking for a better school. I have studied in six local and two international schools, all in Almaty, Kazakhstan. I have gained a lot of experience through comparing different schools and teaching methods.

Within the six government schools I have mentioned before, there are aspects that are similar and other aspects which are different depending on school status. For example, there are schools in Kazakhstan that specialize in one area: mathematics, physics, science, languages and so on. Depending on the specialization, teachers focus on a certain subject. The knowledge students receive at schools is reflected in the

school's rating. There are schools that are very strong, where you study all day long and they give you large amounts of information and lots of homework. These types of schools test students before they enrol them; if they fall behind and have low grades later during the school year, they can ask the students to leave the school.

There are other schools without specializations, where the quality of knowledge students receive is low and teachers do not care whether students understand or not. Students in government schools usually study from 8am till 12 noon or 1pm. Teachers in these public schools still use Soviet methods of teaching, where students are forced to learn everything by heart – even though they won't find it useful in the future! In addition, as there are over 30 people in one classroom, teachers cannot pay enough





attention to each student. However, Soviet-style education is still highly regarded, because students gain a good foundation in every field and they can get admitted to top universities around the world if they study well. Unfortunately, not every student has the ability to be excellent in every field, which results in them having a hard time studying for some of them.

By studying in government schools, I learned a lot about 'real' life. Since I was a kid, I didn't like to solve problems with force and aggression, but I saw it happening a lot in local schools. To be honest, in some schools I didn't feel very safe. More than five years ago, after I switched from an international to a local school, it never crossed my mind that someone could lie in order to get money from class mates. But, this is exactly what happened on my first day at my new school. It was a good lesson to me and I learned a lot from that day. As I moved from one local school to another, I noticed that not all of them were so bad.

International schools differ significantly in their approach to students' attitude towards studying, since they take into consideration students' individuality and their abilities. There is not the same constant pressure on students and we have the opportunity to choose which field to focus on based on our preferences and abilities. In my opinion this positively affects our attitude to learning. International schools don't only focus on education, but also help to form individuality and try to help students to be more social, self-confident in public, and be able to conduct research and work on different projects. In addition, it offers a lot of after-school activities, like sports, debates, drama and music. Also, the relationships between teachers and students are friendlier and more positive, where students can tell teachers openly about the problems they are facing and ask for help. Another positive aspect is that there are students studying

from different countries, and this diversity enables students to connect with each other and think differently. However, the education in international schools is expensive and not many people can afford it. The scholarships offered by the schools are motivating to students, but not everyone can get them.

In my new international school, Haileybury Almaty, I feel very comfortable. Everyone understands me, from students in different grades to the teachers. It's my first experience of having so many friends from all over the school, and of having close relationships with teachers. Also, I never enjoyed being at school as much as I am enjoying it here. After studying at Haileybury Almaty for a few months, I already feel the positive differences in my life. For example, during the holidays, whenever I feel bored I can go to school to spend my time more productively: doing homework, researching upcoming topics. Knowing that the school is always open and provides a positive environment encourages me to do better at my subjects and go that 'extra mile' to produce excellent results. Furthermore, education at an international school can open doors to the top universities in the world.

I strongly believe that there are positive sides to studying in local and in international schools. It all depends on what the students want to gain from their education and on their long-term goals. As you can see, I have studied across many schools of different kinds, hunting for a place where I can fully utilize my potential. After eleven years and eight schools, I finally believe that I am now exactly where I am supposed to be! ●

Dias Shayakhmat is a student at Haileybury Almaty in Kazakhstan

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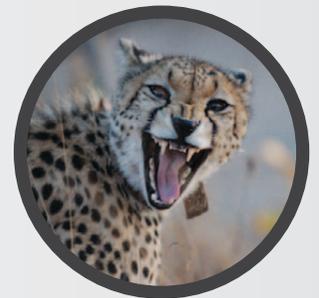
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"...AND MAY THE ODDS BE EVER IN YOUR FAVOR."

LUKE SERRANO TALKS ABOUT HIS EXPERIENCE OF DEBATE

Many a middle or high schooler will have read *The Hunger Games*, a dystopian drama where teenagers from across the nation join to fight in a gruesome death match, striking each other down with whatever they can get their hands on: swords, bows, knives and everything in-between.

While debate might not be deadly, or gruesome for that matter, it's certainly not for the faint of heart. Without the proper training, you will end in up losing faster than you can open your mouth and utter a single syllable. Then again, you may go home clutching onto that solid gold trophy. You just have to be willing to play the game and take a leap of faith.

I can begin to slightly understand how frightened Katniss Everdeen must have felt standing at the brink of that Cornucopia full of weaponry. At 11:00 am on a Saturday morning in a heaving debate room, I sometimes feel like I'm about to be sent in for a royal butchering. Early memories of my novice debate days involve me clutching my papers tightly to my chest as I listened to the reassuring hum of my teammates from one side. Despite the eagle-eyed glare of our opposition across the stage, we know our game and will not be deterred. My debate coach would always give a wave of reassurance as silence ensued and we prepared for combat.

Acknowledged as a pro chatterbox by many, it was little surprise when I came home from my first day in middle school with a debate flyer. Two years later and I've never looked back.

At matches like ours, which take place across the globe, hundreds of teens like myself assemble with views and opinions that we discuss with gusto and enthusiasm. Our voices are our weapons and it is with such ammunition that our team engages in regular battle. Nothing beats the rush of blood in your ears and the butterflies in your stomach as you approach the stand, ready to unleash a volley of arguments upon the opposing team.

Preparation for debate is certainly not to be underestimated. We are trained like athletes in the run up to each match and with twenty different arguments per topic, it certainly takes a great deal of focus and self-control to hold your own. The satisfaction of winning is enormous; taking home a gold trophy definitely shows how committed you are to the sport.

However, it's easier said than done. I've been caught off guard many times by ingenious arguments brought forth against me. Like any sports man, you have to think on your feet, keep calm under pressure and of course, take risks. For if you do not take risks, you can't claim victory.

As a debater, you also have to keep up with current affairs. From the political realm to our physical environment, topics are as wide as they are complex. It will take many sessions to fully master them, and be able to use the loopholes to your advantage.

However, these tournaments have and will always be fun. Not only for me, but the thousands of teenagers who practice the sport of arguing. Where silence is forbidden and where opinions clash.

I'd highly encourage you to try it if you have not done so already, whether it be at middle school, high school, college or beyond! Get out there, raise your voice and prepare for debate. And may the odds be ever in your favor... ●

Luke Serrano is a student at The British International School of New York

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A REFRESHING SUMMER AT CORNELL UNIVERSITY

JEFFREY LIAO TALKS ABOUT HIS SUMMER AT CORNELL

When I first arrived on campus after a relaxing four-hour bus ride from New York City, I was struck by the sheer natural beauty of Cornell. With its inspiring architecture, forest-green woods, scenic quads, and dramatic waterfalls and lake, Cornell possesses a quintessentially picturesque university campus.

More than one thousand high school students come to Cornell every summer, from all four corners of the globe, excited to take on the academic challenges of studying at Cornell. The community at Summer College was incredibly diverse: I had classmates from London, Dubai, San Francisco, Tokyo, and New

York. As an international student far from home, I felt very welcomed and comfortable in the Cornell community.

Summer College offers programs in a wide range of subjects, from architecture, art, design, and fashion to engineering and robotics, public policy, social change and sustainability, and veterinary medicine. I chose Hotel Operations Management, which is an introduction to the business of hospitality. I knew I wanted to pursue hospitality management in college, so this course (at the world's number-one hotel school) was exactly what I needed to gain exposure to the industry.

My professors, Reneta and Mark McCarthy, put all of us at ease within the first hour of class. I appreciated their upbeat teaching style and ability to make university-level course work accessible to high school students. At the same time, they treated us like college students and engaged us in challenging course content. Their patience in guiding us to understand business communication and hotel operations concepts allowed me to fully retain the information I learned. Their teaching style made the content very easy to understand and remember, and the teaching assistants were readily available to us and made us feel comfortable with their easygoing style.

I expected to be challenged intellectually (that's why I was there, ready to learn), but it did take some adjusting to the long class hours, business reports, and group presentations. Because the program was only three short weeks, classes ran from morning till 6:00 p.m. and often later. The work didn't stop there, since we still had business reports and group presentations to prepare. My friends and I often worked together until midnight. It was mentally exhausting at times but stimulating, and a great way to prepare for university.

Despite the work load, I found plenty of opportunity to explore Cornell's campus and the quaint city of Ithaca. Cornell's grounds are expansive, with many hidden gems. On occasion after class, I would leave the Hotel School and hike around Beebe Lake before heading back to my dorm.

One of the many great places to meet friends was the Cornell Dairy Bar, which sells Cornell's signature ice cream made at Cornell's very own dairy processing plant on campus. The rich and creamy ice cream is only sold on campus, so make a point of stopping by the Dairy Bar if you ever visit Cornell. I wish I could have figured out how to bring some back with me to Taipei.

My friends and I took advantage of occasional down time to go on walks around campus as well as to go off campus to explore the nearby Ithaca Farmers Market and restaurants on the Ithaca Commons and in Collegetown. During weekends and after class, my friends and I enjoyed exploring the gorges and the beautiful natural areas that surround the campus.

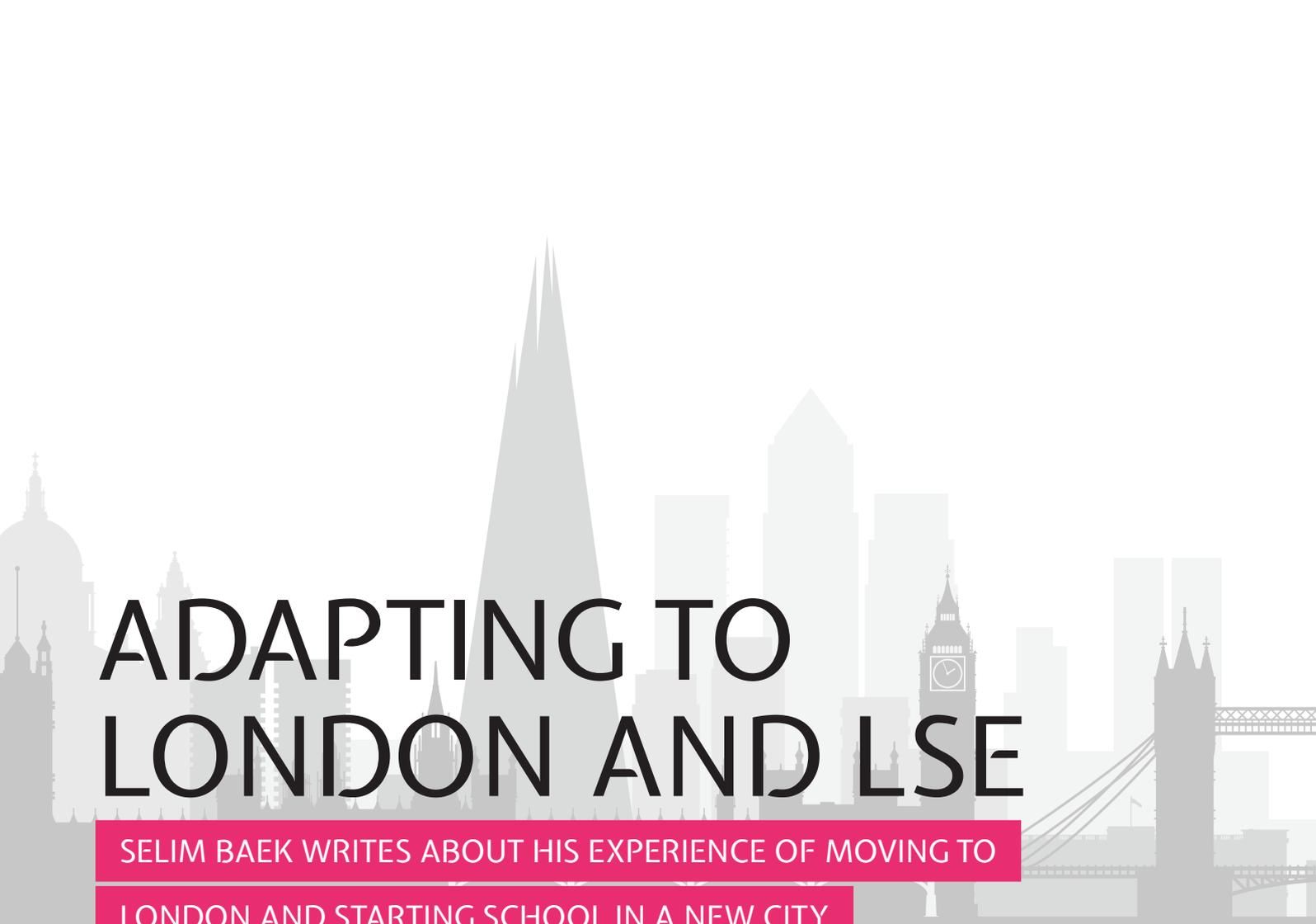
Although my three weeks at Cornell University were challenging, the program left me enlightened, excited to learn more about the hotel industry, and enthusiastic about studying hospitality at Cornell. Summer College was life-changing. It not only exposed me to the business aspect of hospitality, but it also helped me mature. The three weeks of independence helped me to become more self-reliant and sociable. Being in a completely new environment really motivates you to get to know people and make friends. My experience at Cornell confirmed my interest in hotels and left me eager to apply to Cornell's School of Hotel Administration.



If you are intellectually inquisitive, seeking college credits, interested in experiencing life in the US and at one of the world's best universities, or just simply unsure of how to spend your next summer, look no further! Cornell University's Summer College is exactly where you can broaden your horizons. ●

If you would like to find out more about the various courses on offer at Cornell Summer College visit www.summercollege.cornell.edu

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ADAPTING TO LONDON AND LSE

SELIM BAEK WRITES ABOUT HIS EXPERIENCE OF MOVING TO LONDON AND STARTING SCHOOL IN A NEW CITY

Studying International Relations in the heart of London has been an adventure on many levels. As an international student it was nerve-wracking to think about moving to the UK for three years – but my first year at The London School of Economics (LSE) dispelled such thoughts right away.

Upon my arrival at my LSE accommodation as a fresher, I found friends from all over the world in my exact situation, trying to adapt to an unknown city: fathoming British accents, figuring out Oyster cards (for the London Underground) and discovering the concept of the NHS (National Health Service). It was really easy to settle in, amongst the socials and welcome events organized by my hall – you soon find familiar faces in the corridors and on your way to campus.

Studying at LSE lets you immerse yourself in any academic interests you may have. The public lectures and student societies offered at LSE help students to better their understanding of particular topics – from the Iranian Revolution to the rise of China – and most importantly, be a part of the work dedicated

to topics they are passionate about. I remember attending an event organized by the LSE Grimshaw Society, in which LSE students invited the Ambassador of Jordan to the UK to discuss the economic challenges Jordan may face in the future. Discussions between LSE students and the Ambassador created lively debates and food for thought for both parties. What is important is that you can be the initiator of such debates – from hosting notable figures to organising networking events – with the resources offered by LSE.

The most incredible part of studying in London is that there is a diverse range of opportunities right on your doorstep. All you need is the courage to sell your abilities and try new things. The best part of it for me is finding work (not just internships) that broadens my horizons and skills sets while studying at LSE. In my third week as a first-year, I was thrilled to sign my first-ever work contract, as I was commissioned to translate documents for a consulting firm. After that I took up almost anything that I found interesting and challenging, from being an Economics tutor to producing and selling art in the Camden Lock Market.



The opportunities to support yourself financially while studying are endless in London, and I found my series of (sometimes odd) part-time jobs a very rewarding learning experience.

Living in London allows you to extensively pursue your non-academic interests. I love the number of West End theatres and performance venues that are available in central London, as well as the free-entry museums scattered across London filled with historical artefacts and artworks. Also, London airports connect you to anywhere in Europe and beyond, allowing me to travel extensively during my time at LSE. The LSE Travelling and Backpacking Society (“Itchy Feet”) organizes affordable group travels with fellow LSE students around the world. After memorable trips to Dublin and Madrid in my first year, I became friends with people who I still travel with.

LSE also offers unparalleled careers advice for its students – talking to careers consultants at LSE helped me to understand my dislikes and preferences for certain industries, and apply to different companies with confidence. From the process of

learning to write a CV to securing summer internships, LSE Careers has always been supportive and helpful. Industry-specific LSE Career fairs have been excellent sources of contacts, and I have developed my own network of professionals who share my interests and career aspirations.

I think the most important factor to consider when you are studying abroad as an international student is ensuring that you are willing to adapt to change – of environment, people around you and even petty things like the weather – and knowing that you will ultimately gain so much from going out of your comfort zone and challenging yourself. The last three years have been a great adventure – both academically and personally – and they have equipped me for many more challenges yet to come. ●

Selim Baek is a BSc International Relations student at The London School of Economics at Political Science

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THE GREENBRIER, WEST VIRGINIA

LAILA HRINDOVA TALKS ABOUT HER TRIP TO THE GOLF
RESORT AND HOW IT IMPROVED HER GAME

Never have I been so attached to a resort, although I have visited countless eccentric locations. The Greenbrier is a golf resort which I travelled to two years ago for the Faldo Series Grand Final and the experience I had there not only empowered me to train harder in the sport, but enlightened me in recognising how much nature and people intertwine.

Soaring trees as old as the hills encompass West Virginia's resort. They dance in colours of crimson, bronze and titian as their leaves tumble gracefully towards the ground in the autumn. The streams and ponds that make part of the golf course remain as calm as millpond throughout the day, providing a sense of aura for the passer-by, satisfying the heart's endless quest for tranquillity. Not only does the natural world there bestow an extravagant roller coaster of emotions, but the resort's picturesque soaring white hotel which exceeds the '5-star' rating is bound to respond to any caller and fulfil expectation.

In other words, after a drooping one and a half day journey by plane, three bus transfers and ultimately a rented van route, the sight of this as-large-as-life white encrusted mansion brings back the life to your bleached state and configures a pristine energy that you never thought possible after three hours of sleep in the past two days; simply miraculous and sublime.

Soon after rest comes preparation for the golf tournament. The game is a marathon – warm ups, practice rounds and the eventual post. Grinding on the quest for improvement – not perfection, as every golf player comes to find that such a notion by a myth on the playing field – takes up the entire course of the day. Yet it all proves to be worthwhile as the golf course at White Sulphur Springs designed by the late Charles Blair McDonald in 1778 is a work of art with seemingly no stench of failure. Flawless. The location of the course, the species of flower from pink Azaleas to Wild Prairie roses, facilitated 100-year-old oak trees and golden willows as well as multiple





Photograph supplied by The Greenbrier

recognised bird species such as the singing Hummingbirds or Aleutian Terns that together build this profound base for an aging natural community that has unshackled an endless opportunity for local growth in a truly inspiring, effortless manner. Such is the power of mother-nature.

At the age of fourteen I was honoured to be playing on the blessed course; my day could not be ruined by any miss-hit shots. Despite the hotel's Americanised wallpapers there was no characteristic about the Greenbrier that I would have changed, unlike many localities in the Middle East. I suppose the desert was never blessed with similar complexion.

During the days we played competitive golf, concentration and discipline radiated through the young golfers from the practice to course tee. In spite of everyone's furious instinct to perform at the best of their capability and for the better players such as Megan Khang (the eventual winner) a goal of victory, we all became a unit during ravishing dinners as we sat at circular tables and the magical diversity of nationalities enabled us to share humorous personal experiences (mostly the bad ones) from around the world.

Foremost, we all seemed to share an elliptical passion for the game; a willingness to overtake intimidating hurdles while finding the bright light at the end of a dark day. Likewise our admiration for the Greenbrier made the tournament all the more worthwhile.

Additionally, during our stay we were offered knowledgeable psychological courses from former tour caddies and a shot making

clinic from the legend himself: Nick Faldo. This assortment founded opportunity for future improvement and sometimes, cast a shadow of doubt in relation to whether a golfer's life; a life of dedication, hardship, discipline and eventually, for some, ultimate success – is the path for all of us ambitious young players. Because simply put, not everyone is good enough. I like to believe, though, that we all have a path made for us and if it were to be identical to everyone else's then what would be the point?

To conclude, my experience of the Greenbrier from two years ago and the encounters I had there with all the inspiring players has propelled me as a golfer. I have improved my handicap from 4 to +0.8 (a numerical measure of golfer's potential playing ability) and have most importantly won and competed at a higher level, proving that I was right to believe and grind at my capacity as a golfer. Somehow, I deem my trip to West Virginia responsible for a lot of fulfilled goals. It truly is a sensational place. A place that sophisticates the mind while satisfying the heart. Have I possibly found heaven? ●

Laila Hrindova is a student at Doha College, Qatar

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If you are interested in visiting The Greenbrier Resort please visit www.greenbrier.com

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LIVING EXTRA-CURRICULAR

KRIS TELLS US ABOUT WHY HE CHOSE TO GO TO A UNIVERSITY ABROAD AND HOW HE SETTLED IN

Nottingham came into my radar by chance. I was looking for universities in the UK that were offering Media and Communications as a course, and my former classmate told me how he was applying to The University of Nottingham because his brother had done his Master's here and had loved it. I looked up the university, and found that they offer the course I was looking for and decided that it was better to take the word of someone I know, who has gone to the University and enjoyed their time there, rather than basing everything off of what I find on the internet. That's how Nottingham found its way on the top of my UCAS list, and here I am today- about to finish my 2nd year at this wonderful university.

I attended an international high school, so my intent was always to study abroad. I think that because of that drive, I really did not have the common fear of moving alone and being away from home. As a matter of fact, I was anxious to get to

Nottingham and experience everything that comes with a life abroad, at university. I came to Nottingham in mid-September of 2014—a few weeks before the term was to begin – to try to get to know the city I was going to spend my next three years in, and to sort out all the small necessities like getting a UK SIM card, bank account related things, etc before the big rush that would follow when everyone else would come a few weeks later. I was rather disappointed to find out that setting up a bank account can only be done once you are a registered student, and therefore there was no way of avoiding doing that part without having to deal with a massive crowd of students. It is probably noteworthy that since my classmate was also going to attend the university, we had each other to base our confidence on. The city center is beautiful and filled with historic sites for all your tourist needs. Oddly enough, my favorite part about Nottingham as a city is probably their extremely well-organised public transport: reasonably cheap for students, very regular, and absolutely always on time.



A VOLLEYBALL ENGLAND EVENT IN WOLLATON PARK. NEARBY, WOLLATON HALL WAS USED AS WAYNE MANOR IN THE FILMING OF NOLAN'S DARK KNIGHT TRILOGY.



ME NEXT TO THE VLTAVA RIVER IN PRAGUE, ON A TRIP WITH MY FELLOW HIGH SCHOOL GRADUATES BEFORE SETTING OUT TO NOTTINGHAM.

sports clubs and societies that the University offers. They are all student run, and have a government system which is democratically elected each year. All of them had stalls, and students would spend hours walking around the massive venue to find societies that shared their interests or hobbies, and sports that they were willing to pursue. I decided to attend the basketball and volleyball trials, as well as join the Game Society. Both trials had around 50 students trying out for the many university teams, which are sorted out according to skill (Men's 1st, Men's 2nd, Women's 1st, etc). In the end, I decided to dedicate myself to volleyball, and that would turn out to be the best decision I have made during my time here.

I found, and still do find, the volleyball club to be my greatest motivator at the university. If any student is greatly passionate about something, I could not stress enough, the importance of joining a sports team or society. It is a fantastic way of spending your free time, and a great way to meet people from around the world. For me personally, the volleyball club is definitely like my family away from home. I know that if I'm ever feeling sad,



A BUCS LEAGUE GAME BETWEEN NOTTINGHAM AND OXFORD BROOKES UNIVERSITY. I'M ABOUT TO SERVE THE BALL.

The university has four campuses: the biggest of them all, University Park, has most of the scholastic buildings and is where you'd find most of the students studying sciences, law, history and arts; the Sutton Bonington campus is a veterinary and biosciences campus; King's Meadow hosts professional services and business support departments; and the more modern Jubilee Campus is home to a wide variety of the university's newer departments and schools. As it is custom for first year students to stay in halls, my choice fell with Newark Hall on Jubilee Campus. A questionable choice, considering that all my classes were on University Park (approximately 10-15 minutes by the free campus buses, or 20-25 by foot from Jubilee), however I would come not to regret my choice. I moved in a day earlier than everyone else, as I just wanted to make sure I was settled in before the big rush started. My confidence in living alone did not take any hits, as there was nothing that did not meet my standards, or caused me any inconvenience; I had my own shower and toilet, high-speed internet, a bed, and a desk. What more does a student need? Granted, I would not have minded a stove, but since this hall was catered, I suppose they saw no need to provide students with cooking appliances. As a matter of fact, they were very strictly prohibited. During the first weeks, you meet hundreds and hundreds of people, and form your circle of friends, which for me consisted of a former classmate, and people who lived near me in my hall.

My definite favorite aspect of the University of Nottingham is its dedication to sports. I have always been an active athlete, and competed in everything that I could in high school. The so-called "Fresher's Fair" is like a convention for all the different



BREAK DURING AN OUTSIDE VOLLEYBALL TOURNAMENT ON UNIVERSITY PARK CAMPUS

or frustrated, playing with those people will boost my mood for sure. Soon enough, Volleyball became approximately 50% of what I do in Nottingham. I started off in the lowest tier team and for the first time in my life got the chance to compete in the British University and College Sports (BUCS) competitions, and represent my university. Now, I am the captain of the 2nd team, have just come back from the BUCS Super 8's with the 1st team, where I got to play against some of the best players in England, and am running for President of the club in this year's committee elections. I simply cannot imagine what I

would be doing with my spare time, if it weren't for the club. It has allowed me to meet fantastic people, and travel around England. That is why I tell newcomers time and time again, that the best advice I can give them is to get involved with a sport, because it is the best way to spend your free time! If, however, sports are not your thing, you will likely find a society for everything ranging from country/region based societies to things like Quidditch or baking.

In regards to academics, the professors and tutors are very approachable. I am able to choose my schedule largely on my liking by picking between seminar times, and I have used that to give myself a day off so I can catch up on some work. University Park is massive, but most of my classes take place on one side of it, so at most, I have to endure an enjoyable walk through a beautiful campus. The libraries are very accessible, as they are all open 24/7 during exam periods, and the Jubilee Campus library has its computer room open all night, which has proven extremely useful for approaching deadlines. The Students' Union is there to provide help with almost any issue that a student may have, so if you are having trouble with anything at all, chances are they can give you good advice on how to solve the issue, whether it be financial or if you simply cannot handle your course load. As the stereotype goes, students who are struggling with money have the great opportunity to use Unitemps, who offer temporary jobs for students. I have

worked in various jobs that have been beneficial for my CV, experience and wallet.

There are definitely times when I get homesick, but I think that is just something you can't completely avoid when you go abroad. I have friends who fly home every other weekend, whereas I only do it during the big breaks (winter, spring, summer). I have found a store in the city which sells goods from back home, so if



AN OUTSIDE EVENT ON UNIVERSITY PARK TO PROMOTE VOLLEYBALL. THIS WAS OUR TEAM.



A PHOTO TAKEN AT THE SAME VOLLEYBALL ENGLAND EVENT. THIS DEER WAS A FEW METERS FROM WHERE WE WERE PLAYING IN WOLLATON PARK.

I ever crave anything, I know that I can get it here as well. It all depends on what kind of person you are, and how you choose to spend your time at university. I feel like it is crucial to use every opportunity that the university offers to try something new, or do something that could benefit your future, as you may not get the chance again. ●

Krisjanis Gorbunovs is a student from Latvia studying BA International Media and Communications at The University of Nottingham

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TORN HEARTS

KAROLINA TEACHES US HOW TO BALANCE OUR

LIVES AND THE IMPORTANCE OF DOING SO

Have you ever come home after school exhausted, about to lie down on your bed, when you suddenly remember the mountain of homework on your desk? Or the football training you have to go to later? Or any other responsibilities? Under the 'crippling' pressure of all these tasks, you end up staying home and scrolling through your Instagram. This is just one example of situations where our hearts are torn. Sometimes it's between pleasures and responsibilities or it can just be the decision between going out with friends or staying home. Most people dream of having the perfect life, where you balance school, study, socialising, clubs and other obligations, which is frequently promoted through social media.

It all comes down to the decision between immediate satisfaction and long-term achievement. We all struggle with thinking in the long-term because the rewards for completing these tasks are not immediate and uncertain. Furthermore, these rewards are most likely not tangible things like money, food or pleasure, for example improving a skill like playing the piano, is difficult however rewarding but the reward isn't tangible. This is where the idea of balance comes back in, because short-term satisfactions aren't all bad and are an essential part of life. Short-term thinking isn't advantageous when we talk about time management or goal achievement, but if you focus purely on your long-term goals, you might be on the road to burnout. Neglecting your immediate, short-term needs can just stress you out more, despite your meticulous planning. Both sides of the spectrum are positive, however each can be taken to its own extreme. There are many different areas where this applies:

- Mind – Challenging yourself intellectually vs creating opportunities for your mind to rest
- Heart – Giving and receiving love
- Health – Eating, drinking, exercising properly vs resting and treating yourself

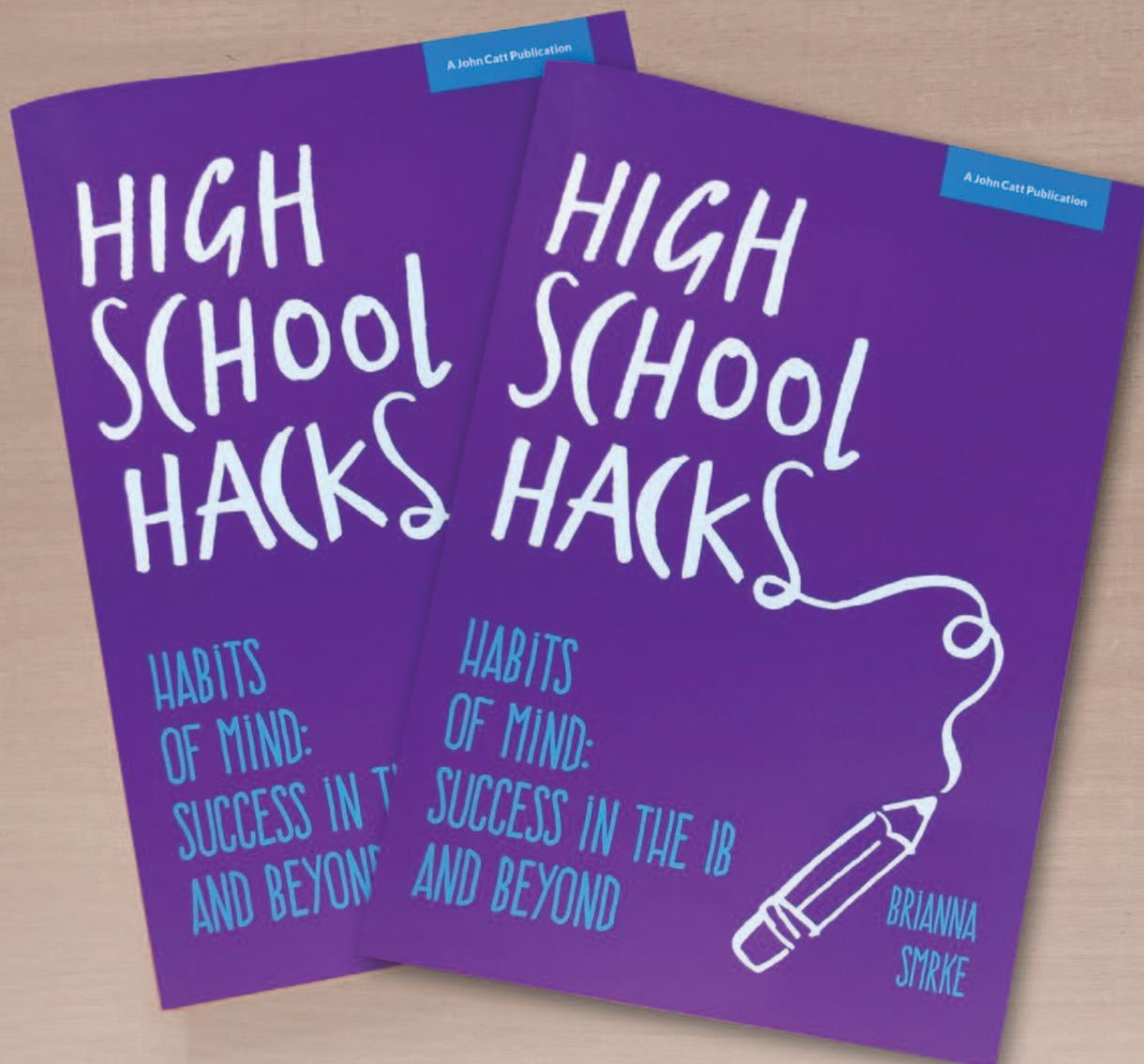
We often blame ourselves as we believe we have to overcome our own laziness in order to take care of responsibilities and while this can certainly be true at times. Sometimes our expectations of ourselves and the people around us are too high and maybe even impossible to satisfy. No amount of planning or balance can prepare us for some unfortunate events in life, however having a solid routine can help us bounce back from these disappointments and problems must faster.



So the answer to the idea of 'torn hearts' is balance; choosing the right amount of long-term and short-term decisions without disregarding our responsibilities. It is obvious that the main goal of all this is improving our lives. While it is important to help others, it is most important to put yourself first so you can focus on your own health and needs. Our internal state will always affect our external life. As much as we try, most of the time we cannot make too many changes to our external lives directly. We cannot control most factors in our lives, like how people act and behave to us, however when we change how we look at things, our external lives will slowly start to change as well and there will be less situations where our hearts are torn. ●

Karolina Komanicka is a student at Prague British School.

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HIGH SCHOOL HACKS

HABITS OF MIND: SUCCESS IN THE IB AND BEYOND

In 2010, Brianna Smrke, from Toronto, Canada, scored 45 points in her IB Diploma, placing her in the top 0.5% of all IB students in the world.

In this remarkable first book, Brianna tells students how they can maximize the return on their educational effort by cultivating three habits of mind: focus, resourcefulness and 'stacking' – approaching a task with an eye to what else it might be used for in addition to the stated purpose.

High School Hacks is a mixture of anecdotes, references to pedagogical and cognitive research, and practical strategies are perfectly woven together to convey these ideas.

“Brianna’s message is simple – seek out opportunities and make the most of those opportunities to grow as a person and to change the world for the better.”

Paul Campbell, Head of Outreach and Development, IB Americas

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THE GREAT UNKNOWN

LUC TELLS US ABOUT HIS FEARS ABOUT TRANSITIONING FROM ONE SCHOOL TO ANOTHER

In three months' time, 11 students (named Max, Leila, William, Brandon, Dylan, Ben, Yousef, Annabelle, Ivan, Noemi and Liam) will walk onto a small stage in the East side of Manhattan dressed in blue caps and gowns, to receive their graduation certificates.

These are my classmates: a truly international grade. I have known four of these students since 1st grade. Together we grew, from playing 'tag' on the upper playground, to comforting each-other during the aftermath of examinations. Dylan is my twin brother, he's been by my side the whole way. And then there's me, Luc. This is my story...

For thirteen years I have lived in New York City, spending many wonderful afternoons gazing at the lush greenery of Central Park from my bedroom window, whirling into different parts of the city by way of a speedy yellow cab, falling asleep under the lullaby of sirens and taking in the many wonderful museums and sights that make our city so rich in culture and history.

I started attending the British International School of New York in Kindergarten. I don't remember much, but I scarcely recall Brandon and Ben in my grade, of course Dylan was there too. The following year, William joined our school and so on.

BIS-NY is located on the charming Waterside Plaza, with spectacular views of the east river forming the backdrop to our campus. New York is known for its rather temperamental weather, and our school gets the brunt of it being on the water's edge. On a summer's day you will see students saunter between classrooms, basking in the sunshine. Winter is a different story. Come January, we hide beneath the parapets that shield us from the beating rain and thrashing gale.

International schools are transient by nature and ours is no exception: many students flood through the doors each year with unusual and exciting stories of adventures in exotic and far-flung lands. We develop great friendships with myriad people only to then bid a tearful farewell as they move on to pastures new.



For the last two years or so, I've been far too busy to linger on these influxes and exoduses. My days have been spent engaged in many hours of study. New York high schools are highly competitive and entry to such requires many, many tests, exams and the like.

Luckily for me, I worked hard and managed to gain a place at one of my first choice schools. This September, I'll be a freshman in a new class, of a new school. It seems like just yesterday when I was be a little boy, imagining myself a High Schooler. But here it comes, just months away.

BIS-NY is all I have ever known. The classroom, the teachers and the students are familiar and safe. And so as I prepare to take to the stage with my classmates at the end of the year to say goodbye to my beloved middle school, I'm quite frankly feeling terrified.

Whilst I might not know what's ahead, BIS-NY has taught me that being a risk taker is a key component of a successful learner. It's attributes like these that I have developed over time that will set me up for success one I have thrown that cap into the sky and ventured into the great unknown. ●

Luc Bousquette is a student at The British International School of New York

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THERE IS MORE IN YOU THAN YOU THINK

JOHN MAY WRITES OF THE BENEFITS OF PUSHING OURSELVES

OUTSIDE OF OUR COMFORT ZONE AND ONE ORGANISATION THAT

WILL HELP YOU DO JUST THAT

Have you ever pushed yourself to your absolute limit? So far outside your comfort zone that you wondered if you'd ever be the same again? If you have, you'll know how scary, exhilarating, rewarding, and, quite frankly, mind-blowing it can be.

Exactly what it is that takes you to that limit is different for everyone. For some people it might be climbing a mountain; for others it's speaking to a room full of people from a stage; or taking up a new sport when you've always been the last one to be selected for the school team; or perhaps it's the idea of volunteering to spend a couple of hours every week down at a local care home for the elderly. Every one of us can identify situations in which we're uncomfortable.

But the rewards for deliberately making ourselves uncomfortable, for pushing ourselves that little bit further, can be enormous. Because it's only when you challenge yourself to go to places that you've never been before that you really learn what you're made of.

As a teenager, for me it was cross-country running. I was pretty awful at games. I have two left feet and no eye-to-hand coordination at all. But at secondary school I decided to run. It took a long time to build up my stamina and to push myself beyond the discomfort of the inevitable stitches in my chest, aching legs and wheezing in my lungs. But I persevered and discovered that I enjoyed pushing myself to run further than I thought possible. I still run today and hope to complete my eighth marathon this year.

I'm not alone. Here's Khurram: "I don't have any fear of trying new things, because I know that trying new things is not something fearful. You have the confidence, you have the courage to go for it."

And Harriet, who has managed to overcome her fear of public speaking: "Before... I could not speak in front of people, but now I can speak without shivering, without crying."

Harriet, Khurram and I have experienced the unshakeable confidence that comes from putting yourself in a new and scary place. And we know now that we could (and probably will) do it again.

Sixty years ago HRH The Duke of Edinburgh, husband of HM The Queen, Kurt Hahn, his former headmaster at Gordonstoun School, and Lord Hunt, who led the first successful expedition to summit Everest, created a great framework for this kind of challenge which is still changing lives today. You might know it: it's The Duke of Edinburgh's International Award. What you might be more surprised to hear is that it now has a presence in 141 countries and territories worldwide, and that more than 1.1 million young people like you are doing this Award right now.

Not many products are wearing so well after 60 years. In 1956, the year the Award was launched, computers were so large they took up a whole room, and the development of the internet was still decades away. Young men in the UK were required to complete national service, and young women could not get a mortgage to buy a house in their own name. And yet, the Award is even more popular now than it was back then, and there are young people carrying out activities such as computer programming, blogging, and micro-finance, that would have been impossible for the Award's first participants.

So why has the Award become so popular around the world? It's based on some great principles: firstly that not all learning happens in the classroom, and that as a young person you need every opportunity to learn outside your formal education; secondly, that you are the best person to decide what you need to do to challenge yourself and create new experiences; and finally that it's really important to have a way of proving to others that you've tested yourself in this way.

The employment market today can be tough. Many people are leaving schools and universities with great qualifications, but find it

really hard to get a job. And getting into university isn't easy either, with admissions tutors finding it increasingly hard to distinguish between really strong candidates. Employers and universities tell us that young people need to demonstrate what makes them different from the other candidates. They're looking for demonstrable skills in areas such as communication, teamwork and decision-making.

The Award can help you when the time comes for applying for jobs and higher education: developing those very skills that employers are looking for, and demonstrating the difference that admissions tutors want to see. For example, more than a quarter of UK companies look for the Award when reading applications, above any other recognition programme.

Here's what Farhana, a Gold Award holder says, "Every interview and conference that I have been to, and every employer who I have worked for, has been aware of the Award and its outcomes. In fact, this was one of the most outstanding achievements which has played a great role in my career so far."

If you do your Award in any of the 141 countries and territories in which we operate, you'll get a certificate which proves you've met the same standard that every other Award participant has had to meet. It'll be branded with the Award's international logo, meaning that there's a very good chance that whoever is interviewing you will recognise it and understand what it means.

So the Award opens up opportunities to prove to yourself and others that "there is more in you than you think." This phrase, adopted by Kurt Hahn, one of the Award's founders, is at the heart of the Award.

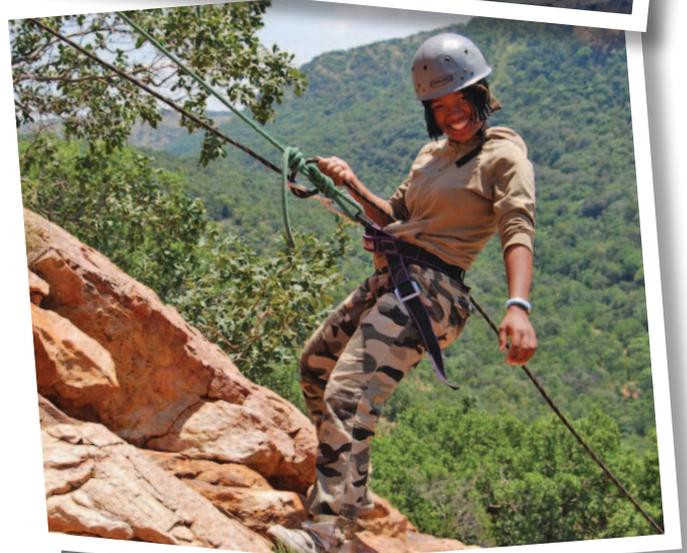
As Albert, a Gold Award holder, says, "While you journey through the Award, you will encounter many priceless opportunities. Learn to take them, and use them to your full advantage." And yes, that happened to me too. I used running for the Physical Recreation section of my Award at school – and eventually went on to achieve my Gold Award when I was at university, where my Award experiences had a major impact on my career plans and aspirations.

The Duke of Edinburgh's International Award has helped millions of young people discover what they're made of, and in turn to demonstrate this to others. Sign up for the Award today and experience more than you thought possible. ●

Written by John May, Secretary General, The Duke of Edinburgh's International Award Foundation

For more information about the Award near you go to www.intaward.org and follow #awardat60 on social media.

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CAREER ADVICE

JULIE DUQUESNE DISCUSSES
HOW TO GET YOUR DREAM JOB,

AND WHAT TO DO IF
YOU'RE UNSURE



When graduation is approaching, the stress builds in your mind. “What should I do after my graduation? Keep studying? Start working?”

Many students find themselves feeling lost and some continue studying because they don't know what they want to become yet. But what about those who do know? Students who know what their dream job is aren't always doing what they should in order to secure it. Some carry on studying when it's not needed, and some start working when they should keep studying.

But the question is: how can you figure out what you should be doing?

Here are some tips to help you make the right decision for yourself and your career prospects...

How to pick the right course

If you don't know what to do after secondary school, then selecting a course can be difficult.

Some people decide to start working, in the hope of finding their dream job, they can then make some money and get some experience. Others just decide to start a course, whatever it is. This was the case for Barry, a 24-year-old student at Griffith College Cork: “I went to UCC because I left school and didn't know what to do, so I just picked history and politics for the sake of it. I realised quickly it wasn't for me!” Students are young when they finish secondary school (most are 18 years old), and it is difficult to decide what job you want to do for your whole life, or at least a big part of it.

Is starting a course a good idea? It just depends on the person, it can be for some.

If you have an idea of the field you want to work in, then start a general course in that field. For example, if you want to work in communication, but you don't know if it would be events management, journalism or advertising, then start a general communication course in order to learn all basics of those skills. That way you will be able to learn about every variation of job you can do and then you can later on start a masters in the one you prefer.

If you have no idea what you want to do, then should you start any course? The best way not to lose your time and your money doing a course you don't like is not to start at all. Young people have time, so losing one or two years after high school is not a big deal if you use it in a useful way.

Instead of starting college right after high school (or your bachelor degree if you want to get a master), work a little bit – if



possible as an au pair or as a volunteer. You will be able to learn new skills, get experience and it can help you discover some hidden parts of yourself, maybe you'll also find your dream job.

Listen to people

Even though career advisors are the most experienced to help you find what's the best option for you, don't ignore your acquaintances' advice. That's how Orrain, 27 years old, found his way. Orrain, after starting six different courses, stopped studying to start working. After working for two years, he decided to start college again after hearing from some of his acquaintances that he was good at writing. Orrain is now studying journalism at Griffith College, and enjoys it so far. “I work as a waiter in a family business, I've worked there since I was 11. That's a great place because I've made a lot of contacts, people who works as editors for newspapers that I've met in there. They always said to me “you know you have a lot of opinions, you're willing to express them, so why don't you maybe do something like this?” And they said if I was to, they might even know people that could help me get some work.”

Do an internship

You've found your dream job, but you have never experienced it. What if after your studies, when you start working, you realise that the job is not what you had expected. The best way to prevent that kind of situation is to carry out internships. That way you can see what the job is really like, its advantages and disadvantages. That would also be an experience, and the more experience you have, the easier you can find a job.

Brian Clapp, director of content for www.workinsports.com, and well-known career advisor in the sports field, said in an interview that internships are a really important way to gain work experience. He believes that students should do as many internships as they can, at as many various companies as possible.

“For example, if you wanted to work in sports broadcasting it would make sense to perform internships at a national network,

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COMING NEXT ISSUE:

To celebrate the winners of the COBIS Poetry Competition 2016, our next issue will feature a special section all about poetry. Not only will we be publishing the winning entries, but we want to hear your opinions about poetry. Is it 'old hat' or do you think there is a place for it in modern society? Does it help provide an important lesson in sentence structure and word rhythm or is it's only used for writing to your loved one on valentines days?

Email your thoughts over to us at
editor@world-student.com

We also have been lucky enough to get an interview with Iwan Thomas, who won silver in the 1996 Olympics.



Read about what got him into athletics, how he stayed motivated and his proudest moments.

All this, plus we will have another travel guide, more motivating news stories and articles about what matters to you written by students living all over the world.



like the BBC or ESPN, a local TV station a newspaper and an online sports content company,” he said. “Think of the real experience you would graduate with if you completed those four internships! Your resume would look impressive, that’s for sure, and you’d have more confidence entering the workforce because you had been exposed to many different industry scenarios.”

Carrying out an internship will help you gain experience, and could also help you get a job in the field you wish even if you haven’t done the right course. For example, if you want to work in customer service, but you have studied something else, work in a call center for Apple, Amazon or Paypal who help you to gain some experience. The more experienced you are, the more recruitment services will be interested in you. Stéphanie, a recruiter for one of the companies in Ireland, approved that fact: “We usually do mass-recruitment for short-periods. Most of the people coming to work in call centers have no experience, or not much, and just want to make money while gaining enough experience to get hired full-time somewhere that suits them.”

How to research

When you already know what job you want to do, it can be complicated and stressful to find a good college. Many students while researching are worried that it might not be the best school for them or to find a reputable school which is lacking in some part of their teaching. What’s the point in studying at Harvard if you do not study the right course for your career?

There are many ways to look for a college for a bachelor or for a masters. Most students just look for what kind of course they have to do to be trained well. Then they look for colleges that give that training, and try to be accepted in the most renowned one. It is not a bad idea to do that, but that’s not the best either. A course that offers training in one field could lecture some skills well, but be lacking in others. For example, if you want to be a camera operator, then a broadcasting and videography course would fit, but you would also learn about producing.

However, if you learn about producing 70% of the time, and camera operating only 30% of the time, you could find a school with a balance that would suit you better.

According to Brian Clapp: “The curriculum offered is vitally important, not all major programs are the same, some colleges are better than others in certain areas, so students should take an active role in their school choices – the choice is always theirs to make and to live with.”

Use social networking

A good way to find the right course might be to look at what other people have done. Go on LinkedIn, search the job and you will get a list of people who succeeded and got the job you want.

Then you can pick locations and companies. People who studied in United Kingdom for example, are usually working there, same for those who studied in the United States. That way you can choose, roughly speaking, where you want to study. Picking companies can also help you to see what kind of company hires what kind of people.

Then once you have picked those fields, open the school list and you will see how many people doing the job have studied in what school. Logically, the school with the most students who got the job is the best one.

Contacting people is also a good way to get information. Social media is very helpful for that. Using the camera operator example, find a camera operator group on Facebook and ask to be accepted. Then you just have to contact people and ask their opinion. What training did they get, would they have preferred to get another formation, what school do they think is the best, etc.

Future is the thing that worried students the most; “Am I doing this right?”, “What job should I do?”, “Will I be able to find a job after college?”.

The points seen above could help you a lot, as it has helped some students. Wouldn’t you be confident if you knew that the training you are carrying out is right for you? Of course you would. If other people can succeed, then you can too.

The key is to work hard, focus on your goal, and seek advice from others, whether they are professionals or advisors. ●

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SALVATION

INTRODUCING A NEW HIP-HOP STAR

Upcoming hip-hop star Frans Sebesho, also known as Salvation, was born on the 3rd of December 1999 in Limpopo, South Africa. He was born and raised in Limpopo until he moved to Soshanguve in December 2013. Salvation went to several schools, Kagarathuthu Primary School, Leshalabe Primary School and Moriti Secondary School, all in Limpopo. Salvation moved to Soshanguve because his mother got a job in Pretoria and they had to relocate from Limpopo to Soshanguve. Salvation was inspired by the South African rapper, HHP's music.

As a kid, Salvation grew up listening to HHP on the radio, because most of the time they would play HHP's songs more



often than other artists. Inspired by this, he started writing his own rap songs, till one day he met a lady called Bianca, who introduced him to African Breeze Records in 9th grade. African Breeze Records is based in Limpopo, South Africa. Salvation recorded his first two tracks 'Beginning ft. Bianca' and 'Stay true ft. Chrizzy C'. The track that put him on the map is a contribution with him, Pearlie Trill and Urgent K, 'Top-notch lady', which was recorded in 2014. Later on followed by 'Cold hearted' with him and Dwayne Delance, which was a hot track. This track spread via social media such as Facebook and WhatsApp. Salvation is currently working on an EP.

He said: "I've been told so many times that I will never see the light and therefore I had to think of something that will prove them wrong and I thought making music. That's why I started my EP project."

Salvation like any rapper has problems. Some of the problems that he faces are going to school and doing music at the same time, lack of self-esteem and not enough time for recording, but he still copes and that shows a lot of dedication to his art.

It's a tough industry, but with the talent he has and a little hard work and a little bit of luck, he could make it.

Inspirational quotes or punch lines by Salvation:

1. God is bigger than my circumstances
2. We may sleep with the same sheets but dreams will never be the same
3. I'm on a fast lane try'nna chase the paper but it ain't running



4. All of my haters make the noise like the bus is coming
5. The main reason why I'm putting on the shades is because my future is bright. ●

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A wide-angle photograph of the London skyline at dusk. The Shard is the most prominent feature on the left, its glass facade reflecting the sky. To its right is the London Bridge, and further right is the illuminated Tower Bridge. The River Thames flows in the foreground, with several boats visible. The sky is a mix of orange, pink, and blue.

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