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The News team introduce you to the new student exec, discuss some of the more outrageous stories that have broken on campuses around the globe, and discuss a University's decision to ban beef from campus.

Society

Society editor Tilly Judges showcases five societies for you to try out this year whether you're a Fresher or coming back for your 5th year. Feel free to try something new. But with over 300 Clubs and Societies at Leeds University Union, the choice is all yours.

Music and Clubs

Leeds' nightlife and music scene is one of the most exciting in the UK, and you will soon find out why. Meet this year's Music and Clubs editors who will guide you through a perfect Freshers' Week.

First off with a day-by-day guide to the best nights out in Leeds and an introduction to Leeds' DJ scene. However if you're done partying and want to see a new band play, there's a breakdown of the best local bands and venues for you too finished off with an exclusive interview with folk singer Molly Sarlé.

Fashion 14-16

Leeds is renowned for its students' edgy fashion taste but our Fashion editors are here to tell you to just be yourself - wavey garms, Fila stompers and flares are not essentials in your closet. Expect advice too on what student deals to be weary of, the campus fashion calendar including getting ready for this year's Leeds RAG Fashion Show, one of the biggest events on campus.

Blogs and 18-20 Lifestyle

The Blogs and Lifestyle editors give you seven lessions they learnt from first year, advice on how to be vegetarian and have an affordable diet. Finally capped off on whether there is a pressure to be single and ready to mingle while you're a student. Guess that's for you to find out!

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Science are getting you prepared for Freshers' Flu - the annual epidemic that sweeps through lecture theatres. You can dose up on vitamin C all you want but you'll probably have to suffer through it no matter how hard you try. This is followed by a look at a new scientific development into how introverts and extroverts have different brain structures

Sport gets down with the Woman's World Cup and how it's kicked off the new Women's Super League Season with record attendance. There's no clear favourite so who knows what will happen? Read more for some expert commentary on the Italian Grand Prix and the Rugby World Cup.

> **Cover Illustration: Rachel Shaw** Instagram: @art et aesthetic

Editor's Letter



Hi everyone,

I want to give you a warm welcome to the University of Leeds whether you're here on campus for the first time or are still hanging around doing that PhD and limping over the finish line. Thinking all the way back to Freshers' Week three years ago, it's all a bit of a blur and that's not just down to the unhealthy amounts of alcohol I drank over my first two weeks in Leeds.

The experience of being in a new city, surrounded by people who you only met a few minutes previously, and having your first go at "adulting" is a bit surreal.

If there's any advice an old man like me can give (I'm only 21 but alas no longer a Fresher), it is this. Just talk to anyone and everyone. Within about 10 minutes of me sitting down in the common room of my halls, I realised barely everyone I thought knew each other had hardly gotten past the most basic small talk - "Hey, how are you doing", "What course do you study?", "Where are you from?".

It may seem weird to just start speaking to the stranger next to you on the bus, in the smoking area, in the Union, or in your lecture. But if there's any time better to start chatting to strangers, it's Freshers. You may be thinking "but what do I say". However, I can almost guarantee that the person sitting next to you is thinking the exact same thing.

One of my friends first got to know me when I made an entire row of people stand up five minutes before the end of a lecture to go to the loo (I was bursting in my defence). I promise you can't do much worse than that for an introduction. Another was crouched behind a car trying to help her light her poorly-rolled cigarette. Another because we walked in the same direction for a lecture.

I've never been a naturally outgoing person, but I've managed to turn myself into that annoying person who always says hi to you in seminars.

You might not be outgoing yourself and meeting loads of new people is always going to be easier for the extrovert. However, give it your best shot because at the end of the day, if it all goes horribly wrong and you say something weird or awkward, there's 38,000 students at the University of Leeds alone so chances are you'll never see them again.

My second bit of advice is that if you are planning to consume a few alcoholic beverages on a night out, make sure to line your stomach - this could be a takeaway from Crispys, some Linda McCartney sausages or a mountain of pasta, your choice. Just make sure you eat before so you don't peak too early - I learnt this lesson too well on my first trip to PRYZM and on many nights out in first year. You might think you're already an

experienced sesh-head and this is basic knowledge but it's always helpful to have a reminder.

My third and final bit of advice is to join at least one society this year. You might have joined one last year and didn't quite jive. Sometimes this happens. However, with over 300 clubs and societies at LUU, you're hardly short of choice and you might as well give it another shot. If Medieval reenactment, being High on Life, or Stitch 'n' Bitch seem like your thing, go for it!

I started writing for The Gryphon only in second year and now I wish I had started sooner. Last year, I gave gymnastics a go - despite having back problems, never been flexible, agile or graceful in any way. Turned out I quite liked it and spent nearly every Wednesday and Saturday bouncing around Leeds Gymnastics Club. It also turned out to be a great way to put off doing my dissertation. So now I can add a cartwheel and a handstand to the list of skills on my CV - only impressive when you consider I couldn't even do a roly poly in the beginning.

If you're still reading at this point, you're probably wondering who I am?

I'm the editor of this student newspaper, one of the longest running in the country. We've had a few successful years recently and personally I'd like to keep that trend going, having taken over from the very capable hands of my predecessor, Robbie Cairns. I was elected into this questionable position of responsibility by you lot in March last year alongside the student Exec. I hope we have another successful year ahead.

There will be a few changes to the office this year - Ed Sheeran and Coldplay are officially banned as my far more superior music tastes compare to my predecessor take over the office computer. Lana Del Rey, Beyoncé, Kim Petras and Lizzo will reign supreme for the next nine months.

On a more serious note, as the student newspaper, we are here to offer you a voice and hold the University, the Union and the Council to account where possible. We're an independent publication so that gives us the amazing freedom to pursue the stories that matter on campus. If you feel something is not quite right, we can look into it further.

If you're interested in photography, writing, journalism, design or illustrating, please feel free to swing by the office or email me at editor@ thegryphon.co.uk, even if you are an Ed Sheeran or Coldplay fan. There's no requirement for joining and we're a great place to get involved with student journalism. Our GIAG is Saturday 28th November at 4pm. Hope you enjoyed reading this and see you there!

Over and out,

Ed x

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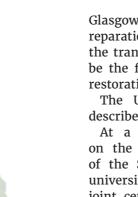




Campus Watch



University of Glasgow University to Pay £20m in Slave **Trade Reparations**



Glasgow University is to pay £20m in reparations to atone for its historical links to the transatlantic slave trade. It is believed to be the first British university to set up this restorative justice scheme.

The University of the West Indies has described this as a "bold, historic" move.

At a ceremony in Glasgow last month on the International Day of Remembrance of the Slave Trade and its Abolition, both universities signed an agreement to fund a joint centre for development research. This is after Glasgow University discovered that in 2018 it had benefited financially from Scottish slave traders in the 18th and 19th centuries by between £16.7m and £198m.

The University of Bristol and the University of Oxford are two other British universities that have been the focus of protests because of their ties to the slave trade, and also to powerful colonialists.

Graham Campbell, a Scottish National Party councillor who became the city's first councillor of African-Carribean descent in 2017 said that "our mutual recognition of the appalling consequences of that pastan indictment of Scottish inhumanity over centuries towards enslaved Africans - are the justifications that are at the root of the modern-day racism that we fight now."

"This action is a necessary first step in the fight against institutionalised racism... and for the international fight for reparative justice."

In addition, Professor Anton Muscatelli, principal of Glasgow University, said: "Talking about any institution's historical links to slavery can be a difficult conversation, but we felt it was a necessary one for our university to have."

Amelia Cutting

University of Cambridge **World Piano Playing Record Broken**

Engineers from the University of Cambridge have developed a special multi-stringed piano, helping them to break the world record for the number of people playing one piano at the same time.

Their musical invention allowed 88 children, all of whom were aged between six and fourteen, to play the piano simultaneously, breaking the previous record which stood at twenty one pianists. The team decided to use eighty eight individual players, one for each key on a piano, ensuring that the record would never be broken.

With the idea first developing back in 2018, engineers at the University decided to break this world record to commemorate the 500th anniversary of Leonardo da Vinci.

The mechanisms were designed alongside nine other top universities who worked with primary schools across the UKincluding Cambridge, Norfolk, the Midlands, South and West Yorkshire, and Liverpool.

Amelia Cutting

University of Birmingham Widening Participation for Students

470 students who have Over benefited from the University of Birmingham's flagship regional Access to Birmingham programme will be welcomed to the campus this academic year.

The University of Birmingham's fair access scheme was set up back in 2000. The scheme works with over 250 local schools, a total of 25,000 pupils, to encourage them to make good decisions about their future in higher education. The goal of the scheme is to ensure that anybody can benefit from a University education.

Participation in the programme significantly boosts the chances of year 12 students from less advantaged backgrounds from non-selective state schools attending a prestigious Russell Group university. The University accepted 297 students through their nationwide contextual offer, a 48% increase from last years acceptance offers. This offer recognises circumstances that may impact academic attainment, such as those students who are in care.

Amelia Cutting

University of **Bristol** Complaints Over Anti-**Semitic Lecture Material**

The University of Bristol have rejected complaints about a lecturer who taught that Islamophobia is being funded by parts of the 'Zionist movement'. This has sparked outrage among Jewish students.

David Miller, a sociology professor, recieved complaints after his lecture left Jewish students feeling "uncomfortable intimidated". One slideshow during the lecture claimed that parts of the 'Zionist movement' are one of the five pillars of Islamophobia. Miller also described a web of Jewish organisations, charities and philanthropists.

Jewish students have described Miller's use of "anti-Semitic language, tropes and conspiracy theories" as they raised their concerns about the lecture, but the University rejected their protests on the grounds that no material was hostile to Iews and could not be considered anti-Semitic. A university spokesman said: "academic freedom and freedom of expression are at the heart of our mission as an academic institution."

Charly Loughlin

University of Exeter Student Jailed After **Fake Gun Threats**

A 25 year old man, Yihe Xiong has been jailed for eight months after triggering an armed police response to the Streatham campus where he was due to give a presentation.

After showing an imitation Beretta pistol to students he said that he had 12 bullets and "if the presentation goes badly, I am just going to open fire".

According to prosecutor Herc Ashworth, Mr Xiong showed the imitation gun to 3 other students and waved it in their faces. Pointing to another student he reportedly said that he was a target.

Following his worrying behaviour a student informed a tutor and the police were promptly called. Consequently, the Amory building was evacuated and the armed police were in attendance. After his arrest Xiong stated that he was joking and did not hold any grudges against his classmates.

Xiong was studying for a master's degree in computer studies and had won a scholarship to study for a PhD in Canada.

Charly Loughlin

Goldsmiths University Bans Beef from University Cafés Amid Climate Crisis

Amelia Cutting News Editor

In order to help tackle the climate crisis, Goldsmiths University in London has banned the sale of beef products in all campus food outlets.

This is all as part of a move to become carbon neutral by 2025 - they are also attempting to reduce single-use plastics, with the hope of phasing them out entirely soon.

So, when the academic year begins later in September, beef products will not be available in the cafes and shops on campus; and an additional 10p will be added to the sale of bottled water and disposable plastic cups to discourage use of them.

It's encouraging to see an institution not simply declaring a climate emergency, but acting on it

In a statement, the university's warden, Frances Corner, said that "declaring a climate emergency cannot be empty words".

Scientists behind a comprehensive analysis of the damage farming does to the planet found that avoiding meat and dairy products was the single biggest way to reduce the impact that humans have on the environment. They have found that lamb, beef and dairy production account for a large amount of greenhouse gases emitted by farms in Britain. In addition, a report by the government's Committee on Climate Change showed that sheep and cattle were directly responsible for around 58% of agricultural emissions in the UK in 2016 alone.

Joe Leam, president of Goldsmiths' union, said "banning beef is a bold move. Phasing out plastics and going to fully renewable energy are brilliant too. The aim of being carbon neutral by 2025 is a great aim...there is always more than can be done – but I think it's a great start and other institutions should learn from this move."

Rosie Rogers, a climate emergency campaigner for Greenpeace UK, said: "it's encouraging to see an institution like Goldsmiths not simply declaring a climate emergency, but acting on it."

There is an ever increasing number of UK universities trying to reduce their carbon footprint in light of the climate emergency

declared earlier in the year.

The University of Sheffield has reduced its carbon emissions by 31% since 2005, and completely divested from fossil fuel companies in February. Likewise, the University of Cardiff has banned the sale of plastic cups at water fountains, only using cups which are recyclable or compostable.

University College Cork in Ireland has also made bold changes in order to help the environment. Last year they opened Ireland's first plastic-free cafe which stopped more than 20,000 disposable items going to waste between September and December of 2018.



Exhibition Celebrates 150 Years of Female Students at Cambridge

Amelia Cutting News Editor

The University of Cambridge is opening an exhibition commemorating 150 years since women were first allowed to study at the University.

Women were first admitted into the University's Girton College back in 1869, but it was not until 1948 that they were awarded official degrees.

This made Cambridge the last of the major educational institutions in the UK to do so. In addition, though women had the opportunity to study, they had to ask to attend lectures, and were not allowed to sit exams without special permission.

As the exhibition also demonstrates, women were not just fighting for equal educational rights, but also recognition and inclusion in a variety of university activities, including sporting events.

Now, female undergraduates make up about

half of the annual intake of students.

Co-curator Dr Lucy Delap said that the exhibition would showcase "persistent marginalisation of women at the University, as well as their ongoing campaigns for gender justice."

Entitled 'The Rising Tide, Women at Cambridge', the exhibition will also feature stories from women who tell of the struggles and successes of female academics, staff and students over the years; and how greatly their experiences differed from those of men.

The 400 page petition that demanded women be allowed to study for, and be awarded degrees, will also be on display as part of the exhibition, with the violent opposition to such demands shown by the fragments of eggshell

These will be on show alongside a note written by undergraduates from the time, apologising for the damage done to women's college Newnham during a riot in 1921.

Despite women's educational rights

improving enormously during the past 150 years, the exhibition demonstrates that equality is still an ongoing battle. As Dr Lucy Delap says, "women who are here today are still very concerned about things like the university's gender pay gap. There aren't really the same number of women in the highest positions of authority in the university at the professor level."

The exhibition, located at the University library, opens on the 14th October and will be running until March of next year.



www.thegryphon.co.uk

What Exec-tly Did We Vote For?

The Union's Exec are elected to represent your views and improve your student experience



Lauren Huxley Union Affairs

What is your role? Finance, Governance and Democracy are the three areas that fall under my remit as an Officer but I'm generally here to make sure that LUU is doing the best it

can for all of it's members. I also Chair LUU's Board of Trustees and sit on University Council to represent the voice of students when big decisions are being

How will you ensure LUU does the most for its students

My biggest priorities this year are about making sure that every member feels VALUED by LUU. Whether you're a member of student staff, a Rep or you just pop in every so often to buy a butty from the Co-op, LUU should be making sure you 'Love Your Time at Leeds'. To make sure we're doing this, I plan to talk to as many of you as possible to find out what it is that you want to see, and to make sure that your needs are at the forefront of our priorities and the

What's the best thing for new students to check

I think the best thing to do is just to wander around the building! Everyone needs us for different things throughout their time at Leeds so it's great to get your head round all the different services and support available. From Clubs and Societies to the Help and Support Team - everyone is here to help, so ask questions and explore as much as you



Cat Fairbrain Community

What is your role? My role is all about the relationship between students and the wider Leeds community. I work on behalf of students in relation to housing, safety and the environment. My main focus for the year will be in bringing

our community together through a series of events, and empowering students to volunteer their time and play an active role in the area they live.

How will you support students in their community?

I want students to know that I am easily approachable to listen to their concerns on community issues, and I will support students in adjusting to living in a new community, helping them make the most of their time here whether through volunteering, contributing to a community project or attending forums to shape LUU

What is your best/worst experience of living as a student in Leeds?

My best experience as a student living in a city as diverse and multifaceted as Leeds has definitely been the opportunities I have had to involve myself. Hosting and attending events at local venues really enables you

to feel a part of everything.

My worst experience without a doubt is student housing. The quality of properties and service of letting agents is nothing short of abysmal. My own horrific experience with one is just being one of many nightmare stories. I really want to channel my energy into lobbying for the best deal for students in this area as too many of us fall victim to exploitative practices.



Amy Wells Welfare

What is your role? I'm the Welfare Officer, so my work covers all things and happiness. I care about issues like mental, physical and sexual health, period poverty,

and drug harm reduction.

Advocating for student mental
wellbeing support is my top priority and
something I've been involved in throughout my time at Leeds after struggling with my own mental health when I started University. I'm hoping to increase the provision of support, including ensuring we have a counselling service that can meet demand.

What plans do you have for the year? I'm so excited for the year ahead. Among loads of little things, I'm heading up a big piece of work bringing everything together on student mental health in order to propose improvements to the University and get mental health into their new strategic plan. I'm also working with the previous Welfare Officer Matt on a drug harm reduction informational campaign and expanding the current trial of free sanitary products

What's the best advice you have for Freshers? Be kind to yourself while you're settling in. You might struggle finding your feet but everyone's genuinely in the same boat. First year is about working out a balance - don't beat yourself up if you find yourself not paying as much attention to your course as you feel you should. You're busy getting stuck into lots of other stuff, but equally don't beat yourself up if Freshers' week turns out to be hard. Talk to LUU

Student Advice if you're struggling with anything.



Abiha Khan Education

What is your role? As the Education Officer my job is to represent students at Leeds and on improving your academic experience.

I work with School Reps and Course Reps and I am the link between students and the University.

I lead on the Partnership which is an agreement between students and the University of Leeds and this unique relationship means we can work together to make your experience the best it can be. As the Exec, we are independent from the University so we can hold them to account when students are facing issues.

What are you going to do to improve students' educational experience?

This year my biggest focus is working towards eliminating the barriers which prevent students from achieving their highest grades. A few of my current projects include lowering the BAME awarding gap, addressing hidden course costs, offering alternative study spaces and reframing the provision of wellbeing study spaces and reframing the provision of wellbeing support directly from schools. I am dedicated to ensuring students are receiving the equal educational experience that they are all paying for!

What's your best study advice for students in the new year?

Try to change up where you are studying as being cooped up in Laidlaw Library all the time is a little soul-destroying and may actually be less productive. Also if you need to memorise anything, write it on a sticky-note and stick them all around your house! It makes life a lot easier if you know that the quote about Hamlet's melancholy is stuck on the microwave. Plus, if your housemates are studying for the same exam it helps all of you.



Chloe Elliott Diversity

What is your role?

I'm your Equality and Diversity Officer so my and my projects this year are focused on making sure that our different student groups on campus can access the opportunities they are interested in. Leeds has so much to offer so I don't

want you to miss out. One of my goals is also to make sure that you feel represented and supported all year long – whether you identify as a person-of-colour, LGBT, disabled, working class or if you're a carer, a mature student or religious, I want you to be able to see yourself on campus year-round. I also want to safeguard this for the future by working towards a more inclusive university.

How will you make sure that all students are represented?

I believe that representation should be intentional so, this year I will make sure that all our students groups are represented this year by working closely with our LibCos to create more ways for students to get involved this year so you decide how you are represented on campus. This will start with Black History Month with a strong emphasis on storytelling and the intersections of black identities, continuing into BAME Creative Week, Disability History Month and beyond and beyond.

What would you say to Freshers?
Try something completely new. For me, that was breakdancing! Starting university is a such a great time for a fresh start so there's no reason not to try all those new things that you've never got round to doing. There's so many things you can get involved in and I'm sure you will appreciate having something else to enjoy when your course is in full swing.



Lydia Evans Activities

What is your role?

I'm here to represent and give a voice to all of our Clubs and Societies. I work to advocate for all the great things students get up to across both the Union and the University. This means I go to

lots of meetings and make sure that people know, understand and consider students in important decisions. I also have the opportunity to lobby and campaign.

How do you plan to support societies in the

This year I'll be focusing on how are societies are funded and support your committees to promote good mental health. Other projects on the table at the moment include work on Drug Harm Reduction within Societies and some very exciting building projects. I also want to make sure everyone knows that the Exec and the Activities Exec made up of 13 reps from different societies are here to help make your Clubs and Societies better for you.

What would you say to a student who is nervous/

unsure about joining a society?

Be brave! 5 minutes of courage when going to the first session will definitely pay off. You'll be surprised at how many people are in exactly the same situation as you. I think University is one of the best times to try something you've never done before. That's what I did in my first year and my society ended up being the best thing about Leeds for me. If you're nervous about joining, why not find a friend to come along to the first session? Or get in contact with the Society before you go along if you have any concerns, I'm suré they'll be happy to help.



Societies: The Spice of University Life

Tilly Judges Society Editor

With over 300 societies at the University of Leeds this could be the year that you discover a new interest, or develop an existing one!

If you want to try something new, make a difference or connect with your cultural group then joining a society is the way to enhance your university experience, whether it's your first year or your last.

Make sure to attend the various freshers fairs taking place around the Union and in The Edge on 25th September or take the quiz on the LUU website to find out which society is for you: **findyourfit.luu.org.uk**



Try Something New:

Sub-Aqua Club

As one of the largest, cheapest and most active diving clubs in the UK the Leeds University Union Sub-Aqua Club gives qualified divers and absolute beginners the opportunity to dive in to this exciting hobby. Members have the opportunity to attend pool sessions and open water training – not forgetting theory and trips to the pub! Catch them at the Outdoor Societies freshers fair at The Edge.



High on Life

Teetotal or feeling freshers flu already? The High on Life society gives you the opportunity to socialise without the pressure to drink that can surround University life. Skip the hangover by attending events such as Mocktail Making Class and their Café Crawl.

Join the High on Life – Uni of Leeds Facebook group to keep up to date with events and socials throughout the year.

DanceSport (Ballroom & Latin)

With beginners classes and professional instruction make friends whilst you develop a new skill with DanceSport.

Compete for the university throughout the year including the opportunity to dance at the Winter Gardens Ballroom in Blackpool.

Put your dancing shoes on and try a DanceSport Give-It-A-Go session on the 25th September, 26th September or 3rd October.



Give Something Back:

Leeds Marrow

Make a difference during your time at Leeds by volunteering with this student-run branch of the Anthony Nolan charity. With socials, fundraisers and volunteering around campus

you can do your bit to help those with blood cancer. Enrich your time at university by contributing to a great cause. Join the 'Leeds Marrow Volunteers' page on Facebook to find out more about volunteering



Take The Next Step:

Leeds Entrepreneurs

Maybe a lesser known society, but equally enriching to the student community, is Leeds Entrepreneurs. They attract students who own or intend to start their own business, but are equally accessible to students who simply want to mingle with these student entrepreneurs. Motivating and supporting each other on their entrepreneurial journey is an integral part of the society.

The society welcomes students from any subject area and with or without any experience. Working closely with the start-up service SPARK at the Career's Centre, students also have the opportunity to connect with other entrepreneurs and business advisors outside the student community.

For the upcoming year, Leeds Entrepreneurs again plans to host a number of events relating to entrepreneurship. In the past, these have included talks on e-commerce stores, business plan competition and pitching workshop.

To learn more about the society meet the committee at the fresher's fair or simply like the Facebook page @ LeedsEntrepreneurs.

Michelle Heinrich



Our Guide to Freshers Week

Our Music and Clubs online editor **Neive McCarthy** takes us through the best places to head to to ensure your Freshers experience is one long party.

M

Monday 23rd: Bobby's Disco Club

Stil a somewhat new addition to the Leeds nightlife, Bobby's Disco Club has quickly become a staple - there is something about the pure unadulterated funk delivered by the mysterious Bobby that has you giddy to get grooving every week. Undoubtedly the perfect start to Freshers, there is nothing quite like some disco classics on a Monday Night, so channel your inner diva and join Bobby in dancing the night away.

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Tuesday 24th: Mixtape Project

No Tuesday is complete without a venture down to a favourite of Leeds students, Hi-Fi, for a night of non-stop hits at Mixtape Project. Beloved for a reason, Mixtape provides the perfect eclectic soundtrack for a feel-good night of singing your little heart out. With a whirlwind playlist taking you from Jorja Smith to Fleetwood Mac to Kendrick Lamar to The Jackson 5, you can't really go wrong! Plus, when you finally tire of moving and shaking, you happen to be only seconds away from getting your hands on a Mayo Chicken and some Cheese Bites: what more could you want?

W

Wednesday 25th: Flux

Some would argue that Beaver Works is a right of passage for every Leeds student so getting yourself lost in its abundance of rooms during Freshers for the renowned Flux would be a wise idea. With the likes of Erol Alkan, Konstantin Sibold and Desert Sound Colony delivering sets across the night, there's enough house, techno and disco to keep you sustained until the hallowed halls of Beaver Works call your name once more.

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Thursday 26th: Fuzzy Logic

Fuzzy Logic has a transformative quality that takes every 'ex-' indie teen back to their days as a flannel shirt- and Doc Marten- clad 16-year-old stomping about to The Wombats and Peace. Though Leeds brings out the edgy in many students who arrive in the city, one foot through the door of Wire and that facade dissolves - a place where you don't have to pretend your music taste is *much* more refined now. Expect an overwhelming quantity of glitter and Red Stripe tinnies

F

Friday 27th: Fruity

The quintessential first week as a Uni of Leeds student would not be complete without your first taste of Fruity. Old and reliable, it is always there for you to fall back on, with VKs galore and tunes cheesier than the chips you'll pick up from Crispys afterwards. Fruity is a magical experience - rounding off your Freshers with a good old One Direction singalong conveniently in the Union is the perfect idea.

Dance Yrself Clean: Progressive Parties in Leeds

Leeds certainly provides a good night out: an exciting network of DJs and forward-thinking promoters navigate a circuit of unique venues and formidable sound systems. In turn, the clubbing scene can be good at giving back to the community. In fact, this concept is central to a growing number of parties in the city as they strive to extend the warmth and compassion beyond the dancefloor.

Brudenell Groove is a leading example in the scene, with the welfare of the community, as well as their attendees, at the heart of their parties. With a reasonable price of £5 for entry, the non-profit group are able to raise money for personally-selected charities like Crohn's and Colitis UK and Leeds Asylum Seekers Support Network. A recent trip to the capital saw Brudenell Groove raise £1,000 for AKT, an organisation which provides safe homes for LGBTQ+ youth.

This sense of community is not just apparent in the figures raised for said charities, it is also felt *on* the dancefloor: the atmosphere is intimate and welcoming with any sense of elitism left at the door. The lineups blur the boundaries between organiser and attendee and resident DJs join the crowd throughout the night to big up each other's sets. Indeed, it is merely an extension of the party that was started by a group of friends in a Hyde Park basement back in 2016.

A precursor of Brudenell Groove is Cosmic Slop - another locally-formed party that offers more than just a hedonistic night out. Taking place at Hope House Gallery in Mabgate, the event often sells out in advance. Its eclectic mix of dance music and its tip-top delivery has even garnered a sizeable following beyond its North Yorkshire base. As with Brudenell Groove, a sense of hierarchy is absent: DJs often remain unannounced until the night, tickets are distributed in a fair manner and the bouncers are refreshingly good-natured. Whilst Brudenell Groove has collaborated with a plethora of local and national charities across the years, Cosmic Slop works exclusively with Leeds' very own MAP Charity. Short for 'Music and Arts Production', MAP provides alternative education to at-risk kids in the area, helping them to achieve BTEC qualifications. Cosmic Slop's efforts have been seminal in securing the organisation's future, raising both funds for and awareness of the campaign to save Hope House, a Grade I listed building, from the plans of developers. As one of the strongest nights out in Leeds, Cosmic Slop is thus uplifting in more ways than one.



Other Leeds-based collectives are following in the footsteps of Brudenell Groove and Cosmic Slop, helping to nourish the scene of progressive partying. Take Puddles, for example. Puddles organises events across the city that offer "a safe party atmosphere that everyone can enjoy". Again, all of the events' proceeds go towards a good cause, MAP also being the charity of choice for Puddles. As a volunteer and member of the Board of Trustees, co-founder and resident DJ Lydia Aletha Lloyd-Henry sees it as a worthy cause. "They have such a good ethos for highlighting the importance of music and arts in education. They also show the young people they teach the pathways to careers in these fields".

With parties like Brudenell Groove, Cosmic Slop and Puddles within its perimeters, Leeds is certainly fostering a wave of accessible and wholesome clubbing, one two-step at a time.

Keep up to date via their respective Facebook pages:

@brudenellgroove @cosmicslopleeds @puddlesjml

Safi Bugel Music and Clubs Editor

What's next?

The next Puddles event takes place on the 4th October at Mabgate Bleach, 10pm-late.

A Freshers Guide to the Best Music Venues in Leeds

Our three top spots to keep on your radar during your time at University...

Headrow House



Credit: Danny Payne

You'll often find Headrow House full of the young professional type, drinking Aperol Spritz on a swanky roof garden framed by plants and neon text. However, on the middle floor sits a dimly-lit events space which, courtesy of Super Friendz, never fails to welcome a tip-top range of artists. Often half-empty, the venue offers an unusually intimate show, allowing the audience to get right up close.

Safi Bugel

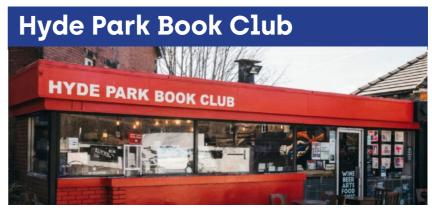
Brudenell Social Club



Credit: Nathan Clark

Nestled in between the delightful Abu Bakr supermarket and a car repair shop you'll find the heart of Hyde Park's music scene - Brudenell Social Club. Affectionately known as 'The Brude', the venue hosts up-and-coming bands almost every night of the week, some of them surprisingly big names for what appears to be a small working man's club. But do not be fooled by its exterior – for its warm, lively, community atmosphere is unrivalled among Leeds venues. A visit to this beloved venue is a must as you explore Leeds' music scene.

Hollie Griss



Credit: Tom Joy

The Hyde Park Book Club is an experience in of itself. You won't often find 'big' names playing here, but up-and-coming talents perform here regularly, with tickets often at cheap prices. The true highlight of the Book Club is its miniscule capacity; perhaps only 25-40 people, offering some of the most intimate and incredibly authentic gigs. If you've ever fancied seeing the whites of the eyes of that singer-songwriter you adore, here is the place to enjoy it.

Tom Poole



Credit: Amy Powell

Inclusivity, diversity and pure unadulterated joy are the orders of the day at this city centre venue. Ran by a workers' co-op, the bar and multi-use venue is renowned not only for its progressive safe space policy and pro-LGBTQ+ offerings but also its favouring of the left field, as evidenced by the colourful cast of characters that make up its clientele. Expect drag nights, queer techno raves and a plethora of gigs from the best of Leeds' independent music scene.

Alex Gibbon

Local Bands

Polo

Alternative pop mavericks Polo effortlessly combine irresistable hooks, dreamy synths and brooding lyrics to create masterfully effervescent electronica - **Alex Gibbon**

Zozo

A regular name on the Leeds DIY circuit, Zozo fit heedlessly between catchy and discordant. With their sharp and abrasive rhythm section and frenzied vocals, Zozo are part of an exciting legacy of the city's formidable post-punk history - Safi Bugel

Treeboy and Arc

Defining themselves as 'post-punk fuzz', Treeboy & Arc craft a revitalising combination of jangling riffs and a magnetic energy that is enough to leave you reeling - **Neive McCarthy**

Sunflower Thieves

Sunflower Thieves have some of the prettiest harmonies in the game; Sofar Sounds regulars, the pair have perfected the art of the soothing, heartfelt soundtrack - **Neive McCarthy**

Marsicans

"When upbeat indie meets dirty pop" is how the Yorkshire four-piece defines their tunes. After headlining the BBC Introducing Stage at Leeds Festival, debut album on the making, they will be rocking our very own Stylus November 30th and it isn't one to be missed - **Giulia Miccio**

Upcoming Gig Recomendations

Marika Hackman - 24th Spetember Brudenell Social Club.

Acoustic loveliness entwined with languorous vocals and trickles of melancholy. Folky singer/songwriter Marika Hackman first began making ripples in the scene with debut EP That Iron Taste in 2013, from which the earnest, intricate and charming 'Bath is Black' became one of the stand-out indie songs of the year. Since then Hackman has gone on to produce two albums and will be touring her recently-released third, Any Human Friend, this autumn, with a spot at the Brudenell on the 24th of this month. Any Human Friend mixes classic Marika broodiness with the more poppy beats of 'hand solo' and 'the one', and her spot at the Brudenell will no doubt be an enchanting evening of music.

Kate Tempest - 12th November Belgrave Music Hall.

An icon of modern spoken word, Kate Tempest is set to grace the Belgrave Music Hall on 12 November. Tempest's remarkable verses have provided an unforgiving commentary on the state of the world as well as more personal conflicts since 2014, and with each new release she brings a fresh chapter of her poetry and her person. From the mellow beats and assured rap of 'Theme from Becky', to her incessant exploration of modern politics in 'Europe is Lost', to the more subdued but equally candid tracks of her latest album, The Book of Traps and Lessons, Tempest's set will be sure to take you on a journey of chaos, wit and an unparalleled sense of unity.

Hollie Griss



Safi Bugel

First CD: Either Lily Allen's 'Alright Still' or Estelle's 'Shine' - both are still bangers.

Current Song On Repeat: Round Round by the Sugarbabes.

Most likely to find me in? Wharf Chambers or Brudenell Social Club.



Neive McCarthy

First CD: Most likely 'Fearless' by Taylor Swift, which still has some absolute tunes on it.

Current Song On Repeat: CAN'T GET OVER YOU by Joji.

Most likely to find me in? Belgrave definitely!



Jessica McCarrick



Andrea Loftus

First CD: 'Wonderland' by McFly, loved it then and love it now.

Current Song On Repeat: Bad Idea by YBN Cordae and Chance the Rapper or AJ Tracey's Ladbroke Grove - live and direct.

Most likely to find me in? Beaverworks or the O2 Academy - best place for gigs.

First CD: S CLub Juniors 'Together'.

Current Song On Repeat: Mosquito by Stella Donnelly

Most likely to find me in? Brudenell or Hifi.

In Conversation with Molly Sarlé

After a decade in folk trio
Mountain Man, Molly Sarlé
has gone solo and is
releasing her debut album
later this month. Alex
Gibbon caught up with her
during her European tour for
an introspective, thoughtful yet effortlessly charming chat about the Yorkshire
Moors, going solo and
karaoke calamities.

Firstly, welcome back to Yorkshire! I heard you played a gig a couple of days ago in the North York Moors, a very beautiful and rural location. How did you find that?

It was one of the most beautiful, special experiences I've ever had! One of my favourite things about being alive is seeing a new places and it was so incredibly beautiful out there. We went for a walk along the creek and everybody there was super sweet. The place I played in was built in 1920 to have music performed in it so the acoustics were incredible.

It's interesting you mention discovering new places because your new album was recorded in many different locations like a monastery, a cliffside trailer and a church in Woodstock. Do you feel like the natural environment really influences your creative process, be that with writing or performing?

Definitely! As far as singing goes, being able to feel sound in a space is part of the way that I make myself feel at home in the world. For instance, when Sam [the producer of 'Karaoke Angel'] and I recorded the record in the church we had my voice going through monitors and recorded the sound in the space as opposed to recording directly into a microphone. I was able to feel my voice and my guitar in the room which made me feel like I was at home in the world and actually it felt similar to my gig in the Moors.

A lot of the songs on the new album are about places in Big Sur because the environment there is so epic and powerful that you become a part of it, whereas cities seem like places that people have made their own. I spent a lot of time trying to write music there but I actually wasn't able to because I was just so overwhelmed by the beauty of the place all the time; I almost lost my personality in a way, I started to dissociate. When I would try and hang out with people I would be like, "oh yeah, right, okay I'm supposed to laugh at jokes and respond properly to people!"

So even though you didn't do any writing in Big Sur, in a way you took a piece of it with you to write in other locations?

Yeah, I lost myself completely and when I moved to Durham [North Carolina] I started to collect things and formulate them, both my personhood and these songs.

Your new album 'Karaoke Angel' is out on September 20th. From the music you have released already the significance of karaoke is evident from the 'Human' music video to the lyrics of 'This One'. How did you settle on that title and what is the significance of karaoke singing to you personally?

It means a lot to me. When I was a back-up singer for Feist I had a couple of weeks off in Burlington and the friend I was staying with left to go to New York City and I was alone and going through a break-up. So, one of the ways I chose to deal with that was to go to karaoke on my own and sing Fleetwood Mac to make myself feel better and that was the first time I experienced karaoke as a way to truly explore performing in front of people in a low-pressure community. It's not your show; everybody is getting up and has a turn to express themselves so I like to think about it as a modern-day version of sitting around a campfire and singing songs. We tell our own stories through other people's stories and songs. That's what I want this record to be in the sense that they're my stories because they're my experiences but I want them to be things that other people can put themselves in and feel their own humanity.



Image Credit: Molly Sarle Facebook page

Final question: in honour of the album's title, can you give us your ultimate and most hated karaoke track?

I think ultimate, not because I necessarily think it's the best but, because it always works I would have to say 'Dreams' by Fleetwood Mac. And the worst, hmmm God... because even the bad ones are kind of nice to watch fail. But, Third Eye Blind is always a strong choice and a train wreck.

Alex Gibbon

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A Freshers Fashion Note

Fashion editors Lydia, Iona and Sarah give their advice on what to wear as you start uni.

Welcome to Leeds. You may have only just arrived, but we already think you look great! Your clothes are important at university. You'll dance in them, run to lectures in them, read in them, hug, and cry in them. With your first year at university being full of so many changes, you'll want to enjoy and embrace these and not spend time stressing about how you look. We all know that clothing choices form part of our first impressions, and arriving fresher-off-the bloc, it's natural you'll want to blend into the Leeds jungle.

"Be yourself everyone else is already taken" blah blah blah. But it's true. There's such a pressure to buy new wardrobes to fit in when you join university. However, we think that when you arrive in Leeds, there's so much more fun to be had than worrying about keeping the likes of Urban Outfitters, ASOS, and Misguided in business! Leeds University and Leeds is a big place, and there is plenty of room for you to be you.

If you're into your fashion and clothing, then you're in a great place to explore this. With a such a diverse city and student body, there is so much to draw inspiration from. Leeds has a great fashion history too - home of the Victorian textile mills, and later the founding of M&S, style is in the city's DNA.

Enjoy your first few weeks at university, and try not to worry about what you look like...you're already awesome!

Beware of the Student Deals!

As students, our consumer behaviour is super susceptible to student discounts, and online platforms in particular offer an Aladdin's Cave of deals. Though are these offers always that helpful, or are they sometimes encouraging us to spend excessively? Let's explore why students are the perfect target for brands, and how we can be aware of their tricks so we can use them to our advantage, rather than be fooled into over-spending.

As a fresher, many of you will think you have multiple reasons to go shopping, and brands know this market. You're new at university, you go shopping with your new housemates to bond, and many of your pockets are stuffed with student loans or the bank of Mum and Dad. You might also be looking for some homesick induced retail-therapy, and are super keen to look the part. You need to pop to Wilko for some washing up liquid, and you may as well have a look around the shops while you're there. Shopping also feels like a mission, and much like going to the gym or doing your flatmates' washing up, it's a

avoid studying. On top of all this, there is a constant bombardment of eye-catching discounts and deals.

Most of these deals are time-limited and encourage panic buying. If you're more aware of the methods brands use, you'll be more able to navigate them, and use them to your benefit.

Timing

Mass student deals (20% discount, free delivery etc.) will always be issued when student loans role out. This tactic doesn't need explaining. Remember, you've still got to eat for the rest of the term.

Student Lock In Events

Trinity Student Social, 1st October 2019, 12:00-20:00. Trinity Centre's stores and restaurants offer limited-time discounts and freebies. A useful event to take advantage of if you know what you want to buy (plus who can't say no to a freebie?), but also be aware that the buzz of a social event; the allure

great activity to make you feel productive while you of 20% instead of the usual 10% discount does wonders to encourage panic buys.

Free Delivery and Returns

You only need to walk down to reception to collect shopping, and the clothes were cheap, so you probably won't be returning them if they aren't right anyway.

Black Friday

Not so specific to students, but a good one to be aware of. It's getting colder and you need warmer clothes, and you think you may as well buy everyone's christmas presents while they're cheap.

Sometimes you can spend money to save money, but keep in mind that when you're getting a good deal, you're still spending money. Love what you already have, and think about what you really want and really need before being pressured to 'buy it

Leeds Fashion Calendar: A/W 2019

September

25th September: Leeds Worth the Weight Kilo Sale, 11-5pm, Beckett SU.

Check out the vintage treasures the competition has to offer. Tickets £1.50-£3.

26th September: Future Fashion Factory Workshop -Digital Transformation, Nexus, 12:30-4pm.

Interactive event discussing the rise of digital technology in fashion industry. Future Fashion members only, membership free.

27th September: LUU Freshers Vintage Clothing Sale, 10-5pm, LUU.

Hosted by Headlock Vintage. Free entry.





October

1st October: Trinity Student Social, Trinity Centre, 12-

Student discounts and freebies.

4th October: SODS Welcome Pub Quiz, Be at One Millenium Square.

Get to know your new coursemates at the School of Design Society's first night out.

6th October: Deadline for Leeds Rag Fashion Show 2020 Committee Recruitment.

It's always a big event, and there's loads of roles to get involved in. See their Facebook page for more information and link to application form.

The Evolution of Student Fashion





Ever-eager, the pre-uni fashion follower is obsessed with trends, copying their peers, popular magazines and Instagram icons left right and centre. If one of you wore it, you all wore it. Think Topshop's skinny high waist jeans, Abercrombie & Fitch logo tees and Air Force Max all day every day. Of course you weren't totally restricted to basic, clone copy looks. Once in a while, you'd whip out a carefully curated 'edgy' outfit, testing the water. Usually, you'd feel self conscious, regret the decision and probably revert quickly back to jeans and a Nike crop top.

Image Credits (left to right): Next, Topshop, Office



First Year

Now here's a student that's ready to impress. A fresh start means a fresh look, and it's time to nail those nearly-there statement pieces from the past. Never seen at uni without at least a little bit of makeup, 'effortless' jewellery combinations and a shining brand new puffer jacket, the fresher can be spotted a mile away. Sure, you might have had sixth form dress codes. But, alas, the university preppy look you might have dreamt about is not the reality, neither is the exciting breeding ground of youth culture. More likely you've turned up to Fruity in a pair of heels and instantly regretted the decision. Less (effort) is more, my friends.

Image Credits (left to right): H&M, Urban Outfitter, GQ



Second Year

It hasn't taken you long to realise that all your problems have been solved by owning an extensive sports wardrobe. Nobody's going to notice if you've worn the same gym leggings two, three, no- four, days in a row, and even if they did they'd hardly comment since they're probably doing the same. It doesn't matter in the slightest if you actually intend to go to the gym or not; you look great in your athleisure gear, and what's more, you've never been comfier. By this point, you're one step away from turning up to your best friend's 21st in a baggy gym sweater and a pair of Nike trainers.

Image Credits (left to right): Leeds Gear, Sports Direct, Gym Shark



Oh dear. You've realised, quite suddenly, that you have absolutely no idea about what's appropriate for work, and you certainly don't own anything even remotely close. You borrowed your mum's jacket for the interview, and after a rushed Zara shop, you own about three suitable outfits, which you wear on loop for your first week. It's only two months in when you realise you've made the fresher-faux-par all over again; nobody else is trying half as hard as you. Trainers are definitely appropriate for the work place, as are jeans, and puffer jackets too. Breath out. You can start dressing like yourself again.



Now's your last chance to wear whatever you want, scattered with all the events you've been outfit planning all summer; graduation, Leeds ball, justdone-my-dissertation photos (okay, possibly not the event of the century, but it's something...) And how do you make the most of it? By reverting quickly back to gym leggings and baggy jeans. Of course, when it comes to dressing up, you nail it every time - you're unashamed of wearing crazy statement pieces to every event that comes your way - you're here to make the most of it, after all. It's the last time a night out will be a regular

occurrence, a ball a typical occasion, and (possibly) the only graduation photoshoot you're ever getting. If that's not an occasion to put some effort in to, then frankly, you're reading the wrong section.

Image Credits (left to right): Shein, Pick Click

Lydia VarneyFashion Editor

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The True Cost of Fashion

The UK spends £27 billion on clothing every year. But what is the real cost of fashion? Molly Alee investigates.





Image Credit: Fashion United

In today's throwaway culture 1/3 of women consider garments which are worn only twice to be considered old. With the rise of fast fashion companies who offer promotions such as the Pretty Little Thing '£1 Bikini' it is no surprise that consumers have this attitude. After all, who doesn't love a bargain? Nonetheless, it is about time that we start to consider what impact this is actually having on our world.

According to an article by The Guardian, polyester pollution of rivers, lakes and oceans is one of the most detrimental effects caused by the rise in fast fashion culture. New studies indicate that the fibres in our clothes could be poisoning our waterways and adding to the plastic in our oceans. As a result, this plastic is being consumed by fish and wildlife and making its way into the food we eat.

Adding to this is the amount of plastic packaging used by fast fashion companies. ASOS alone sources more than 59 million plastic mail bags every year – only 20% of this plastic can be recycled. Thus, it is ending up in landfill alongside the 300,000 tonnes of textiles sent by UK consumers each year.

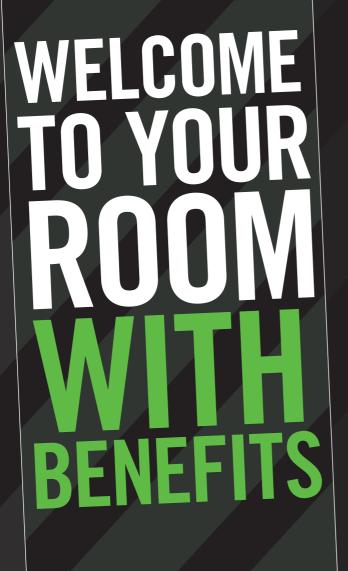
What is even scarier than these statistics is the treatment of garment workers around the world due to fast fashion brands wanting to keep profits high and costs low. To achieve this, it is not uncommon for companies to cut corners on the health

and safety of factories and garment workers' wages. According to Global Labour Justice female garment workers in H&M and Gap supplier factories in Asia have to face abuse, poor work conditions and low wages. Even though we spend so much money on fast fashion every year, it is quite clear that the garment workers are paying the real price.

So what can we do about this? For starters we could simply buy less clothing. Instead, we should invest more money into an item that will last. Researching what you are buying and the ethics of the company you are buying from is also important so we're not fuelling maltreatment of garment workers. You could start a clothes swap with friends or just simply recycle your clothing. Buying from second hand and vintage stores is also a great way to reduce the true cost of fashion.

Indeed, Leeds is home to many second hand and vintage shops. Be sure to check out Blue Rinse, Pop Boutique and Best in town this year. Also look out for the Leeds University Fresher's Vintage Clothing Sale on 27th September.

Molly Alee



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Seven Lessons from First Year

As Freshers week approaches, Ellie reminisces on her time as a first year student.

Being a fresher is unlike anything else. You'll likely experience every emotion under the sun in what feels like a year of unrelenting highs, lows and pasta bakes. But, my emotional rollercoaster as a fresher has inevitably come to its end, and it's time for me to reflect on a weird and wonderful year and let the newbies know what they're in for.

- 1. Your fridge will likely be empty 24/7. Uni teaches you that it's worth going hungry in order to save yourself a 10 minute walk to Morrisons. However, it does make you appreciate the simple joy of visiting home for the weekend to discover your parents have just done a big shop.
- 2. Me time is not wasted time. FOMO can be massive at university, and you're constantly bombarded with social media posts of all your friends 'living their best lives'. But, doing what everyone else is doing isn't all it's cracked up to be, so trust your gut if you want to sit something out. At some point, we've ALL been on the dance floor wishing we were in bed with a pack of chocolate digestives, so sometimes it's worth cutting out the middle-man and sticking Netflix and a face-mask on instead.

- **3.** The dreaded hangover from last night; always fixable with a meal deal, but be warned, once you give in to this habit, you'll never stop. Excuse me Santander, I don't remember spending £72 this week on chilli heatwave Doritos, cheese sandwiches and bottles of Lucozade?
- **4.** Naps aren't just for babies and old people. Surprisingly, one lecture a day is actually quite tiring and a midday nap definitely sounds better than trekking to Eddy B to finish that essay.
- **5.** Freshers, 40% is all you need. I know your Mum has made you promise to go to everything BUT, first year of university is about experiencing the city and trying new things just as much as it is about education. Everything you fit in around lectures and deadlines are likely the bits you'll remember from your time in Leeds. Don't reach December and realise you've covered the whole recommended reading list but forgotten to meet new people and try new things.
- **6.** Roger Stevens is a labyrinth. You walk in on Level 8 (a perfectly logical start point). Lecture Theatre 20 is in front of you (duh, of course). Then, you climb the stairs in the obvious order of 23, 21, 24, 22 and 25. Yup, makes total sense.
- 7. It's totally okay to be sad sometimes. Mental health and uni is a tricky thing to manage. Make yourself aware of the services available to you and reach out. It takes a lot of strength to keep going when the thought of doing anything is just too much, so give yourself some credit! Life can be tough, but so are you.

But above all these things, the biggest thing I've learnt is to not take time for granted. Kids, enjoy first year while it lasts, because I've heard second year is nothing but a bloody headache.

Ellie Futter

New Year, Same You

Before I left home last summer, I had this whole idea in my head that I was going to completely reinvent myself at university. I felt like I had a blank slate in front of me where I could create a new identity amongst all new people who knew nothing about me. I was going to become the outgoing, loud, confident, popular person that I envisioned thriving at university.

Like many of the best-laid plans, however – it didn't quite pan out like that. I've learnt a lot of life-lessons since nervously rolling up to Leodis last September. Bribing your new flatmates to like the *new* you, with packets of Tunnock's Teacakes probably isn't the best way to make friends. You can't just completely change who you are. It doesn't matter how much you think you want to or how perfect the opportunity might seem – it just doesn't work like that. You can mature and adapt and grow as a person absolutely, but you can't completely reinvent yourself and start over.

Something else that the many ups and downs of first-year taught me is that that's ok. It took a bit longer than a bunch of random society meetings (who knew joining 6 sports clubs isn't feasible) and

poorly chosen Fresher's nights out (don't worry, nearly everyone's fallen for the promising advertising of the neon rave) to come to terms with. But now it's probably one of the most important things I'll take away from my time here. Sure, I'm still a bit of an insecure whirlwind of chaos, a lot of the time. But I'm also *mostly* ok with that.

I do admire people that can go up to anyone at a crowded flat pres and start a conversation. Or those who can be comfortable contributing to a group of more than five people. That's awesome. But, it's equally awesome to be a little bit quieter. To want just to sit back and listen sometimes and to value having a couple of close friends over hundreds as well. We're all different; there isn't a 'one-size-fits-all' solution for happiness that works perfectly for everyone. As clichéd as it might sound, my time at Leeds so far has taught me that it's better to be who you actually are and not who you think you're expected to be.

I'm still not the super outgoing, loud, confident person that I wanted myself to become before I came here. But that doesn't mean I didn't have a first-year that was life-changing and worthwhile for me in so

many different ways. You should never let yourself be limited in the way that I nearly was, thinking I wasn't the 'stereotypical' Leeds student who would do well in such a vibrant environment. I'm not that stereotype. I'll probably never be that stereotype. But that's ok; I didn't need to be. Because if university's about finding your 'people' and your 'tribe', then it's about finding the people that will like you – all of you - as you are right now – not the 'new and improved' tailor-made-to-please version.

So, put down the Teacakes and let people like you for you

Isabel Ralphs

www.thegryphon.co.uk



Tackling University: How to Survive as a Vegetarian

Anoushka gives her guide to either starting or maintaining a meat free diet while at university.



Anoushka Searle Lifestyle and Blogs Writer

Most students arrive at university with a lack of cooking skills, and a longing for "mum's cooking". Cooking for yourself can seem daunting, and especially if you follow a stricter diet such as vegetarianism. I'm here to tell you that you shouldn't be at all worried. Most of your concerns will probably be based on myths- the myths that vegetarian food is more expensive, more difficult to cook, and it's more difficult to source protein and iron. However, if you aren't surviving just on pot noodles and can boil water you will be just fine. In fact, cooking as a veggie is much easier. You will never need to

your meat long enough to not give yourself food

I've been vegetarian for five years now, but during my first year of university I learnt a lot about my own diet, how to cook well, and how to cook flavoursome vegetarian food on a budget. My first piece of advice for anyone tackling a vegetarian or vegan diet, is to choose 3-4 veggies that you love, and use them for every dish. If you did this, you'll cut down the amount you spend on food, and decrease your fresh food waste- there's no point in having a whole head cauliflower in your fridge that you're never going to use! Personally, I am always stocked up on red peppers, carrots, broccoli, and of course onions and garlic, as they add flavour and nutrients to any dish. I would also recommend having frozen veg in the freezer ready for those busy weeks, when you don't have time to pop to Aldi. Additionally, if you aren't too big on vegetables then buy a bag of spinach; spinach wilts into your food, so you'll barely notice that you're eating greens!

Of course, vegetarian and vegan diets aren't always healthy. Probably one of the biggest challenges at

worry about defrosting meat, or if you've cooked university will be finding veggie drunk food and trust me you're going to need it! While your meateating friends are stuffing their faces with kebabs and burgers, you don't want to be missing out when your only options are limp French fries. Luckily, Leeds has a breadth of veggie and vegan drunk food options. My go to drunk food stops includes: Crispys, Milanos, Chicko's, and of course good ol'maccies. From a wide range of pizzas, to wraps, to burgers you won't be subjected to limp French fries. Though, a few of my vegetarian friends have fallen victim to the temptation of a chicken burger! However, there's no need to put lots of pressure on yourself to get it right all the time, we're all trying our best.

> My final advice is to try your hardest to not just live off Quorn and Linda McCartney sausages, because unfortunately you won't be able to afford that in the long run. Learn how to make your favourite dishes, and to nail the perfect fluffy rice (a staple of my diet). Experiment with your food and try different spices and combinations. Finally, just practice cooking, because in actuality it's therapeutic, fun, and a lot more rewarding than sticking a frozen lasagne in the

Peer Pressure to be Single

Jasmine Davis discusses relationships at university, versus the casual nature of hook up culture.

We all have a friend or five that have told us:

'You can't have a boyfriend/girlfriend at uni'. 'You won't embrace the uni lifestyle properly'. 'It'll be so hard'.

It's commonly thought that having a relationship, particularly with someone from back home or at a different university, is impossible. For some reason, it is almost looked down upon to come to university in a relationship. People even seem shocked that you are willing to give it a go. Google's top search results for 'Relationship at Uni' include: 'Don't even think about starting university in a relationship' (The Guardian) and 'Why you should never get into a relationship at uni' (The Tab). This view is narrow-minded and quite frankly amusing because it assumes that one comes to uni looking for love and/or sex which is not always the case. Although of course there is nothing wrong with wanting to find this either.

The stereotypical fresher's experience often involves being single and ready to mingle. But do not let your friends convince you that you need to be single to go out and meet new people. You do not need to be single to meet new people, go out or join societies and clubs. You do not need to be single to make the most of your freshers experience.

It is reassuring to know that many couples thrive in their relationships throughout uni and have positive experiences with long-distance. Although this may sound obvious, it is essential to remember that a relationship should consist of two different people, leading separate lives and sharing those with each other. It does not need to be two people trying to lead the same life and spending every waking hour together. Therefore, keeping a relationship alive while being at uni is entirely possible and enjoyable.

Being apart from each other gives you more to talk about, more space to grow and allows you time to improve yourself. And as cliché as it sounds, time apart does make the heart grow fonder. Plus, you get to explore your new city together when they come to visit and go elsewhere for a weekend, too.

Being in a long-distance relationship is not for everyone, though. This explains why some people may try and convince you that they do not work. Do not fall victim to this scaremongering and be optimistic because it is likely that if you are in a happy relationship that it will work for you.

But these changes will not fall comfortably into place straight away. Here are some tips for learning how to deal with coming to grips with this new change in your relationship:

- Maintain contact, even about the small things.
- Keep them in the loop about your course and new friends etc. But don't overdo it, you don't need to FaceTime every night for two hours.
- Plan ahead and look forward to your time together.
- Make sure to keep in their loop! Ask about their lives, remember events that you may need to wish them good luck, for example.
- Work out a plan of how often you will see each other and most importantly, stick to it. Ensure the money spent and time spent travelling is split equally between you.
- Be honest with each other when you are finding it tricky. These things are good to talk about.
- Be optimistic! Be grateful for what you have, rather than focusing on the fact that you don't spend all the time in the world for each other.

Being in a long-distance relationship does not work for everyone, but if it suits you, then let it thrive. You can enjoy your freshers experience while maintaining a relationship with someone elsewhere, as long as you know that the misconception of freshers all having to be single is exactly that.

Jasmine Davis



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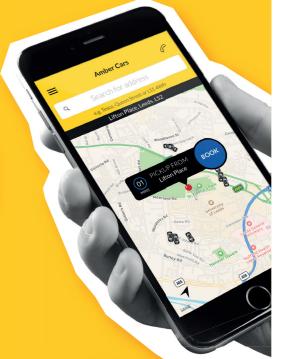
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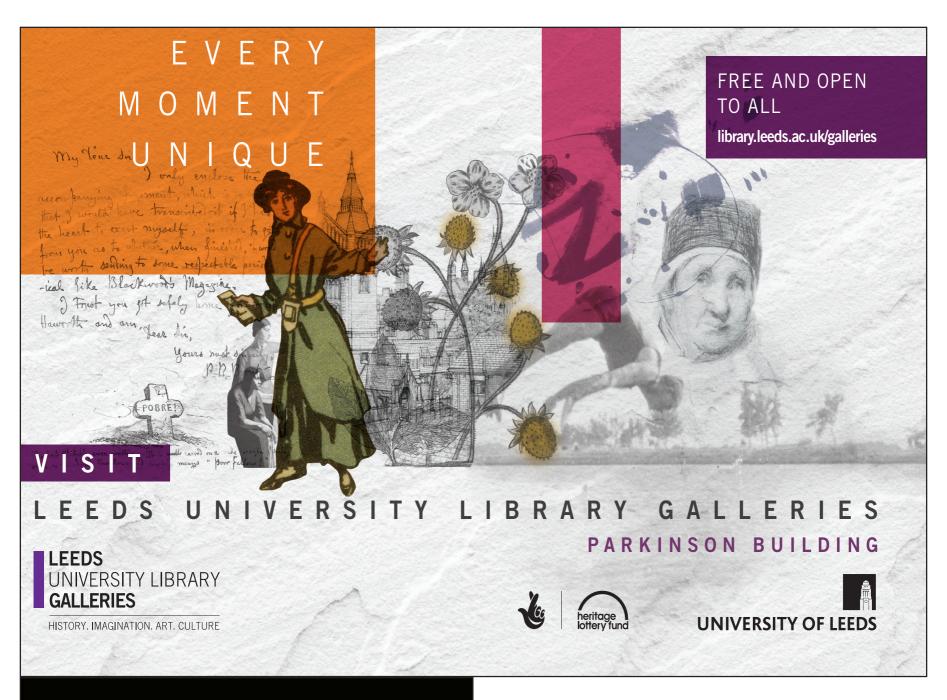
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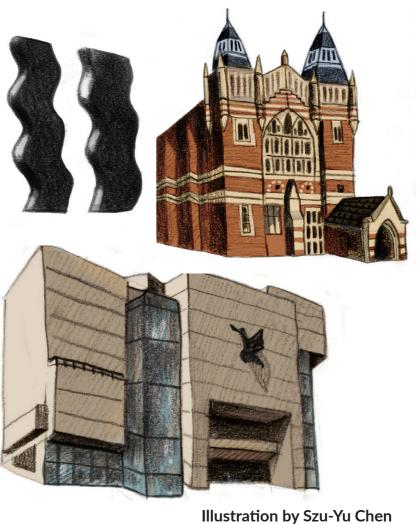
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A Culture Vulture's Guide to Yorkshire Day-Tripping

Although those of you reading this are lucky enough to be studying in one of the most vibrant and culturally enriched cities in the North, there is an abundance of things to discover just past the doorstep. Compiled here are some of Yorkshire's best offerings if you are ever in need of a flat dayout, a wholesome yet impressive first date setting or even a solo adventure beyond the city limits.

The Hepworth, Wakefield

Named after not only one of Britain's most internationally renowned sculptors but also a local lass, The Hepworth offers enough architectural wonderment with its cutting-edge Brutalist design to warrant a day trip without even crossing its threshold. However, doing so would be hard to resist as the gallery's free entry grants access to its collection featuring art from the likes of Henry Moore, L.S. Lowry, Maggi Hambling and, of course, Barbara Hepworth herself. Upcoming exhibitions include the first solo show in a European museum from American Artist Christina Quarles and a look at the early works of Alan Davie and David Hockney, some of which have not been shown publicly for decades.

Yorkshire Sculpture Park

Set in 500 acres of idyllic parkland, Yorkshire Sculpture Park is an openair tour of sculpture's most important players. The 'gallery without walls' features an extensive collection of Henry Moore's bronzes and also pieces from Ai Weiwei, Damian Hirst and David Smith as well as several changing exhibition programmes. But a jaunt here has plenty for those friends who are less artistically inclined as the park includes a tea room, a deer hut and a network of paths perfect for enjoying a walk in the bracing Yorkshire air.











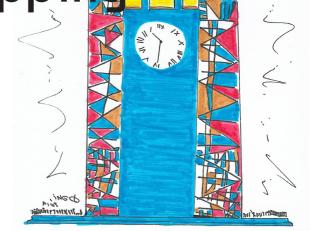


Illustration by Daniel Levy

www.thegryphon.co.uk 23

National Science and Media Museum

Located in Bradford, this museum is comprised of a whopping seven floors of exhibitions focusing on photography, television, animation, gaming and the internet with a staggering 3.5 million pieces housed in its research facility. Among its inventory are the world's first photographic negative, the world's first colour moving pictures and many objects used in the original Hammer Horror films. Additionally, the museum hosts events such as the 'Widescreen Weekend' film festival as well as the Yorkshire Games Festival.

Temple Newsam

Explore 500 years of history and 1500 acres of parkland at one of Yorkshire's finest historic homes. A tour of the Jacobean mansion consists of over 40 rooms laden with many a dazzling artefact together with an impressive haul of Chippendale furniture. Then, out of doors, visitors are treated to grounds landscaped by the master gardener Capability Brown and the largest working rare breed farm in Europe. Also adjacent to the house is a Go Ape for the overgrown children amongst you.

Salts Mill

History buffs, art aficionados and shopaholics alike would relish an outing to this UN-ESCO World Heritage Site. The art gallery, shopping centre and restaurant complex is housed in a stunning 19th century textiles mill and hosts the world's largest permanent collection of artwork by Bradford's very own David Hockney. Moreover, if you are lucky enough to have a student loan that is burning a hole in your pocket, you can enjoy a range of independent retailers selling antiques, art materials, books and home furnishings.

Alex Gibbon Arts and Culture Editor

²⁴Film for Fodder:

Your Ultimate Film and TV Freshers Guide

Here is your go-to list for whatever emotion you may feel through Freshers! We are taking candid to the next level, guiding you on your journey through some indie delights, Nigerian cinema, and straight-up animated, heartfelt classics.

'What I Call - Such Fun!'

As cliche as it may sound, get ready to grapple with some of the 'happiest days of your life,' whether it be being thrown into a cosmopolitan mosh-pit to cuddling up with mates and turning to your screens for a laugh. With curt, sarcastic and frankly fantastic British humour, the eponymous protagonist of Miranda tackles the mishaps of her daily life and the staunch conservatism of her mother! Classic Outnumbered is always worth a revisit as profound 6-year-old Karen beckons both under-your-breath sniggers and laugh-out-loud reactions.

BBC America's Killing Eve balances the disturbing with the wonderful as it sends you on a murderous culture trip around the world. If you seek a more enduring kind of happiness, 'just keep swimming' with Finding Nemo, which reigned as a breakthrough in computer animation back in 2003 and explores the unrelenting pursuit of a father in search of his child. It is a story more emotionally sophisticated in hindsight, tear jerking at times, but with enough happy interludes to keep you feeling fine. Kabhi Khushi Khabi Gham (Through Smiles or Through Tears) then exists in the same vein, the vibrant saga concerning the consequences between choosing love over family duty touching on everything that can be felt on the emotional spectrum. Forrest Gump persists as pure cinematic brilliance, following the titular character as he manoeuvres his way through perpetual misfortune, yet optimistically preaching that 'life is a like box of chocolates (and) you never know what you're going to get.' It also wouldn't be right to talk about film without mentioning the explosive universe of Anime. Kimi No Na Wa (Your Name) stands as the second highest-grossing Anime film ever and straddles with the boundaries of identity, gender and the body - a must-see that at no point lets go of it's feel-good vibe. For a voice of Bollywood feminism embark on a journey through Dil Dhadakne Do or explore the world of Nollywood with Mr & Mrs - completely untouched by western influences and a film which will have you on the floor in a laughing frenzy!





Whilst moving to university is undoubtedly exciting and many will want to throw themselves into the thick of things, it is important for one to acknowledge the more niggling emotions freshers can experience during this crucial transition phase. From anxieties surrounding making friends, starting your studies and missing dear old mum and dad more than you care to admit, experiencing bouts of depression and loneliness is completely normal. There are many movies then that can help with digesting the sadness and moving through the motions rather than trying to force happiness, these suggestions providing a possibly satisfying sense of catharsis. Animated features are particularly prone to pulling at the heartstrings, such as Bambi with it's beautiful scores and animation, and the Toy Story franchise with it's sensitive insights into the perils of growing up.

Nobody would blame you if you cried for the entire duration of Koe no Katachi (A Silent Voice) - this underrated story concerning that of an isolated teenage boy who grows to befriend a deaf girl - whom he used to bully! - offering one of the most powerful displays of pathos that may have ever been seen in cinematic history. Inside Out is perfect for exploring ranges of conflicting emotions and trying to find ways in which to feel validated and understood - the same being applicable to cult classic The Perks of Being a Wallflower and the fresh faced Beautiful Boy. In the same vein of combining the harrowing with the beautiful, Devdas' story of the titular character's descent into alcoholism when his family refuses to let him marry his childhood sweetheart proves a longstanding feast for the eyes and emotions - an empathetic insight into addiction and emotional deterioration that will keep you reeling way after the final destination.

www.thegryphon.co.uk



Needing a push?

Discovering the limitations of one's self-motivation can be quite terrifying, but that's completely okay! For a dose of comedy to help you push on, the surreal and cartoonish The Good Place is a colourful afterlife of clowns, djing monks and humongous bees - using escapism to explore personal and political catastrophe as it's never been done before. The Blind Side, despite being critiqued for its oversimplification in terms of characterisation and lack of nuance, it is powerfully inspiring; especially when considering Sandra Bullock's staggering performance. Many of the aforementioned movies/tv shows have seen a kind of plot-centred motivation, however, in many cinematic adaptations of novels or plays one can be inspired through the words, which can outshine any-inspirational plots. If you want to be taken back by philosophy, ethics and psychology, but equally never lose track, watch Equus. The dark storyline relentlessly seeks the importance of passion making you question what you really worship. Schafer's play reincarnated on the cinematic screen with a glistening cast (Richard Burton, Peter Firth, Colin Blakely) brims with homoeroticism, frustration and exploration of mental illness. The story may disturb you, but the language will inspire.

Switching to the more conventional, we of course cannot leave behind The Pursuit of Happiness, and the Avatar series. For a movie which will guide you to success through its musical score alone, follow the life of Mozart in Amadeus, or other period dramas such as The Madness of King George. And sometimes, the core of demotivation is the fear of letting go - in which case watch The Life of Pi, which modestly portrays the relationship between human and animal as fallible. Lastly, indulge in Fleabag for some female excellence and relatable motivation, as we can all empathise with Phoebe Waller-Bridge and her snarky snippets on life in each of her sides to the camera!

Love in the time of scholar-a

There is much ado about romance whilst at university, from exploring new relationships to only just discovering elements of one's sexuality, and there is many a movie to fit the flirtatious mood. Some typical emotional dramas include the likes of Titanic, The Notebook and Luhrmann's Romeo and Juliet, for regardless of whether you love or hate this marmite selection, one has to agree that any romantic movie list would be amiss if these classics failed to make an appearance. Period dramas often follow in the same vein of swelling passions from Wright's continuously popular Pride and Prejudice to The Duchess and Becoming Jane. Studio Ghibli's Whisper of the Heart and Howl's Moving Castle prove incredible choices both due to the subliminal animation alongside how the heroines become open to love only when they are allowed to become more open with themselves. Similar shreds of self-exploration reside in 10 Things I Hate About You, Pretty Woman and British Rom-Coms the likes of Notting Hill, Bridget Jones' Diary, Angus Thongs and Perfect Snogging and Love, Rosie - all of which sport a lot of heart but also encourage much room for a laugh.

For some exceptional LGBTQ+ content, Ek Ladki Ko Dekha Toh Aisa Laga (How I Felt When I Saw That Girl) is incredibly moving in light of how it is the first Bollywood picture to depict a lesbian relationship; involving the music and grandeur anticipated in Bollywood in tandem with the gravity and scrutiny evoked by the Indian community. Indeed, the seams of Bollywood are bursting with romantic fervour - love and music basically being what these movies are living for. You can indulge in millennial childhood favourites like Kuch Kuch Hota Hai (Something's Happened to Me) and Dilwale Dulhania Le Jayenge (The Big-Hearted Will Take the Bride Away), the more heart-wrenching and insightful Kal Ho Naa Ho (Tomorrow Might Not Be) and Hasee toh Phasee (She Smiles, She's Snared), as well as the predominantly arduous Goliyon ki Rasleela Ram-Leela (A Play of Bullets: Ram-Leela) - arguably the most seductive and intense Romeo and Juliet adaption of all time, where if this doesn't give you f***y flutters, nothing will!



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Treat Your Shelf: Editor's Picks

Arts and Culture editor Delphie Bond discusses the best books to bond over with your new flatmates.

Making friends in Freshers is tough. Some friends are made in the Fruity toilets, others are made on the 5th, and probably last, vodka shot of the night. Others, however, are made with a shared love of books. As ridiculous as this sounds, sharing a book with your flatmate, or a simple 'hey, have you read this?' could cement those friendships which only seem to blossom after three glasses of wine. It also tackles the formidable problem that good fiction can be so hard to get your hands on! The going rate in Waterstones for a new piece of fiction is going to set you back at least £8, so book-sharing is not just economically beneficial, but could lay the runway for new relationships. Here then, is a list of 4 books worth a binge with your flatmates before the work kicks in.

Queenie - Candice Carty-Williams

If you haven't read Carty-Williams's debut novel over the summer, you'd better ask someone to borrow it from as it will definitely be lying around. Candice Carty-Williams provides a voice sadly so seldom heard in literature. Set in South London, it follows the professional and personal life of protagonist Queenie, a strong, black, professional who embodies the intricacies of life as a black woman in journalism. Carty-Williams captures with talented accuracy the city landscape which Queenie has to wade through using engaging and humorous modes. Queenie embodies a version of the modern woman and is surely someone you and your flatmates will admire, laugh at, and relate to.

Paradise City - Elizabeth Day

Elizabeth Day deserves accolades for her attention to the minute detail, you can imagine the characters down to the cufflinks they wear. 'Paradise City' is her third novel, following an equally amazing 'The Party'. Day does multiple-perspective narrative incredibly well, as you flick between each chapter the storyline so neatly and somewhat disturbingly comes together. Day refuses to shy away from the class structures sewn through our society and unpicks it so enjoyably. 'Paradise City' will make you question everything making it perfect for a chat with a new mate!

The Kite Runner - Khaled Hosseini

A somewhat classic tale of Afghanistan which wrenches the heart. You never feel far from the action, and you certainly never want to put it down. Khaled Hosseini tells a painful story based on friendships and

family dynamics which create the heartbeat of the book. Incredibly well known, and well deservedly so, if the Kite Runner hasn't reached one of your friends you must recommend it now! In easy to follow but descriptive prose, you will be transported to a place of wreckage, hope and death. There is everything so truly inhumane inside this book, yet the humans jump out at you and disrupt everything you ever knew.

Down and Out in Paris and London - George Orwell

Throwing it back a bit, 'Down and Out in Paris and London', is certainly a talking point. George Orwell's collection of observations from his first-hand experiences of homelessness is so poignant in portraying the underbelly of society we look at everyday but never see. It provides a fascinating insight into the restaurant trade and begs comparisons to our society now. Has much changed? The good thing about 'Down and out in Paris and London' is that it can be dipped in and out of. Lend it to a friend, read a few chapters, and perhaps let it teach you to be more generous and open.

Delphie Bond

Making the Most of Hyde Park

Arts and Culture editor Tanika Lane gives you a run-down of Hyde Park's famous cinema

Huddled in the student hubbub of Hyde Park lies our beloved Picture House - a century year old cinema that first welcomed audiences on the 7th November 1914, it remaining as the last gas lit cinema possibly in the world, and thus considered a significant site of national heritage. The cinema was initially used to broadcast newsreels during World War I when there was no other means for families for gather information about the welfare and whereabouts of the men who had enlisted. As the vibrant red coated building stands as a sentinel of culture in this city of rapid modernisation, we could perhaps say this is a fitting history for such a beauteous building.

An attractive aspect of the cinema is how it is selective about what is screened there, for whilst the Picture House may not broadcast every single one of the latest flicks on release, it certainly provides the creme de la creme of movie showcasing. From exceptional award-winners to insightful indie features, some of the Picture House's past screenings have included Carey Mulligan and Meryl Streep starrer Suffragette, alongside the more recent Gurinder Chadha's Blinded by the Light, which concerns a young Pakistani teenage boy's affinity for the music of Bruce Springsteen to help cope with living in a more racially turbulent England in 1987.

Here are some of the free screenings at the Picture House while you're settling in during your first weeks at University:

Booksmart (Free Freshers Screening, Wed 2nd October at 2.30)



If you love your movie fix to be a mixture of heart, humour and wholesome feminism, then Olivia Wilde's directorial debut Booksmart will be perfect for you. Starring fresh faces Beanie Feldstein (Ladybird) and Kaitlyn Dever (Beautiful Boy), this movie concerns the consequences of when two high-school academic overachievers suddenly decide to fill their last night before graduation with all the 'fun' they believe their studious habits to have sorely robbed them of. Despite sporting the premise of being a comedic coming-of-age flick, the film promises to have the potential to be able to relate to many adolescents who are anxious about relationships, sexuality and what it really means to step into maturity.

Midsommar (Free Freshers Screening, Sat 5th October at 8.30)

Ari Aster's folk horror film sets a far darker tone and it explores the consequences of when a naive American couple attempt to save their relationship by travelling to a remote Swedish festival and watch as their bucolic visions degenerate into something torturous and sinister. Anyone considering watching the thriller should absolutely be tempted by Florence Pugh starring at the helm of the movie, as she has proven to be a formidable acting force from her history in fellow dramas Lady Macbeth and Little Drummer Girl.

Tanika Lane



Illustration by Caroline Spelman



Boris: A Threat to Democracy?

As the Prime Minister prorogues parliament in the midst of the UK's Brexit crisis, many are questioning the legitimacy of his actions.

Molly Rampton

Boris Johnson's government intends to prorogue Parliament for just over a month – suspending all bills, motions and questions and cancelling any legislation still in the process of being made.

While prorogation is a normal part of the parliamentary year that marks the end of a legislative session, it usually lasts for less than a week. Johnson's prorogation is set to last from a currently undefined start date between the 9th and 12th of September through until the 14th of October, when a state reopening is scheduled.

The new parliamentary session will essentially wipe the slate clean of matters to be voted on and any unfinished business will have to be reopened for fresh discussion. Three of the five proposed weeks would otherwise have been spent in recess, so only two weeks of parliamentary time will actually be lost.

However, with the (most recent) Brexit deadline being the 31st October, many MPs and members of the public see Johnson's decision as a heavy-handed obstruction tactic designed to push through no-deal plans.

By significantly reducing the time allowed for Parliament to work on a deal at this late date in the proceedings, it is much more likely that we will leave the EU without one. A strong majority in Parliament are resolutely against this and so, by limiting their legislative power and efficiency over the next month, Johnson limits the threat to his no-deal.

But is it undemocratic? Considering Johnson

and his ilk are publicly arguing for Brexit on the basis of it being the 'most democratic' response to the 2016 referendum, the decision to suspend Parliament and thus the tangible process of democracy seems more than a little hypocritical.

While prorogation cannot strip Johnson's enemies of their ability to oppose him, it will make the process of organising and formulating a Brexit deal much more difficult.

On Wednesday, the House of Commons passed a cross-party bill to ask for another Brexit extension if no deal were still on the cards at the end of October, which the House of Lords has agreed to progress. Conservative rebels and the opposition parties managed to make this bill made law before the start of prorogation despite hardline Brexiteer MPs having made a list of over 100 amendments in an attempt to delay the legislation.

Suspending parliament in response to the majority not agreeing with the PM is undoubtedly an undemocratic act. Supporters of Johnson insist that it is a 'more democratic' measure than delaying Brexit further would be. However even if this were the case, at the time of the referendum Brexit was simplistically paraded as the easiest deal in history, and the rhetoric certainly did not account for the crunching reality of no-deal.

The weighing-up of the 'democraticness' of various possible acts, including a snap election, seems to render the term somewhat arbitrary. Being a parliamentary democracy, we discharge our democratic constitutional ideals through

parliament, with elected officials representing the will of their constituent people.

Hundreds of thousands of citizen protesters outside Westminster the past weekend have been chanting "Stop the coup!" - hardly a symptom of healthy, democratic government.

A no-deal Brexit will have a hugely detrimental effect on the NHS, particularly in areas such as drug acquisition, staffing and access to groundbreaking areas of treatment. No short-term cash injection can offset this.

The term 'no-deal' is not really a good description of the proposal, as failing to establish a trade deal with the EU means that the UK needs to replicate around 30 agreements with countries such as the USA. This will benefit top business people on both sides of the Atlantic but our country is in a diminished bargaining position, left a bereft shadow of its former self.

Johnson's gamble cannot be allowed to succeed. No-deal must be stopped, lest the UK's infrastructure be chopped up and sold off.



Time to Reject the Royals?

The Queen's acceptance of prorogation has reignited discussions on the Royals' role in our society.

Emma Ferguson

'Guys don't worry, the royals don't have REAL power, they just bring in money from tourism – oh wait...' That was the sarcastic post put up by my socialist friend on Facebook late last month. He was referring to the Queen's backing of PM Boris Johnson's proposal to suspend parliament. It certainly came as a surprise to many that the Queen had wielded such controversial power, but my question is – should it have?

The Speaker of the House John Bercow was noted as saying the decision would cause 'constitutional outrage'. This may be seen as an interesting comment considering Bercow himself has not always 'stayed within his lane', and he isn't entirely accurate in his sentiments. Yes, it is problematic that an unelected Prime Minister suspended Parliament by using an unelected head of state. But, as the Leader of the House, Jacob Rees-Mogg rightly noted the decision by the Queen to allow prorogation was a 'completely constitutional procedure'.

The Queen was simply using her prerogative powers and setting political disagreements to one side; one cannot deny that the Queen's actions are legal.

While the Queen can disregard the will of the people as determined by parliament, no monarch has actually refused parliament's wishes for 300 years. Near silent on political matters, she appoints prime ministers who win elections and signs-in laws that pass in the Commons without argument.

It is this attitude that has created a sort of passive acceptance of the royal role in everyday Britain. Times Journalist Matthew Parris suggested in 2014 that Britons today are not monarchists, but rather 'Elizabethists'. In fact, I would go as far as to say that it is not the Queen souring public opinion of the monarchy, but her offspring and their offspring in turn.

Like it or not, the Royals are not your average Joe Bloggs. They rub shoulders with top socialites and celebrities, and definitely don't feel the pinch of austerity quite like the rest of us. In recent weeks Prince Andrew has been in the news for his relationship with convicted sex offender Jeffrey Epstein. While it remains to be seen what will come of the accusations, photographic evidence makes it plainly clear that Andrew did not deem the reveal of Epstein's crimes as a necessary reason to stop frequenting his house.

Buckingham palace's statement from 2015 in support of Andrew recently resurfaced and reads: "It is emphatically denied that the Duke of York had any form of sexual contact or relationship with [Giuffre]. The allegations made are false and without any foundation".

BBC Royal Correspondent Jonny Dymond put it best when he wrote: "Strong though the palace

statement may be, it fails to answer the central question: What was Prince Andrew doing visiting the house of a convicted paedophile?"

Less salacious in nature, Prince Harry and wife Meghan also spend their time in a state of royal pseudo-celebrity. They represent a new age of rich, out of touch environmentalism.

Denying the tourism boost would be obtuse (when his brother William tied the knot in 2011 the Telegraph reported they generated a £2 billion boost to the economy, and Harry's wedding likely did the same).

However, whatever gratitude that boost was supposed to generate in the public has quickly disintegrated since the announcement of the £2.4 million renovations that took place on their 'cottage' earlier this year. The discovery that Meghan and Harry's travel is at least three times the annual carbon footprint of the average Briton caused further outrage – hardly the actions of enlightened environmentalists.

All things considered, it appears that antiroyal sentiment is back in fashion, but it remains to be seen how the royals will weather it. Diana's demise was dealt with; can our cultural 'Elizabethism' survive long enough shield the younger members of the family from the kind of scrutiny other celebrities and socialites suffer? I am not so sure, but I do know that cultural 'Charlesism' seems like the epitome of the phrase 'failure to launch'.

Is Notting Hill Forgetting Its Roots? 29 While companies madit for

While companies profit from Carnival, many members of the British-Caribbean community feel that its original purpose is being overlooked.

Ruby Fatimilehin

When 500 people gathered for the first ever Notting Hill Carnival in 1966, no one could have imagined its coming popularity. This year saw 2.5 million attendees, 40,000 volunteers and 9,000 police, making it the second largest carnival in the world after the annual festivities in Rio de Janeiro.

The carnival's aim was to celebrate Caribbean culture through music, food and dance. However, in recent years many Caribbean people feel that its roots are being overlooked and forgotten as it has become overly commercialised.

In the early years of Notting Hill, the legitimacy of the carnival was threatened as it did not have local authority permission, with police attempting to prevent it entirely. In 1976 and subsequent years, riots occurred in which predominantly Caribbean carnival-goers fought with police due to the continuous harassment that the British-Caribbean population faced. The considerable press coverage took an unfairly negative view of the carnival, and for a while it looked as if the event would be banned.

Notting Hill is first and foremost a celebration of Caribbean culture, which should be reflected in the music

Nowadays, the annual event is accepted by the mainstream British public, and people of all ages and cultural backgrounds attend. Simultaneously, companies have been reaping the benefits of the celebration's success, thus

undermining the struggle that the initial carnival-goers and planners faced. The people for whom Carnival offered respite from the bleak racism of 1960s Britain are now seeing less and less of their culture being celebrated or represented.

The sound of Carnival has changed radically from its early days, with many sound systems now playing music which is not Caribbean at all in its origins, such as techno, trap and house. I don't believe that non-Caribbean genres of music should be banned entirely, but Notting Hill is first and foremost a celebration of Caribbean culture, which should be reflected in the music. With no shortage of these other styles of music elsewhere, it should be possible for Caribbean people to attend an annual event which primarily celebrates their culture and its

This year there were stages owned by big brands such as Red Bull and Bacardi, which I feel detracts from the traditional communitybased construction of Carnival. Having exclusive experience packages and V.I.P access areas entirely contradicts the ethos of a street festival and the idea of everyone coming together.

Of course, as a non-Caribbean person myself, I do not believe that it is my place to decide how Carnival should be run; future planning decisions for Notting Hill should rest completely with the Caribbean community it was founded to serve.

However, as a Black person, I know the importance of having spaces which celebrate BAME culture. Dealing with frequent microaggressions and isolation in your cultural experiences is the reality of existence for many BAME people living in Britain. For British-Caribbean people, Carnival is a chance to escape from prejudice, to celebrate their culture and to commemorate their resistance to racism and police brutality.

> Micro-aggressions and isolation [are] the reality of existence for many BAME people living in Britain

Particularly in the shadow of the Windrush scandal, it is important to preserve and value Caribbean culture in Britain. Notting Hill Carnival is distinctive because of its unique focus on Caribbean history and culture. If its original aim continues to be ignored with each passing year, there is a real danger that Carnival could lose what makes it special.



Cime to Kick Our Fashion Habi

Harriet Davidson

Think about how often you make an ASOS order. Have you ever considered what the environmental impact of those purchases might be? In recent years there has been an increase in the awareness of sustainability in fashion, as the polluting effects of fast fashion have become clearer and clearer.

However, this has not stopped or slowed down the pace with which students especially seem to buy clothes. An Oxfam report concluded that the textiles industry was more polluting than aviation and the shipping industry combined, and in 2016, 1,130,000 tonnes of clothing was purchased in the UK. Much of this will have been made unsustainably but, crucially, a large proportion will end in landfill after only a few

We are all guilty of fuelling this industry. It can be hard to resist making snap-purchases when browsing on the internet or walking through the shops. However, this throwaway culture is slowly destroying our planet. But are the shoppers the only ones to blame?

The rise of social media influencers has led to many seismic changes in our society, but one of the most damaging changes is perpetuating this throw away culture and fuelling fast fashion. Not all influencers are guilty of this. Some do promote sustainable brands and a sustainable lifestyle, but many others do not abide by this.

Love Island star Molly-Mae Hague recently announced a partnership and new range with fast fashion brand Pretty Little Thing. With 3.2 million Instagram followers, Molly-Mae's new range is surely going to encourage people to buy cheap, unsustainable clothes they would not have otherwise bought.

> [Oxfam] concluded that the textiles industry [is] more polluting than aviation and the shipping industry combined

People feel they need to keep up with the trends shown by influencers, however it should not be at the expense of our planet. Brands like Pretty Little Thing can see the power of these influencers, which leads to more clothes being produced at cheap prices, giving little thought to the long-term consequences.

Not only do influencers lead people to buy more clothes, but it may also result in limited clothing use. People may feel pressured not to repeat outfits often. We need to stop buying clothes just because we see someone wearing on Instagram - we need to ask ourselves: "Do you actually need that extra dress?'

Influencers are not solely to blame though; you could argue they are just trying to make a living. The people who bear a great amount of responsibility are the brands and companies.

You cannot go on Instagram or Facebook without seeing multiple adverts for cheap clothes or sales. These adverts are tailored to what you have been looking at, urging you to return to the website to purchase the top you had previously decided against. Once again, this is perpetuating a throw-away and consumerist culture which is damaging our planet.

However, it isn't all bad; there do appear to be changes taking place in the fashion industry. For example, H&M has a large conscious range, which uses recycled, organic and sustainable materials. Similarly, Zara have committed to ensuring that all their clothes are made out of 100% sustainable fabrics by 2025.

Things do seem to be changing, but to really make a difference we need to change our shopping habits. According to an Oxfam report, three out of ten people would not change their fashion habits despite knowing the environmental impact.

It is hard to know how to live more sustainably but even a few simple changes can make a lot of difference. It is difficult while at university to not be tempted to keep buying clothes. Why not try buying second hand or vintage?

By taking an extra minute to think about whether you need to make a purchase you will be one step closer to breaking the fast fashion



UNIT 1, OASIS RESIDENCE 73 CÓOKRIDGE STREET LEEDS, LS2 3BA 01132 430 226

CLOSE FOR COLLECTION: 11PM - 11AM MON-SUN **UNIT 3, THE TRIANGLE** 2 BURLEY ROAD. **LEEDS LS3 1JR** 0113 245 8889

CLOSE FOR COLLECTION: 11PM - 11AM MON-SUN

12 ST ANNES ROAD **HEADINGLEY, LEEDS** YORKSHIRE, LS6 3NX 01132 899 559

CLOSE FOR COLLECTION: 12AM - 11AM MON-SUN





















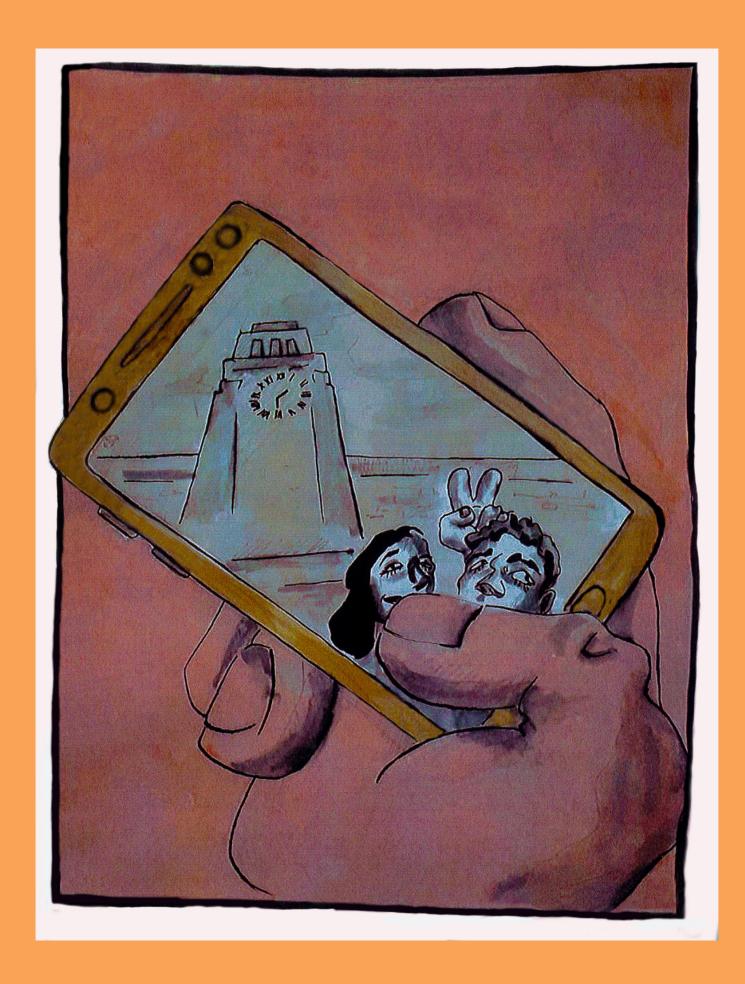


Illustration by Michelle Muratori

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Talking Drugs: A Harm Reduction Guide



With its groovy vibes and vibrant nightlife, Leeds has earned a reputation as one of the cities with the highest levels of university student drug use in the UK. Elena Sotelo explores the importance of harm reduction when taking drugs, and provides some top tips for keeping yourself as safe as possible.

Elena Sotelo Features Editor

If there is something most of us can agree on, it's that as a general rule, recreational drugs are not good for you. Firstly, the consumption and dealing of drugs is a criminal offence in the United Kingdom. Despite this, 56% of university students have consumed drugs over their lifetime, according to the National Union of Students. Secondly, illegal substances can have negative effects on users' physical and mental wellbeing, with the most serious cases resulting in death. Since 2014, more than 200 people have died in the UK from ecstasy-related issues alone.

It is delusional to expect all students at University not to do drugs. There is a newfound sense of freedom in moving away from home for the first time which can often lead young people to try new experiences, amongst them drugs. Although I am not condoning or encouraging the use of illegal substances, I want to offer advice about how to consume them as safely as possible if you're going to take them regardless.

Realistically, the only way to stay one hundred per cent safe is by not consuming drugs at all. However, this is not the reality; statistics consistently show that a significant number of students do take drugs recreationally. As this is the reality, those who do choose to take drugs can take some steps to try and reduce their risk as much as possible.

It is important for everyone to keep in mind that the University of Leeds operates a zero-tolerance policy regarding illegal drugs. If you are found involved with them, you will face serious disciplinary measures which can lead to eviction from University accommodation, or even expulsion.

Since recreational drugs are not regulated, it is hard to be 100% sure that you have been sold exactly what you asked for. Even if two substances might look the same, differences in chemical composition can pose a serious danger to the consumer's health. A common example of this is fentanyl being sold as cocaine; this opioid

is much stronger, and can lead to overdoses when consumed without knowing.

The best way to be sure about a substance is to always test drugs. Testing kits can be bought online through discrete and confidential services. The Subreddit r/ReagentTesting is an excellent place to find guidance on which testing kit to get and how to use them correctly. Front-of-the-house drug testing services have been offered by charities such as The Loop in festivals throughout England over the past few years, with excellent results. During the two years that this organisation operated in Boomtown Fair, no drug-related deaths were recorded at the festival.

If you are unable to get a testing kit yourself, websites such as ecstasydata.org and apps like Know Drugs issue warnings about unsafe substances. You should always Google ecstasy pills before consuming them, as some substances may have up to three times the recommended dosage.

Leeds University Union supports a harm reduction approach to drug consumption, focusing on minimising the risks for students through support and education.

Amy Wells, LUU's Welfare Officer this year, said:

"I'm so excited to be carrying on your 2018/19 Welfare Officer Matt Port's drug harm reduction campaign this year. I've finalised a new harm reduction policy on drug use for Leeds University Union and have just finished my project plan for the Union to do a campaign on safer drug taking (like where you can find dosing and mixing info) and the confidential support that's available to you at the Union (you won't get reported to anyone through seeking help about drugs and alcohol from us).

"Alongside this will be a piece of work helping the University of Leeds create a clearer, more wellbeing-focused drug use policy and strategic approach.

"I'll also be working on providing drug testing kits in the Union and will be encouraging work in the venues where students are at risk from drug use in town."

When consuming illegal drugs, there are safety guidelines and tips that should always be kept in mind. The UK charity Release outlines some of the most important on its website:

- 1. Always start with a small dose to see how you react to the substance. In case you are having stimulants (ecstasy, cocaine...) wait at least 2 hours before redosing.
- 2. If you have the feeling something is going wrong, seek help and be honest about your situation.
- 3. Make your friends aware of what you are taking and try and stay in a safe environment.
- 4. Avoid mixing drugs, especially with alcohol and depressants. Never take alcohol with benzodiazepines (Valium, Xanax...) as it is an extremely dangerous combination.
- 5. If you are taking stimulants, stay hydrated and take regular breaks from dancing or other activities. Do not exceed more than a pint of liquid per hour.

Speaking up about drug misuse can be a daunting experience, but there are people (in and off campus) who can help. If you are concerned about your drug habits, you can contact LUU Advice, the University's counselling service, or your Personal Tutor. The University offers counselling service through workshops and both group and individual appointments, and 24/7 support for students online through Big White Wall

Regarding professional support, Forward Leeds is a city-wide service with a dedicated team which can help people who are struggling with substance abuse. All of these platforms are non-judgmental; you will not get in trouble for asking for help.

Ultimately, no one but yourself can decide whether or not you are going to consume drugs. Always keep in mind the negative impact this decision can have on you and the people around you but wholeheartedly, whatever you do, I hope you have the best time in Leeds.

Five Things You Should Know as a Non-Traditional Student in Leeds



Recent Leeds University graduate Paige Kesemeyer offers 5 essential pieces of advice to help non-traditional students like her cope with university and succeed academically.

Paige Kesemeyer

As a recent graduate from the University of Leeds, I have up-to-date knowledge of what it means to be a non-traditional student here. This can mean several things: you may be a mature student, a student who is also a parent or carer (or care leaver), a first-generation student, or any other underrepresented group.

For these students, coming into University can be a real challenge. Although the spaces and structures of higher education institutions have often not been designed for non-traditional students, it doesn't mean that we can't fit in.

So, to help you succeed and reach your potential, here are five things all non-traditional students at the University of Leeds should know before starting a degree.

1. Imposter Syndrome

When I started at Leeds, I had never heard this phrase, but I soon realized what it meant. Get familiar with the phrase, as you too may self-diagnose with imposter syndrome while you are here

So, what exactly is it? It is a sense of insecurity in a space you feel underrepresented. During my time in Leeds, it was something I experienced while studying in a space that was not built for me. You might feel as if you are not good enough or worth it: that you do not deserve to be at university, that the assessments you submit are not worth the grades you get in return...

However, don't worry too much about it. Clinical Psychologist Jessamy Hibberd said: "[Imposter syndrome] affects everybody, from all walks of life... From students to CEOs."

Even inspirational women such as Maya Angelou and Michelle Obama have experienced it. If you are struggling with feeling that you don't fit in, find comfort in the thought that others might experience it too and it's completely normal. Don't let that stop you from reaching your potential. You deserve your place in Leeds and you deserve to be successful!

2. The Double Curriculum

The double curriculum is when you have more than one dominant responsibility in your life. It doesn't affect all non-traditional students; if you're not a parent, carer or have a part-time job while studying, then this probably won't apply to you.

Lots of traditional students you will meet are lucky enough to be financially supported by their families. However, not all students have this privilege: in more cases than not, non-traditional students lack this economical support and have less time to commit to their studies.

Having a double curriculum can be difficult, but it's all about balance: if you remain organized and somewhat on top of your work, you should be fine. If you're unable to, don't worry.

Many people have experienced this pressure before. Thankfully, there is a whole cohort of staff who will support you when necessary.

3. Find Networks

I cannot stress this point enough... With more than 38,000 students at Leeds, there will definitely be people just like you. One way to meet new people and build networks is through a society – these are a great way to meet people with common interests!

LUU has over 300 societies on offer, so there's something for everyone. You can find information regarding all of these and more in the LUU Website.

4. Lifelong Learning Centre

One tip I think you will be told over and over is to get familiar with the Lifelong Learning Centre. This place is a safe haven for non-traditional students and somewhere any student will feel as though they fit.

My advice is to get to know a few staff members. They are so supportive, and they want you to succeed! They hold chilled-out and enjoyable mature student café regularly, with free coffee and cakes. You don't have to be enrolled through the LLC for them to support you either.

The mature student café gives you a chance

to meet people in similar circumstances to you. That way, you build networks and friendships that could stand the test of time. They also organise other inclusive activities, such as the Teddy Bears Picnic – an event where parent students and their children can come together on campus.

5. Student Finance and Everything Else Financial

We don't talk about money and finances enough. It is as if money talk is a taboo that we should not disclose, but finances are often a large barrier for non-traditional students at university.

If you are a parent or carer or in receipt of welfare benefits before you start university, there is a good chance you may be entitled to additional financial support. You can find out more through the Government's Student Finance website.

There are several other financial supports that you can claim during your degree: tax exemption for full-time students, housing benefits for parents or carers, disabled student allowance, Parents Learning Allowance, and Child Benefit, to name a few.

The Lifelong Learning Centre has a dedicated team that can advise you further regarding financial support available for you. You can find more information about this on the Student Finance website and on citizensadvice.org.uk.

Finally, well done for starting your academic journey. It is not easy to make such a massive move; you should already be proud of yourself! It will be hard, stressful, and at times you may get lonely, but don't let that stop you. What you gain through a university education is extraordinary and something that cannot be put into words. You will feel truly proud of yourself – something I personally had never felt before!

For more information on studying as a non-traditional student at the University of Leeds, visit: www.leeds.ac.uk/info/130547/student_education/367/widening_participation



How to Get a Part Time Job

Business Editor, Will Southall, gives us his advice on how to find part time work in Leeds.

Will Southall Business Editor

Maintenance loans aren't big enough anymore. For many, the full maintenance loan will be spent on accommodation, leaving little left for other living costs. But even if you have budgeted for your food and going out, you might not have considered some of the extra costs that university life can throw at you – maybe you'll want to join a few societies, buy kit for your sports team, get a ticket to Leeds ball at the end of term or head off on the university ski trip? Sadly none of these things are free and they certainly weren't taken into account when Student Finance decided how much money they would lend you.

A survey conducted by Endsleigh indicates that around eight out of ten students work part-time to help fund their studies. But even if you're lucky enough to be financially propped up by the Bank of Mum and Dad, you might still consider getting some work experience whilst you're a student.

Graduate employers are making it very clear that it is no longer enough to get a 1st or a 2/1 and successful applicants on their competitive graduate schemes will probably need some level

of work experience. So, how can you get a head start in finding a job in Leeds?

There's no better place to start looking for a job than at the university itself. Leeds University Union offers a great service called Joblink, which regularly posts and updates jobs from employers in and around the university. On the union's website you'll also find a separate page posting any jobs that the union are hiring for themselves, from pulling pints in Old Bar to working as an admin assistant. Working for the university can be a great way of earning some extra cash without having to compromise too much on your university experience.

Employers within the university are more likely to respect the fact that you are a student first and their employee second, meaning they are likely to be more flexible around your schedule. The pay for jobs advertised to students at the university is normally £8.70 per hour and there's obviously the added benefit of not having to spend a long time commuting. Be sure to check Minerva for job adverts throughout the year, such as working on university open days as a student ambassador.

If it's the commitment to working a parttime job that puts you off, then it's these kind of temp opportunities that are the ones you need to look out for.

If you're looking for something a little more

regular than the few university open days, then try checking out the online job search tool on Save the Student, Unitemps and the app Syft, to top up your student income without committing yourself to long hours (that could ruin your grades and your social life!).

As October approaches, you might want to start thinking about seasonal Christmas work, as retailers and restaurants in particular will need more staff to cover the busy period.

Whatever you do, don't forget you're paying over £9000 a year in fees alone to be at university. Don't let yourself fall into the trap of working longer hours and covering more shifts at the cost of your degree.



How to Reduce Your Freshers Footprint

Chloe Pryce Business Editor

You're one of over 60,000 students studying in Leeds this year. As you can imagine, 60,000 students pouring into the city over the next few weeks will have quite a significant impact, otherwise known as the freshers footprint.

Freshers week is the party of the year for some. Shops sitting in the deserted streets of Hyde Park will bounce back into business as students return, bars and clubs will be reaping in the rewards of students' appetite for lager and VKs, and the surrounding cafés will be shocked once again by how much coffee the student population can drink. Crispys will most likely see its profits quadruple and the greasy pig will be rolling down Victoria Road in cash. Business will be booming because students spend on average 135% more in freshers week than they would during a normal week at University.

But it's not a dandy picture for everyone, and there's things you can do to soften the blow. For one, the neighbours won't be getting quite the good night's sleep they did over the summer, the police will have their hands full once again with antisocial behaviour and burglaries. The environment takes a knocking too – the luscious green grass of Hyde Park, dependent on the weather, could become a dumping ground for beer bottles and takeaway boxes, whilst the University campus

will be left strewn with plastic Dominoes bags and millions of leaflets. One year, Leeds City Council reported collecting 700 tonnes of 'student waste' from Hyde Park after students left for the summer. That's around 200 elephants worth of rubbish.

So, some things to remember during fresher's week to make it a breezy week for yourself, your neighbour, your peers and your good friend mother nature.

Reduce – We all go mad for a freebie, but if they're the type which are going to accumulate in your room only to be thrown away a month later, try to refrain from getting them. Do some research before the freshers fair and think about which societies you really want to join to limit the number of flyers you take then throw on campus.

Reuse – Start freshers week prepared with all of your reusables – water bottle, coffee cup, food containers and a jazzy bag for life. In the market for some new school year clothes? Instead of heading into town and buying yourself a whole new wardrobe, give the vintage sales around campus or the vintage shops in town a go; say no to new!

Recycle – If you do grab a flyer and later decide you don't fancy it after all, recycle it. Equally, munch on your cheesy chips and gravy all the way home then pop it in the recycling instead of on the pavement.

Transport – walk, cycle, bus. Try to limit your driving.

Do your bit for Leeds and Leeds will do its bit for



The Gryphon's Guide to Being a Shop-Savvy Student



Will Southall Business Editor

If you're paying full price then you're doing something wrong. These days you would be hard pressed to find a company which doesn't price discriminate.

If businesses can split a market up into groups that are willing to pay different prices for their products, then they'll do just that in search of higher profits. But it's not just businesses that benefit, students profit too.

By signing up to Unidays and Student Beans, flashing your blue Leeds University card and getting a TOTUM card, you'll have access to hundreds of offers and can start saving on everything from gym membership to TV entertainment. Here's our pick of the best student discounts available right now...

Technology

If you're buying a laptop for university, then a great place to start is on Unidays, which will show you the student discount you can get with each brand. HP is currently offering the biggest discounts to students, with up to 35% off, whilst Lenovo and Dell offer 20%, Acer 15% and Apple around 10% on their MacBooks. Also worth noting is students get Microsoft Office 365 for free, so bear this in mind before getting talked into buying it as part of a package.

Transport

You'll probably use public transport to get across the UK a lot more than you would've previously. The trips back home will start to add up quickly, but worry not, there are plenty

of discounts to be had. The best is the 16-25 railcard which can be purchased for £30 (or free with a Santander current account) and will get you around a third off rail fares. National Express will give students 15% off or there is the option to buy a Young Person's Coach Card for £10 per year, which increases the discount to a third

Even Megabus offer 10% student discount with a NUS/TOTUM card, not that this makes much of a difference as a full price will rarely set you back more than a tenner. Make sure to show your student card if you're getting the bus in Leeds as you'll often save yourself a quid.

Health and Fitness

If you're in halls then it's quite likely you'll have some form of gym membership for the Edge included in your rent.

For those of you living in private accommodation, then you'll probably be looking for cheaper options. Xercise4Less seem to have the best offer on at the moment, with a standard membership at only £12.99 per month and students benefiting from the first month only costing £1, two free personal trainer sessions and the option to have no continuing contract. Another budget option is The Gym, which has multiple centres spread across the city.

Entertainment

Spotify, Apple Music and Amazon music are all on par at £4.99 per month for students, but whilst Spotify only offers a 3 month free sign up deal, the others offer 6 months. If you've already got an account with Spotify, you could save yourself £60 by benefiting from both Apple

and Amazon's introductory offers. Sadly, Netfix doesn't offer anything aimed specifically at students, with it's cheapest rate at £5.99 per month. Amazon Prime, however, (including prime video) offers 6 months for free and only charges £3.99 per month after. Now TV are currently offering 2 months for £5 and, if you fancy pushing the boat out, students can get Sky Entertainment for £19 per month.

Food and Drink

It would be quicker to name places that don't offer any food discounts than those which do, but that wouldn't be so helpful, so here are some of the highlights: 50% off at Bella Italia and Café Rouge, 35% off Dominos, 30% off at Pizza Express, Zizzis, Byron Burger and Ask Italian. Deliveroo offers students £4 off their first order and £2.50 off the second.

Books and Stationary

First of all, if you want to save money on textbooks then look to buy them second hand from the year above on Facebook or at a second hand textbook fare, or from the department themselves. Failing that, Blackwells across from the Parkinson building and Laidlaw library will price match Amazon for you. For anything else, then students can get 10% off Waterstones, Paperchase and Rymans.

Clothes and Shoes

Adidas and Rebok are currently offering students 30% off, Boohoo 25% off, Misguided 20% off and pretty much everywhere else are offering students 10%.



You've Snot To Be Kidding Me!



If you just can't seem to shake that post-Freshers' Week hangover, there may be more than meets the eye - you may be suffering from the infamous Freshers Flu!

Alec Sims

There will be moments during freshers when, surrounded by hundreds of writhing sweaty bodies in Fruity, you'll feel a little iffy.

bodies in Fruity, you'll feel a little iffy.

This will no doubt be compounded when you awake in shivers the next day with a pounding headache and a cough, barely having time to scoff a dry packet of Super Noodles before a knock on the door informs you pres are about to start, only tonight its Pryzm. No rest for the wicked.

As you stand on the carpeted floor and shunt another jaegerbomb down your inflamed throat, fighting desperately to keep your eyelids open, you might begin wonder if all this is starting to feel a bit nastier than your standard hangover.

Freshers flu makes an annual visit to Universities across the country!

Maybe you're just dehydrated from the tears you shed when you hugged mum and dad goodbye? Or maybe, just maybe, you've got the infamous freshers flu.

Freshers flu makes an annual visit to

Universities across the country at the start of each year, infecting a fresh batch of incoming and returning students with respiratory tract infections.

Often dismissed as a particularly insidious hangover, freshers flu is actually one of a selection of infectious viruses making the rounds that year, though it usually causes nothing more ominous than a bad cold. While frequently attributed solely to extensive saliva swapping, there's a few major contributing factors which Freshers presents in the perfect

Perhaps the sickness was inevitable from the beginning...

storm of circumstance that allows fairly bogstandard nasties to sneak in the front door.

Even if you decide against tongue-swabbing your new flatmate's tonsils, the extended periods you'll inevitably spend slapping against the moist silhouettes of your Leeds co-attendees in a darkened club leave you exposed to a veritable army of viral baddies.

Coupled with the lack of sleep, the cheesy chips, the binge drinking and the stress (that hug with mum and dad really got to you) you never stood a chance. Perhaps the sickness was inevitable from the beginning.

However, there is solace in that, inevitably, some of your new friends will contract it too. Together then you can form an alliance united by not only geographical proximity, but by suffering as well. You can stumble blindly to catered breakfast together, snuggle up for an afternoon nap, even collaborate on the kettle – no more dry super noodles.

Hot meals, catch-up sleep, and plenty of liquids will all help you on the road to recovery. If you can muster the will to exercise, that'll help too, but don't worry too much if you can't beat it and get out of bed – nothing important happens for the first couple of weeks anyway.

So as you sit, submitting socially to your clearly insane flatmate as they wildly elaborate on a myriad of unintelligible ring of fire rules, don't spend too long wondering whether it's really worth another roll of the freshers flu dice just for a few 80p shots at Space. It isn't.

But you're going to go anyway – and maybe in the aftermath, in the shared pain of the flu that follows, with pounding headaches and a massive pack of soothers, you'll forge in your communal whining something that starts to look like friendship. It is freshers after all!

Surviving Uni as an Introvert: It's All in Your Head!



Often packed full of nights out, icebreaker activities, and meeting dozens of new people, Freshers' Week may seem overwhelming for those of us who identify as introverts. According to neuroscientists, the difference between introverts and extroverts lies within our brain chemistry!

Zahin Ali

Being exposed to hundreds of new faces, cringeworthy icebreakers during welcome activities with your course, a week of non-stop clubbing: freshers can be an overwhelming time for introverts starting university. But what is it that makes some people thrive in social situations and others favouring time in solitude?

Research shows that it's all about the way our brains respond to stimuli. One of the important neurotransmitters, which determines how introverted or extroverted a person is, is dopamine: the 'fight, flight or fright' chemical. The release of this chemical is responsible for the feel-good feeling you get when your brain perceives a 'reward' such as finding out you got a first in your essay, and the familiarity of this feeling is why we chase rewards. Extroverts and introverts have the same level of dopamine reserves in their brains, but the difference lies in how they respond to its release.

Extroverts have lower sensitivity to dopamine, so they need to expose themselves to larger quantities of external stimulation to feel its effects. Introverts, on the other hand, are highly sensitive to it, so can easily 'overdose' from it when in social settings, causing them to feel burnt out and drained.

For introverts, acetylcholine is the neurotransmitter of choice. This is the 'rest and digest' chemical, that is also linked to the reward system and feelings of pleasure. The difference between acetylcholine and dopamine is that acetylcholine is released when we turn our attention inwards. It's responsible for the warm

feeling you get when you're reading a book or reflecting on your summer. Introverts tend to crave this feeling, but for extroverts, they barely register a positive feeling when acetycholine is released in their brain.

Furthermore, research shows that introverts and extroverts process information differently. Extroverts respond to outside stimuli using a shorter neural pathway, which passes areas of your brain that process touch, smell and taste – essentially, mechanisms that are related to the outer world. Introverts naturally use a longer pathway, where blood flows through areas associated with introspection, evaluation, and empathy.

Studies also show that introverts have more grey matter in their prefrontal cortex, which is the region of the brain associated with abstract thought and decision-making. Extroverts have less grey matter in this region, which means they tend to prefer spontaneous action rather than spending time evaluating decisions.

So what does this all mean, and can you change from one to another? Fundamentally, it means that extroverted people gain energy and feel happiest when exposed to external stimuli, whereas introverts need alone time to recharge and are quite content in their own company. All of this is dictated by our genes and brain composition, so it's likely that if you're an introvert, you were born destined to be one and probably always will be. Although there is increasing evidence for neuroplasticity in humans – the idea that our brains physically change composition over time – in order for an introvert to make the transition, they'd have to

put themselves in a great deal of uncomfortable situations for these changes to occur. It's more likely they would suffer a severe burn-out before their brain began to change.

And it's not worth it – there's absolutely no need to change. It's easy to assume that university is an environment that favours extroverted characters, but this simply isn't true; introverts and extroverts each have their strengths. Granted, an introvert might not be most comfortable during a group project (but then again, does anyone actually enjoy group projects?) but they tend to cope better with the loneliness that exam season can bring. In addition, Carl Jung, the psychologist who first coined the idea of extroversion and introversion, points out that no one is solely one or the other; everyone exists somewhere on a spectrum between introversion and extroversion.

The conclusion? Don't waste time putting yourself in a box. You run the risk of placing limitations on yourself that needn't be imposed. During my three years at university, I've seen countless examples of introverts finding their voice and their people; the type of people to whom it's perfectly acceptable to say "OK. That's enough human time for me today, I've got to go home". Equally, I frequently see extroverts taking introverts under their wings and showing them the world.

If you're an introvert nervous about starting university – don't fret! Listen to your body, honour your boundaries, take time for yourself and remember that you've got years to make friends, they don't need to all come in the first few weeks.



World Cup Works Wonders

Women's football is here to stay, as Women's Super League opening weekend matches produce record attendances.

Millie Frain Sports Editor

'Football is a man's game' is often a statement made in recent years, with men receiving the majority of publicity and funding when playing for their team. However due to the success of this summer's Women's World Cup, the rise of women playing football has been pronounced, so that in some countries the women's game has become as high profile as the men's.

The tournament, which saw the USA beat the Netherlands in the final 2-0, was watched by 88% of the Dutch population; the highest TV audience in the country since 2014. Similar stats were seen in England, who made the semi-finals of the tournament, with 11.7 million people tuning in to watch their defeat to the USA.

Such figures not only generate discussion on social media sites, raising the publicity of the game but they evidently inspire future generations. 16 million females worldwide now play football, which is equivalent to the amount of people, both men and women, that play tennis. Such a rise in numbers suggests that although there is still a long way to go, that the women's game will slowly become as popular and captivating as the men's.

Female English players have experienced a

surge of followers on social media accounts such as Instagram and Twitter, again highlighting their success, and also their ability to inspire and engage with fans.

Why was this World Cup so effective at generating such an atmosphere before every game? Noticeably, the standard of football has risen, with English stars such as Lucy Bronze and Fran Kirby being recognised on a national scale, with manager Phil Neville even admitting he believes his right-back Bronze is 'the best player in the world.' This obviously heightens the chance of success, and with the English team advancing to the semi- finals, it drew more and more attention from the fans.

The improvement in talent also sees more competitive fixtures, and whilst America were the stand-out team of the summer, there is no denying their game against England was filled with tension the entire 90 minutes. Not only this, but the media are also responsible for raising the profile and excitement of the game. Papers such as the Daily Mail and the Guardian included coverage of the world cup on their front pages, as well as the BBC showcasing all the games.

Significant English media outlets showcasing the women's game no doubt engaged more viewers, whom probably wanted the 'buzz' of the 2018 men's world cup to continue and for their team to 'bring it home'.

Perhaps the clearest evidence of the effect of the Women's World Cup is the record breaking attendance seen at the Etihad Stadium on the 7th September, where Manchester City's ladies beat rivals Man Utd 1-0. Over 31,000 people attended the game, a figure six times higher than the previous women's super league record of 5,265. This signifies a dramatic rise in the women's sport, and will hopefully encourage future generations to continue making an impact.



All Change as as Rugby Union's Finest Jet off to Japan

Jonathan Burnett

With the 2019 Rugby World Cup in Japan just days away, the 20 teams arriving on the shores of 'the Land of the Rising Sun' are preparing for what could be the most unpredictable World Cup yet.

Whilst no team travels to a Rugby World Cup without the goal of winning the tournament, the 2019 edition is possibly the first tournament with no clear favourite to take home the Webb Ellis Cup on November 2nd.

This year alone has seen a massive shake up at the top of the World Rugby Rankings. New Zealand, on top of the Rankings for over a decade, were finally unseated from their perch by Wales in August, off the back of the Dragons' victorious Six Nations campaign earlier this year.

However, mere weeks later Ireland stole Wales' crown as the world's number one, following their two successive victories over Warren Gatland's side in this summer's World Cup warm-ups. Wales have fallen to a meagre 5th, with their poor summer compounded by a win and a loss against Eddie Jones' England.

England are coming into form just at the right time, with Jones' four year plan of peaking in Japan looking likely, particularly after such poor performances and results in 2018. Similarly, South Africa have also experienced a recent resurgence under new coach Rassie Erasmus, beating and drawing with New Zealand in the last year. The All Blacks, who always experiment with their squad depth before World Cups, have looked especially shaky in the last 12 months, hence their 10-year stranglehold over the World Rugby rankings has been ended, at the hands of two resurgent Northern Hemisphere nations.

The 2019 edition is possibly the first tournament with no clear favourite to take home the Webb Ellis Cup.

Historically, Southern Hemisphere teams have vastly outperformed their Northern counterparts at Rugby World Cups (New Zealand 3 titles, Australia & South Africa 2 each), with England in 2003 the only Northern Hemisphere side to win a World Cup.

Coincidentally, 2003 was the only year that a side other than New Zealand were seen as genuine favourites to take home the trophy.

Whilst picking a potential winner from the World's current top 5 is difficult, numerous

sides remain in contention to take home the Gold in Japan. Australia, runners-up in 2015, can never be discounted and are slowly rebuilding following the loss of Israel Folau, whilst Argentina will surely benefit massively from their Jaguares side finishing 2nd in this seasons' Super Rugby. France, who traditionally peak at World Cups, are also outside contenders, despite a traditionally messy build-up to the tournament.

Another side that will be looking to cause an upset in 2019 are the hosts, Japan. After shocking the world in 2015 by beating South Africa in their opening game, Japan have built on their impressive showing under new coach Jamie Joseph, who has continued the blueprint Eddie Jones left behind to such effectiveness that the Cherry Blossoms are now amongst the world's top 10 for the very first time.

With so many teams vying to take the Trophy from Tokyo this Autumn, Japan 2019 is set up to be the tightest, most competitive Rugby World Cup yet.

The first tournament held outside Rugby Union's traditional heartlands, and with no established favourites just days out from kick-off, perhaps we will see a new name on the Webb Ellis Cup, that could signal the dawn of a new era of International Rugby.

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Triumph for Teenage Sensation

Nadal edges one closer to Roger, while Williams continues poor final form - to the elation of Bianca Andreescu

Owen Ellicott Sports Editor

Bianca Andreescu becomes the first teenager to win her maiden Grand Slam since Maria Sharapova at Wimbledon in 2004. The Canadian defeated Serena Williams, 37, in straight sets in the all North American US Open Final; meanwhile, Nadal edges one closer to Federer in overall Grand Slam titles, as he played with equanimity in the deciding set against Russia's Daniil Medvedev.

Andreescu, played with great confidence and kept strong against the 23 Grand Slam winner. The 19-year-old won 6-3 7-5, as she stayed calm and played with confidence to secure her first Grand Slam.

While Andreescu did play well, it cannot be omitted that Williams was not at her best. Williams had been broken three times in the six matches which led to the final, in the final she was broken six times in two sets; she only managed to get 44% of her first serves in, and gave away eight double faults. The achievement made by Andreescu should be celebrated, and I'm sure she will, but Williams has developed a clear problem with finals – this being her fourth consecutive loss. It began with her Wimbledon 2018 loss, which took place just 10 months after her complicated pregnancy, before then extending her losing streak in the US Open last year and Wimbledon earlier this summer.

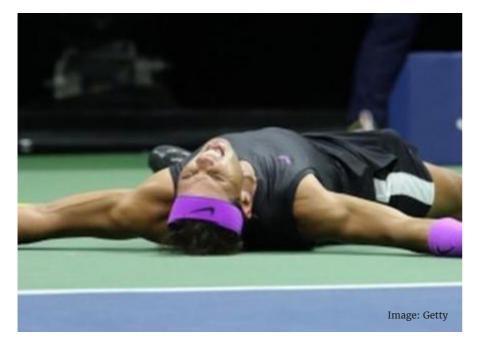
While it is unfair to say that any of these champions, Kerber, Osaka, Halep, or Andreescu, won because of Williams poor form in finals, there is clearly an issue Williams' is facing as she repeatedly is not playing her best on the

biggest stage. One milestone which may have led to her underperforming in finals is that of Australian Margaret's 24 Grand Slam titles, with Serena Williams being one off, the pressure to be the most decorated tennis player may be affecting her game. Nonetheless, this is fantastic achievement for Andreescu, and at the age of 19, she may start to look to the heights of Williams as her target.

Concurrently in the Men's Final, Nadal gets one closer to, long-time rival, Roger Federer, as he defeated Russia's Medvedev over five sets. The Spaniard was cruising, winning the first two sets, however Medvedev showed some real steel and brought the game back from where a lot of players would have failed. After sometimes being a contentious figure throughout the tournament, including being fined \$9,000 (£7,400) for unsportsmanlike behaviour, Medvedev won back a lot of supporters back with his stunning comeback and his graciousness in defeat. Medvedev gave Nadal exaltation in his speech, "I just want to congratulate Rafa, a 19th Grand Slam title is something unbelievable, outrageous."

The spanish star was quick to state that he had no interest in Roger's record, "I play to be happy. Of course, the victory today makes me super happy. But a few weeks ago, I won in Montreal and [that was] an important moment for me, too [...] I am playing tennis because I love to play tennis."

All tennis stars will be looking to gain some confidence in the WTP tours, before the Australian Grand Slam in January. For British star Johanna Konta, Australian born, she will aiming to repeat and hopefully do one better than her 2016 Australian semi-final performance.





Ferrari & Leclerc Rejoice at Monza

Owen Ellicott Sports Editor

White wine with chicken. Pitta with humous. Ferrari winning in Italy. Is there anything more natural, or fitting? Yet this is Ferrari's first Monza win in nine years, as Leclerc secured victory – and it wasn't without controversy.

Leclerc started off in pole position on Sunday, with Hamilton and Bottas making up the front three. Leclerc drove fantastically, and due to his colours was given home support; nonetheless, he must also be thankful for not being awarded a penalty for his manoeuvring when heading into a corner as Hamilton attempted to overtake. Leclerc seemingly braked and turned right at the same time, leaving Hamilton with less than a cars width space to stay on the track – which in turn, led to Hamilton driving onto the grass.

Leclerc was shown a black and white flag for his actions, the black and white flag has been available for over a decade but more emphasis has been placed on its use this year, the flag works as a warning that any more of that behaviour will result in a time penalty – Michael Masi, race director, compares it to a yellow card in football. Jolyon Palmer, former Renault driver and BBC Radio 5 Live commentator, described the laws as inconsistent. Palmer points to how Red Bull's Max Verstappen was penalised five seconds for a similar infringement with Mercedes' Bottas at last year's Monza; he further lamented, that this allows each driver to commit one offence in a race and get away with it.

Nevertheless, this is a great result for the 21-year-old working as the perfect follow up to his maiden win in Belgium; furthermore, it is a great result for his team as they win the Italian

Grand Prix for the first time since 2010. Although, it is not all good news for Ferrari as Leclerc's teammate, Sebastian Vettel, made a series of errors including: losing control of his car on the Ascari chicane; re-entering incorrectly, leading to a collision with Lance Stroll's Racing Point and a 10 second penalty. All of which resulted in the German finishing 13th.

With the championship all but won for Lewis Hamilton and Mercedes, there is not an awful lot to play for, with seven races remaining; however, this is great opportunity for young drivers like Leclerc, and most likely Verstappen in Singapore next week, to show the world what they are all about and for them to get some races notched on their belt. As all prepare for next year, a few wins towards the end of the season could result in a transfer for some, and other simply keeping their job.

