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THE PRINT

THE OFFICIAL NEWSPAPER OF QUEEN MARY STUDENTS' UNION

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NEW 24/7 LIBRARY SPARKS WELFARE CONCERNS

The Mile End library is now open all day and all night however potential student well-being issues need to be addressed if it is to be a success

GRACIE BROWNING

At the Annual Student Meeting, back in May 2017, the Students' Union announced that the Mile End library would soon be opening 24 hours a day, 7 days a week. Former Vice President Welfare, Adam Sparkes, was quizzed over possible welfare issues at the time. His reply raised the important point that of course it is possible that some may arise, but the high demand for a 24/7 justified it being introduced. Adam suggested dealing with these issues through positive messages and campaigns outlining how important it is for students to look after themselves; especially during particularly stressful periods of study.

The new Students' Union President, Yas Yeahia, recently spoke to The Print about the welfare issues that he expects to arise. Yas recognised that long hours and stressful, tedious work in the library can essentially burn students out. Naturally, they can get tired, feel anxious, stress levels do rise, and people generally start performing below their potential. Yas confirmed that the Students' Union would be running campaigns over the next year that will have looked at the impact of the 24/7 library on student wellbeing. He stressed that the SU will definitely address issues that concern them most.

Yas also mentioned that concern has arisen regarding "the



Image - Liam Pape

need for students to be user friendly of the space to ensure that the library will be mostly clean and we can be responsible for our own working environment". Students wanted a 24/7 library so they should make sure they do their bit to keep it clean and tidy. Stress and anxiety during periods of study will be amplified if students are working in a messy and unpleasant environment.

Like Adam Sparkes, Yas also stressed the importance of having a broader look at the Mile End 24/7 Library policy. Yas said, "This is a step

in the right direction for the other libraries at QMUL too", and has been an important part of the agenda for years which required a lot of lobbying to achieve. Yas mentioned how "it is a huge success for the students of the past, present and future who can freely work at times that suit them". Does this suggest that if the 24/7 policy in Mile End is a success, it could be expanded to other QMUL libraries? Potentially.

The 24/7 library may even ease overcrowding allowing students to have the choice of

what hours they spend in the library. Night owls who are more productive when the sun has gone down now have the opportunity to work during hours that suit them. Priya, a second year Politics student, advocated this, saying that during exam season last term (when the library was open 24/7 anyway) they loved having anytime access, as they would often work late finishing an essay and enjoyed having access to the actual books - rather than only having access to library books via the e-book system.

However, Grace, a second-year English and History student, who was against the policy, said that yes, they did utilise the temporary 24/7 opening hours of the library during exam season, but they regret staying into the early hours of the morning when they had to rise early the next morning. "I was revising at 1:30am in the library, not getting to sleep until 4am and then getting up at 8 which totally isn't healthy during exam periods." Grace went on to say that the library could address this issue much better if it were only open until 1am and reopened at 6am - forcing students to go home and get some sleep.

Cresta, a second-year Politics and International Relations student, also pointed out that the library is a safe and secure place to work which makes them feel comfortable, and the old opening times could be restrictive for those who do not live on campus.

Overall, with the SU promising to make policy and campaign to keep students healthy, the new 24/7 library in Mile End should be wholly beneficial to students and not impact on their health. Ultimately, the well-being of students in this situation comes down to their individual judgement of when it is time to log off, close the book, go home, and let sleep prevail.

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The importance of languages in a post-Brexit Britain

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The Print obtains an exclusive letter from Theresa May to Donald Trump

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“It is said that your life flashes before your eyes just before you die. That is true, it's called Life.”

~ Terry Pratchett

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When you're done reading this, recycle it.

COMMENT

Venezuela: An inspiration to us all?

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Queen Mary society launches first student car

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NOTE FROM THE EDITOR

LIAM PAPE

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Howdy! Welcome to issue 19 of The Print. If you're new to The Print (and new to Queen Mary), I should explain that The Print is the student-run newspaper of Queen Mary Students' Union. We publish around six print editions each year with a circulation of 1000.

We've been working tirelessly over the summer to improve our website and streamline our whole online presence. You can now subscribe to The Print on Apple News for latest news and analysis, and content from our website is fed straight to your iPhone. We now also support Facebook Instant Articles and Twitter Cards so our content can be better digested. There have also been smaller updates to the website. For example, the 'popular posts' widget now shows articles with the most views from the last 30 days rather than the articles that boast the most comments of all time. There is now a dropdown box on the 'Comment' button in the menu where all the columnists are listed so readers can easily find their pieces. Finally, if you add The Print's website to your iPhone/iPad home screen, we now have a webapp so it boots like any app from the App

Store would, rather than in Safari.

Anyway, that's enough geeky updates.

Highlights in this issue include the columns from our seven new columnists (pages 10-11). They cover a variety of subjects; from university life and advice, to US politics and which football matches you should be watching (see back page). They're a very well-informed, funny, and eclectic mix so definitely worth a read.

On page 4, Will Martineau explores whether the deglamorising of cigarettes is killing off the cool kids, or if the dirty green packaging, plastered with grotesque imagery, and health warnings now provide a sometimes-fashionable rebel look.

On page 6, Lucy Sofroniou delves into whether the way we've become used to working is actually completely wrong. Do longer hours make us more unproductive and would 3 hour shifts be better for society?

On page 9, Will Dyer, a Queen Mary alumni who graduated only a few months ago, recalls his unique experience during the snap-election earlier this

year when he was the Lib-Dem parliamentary candidate for Bethnal Green and Bow.

But the whole paper is crammed with great content. So thank you to the 30 strong team who helped put it together.

Finally, let me take this time to plug writing for The Print. In my time at Queen Mary, I've had dozens of conversations which have begun with me asking "So, what do you hope to do when you graduate?" to which they reply "I hope to become a writer or journalist". I'll then ask what they are currently doing to gain experience. This is where many tend to stammer. So, if you're interested in going into the media industry one day, I encourage you to contribute. Sign up to our Facebook group, message our editors, pitch your ideas, attend our training sessions, and help make The Print better. Or don't. I'm not your mother.

Happy reading!

(As always, my emails are open so I'd love to hear your ideas/suggestions for future issues)

A WELCOME FROM THE PRESIDENT

President of Queen Mary Students' Union, Yasir Yeahia, offers his advice to the freshers of 2017

YASIR YEAHIA

It's been 3 years since I first started at Queen Mary, and what a journey it has been. In the space of these 3 years, I have been a politics student; I've been part of a few societies; involved with the Students' Union as a referee and part time officer; and now the next President of Queen Mary Students' Union!

The Union is essentially a platform where all students are given a voice to improve their experience. It is led by you, the students, and every student at Queen Mary is automatically part of the Union and so are part of a wider community here at QMUL. We are distinct from QMUL as they are the university and we are the Union, but our interests are aligned in bettering and improving the student experience. So, if you want to address something, we can do our best to facilitate what you need at QMSU.

One thing I can take from my experiences here is that I don't think anybody at QM has the same story. These years at university give you the opportunity to understand the breadth of different journeys we all took to be here, and

continue to take, which I feel makes the student experience so memorable.

Furthermore, for you freshers reading this right now, I would just tell you to enjoy all these years at uni, believe me, they can be tough! (Especially if you support Arsenal Football Club - fingers crossed for a better year!)

My advice to incoming freshers would be to get out of your comfort zone, and remember to join some societies and sports clubs. When finances start to drop and look empty (peak), go apply for jobs here at QMSU and try to get hench at Qmotion. Lastly, when things get stressful (and they probably will at some point), remember you are not alone and that we do have an advice and counselling system at uni

to check out. Oh, and the 24/7 library will always be the spot to meet people as stressed as you.

The university experience is what you make it, we are all different so I can't exactly tell you what to do, but I can tell you to enjoy it and as - la presidente - I am here for anything you need. Please don't hesitate to get in contact with myself or my team. There are so many ways to get in touch. You can visit the Union website www.qmsu.org, email su-president@qmul.ac.uk, search 'QMSU' on Facebook or Tweet @QMSU or @PresidentQMSU.

I wish you all the best of luck, and have a great academic year!

Yas.



NEWS

THE STUDENTS' UNION IS GETTING AN EXTRA £25,000 - HOW WILL THEY SPEND IT?

POPPY THOMPSON

This year, Queen Mary Students' Union have received £25,000 to invest in student safeguarding on campus. This money is proposed to be put to use by spreading support for mental illness in gestures such as the elephant statue in Library Square (used as a metaphor for mental health being the 'elephant in the room'), and by putting funding into the services for student welfare that already exist. Students can receive help using some of the following methods: checking into the Advice and Counselling office near the Geography building, looking into Faith Support groups and services, or using the Academic Services provided by the Students' Union.

The Advice and Counselling Service offers confidential advice to students on money and funding, adjusting to life at university and mental health issues. Students are al-

lowed up to 4 free sessions with a counsellor or advisor, depending on their problem - unfortunately help is only short term so if longer help is needed, they will help you find other kinds of support outside of Queen Mary.

Alternatively, the Academic Advice Service offers confidential advice and representation on a range of academic issues, including; applications for extenuating circumstances, requests for a review of an exam board decision, allegations of breach of the code of student discipline, complaints regarding a member of staff or course delivery, or bullying/harassment by a member of staff or fellow student. They can only offer advice to existing students. To receive this service, email a.c.mitchell@qmul.ac.uk to book an appointment.

The Faith Services are safe places where people from all

faiths can meet, increase their religious understanding, and socialise. They meet in the Multi-Faith Centre in the Students' Union in the Mile End campus, over 2 rooms designed for reflection, prayer and

worship. There is also a prayer room in the second floor of the Whitechapel campus. For more information about this facility contact the Students' Union at: su-BLSA.Reception@qmul.ac.uk. This kind



of support for student welfare is student run and mainly prayer based.

There are also other services that the Students' Union offers, such as disability and dyslexia service which helps with; finding out if you have a specific learning difficulty like dyslexia, applying for funding through the Disabled Students' Allowance (DSA), arranging DSA assessments of need, special arrangements in examinations and mentoring support for students with mental health issues and conditions on the autistic spectrum. To find out more or book an appointment, email dds@qmul.ac.uk.

With the addition of £25,000 to student welfare, these services and more will be able to have better facilities, more staff where needed, and can improve on quality.

'ELEPHANT IN THE ROOM' INSTALLED ON CAMPUS

Statues on campus honour the de-stigmatisation of mental health

ELMIRA TANATAROVA

Many may have found, upon walking and welcoming students, an increasing number of statues around the Mile End Campus. This is in honour of the 'Elephant in the Room' campaign posited by last year's QMSU president, Miranda Black, whilst she was the Welfare Rep.

The aim of the movement was to highlight mental health issues and the way people talk about them; to erase stigmas and tackle stereotypes people face in communicating their problems.

Two statues are currently in place; one in the Library Square, entitled 'Elephant in the Room' was designed by Chie-rol Lai, which she hopes will "achieve the normalisation of mental health and to remove the stigma". Lai also says, "Most importantly, whether you are going through a hard time or not, the sleeping baby elephant is just there to keep you company and to help you

feel more at peace". The second statue is called 'Mentis', and is placed in the Graduate Centre. 'Mentis' is of Sophia Alvarez Barnes' design, and she has said is representative of "the struggle that we all experience at some point, in some way, one that is often extremely isolating. The open structure of the sculpture signifies that help and support can be reached, no matter how difficult things may seem".

Miranda Black said: "It's great that students are leaving a legacy with their artwork on campus. There will be three statues installed in total and each speaks to mental health

“erase stigmas and tackle stereotypes people face in communicating their problems.”

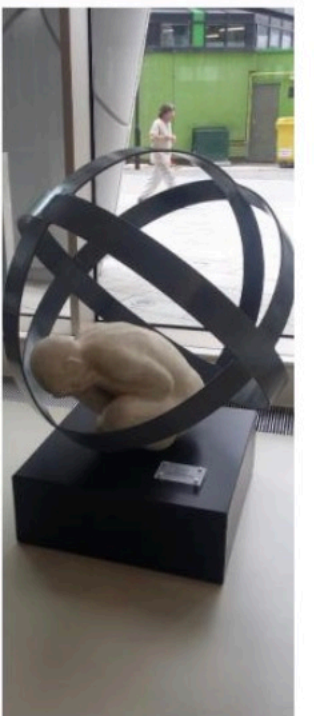
in a completely different way. I love the elephant - it's something that means a lot to me after the Elephant in The Room campaign".

The third statue is due to be placed behind Arts One, and will be designed by Haleema Ilahi, a second-year Biology student. It focuses on famous people and academics who have lived experience of poor mental health.

If you want to find out more, visit:

<https://www.qmsu.org/news/article/6965/Mental-Health-Statues-on-Campus/>

You can read more news stories by visiting our website: theprintnews.co.uk/category/news



DEGLAMOURISING TOBACCO: KILLING OFF THE COOL KIDS

WILL MARTINEAU

Strolling through our city, stood beneath the lights of our bars and clubs, within the films and songs we stream, there is a war being fought. We have reached the dying days of Big Tobacco, and it is refusing to ride off into the sunset.

Helming the anti-smoking fight, the Department of Health has populated our ad-breaks and billboards with unequivocal attacks on ‘cancer sticks’. The cigarette companies’ retaliation has been a subtler one. Due to the Tobacco Advertising and Promotion Act of 2002, which effectively banned all remaining forms of endorsement by 2005, more covert methods are now essential to sustaining the aura of ‘cool and sexy’ that once so impenetrably enveloped their product.

Positive allusions to a commodity that daily cripples the NHS are to be found in songs ranging from The White Stripes’ ‘Seven Nation Army’ to Frank Ocean’s ‘Forrest Gump’ and Stormzy’s ‘Cigarettes and Cush’. Certainly there are some musicians, albeit lesser known, that aim to deter potential smokers. I am of course referring to Silly Stevie T. and Princess Superstar. Admittedly, the chances of any of these anti-smoking tracks making the charts, or of today’s youth declaring that ‘Yo, Put Out that Butt’ is their jam, are low.

Yet, relying solely on the agency of musicians to promote the once infallible cigarette is not enough. Since the golden age of cinema, of all forms of entertainment it is film that has been Big Tobacco’s most loyal bedfellow. This is not a relationship kept up for the sake of tradition; the U.S.’s Surgeon General’s report of 2012 demonstrated that, “exposure to movie smoking predicted [the] onset of smoking among those who were never smokers”.

Further proof, far harder to deny than any medical review, may be found in the relationship between anti-smoking lobbyists and the Motion Picture Association of America. The MPAA, representing companies such as Disney, Sony, and Fox, has consistently failed to uphold its promise to reduce smoking in PG-13 rated features. In 2012, neatly

coinciding with the Surgeon General’s damning report, all previous claims that tobacco incidents would be a factor in deciding a film’s rating disappeared from the Association’s website.

There has so far been no research to prove that the placement of tobacco products increases success at the box office. Yet, data compiled by the University of California San Francisco states that 41% of 2016’s cinema releases contained scenes of characters smoking. Star of 2012’s Skyfall, Daniel Craig offers a charmingly candid explanation: “I whored myself out a little bit for that and we get the movie made”.

Although some recent releases have broken from the tobacco-cinema romance, the most memorable example being 2015’s blockbuster Sicario, wherein cigarettes explicitly symbolise the growing anxieties of Emily Blunt’s character, it is far from finished. Recent PG-13 films that either positively or at least ambivalently display characters smoking cigarettes range from Michael Bay’s Transformers: Age of Extinction to the Coen Brothers’ Hail, Caesar. Suffice to say there is something to suit everyone’s tastes.

Despite the prolific references to cigarettes in popular music and film, Big Tobacco has not recovered from the days when they could advertise how and where they pleased. Gone are the posters declaring that the man who smokes is “The Man Who Thinks for Himself”, or that smoking is “About as far from the mainstream as you can get”. Grand statements such as these, demonstrated by Viceroy and Redwood respectively, appeal to our timeless desire to live and appear unique. In today’s world, such appeals have retreated back not only to media platforms but to tobacco’s foot soldier: the smoker on the street.

The humble smoker, whether voluntarily or not, is on the frontline of the tobacco war. They are a walking advertisement for the anti-smoking campaign as much as they are for cigarette companies. A

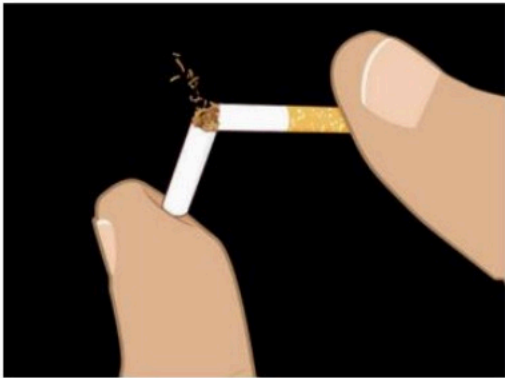


Image - iStock

smoker can both condone and condemn. The almond-eyed man, his perfect teeth yet to yellow, is a living, breathing endorsement as the lighter throws the darkness from his brow. The toothless junkie searching for fag ends outside your local Spoons is not. Such a sight might even be the straw to break your pack of Camel’s back.

Yet, whatever the appearance of the consumer, the cigarette pack in the smoker’s hand does its manufacturer proud. The subtle yet unmistakable variances in the design of different brands’ aids many young people in their struggle to form an identity. The simplistic, red and white block colouring of his latest 20 pack proves him a manly, Marlboro man, whilst the heraldic ensign atop her box of Silk Cut suggests she’s a sophisticated kind of girl.

Today, such labels have become obsolete. On 21st May 2017, branded cigarette packaging ceased to be sold in the UK. From Benson & Hedges to Golden Virginia, all tobacco products now wear an olive green uniform somewhat evocative of a school skirt or tie. The new legislation, decided the previous year, has prompted both celebration and skepticism.

Whilst anti-smoking institutions and lobbyists have welcomed the government’s decision, its previous efforts, such as the 2006 Health Act, which banned smoking within indoor or public areas, have had little impact. Whilst the prevalence of smokers has been steadily declined for decades, the Act did not increase the painstakingly slow pace of the downtrend but merely forced a

great many venues to close their doors. Some have even argued that since the ban, ‘having a fag’ has become an excuse to leave the noise and dark of the club and bar, thereby enhancing its reputation as a conversation starter. Asking for a lighter is (arguably) the holy grail of ice-breakers and chat up lines.

Yet there is evidence to suggest that this latest endeavour to extinguish our country’s vestigial cravings will have better success. In December 2012, the Australian government standardised all tobacco packaging. Its reward for being the first nation to colonise a plethora of once striking and diverse designs was granted in the 2014–15 Bureau of Statistics report: within the 18–24 age group, the most vulnerable to tobacco’s aesthetic appeal, only 14% were regular smokers.

However, cultural and sociopolitical differences between our nations must be accounted for. Australia’s achievements have yet to douse many critics’ fears that when there is no visual distinction between brands, consumers in the UK will simply buy the least expensive pack. A ‘whatever’s cheapest’ attitude could spark up a price war between brands that will lead to ever more affordable cigarettes and in turn a higher prevalence of smokers amongst lower earners. In response, the 2017 Finance Bill introduced a new minimum excise tax in order to combat tobacco’s falling price. Whether this will dissuade lower earners from starting to smoke, or bleed dry the wallets of those already addicted, remains to be seen.

Further worries arise from a psychological perspective: nobody likes being told what to do. Certainly not a millennial generation which more than ever ever finds agency in distrusting the establishment. Any armchair psychologist knows that taboo is the key to desire. Despite the reduction of young smokers in Australia, it may be that the closer we come to forbidding the sale

of cigarettes in the UK, the greater the allure they will hold for this generation and the next. Perhaps even the bile-inducing images that accompany the now plain packaging (memorable examples include a laryngectomy’s aftermath and its unnerving resemblance to an anus) will simply accentuate a timeless impulse to rebel against sense and sensibility.

Due to their comparatively healthy and attractive appearances, young smokers are the choicest variety of free advertising. If the new legislation inspires those adolescents who are disillusioned with their government to smoke, then they in turn will encourage both younger and older age groups. “A young adult franchise is key to brand development” was the salient statement of a 1999 Philip Morris Report. Yet Philip Morris International, which owns brands such as Marlboro and L&M and peddled 850 billion cigarettes in 2015, offers anti-smoking campaigners a gleam of hope.

In response to the ban on branding in Australia, the world’s largest tobacco giant publicised a piling statement: “Standardized packaging” is a euphemism for government-mandated destruction of property”. Despite its efforts to legally defend a product that slowly slaughters both its users and those around them, the legislation was passed and remains unmolested. Such futile outrage is the closest proof that debranding is an effectual form of attacking Big Tobacco.

That outrage is now, gradually, fading into resignation. Ultimately, the multi-billion dollar company knows the smoker better than any government-led initiative, and it’s beginning to lose faith in them. The homepage of Philip Morris International’s website declares in large, white letters: ‘Designing a Smoke-Free Future’. Big Tobacco’s efforts to alter its image doesn’t mean it intends to dissuade those inspired to smoke by films, music and the smoulder that will forever surround What You Should Not Do. But it’s time to look for glamour in greener pastures. It’s time to buy Tom Hardy a vapouriser.

THE IMPORTANCE OF LANGUAGES IN A POST-BREXIT BRITAIN

La importancia de los idiomas en una Gran Bretaña post-brexit

ANGIE NOCK



Image: iStock / Blanca Gonzalez Alba

The stereotype goes that we Brits are terrible at languages. Many of us did three years of French at school, but when we visit Paris we don’t even know how to order a coffee. We’re certain that the worlds of media and business revolve around English. We assume everyone speaks English, and therefore feel that learning another language is futile.

skills deficit already costs us billions per year, sacrificing an estimated 3.5% of GDP. Despite the misconception that all business is conducted in English, the reality is that companies need people who speak a range of different languages. In the event that the final Brexit agreement does not include free movement, British businesses may find it difficult to recruit those with language skills, the UK will no

to succeed as a leader in global trade and international relations.

From another perspective, languages are even more important post-Brexit on a personal level. Without free movement, it will probably be harder to live and work in Europe. Although there are many English-speaking jobs in certain cities, such as Amsterdam and Berlin, speaking multiple

made huge cuts to their language departments over the past two decades, with Manchester University making cuts as recently as May this year. In British secondary schools, less than half of pupils take a language at GCSE level.

Some universities are trying to counteract the decline of language learning in schools by offering ab initio courses, where students are able

primary school, and then go to a secondary school where Spanish is the only language on offer.

However, attitudes might be changing. According to data released by languages app Lingvist, Brexit has sparked an increased interest in language learning. Lingvist- a

“(...) UK may require high-level negotiators fluent in languages such as German and French. Currently, it does not have many of these.”

Some Brits do speak an extra language, with Polish and Punjabi being two of the most spoken, and yet few speak the languages most in demand by UK businesses: French, Spanish and German.

Many people in mainland Europe, including children, see extra languages, particularly English, as a necessity. Meanwhile, in the UK, languages are often viewed as boring, irrelevant and difficult.

However, languages will arguably become even more important to the UK once we leave the EU. According to the British council, the language

longer be able to rely on other EU nationals to fill the gap.

Back in May, Jean-Claude Juncker, President of the European Commission, joked that English is losing its importance. Although English will probably not lose its status as a lingua franca any time soon, it could start to play less of a central role within the EU. To do trade with the EU, the UK may require high-level negotiators fluent in languages such as German and French. Currently, it does not have many of these. According to the British Council, the UK has an urgent strategic need for language skills if it wants

languages opens up far more job opportunities.

With this increased chance of securing a job comes the increased chance of obtaining a visa or residency permit, which may be necessary after Brexit. Even if the job is English-speaking, knowing the local language and therefore having some sort of connection with the country would certainly be an advantage on any visa application.

Despite all these benefits, the number of children and young adults in Britain learning languages is continually decreasing. Many universities have

to pursue a languages degree while learning the language from scratch. But, although the number of ab initio courses is increasing, the number of entrants to modern foreign language degrees fell by 16% between 2007 and 2014.

There has also been an attempt to increase language learning in primary schools. Today, the majority of primary schools in Britain provide at least some foreign language teaching. The problem here is that teaching is often irregular and not provided by qualified language teachers. There is also the issue of continuation. A child might learn French at

technological app designed to teach their users foreign languages- examined nine months of data before and after Brexit and found that the app’s number of UK users increased by 91% after the Brexit vote. Interestingly, the most popular courses matched the languages most in demand by British businesses: French, Spanish and German.

Despite what the Brexit vote may say about Brits’ involvement in European cultures, I believe an understanding of other languages will be a useful tool in an increasingly interconnected world.

FEATURES

NO TO THE 9-5: WHY SHORTER WORKING DAYS ARE BETTER

HOW LONG SHOULD THE WORKING DAY BE?
HOW LONG SHOULD WE REALLY KNUCKLE DOWN FOR?

LUCY SOFRONIOU

There is new research aiming to do away with the conventional nine-to-five – a routine that emerged from the industrial revolution – as well as the theory that collectively spending 10,000 hours of practice on something will make you an expert on it.

So, what are the benefits of fewer working hours? Let's take Scandinavia as the prime example; they are famed for not only their work-life balance, but are also considered the happiest people in the world. Shorter working days of six hours in Sweden, Finland, and Norway are also said to boost productivity, proving that hours slogging away at the desk does not equate to getting more work done.

To add some further validity to the argument – an argument that the majority of us are probably already in favour of – it has been said that



Image – iStock

even successful figures throughout time preferred shorter working hours. Charles Darwin worked for two 90-minute periods in the morning and then an hour later on in the day. Following a similar pattern, mathematician Henri Poincaré worked between the hours of 10–12 PM and 5–7 PM. Even Leonard Woolf,

when speaking of his and Virginia Woolf's routine, said that he vouched for a "little and often" work life. He famously said: "It is surprising how much one can produce in a year, whether of buns or books or pots or pictures, if one works hard and professionally for three and a half hours every day for 330 days."

So perhaps we overestimate how much time we need to complete tasks. Or maybe we just genuinely spend too much time on things, leading to the the bane of many a student's life – the 'burn out'. Whatever our routine, maybe it is best we did things the Hygge way once in awhile, and accept the moments when we just know

we will not get our best work done. Either way, if it does not improve your work, it will surely improve your mood.

If it is good enough for Darwin...

MEDITATION: CAN IT HELP YOU TO LIVE LONGER?

LUCY SOFRONIOU

Our wellbeing and longevity of life has long been said to hang in the balance of eating healthily and exercising regularly. And when things are not going swimmingly, people who do practice mindfulness – through activities such as yoga and meditation – are in a better position to deal with turbulent times. So has meditation been overlooked as an important – and positive – factor in our quality of life?

So what does this have to do with meditation and can it really help us to live longer? Strictly speaking, it cannot prolong anyone's life span. But what it can do is make

stress levels and even slow the ageing process. In 2009, Elizabeth Blackburn won the Nobel Prize for her discovery of Telomeres, the protective caps on chromosomes. Even-

"How many times have you had the thought that the day has gone by 'so quickly'?"

How many times have you had the thought that the day has gone by 'so quickly'? Think about it. The chances are, you've thought it a lot. And apparently, it's down to the fact that as we grow older, the novelty that surrounded daily routine when we were children, disappears. Suddenly, 'choo choo trains' turn into symbols of signal failures and painful commutes and puddles are no longer mini ponds to be jumped in, but proof that the summer has been 'the wettest on record'.

you feel like you have. This is because it forces you to slow down and to invest all of your attention and energy solely in that moment. Momentarily, you stop wishing life away by thinking of yesterday, tomorrow and your to-do-list and the result is that your day feels longer.

More benefits

The benefits of meditation have been said to be endless; they increase positivity, lower

ry time a cell divides, these protective caps wear down, and over time, the Telomeres shorten. As they shorten, the cells start to malfunction and lose their ability to divide. To day, based on Blackburn's research, scientists use the measure of a telomere length as a metric for our wellbeing – the longer they are, the less prone we are to ageing and disease. In follow-up studies by Blackburn and UCLA, groups that practiced meditation were seen to have up to 30% and

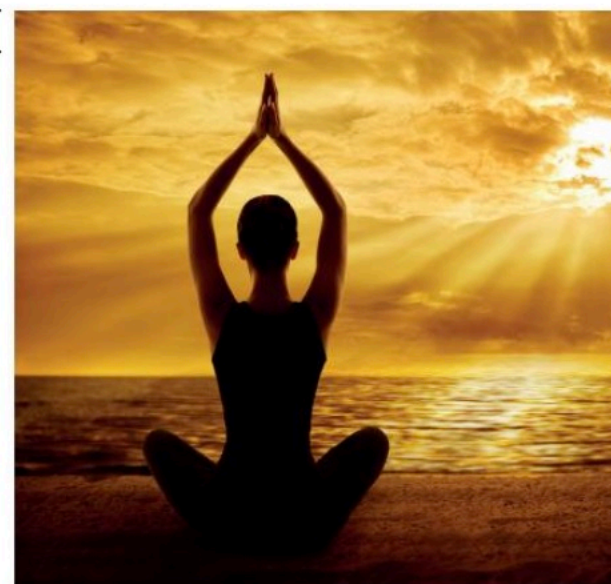


Image – iStock

43% increases in telomerase activity.

On an average day, many a social media feed will be flooded with feel-good – and at times annoying – clichés to remind you to live a bit more min-

fully. But if there is a cliché that's fitting for this topic, it's that more often than not, quality really is better than quantity. Sorry.

FEATURES

"CRIPPLING DEBT OR HEART-BREAKING TAXES"? HOW LABOUR'S VOW TO SCRAP TUITION FEES WOULD AFFECT QUEEN MARY STUDENTS

JEREMY CORBYN AND HIS SHADOW EDUCATION SECRETARY, ANGELA RAYNER, VOWED TO SCRAP TUITION FEES AND REINTRODUCE MAINTENANCE GRANTS FOR UNIVERSITY STUDENTS.

GRACIE BROWNING



Since the general election campaigns back in May, media attention and young voters have been whipped into a frenzy over Labour's policy vowing to scrap tuition fees. Despite not winning a majority nor being the largest party, Jeremy Corbyn and the Labour Party still seem to be using this policy to keep support and hope amongst students high.

But, are these plans feasible, and would it reap benefits for Queen Mary students? Labour's arguments, supporting 'the many, not the few', claim to bring equality of opportunity, and promise not to drag students into the void of debt once they graduate. On the surface, there are clear benefits for the student population. Many students know how restrictive the high costs of university can be, and scrapping tuition fees would undoubtedly take that stress off the table. It would also give students a further sense of security for the future, knowing that more of their earnings would go straight into their pockets, rather than being siphoned off of their payslips in what is essentially a 'graduate tax'.

However, there are reasons that tuition fees exist. Clearly, there must be some benefits as the Labour Party were the ones who introduced them in 1998. So why the change of heart?

Fees were introduced under the New Labour government to increase the quality of higher education and have always appeared a more equitable way of funding universities than the alternatives. These have included general taxation, which has been criticised repeatedly as those who would not derive a benefit from higher education would be funding it, as well as a graduate tax. Although really, a graduate tax would essentially lead to the same result as tuition fees but would allow those who move abroad after graduating to evade any responsibility. Tuition fees appear the best solution of a bad bunch. They are the lesser of evils to fund higher education and allow universities to research and grow.

However, since being introduced, tuition fees have risen and risen, whilst loans and grants have been reduced,

with maintenance grants being abolished altogether and merged with the maintenance loan system. It's true, they're a strain on students and interest rates haven't been helping, hence it has become clear that the fees, or the interest rates piled on top, need to be reduced. On the flip side, if we were to go forward with Labour's plans in the future, the standard of teaching, access to high standard academics, and availability of research would all decrease. Hence, critics have claimed that abolishing fees would be a trade-off for poor quality education. It seems that neither of the main parties are hitting the spot, with the Conservatives increasing fees and Labour making unrealistic promises that go too far. Although, it did win them the hearts of the student population which was the electoral aim of the policy.

But what do Queen Mary students really think of the possibility of scrapping tuition fees?

Roberta Rhyse, a second year student, agreed that it is a wonderful concept, but cla-

"abolishing fees would be a trade-off for poor quality education."

perhaps in time lower them". Another second-year student, Cresta Okonkwo, agreed with this argument, describing the choice between tuition fees or none as "crippling debt or heart-breaking taxes", as the tuition money "has to come from somewhere".

Josie Holden-Wilby, a second year student, disagreed with the former opinions. Instead, Josie argued in favour of "Labour policies on higher taxation and corporation tax, as well as cracking down on tax avoidance" in order to help raise the billions needed to abolish tuition fees. Josie argues the valid points on the other side of the argument, stating that education is a "right rather than a privilege" and it "benefits everyone – not just those who are in it". Josie also made clear the "disservice" that the current system brings of leaving the poorest in society with the highest debts. These arguments make it clear that Labour are right in claiming that the current system needs a revamp to benefit students as much as possible.

So, Labour's policy resonated with young people when claiming that it would be a move in the right direction for tuition fees, rather than the increases we have seen in recent years. But, perhaps a less extreme measure is needed to take the financial pressure off, whilst maintaining the quality of education that we expect to receive. Clearly, there is no answer that comes without repercussions, which is made clear by the fact that Queen Mary students are so divided over how best to deal with the situation.

For more features, visit www.theprintnews.co.uk/category/news

imed that "the consequences and feasibility of it doesn't outweigh the benefits, because there will just be an inflation of educated people, and yes that's good, but it'll make an already competitive and hard market even more so". Roberta goes on to suggest that instead, she thinks "it would be better and more feasible to freeze fees and

COMMENT

BERLIN: MORE FUN THAN LONDON?

ANGIE NOCK COMPARES BERLIN, AN INTERNATIONAL CITY OF CULTURE, POLITICS, MEDIA AND SCIENCE, WITH LONDON, THE PLACE MANY OF US CALL HOME

ANGIE NOCK

Samsung recently announced that they would not be placing their European headquarters in London, but in Berlin. Were Brexit fears the cause of this? Well, not exactly. Felix Petersen, managing director of Samsung Next Europe, explained that 'in Berlin, you can do stuff without much money', whereas London is 'not a fun place to live unless you are really rich, especially for young people'.

As someone who spent a year in Berlin, I can't say I disagree. Maybe I'm just bitter because I'm paying triple the rent I was in Germany; maybe I'm missing the temples of techno. Either way, I can't deny it: Berlin is just more fun.

Firstly, everything is cheaper. Rent is nothing compared to London, and going out for a drink or meal is also much more affordable.

Not only offering bars and restaurants, in Berlin there is always something going on, from parades and markets to open-air. The first open-air I went to was free entry and involved listening to local techno DJs while relaxing and dancing in the sun. Meanwhile, Berlin's Pride parade is on a completely different level to London's, and is pretty much a huge party in the streets.

Speaking of DJs and partying, Berlin is undeniably THE party city. While club entry may match London prices, arguably you get more value for money. The interior and sound systems of the clubs are fantastic, and there's nobody kicking you out at 3am – the earliest I've known a club to close is 10am, so you can party until the sun comes up.

Yet aside from constant partying, Berlin's variety of cultural offerings and rich histo-

ry means there is something for everyone to enjoy, from museums and galleries to mountains and lakes. And for those who prefer their cultural experiences to revolve around cuisine, you can sample everything from döner kebab to Asian fusion burgers.

Despite all this, I feel as though the underlying reason Berlin is more fun than London is its attitude, its vibe. To me, London has always felt uptight. It is always in a rush and never knows when to stop working. Berlin, however, is more relaxed. People know when to work and when to have fun; the place can be chilled yet maintains a sense of city-like efficiency.

If the attitude of Berliners remains the same, Berlin will always be the "more fun" city.

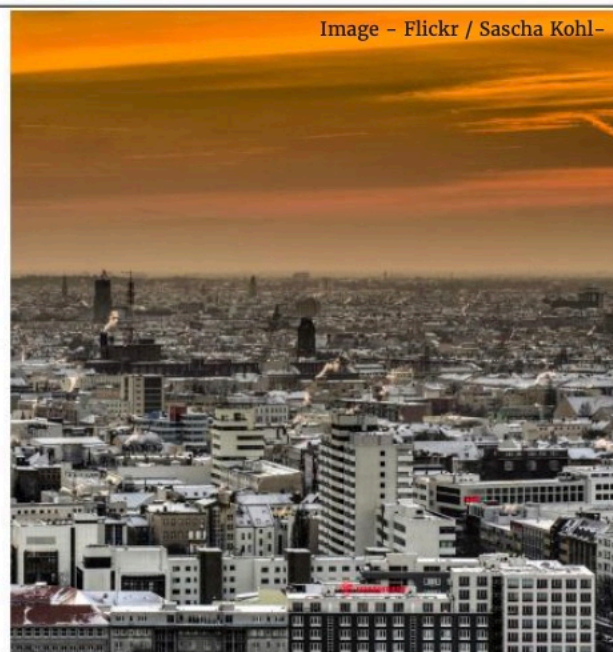


Image – Flickr / Sascha Kohl-

100 WORD RANTS

CURATED BY KERRY MAXWELL

Has the world pissed you off recently? Fancy a bit of a moan? Then breathe your anonymous fire in 100(ish) Word Rants! Contribute your rant: email comment@theprintnews.co.uk

Too Many Sparkles for a Bath?

I recently saw a bath bomb at Lush Cosmetics that was literally a block of gold glitter. If I were to bathe in that, I would probably emerge looking like a sparkly princess. There is no problem with this – in fact, it is quite pretty – but it seems to defeat the purpose of bathing. If I wanted my body to have glitter on it, I could just walk through a nursery class, or buy some glitter and glue and go to town.

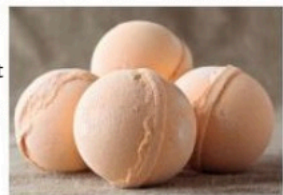


Image – Flickr / Claire Knights

Shut Up

Dear loud people: stop. Stop screaming every word that comes out of your mouth. Stop yelling everything that could be so easily heard. Stop being so obnoxious. You're talking to someone who is two feet away from you: why are you talking so loudly? Why do you want the whole room to hear you? Is what you have to say really that important? Do you think everyone around you cares about your conversation? No. No one cares what you have to say, so please, for the love of everyone in your proximity, shut up.

Gym Culture

Yes, babe, I see you in your Adidas shorts and a face full of makeup, sauntering from machine to machine, only exercising for approximately 8.5467 seconds on each to make sure you don't get too sweaty. Your furtive glances towards the boys lifting weights aren't missed. Here's the problem: you're raising the standards for everyone else in the gym. I don't go to the gym to look pretty; I go so I don't get fat. So, move on out of my way and play your pulling game elsewhere, please.



Image – Flickr / Hamza Butt

Balance

Join a whole load of societies, but maintain first-class grades. Have social media, but do not spend too much time using it. Be in a relationship, but don't be obsessive. Have a social life, but focus on your job and uni work. Go to every party you can, but do not give into temptation. Be nice and kind, not a pushover. You cannot be uptight, but also not carelessly sloppy. Have confidence, but do not be conceited. Celebrate your uniqueness, but you must fit in. Be yourself, but exactly the opposite. Do not play by society's rules, but live up to its every expectation.

Sloth Syndrome

We all need help at times; I get that. Sometimes we struggle to work independently, and that is perfectly understandable. But what is not understandable, and in fact is completely unreasonable, is when people demand help because they decide they don't feel like doing their work on their own. These people are perfectly capable, but perfectly lazy, suffering from what I like to call 'Sloth Syndrome'. They make the decision to be indolent. These people have the full ability to complete their work, but can't be arsed to even attempt it. Then, these people have the audacity to get angry when they do not receive help. And then, these people become frustrated when their lethargy is not rewarded with assistance. So if this is you, please know your sense of entitlement will not take you very far and that you will never be as cute as the mighty sloth.

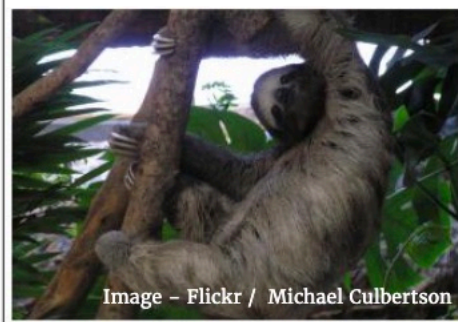


Image – Flickr / Michael Culbertson

COMMENT

"THIS IS WILL AND HE IS THE PARLIAMENTARY CANDIDATE FOR BETHNAL GREEN AND BOW"

William Dyer was the Liberal Democrat candidate for Bethnal Green and Bow in the 2017 election, just as he finished his final year



Image – William Dyer

With the dew still on the grass in the middle of a field near Bath, I got the phone call that few in our generation will ever receive. "So would you be willing to lend a hand?" My heart was skipping beats left, right and centre. Brian, the regional candidates chair of London was asking me to be the parliamentary candidate for Bethnal Green and Bow. I replied, "yes. if that is ok?" feeling the need to justify the reason I was offered the position. For a few days I had to keep it to myself, the appointment needed to be approved by the Federal party. Being a leader on a youth camp at the time, it was gut wrenching not being able to tell anyone the news. One thought kept on going round in my head, with relief and disappointment equally mixed I realised, that I wouldn't have to fight a general election.

9 months later

With my dissertation handed in, and nothing but one exam and essay to finish off, my degree was done. I was two weeks into my new job as Membership Development Manager at Lib Dem HQ. On the morning of the 18th of April, we heard the news of an unexpected press conference – resigning due to ill health, home rule for Northern Ireland, a major reshuffle? As soon as the news went round Westminster, everyone in Lib Dem HQ was speculating, a miniature sweep stake was set up. Until, on the front of the podium, the No 10 plaque was removed from the podium. This meant one thing, this was a purely party political announcement. Which in turn, meant one thing, a snap election.

Leaving HQ that day, I was running late. An impromptu meeting of the local party

"Going from morning press interviews to a 10+ hour work day then evening events, a mix of hustings, campaign meetings or 'war rooms'"

had been set up for that evening, I ran from the DLR. Out of breath, I walked into Elaine (the parliamentary candidate for Poplar and Limehouse)'s home. The room was full of people packed into a space barely large enough to hold all of us. Elaine spotted me walking at the back a beckoned me forward. She called for silence, "This is Will and he is the parliamentary candidate for Bethnal Green and Bow". To my surprise, the room erupted with applause.

The next 51 days were waking up not knowing what you

would face. My team, yes I had a team (which is overwhelming at the best of times), had control of my calendar. Going from morning press interviews to a 10+ hour work day then evening events, a mix of hustings, campaign meetings or 'war rooms'.

The main change was that as the candidate you make the final decision. You are not just the face of the campaign but you craft the campaign. Every email, leaflet, press line, you sign off on. In the moment, you just do it. You forget that the average age in the room

is twice your own. You have to keep reminding yourself, there is a reason you are here. There was never any chance of getting elected in Bethnal Green and Bow. They weigh the Labour votes, rather than count them. However, the message of love and support I got throughout the campaign drove me forward. That was what made this worth it, to be able to show those that have nurtured me did not do so in vain. I hope I did you proud.

COMMENT: THE COLUMNS

MILLIE MAXWELL

KERRY'S CORNER

Hi, it's Kerry; thank you for stopping at my corner of the Print! If you want to hear the inconsequential ramblings of a girl whose mind whirls at a million miles per hour then feel free to continue reading.

The Unpleasantries of Writing

According to some guy called Hemingway, 'there is nothing to writing. All you have to do is sit at a typewriter and bleed'. Correct me if I'm wrong, but clearly Hemingway never suffered with a little old friend called Writer's Block. Writing is that simple, apparently. All I should do is bust open a vein and pour myself out onto a blank page. Lol. Ok. Sit down, Ernie Hemingway.

What really annoys me about this quote is that it supports the myth that certain kinds of self-regarding writers like to perpetuate. That real, serious, grown-up writing is full of pain and misery, and that a writer is a kind of soothsayer/martyr/prophet who accesses this terrible personal darkness to bring back deeper understandings for the rest of us mortals.

Immediately, I'm calling out bullshit. Writing can be difficult, of course. Anybody who has tried to string together a sentence at some point knows that. But then, anything worthwhile or interesting can be difficult. Playing piano can be difficult. Trigonometry can be difficult. Skateboarding can be difficult. Playing piano whilst skateboarding and doing trigonometry is, I hear, exceedingly difficult. But, difficulty is not something we should shun. The world is full of difficult things, yet people continue to conquer them (I'm yet to conquer trig, but hey, nobody's perfect!).

Sometimes people must do difficult things, but very often, people do difficult things because difficulty can be fun. Some form of pleasure is gained from beating the odds. It seems to me that writers find themselves in this scenario. Sure, writing is difficult, but pleasurablely difficult – unlike opening your veins over your typewriter (particularly if you are the one to mop up afterwards!). Writers, I suspect, don't like to admit this, because it makes them shallow. Much better to look like a martyr; much better to look like the sufferer, than to admit that this whole writing business might actually be fun. But there is nothing shallow about pleasure or happiness. Pleasure is about engagement with the world, it is about richness and about depth. Very often, when writers talk about pleasure, they like to give it a tinge of bloody, excessive darkness, because that seems so much more grown-up and serious and all that jazz. Since when did it become a bad thing to find pleasure in the lighter things in life?

As somebody who not only writes, but who also studies the art of writing, it seems to me that this stuff about typewriters, suicide and the notion of the suffering writer is counter-productive and, to be quite honest, rather depressing. Sure, it's time-consuming. Yes, at times it is not a constant pleasure. However, writing is definitely not devoid of all pleasure entirely. And when you find yourself 'in the zone', when the sentences string seamlessly together and the words just flow, these are the moments when writing is addictive.

MILLIE PRITCHARD

MILLIE'S MUSINGS

I'm a second year English student here at Queen Mary, and my life is a mess. So, naturally, I'm an advice columnist for The Print for this coming year. I hope to cover both serious and light-hearted topics, from mental health to money-saving tips! You'll be sure to find a column from me in each printed edition, as well as plenty of online content, based on topics associated with current events that are affecting students and young people.

The Liability: A guide to dealing with your sloshed mate on a night out

September. I can almost smell the new stationery and the optimism (that almost instantly starts to dwindle... spoiler alert) for the year ahead. Another thing I can smell? Alcohol. Fresher's week is the first encounter new students have up and down the country to university drinking culture, and liquid courage helps take off the awkward edge of meeting new people. Once the whole 'fresher' thing starts to calm down, however, and you create more solid connections with people, you may start to realise that for someone, the novelty of being paralytic drunk hasn't worn off. They always seem to have their head in a toilet part-way through the night, and rely on you to pick up the pieces. It is my duty to tell you, my friend, that you have come across a rather common creature, the *Liability*.

The Liability, as defined by Urban Dictionary, refers to 'a person who becomes a hassle and general embarrassment when drunk'. I think it is safe to say we have all seen a Liability, and perhaps even been one (guilty). But, how does one cope in a situation where you go out to have fun, and one person always ends up having a bit too much fun, to the detriment of everyone else...?

Recurring behaviour? Call them out.

Honesty is the best policy. If it keeps happening practically every time you go out, confront them. It isn't fair that someone is always having to give up their fun to play the role of 'Mum'. *Be sure to have this conversation when you're both sober.* There are also things you can do when on a night out, in which your friend's inner-Liability is in full force. Help them out, but make them aware that the way they're acting is not okay. I tend to go into 'stern mother mode', it is where my natural passive-aggressive tone becomes very handy.

Reconsider who you go out with.

If they're unlikely to change, I'd reconsider your decision to go out with them. I strongly recommend for you to not put your enjoyment on hold to care for someone else whose actions are actually quite selfish. People have to take responsibility for themselves, and they will eventually learn the hard way. If you want to keep their friendship, do some non-alcohol related things such as going for food or to the cinema. Otherwise, there are plenty of other people who won't be a party-pooper on the sesh.

Enjoy Freshers!

JACOB FINLAY

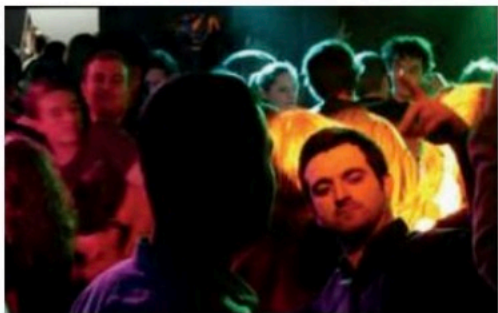
SUPPORT STRUCTURE

I write about several topics covering subjects from student life, to politics. I turn a year of studying, avoiding studying, worrying about avoiding studying, worrying about studying too much, and then repeating this cycle ad nauseum into an interesting column each month.

Words of Wisdom for Freshers

Buckle up dear readers, for in this year's first published edition of The Print (at least on real environment destroying paper rather than virtual white space), I have decided to give out as much of my wisdom and thoughts on fresher's week as possible in my short column space. I am sure that as freshers who have already got through the first and most difficult half of this week, that what you really want is advice from a third-year columnist in the back of the free edition of The Print you picked up at fresher's fair, which you will likely never read again. So, without further ado, I present the recollections, advice, and thoughts on fresher's week – which I am sure you will treasure for the remainder of your first year and the rest of your life – from someone who wasted their first two fresher's weeks, and is drunk crying about his dissertation through the third.

Fresher's week is one of the strangest weeks of your life. Imagine if, in your first week of school, all you had to do was go out and get to know all your classmates, without any responsibilities and little to do before 8PM each day. That is, nevertheless, a really good way to spend your fresher's week. Try to go out with people other than your flatmates, you will get to spend a whole year with them and surprisingly, you will probably get to know them better talking to each other sober across the kitchen in the middle of a weekday, than after an hour and several drinks at Drapers.



That leads me onto my main piece of advice which is to think of this as fresher's year. You'll have plenty of chances to try out new things, meet new people and adjust to university across the whole first year. It's easy to spend the huge amount of free time you have in fresher's week, worrying that you're not enjoying it enough, that you don't fit in or that you haven't made the right friends. As I wrote before, fresher's week is one of the strangest weeks of your life and the rest of your time at university won't be anything like it. So, rather than worrying about questions you will have a whole year to answer, try using that free time to relax, meet new people, and sleep off fresher's flu instead.

COMMENT: THE COLUMNS

A RUBE WITH A VIEW
ALASDAIR DOW

VENEZUELA: AN INSPIRATION TO US ALL?



First there was the USSR. Then there was the Communist Bloc. Then there was Cuba. Now, there is Venezuela.

As George Orwell observed in the middle of the last century, the alienation experienced by many prominent left-wing intellectuals from the culture and history of their own societies did not amount to the transcendence of patriotism or 'false consciousness', as they claimed, nor of the elemental need to identify with some larger moral and social order. Rather, they had simply transferred all of this elsewhere. Sidney and Beatrice Webb, founders of the LSE and the New Statesman, co-founders of the Fabian Society, and early luminaries of the Labour Party, were archetypal in this regard. In 1935 – shortly after the state-made terror-famine in the Ukraine – they published a work entitled Soviet Communism: A New Civilization? Suffice to say, the

question mark was dropped from all subsequent editions. Supposing it had been kept, it is worthwhile observing that though the historical record consistently answers in the negative, as new incarnations of socialist or communist societies emerged, the Webbs of the day continue to ask the same question of them. The product of basic humanity needs certain philosophical and economic assumptions. This kind of political patriotism for a foreign homeland will continue to be as unconstrained by actual geography for as long as the alienation from an actual home persists.

The most recent great leftist migration came in the late 1990s as multitudes of homeless acolytes flocked to Hugo Chavez's 'Bolivarian Revolution'. In 2013, the year of Chavez's death, Jeremy Corbyn pronounced that Venezuela was still an 'inspiration to all of us fighting back against austerity and neoliberal economics in Europe'. That Corbyn, who as Labour leader still attends meetings of the Cuba Solidarity Campaign, and whose master-coordinator Seumas Milne has an unfortunate habit of defending the record of the Soviet Union, is inspired by the example of Venezuela. As the country spirals ever further into pe-

nury and chaotic authoritarianism, this cannot be excused.

Admittedly, this is a rather difficult position for the Leader of the Opposition to explain, which is probably why, this summer, he hasn't attempted to. Others, however, have pointed to Britain's alliance with Saudi Arabia, and particularly to the recent arms-deal under the Conservative government and the controversy over the use of British weapons in the Saudi war with Yemen, in order to delegitimise any criticism of Corbyn's ideological complicity in the Venezuelan disaster. Now, realpolitik can often be a regrettable thing, and should in all cases be under constant review, yet the fundamental problem with this non-argument – aside from two wrongs not making a right – is that. As far as I am aware, no Conservative leader to date has ever exhorted the Saudi regime as 'an inspiration to us all fighting to make Britain a little more like Saudi Arabia'.

If he or she did however, I, like any other Liberal or Constitutional Conservative, would be the first to condemn it as foreign to my politics. There is a reason why Corbyn cannot condemn Venezuela as foreign to his.

AMERICA UNRAVELLED

JOEL CHANDLER

My name is Joel Chandler and my column is about US politics.

One worrying aspect of Trump's psyche has been well and truly revealed over the past few weeks, one that can explain many of his more bizarre and controversial decisions, is his obsession with attention. While this is no revelation, it's remarkable to see how his insatiable desire for the spotlight influences the timing and nature of his decisions.

In what seems like an eternity ago, North Korea threatened to attack Guam, a United States territory and important military base. More remarkable however was the President's response both to journalists and in a phone call to Guam's governor. To journalists, he famously stated that North Korea would be 'met with fire and fury' if they attempted the attack. This of course ensured the President received even

more attention than usual as he had essentially proposed nuclear war. His obsession with the spotlight was laid bare again when he stated to the governor of Guam that 'you have become extremely famous', like that was more important than the imminent threat of nuclear annihilation.

This is not the only recent example of Trump thinking this way. In the aftermath of the devastating hurricane in Texas and Louisiana, Trump made a speech in Corpus Christi, where his first remarks were regarding the turnout. He then complimented the FEMA director on becoming 'very famous on television', again supporting the allegations that he watches too much cable tv. Finally, in a visit to one of the many centres helping the victims of the hurricane, Trump pulled a supporter wearing his merchandise in front of the cameras stating 'Look at this guy, you just became famous'.

Lastly, you have the Trump scandal that never was. The timing of Trump's pardon of Joe Arpaio, the ex-Arizona sheriff who told officials to illegally target Latinos, took place during Hurricane Harvey as Trump believed 'the ratings would be higher'. This is the President of the United States openly admitting that he sought to exploit the fear and suffering of his own people for attention. The fact that this has barely produced any outrage at all is staggering.

In conclusion, it is clear that the United States elected a man who represents himself and his brand, not his country. His response to the North Korean threats and Hurricane Harvey, as well as his post-election campaign rallies and his constant trips to his properties in New Jersey and Florida make this undeniable. What is also undeniable is that a man with this state of mind is a danger to the United States.

SCIENCE AND TECH

A TRULY REVOLUTIONARY CAR?

WHY TESLA'S MODEL 3 IS A LOT LIKE THE FIRST IPHONE

CHRISTOS STAVROU

When Tesla unveiled the Model 3 back in March 2016, a lot of people couldn't help but notice a similarity with a product launched exactly a decade ago: the iPhone. Now, you may rightly ask: what do a phone and a car share in common? Let us begin with the fact that both products were produced with the same goal: disrupting a whole industry. The iPhone sent shock waves across the world back in 2007, as it became the first touchscreen smartphone that actually worked. You were suddenly presented with a revolution in terms of how much processing power could fit into your hands. When all other mobile manufacturers followed suit shortly after, it became clear that the world would never look back. The world of smartphones would never be the same. The Model 3, on the other hand, expects to be the first all-electric car to be built for the masses. It offers an impressive range on

electrical power alone and features leading levels of technology onboard. In the same way that the iPhone was the first of the new era of smartphones, the Model 3 hopes to be the first of the all-electric revolution.

The similarities do not only stop with the product itself though. When you bought the iPhone back in 2007, you did not only buy a phone, but rather you were lured into the Apple ecosystem. You were investing in a brand that, admittedly, made the whole experience much more interesting. Apple stores around the world became famous for the minimalistic and clear designs. You could begin to see



Image - Tesla

Apple stores popping up in every high street in big cities. Tesla is doing the same with its stores. If you want a Tesla, you are either buying one online or you are buying one from its unique stores. If you happened to pass by Oxford Street in London, you could not fail but see the glamorous, minimalistic and shiny Tesla store among the many fashion brands.

Way back when the first iPhone arrived, I remember telling my surprised dad that he could update the software and enjoy many new features. At first, you had to do it through iTunes, but as time progressed it became an over the air technology. Tesla is doing the same, trying to make your car ownership feel like an evolving experience. Just download the latest software for your car and begin to enjoy the many perks it contains. In the past, Tesla engineers had successfully managed to cut the 0-60 times of the Model S through a software update alone.

Even though people who own an iPhone are everywhere, the company has still managed to make the phone feel like a premium product that adds

a person's overall appearance. Apple and its meticulous attention to design has prompted many rival companies to produce beautiful designs using high end materials. And Apple did all that in an affordable package. Tesla is trying to do the same with cars by proving to the world that you can own a self-driving, all electric car for an affordable price.

Apple's legacy to the shaping of modern technology cannot be questioned. This comes from someone like me whose last two phones are Samsung. But, I cannot fail but see that had Apple not been around, my s8+ would still be a plastic phone. It remains to be seen whether Tesla's innovative features would expand to other cars, but all the signs are pointing towards that. It seems quite clear that other companies have a lot of catching up to do.

THE TECHNOLOGY-LEAD NTH INDUSTRIAL REVOLUTION

JORGE GARCIA

The automation of hand work has historically presumed an extreme change in industries since the First Industrial Revolution. The appearance of machines and systems that were able to replace human work has had plenty of positive economic and political outcomes, which have made societies exponentially evolve in every field.

Nowadays, we are living the steepest point of this exponential curve, having technology as one of the main fosterers of this development. Whether people decide to be or not to be involved in it, it is a fact that technology is not only going to change everyone's daily life, but that it will also keep driving the course of society.

As a result, there is a direct impact on the job market, as several studies have concluded that 47% of the jobs that exist now will not exist in 25 years' time, according to Oxford University, and that 50% of occupations today will be redundant in 2025. There is an

led by the progresses made on state of the art topics such as Artificial Intelligence, Augmented/Virtual Reality, Machine Learning, Blockchain, Big Data and IoT.

Professions like telemarketers, loan officers, cashiers, legal assistants, taxi drivers and fast food cooks are examples of jobs that are at high risk of being automated. The extinguishment of jobs that are solidly settled in society does also open a door for many other new ones.

Even though most of these emerging jobs are unpredictable, it is a fact that they will revolve around a very broad and varied range of fields, and that they will start to see the light in a few years. Some examples in the Artificial Intelligence field, according to the MIT are "Customer-language tone and meaning Trainer", "Transparency Analyst" and "Automation ethicist".

On the other hand, the most resilient jobs can be figured out by just thinking about the limitations of automation.

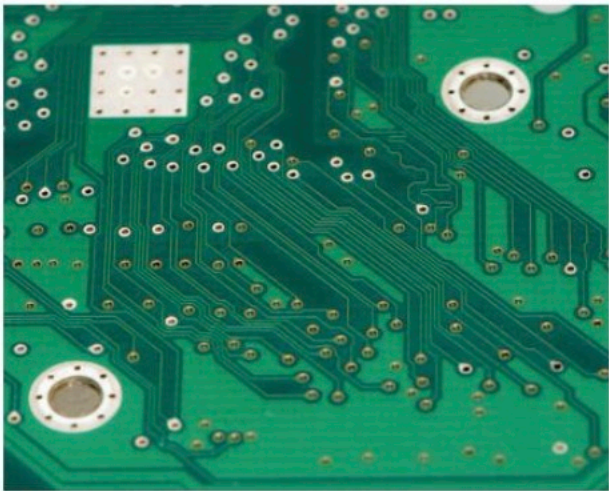
"(...)technology is not only going to change everyone's daily life, but that it will also keep driving the course of society."

Some people agree on saying that these occupations are the ones which require creativity, capability of building complex relationships, or unpredictability - human traits which are difficult to emulate.

So, how can someone be prepared for the future which lies before us? A research study conducted by Oxford Uni-

versity has demonstrated the strong negative relationship between wages and educational attainment, and the probability of an occupation being automated - meaning that, again, Education seems to be the answer.

Image - Flickr / Magnus Hagdorn



SCIENCE AND TECH

HOMESICKNESS DISSECTED

WHY DO WE MISS HOME?

ALEX RICHARDSON

During the first few weeks of university, most students expect to catch the dreaded Freshers' Flu, due to the thousands of new immune systems deciding to mingle as much as their owners. However, there is another common condition that is not talked about as much: the feeling of homesickness.

Feeling homesick is nothing to be embarrassed about; research conducted by the NUS reveals that 50-70% of students studying in the UK experience such feelings during their first few weeks at university, with symptoms often beginning to fade away as people settle in. It is perfectly understandable to be feeling this way; for many this will not only be the longest time spent away from their families and friends, but it will also be an entirely new environment full of unknown people. These feelings are well

documented and well understood, after all the earliest record of them is from Greek Soldiers fighting in the Trojan War over 3000 years ago. But, what causes us to get homesick in the first place?

To find an answer to this question, we need to delve into our evolutionary history. Back when our ancestors were making friends and beginning to rely on each other for survival; we learned that sticking together as a group was, in general, safer than going alone, since predators are more likely to attack individuals. As a result of this we became dependent on each other, to the point that we began to forget how to do things without each other.

This is the evolutionary pressure that allowed homesickness to blossom. By bringing up feelings of fear and uncertainty if they became

"(...)50-70% of students studying in the UK experience such feelings during their first few weeks at university..."

separated from the group, individuals were more likely to stick together and, as a result, were more likely to survive. People also began to get attached to a certain place, forming settlements in areas as they knew had supplies of food and water. To willingly leave a place like this was clearly more risky than staying put, which in turn provided further pressure for the development of homesickness.

Evolution is great at creating features, but it isn't as great at getting rid of them again when they are no longer necessary. There are many examples of this throughout the human body including body hair, our tailbones and the ability to wiggle our ears, and homesickness fits in well with this list. Whilst homesickness was a useful feature when humans weren't considered the top of the food chain, that is no longer the case. After all, there

aren't exactly that many cave lions or giant hyenas wandering around anymore. Being left alone is not much of a problem now as it was millions of years ago, but because the feeling of getting homesick isn't detrimental to our survival, it has come along for the ride with the rest of us.

Lucky for us, homesickness has an easy cure. By forming new friendships and getting used to the area the ancient worries for survival are satisfied, resulting in the symptoms beginning to fade. Between your dorm mates, the people on your course and those guys you met at Drapers last night, it won't be long before you're feeling right as rain once again.

Well, once Freshers' Flu is over...

THE HUMAN SPEECHHOME PROJECT

LAURA BRAVO

We, humans, are born with a certain innate predisposition to develop certain abilities, most of which require a learning period before they are fully acquired. The main example of this could arguably be language development. Lexical acquisition is a complex process that takes over the first few years of a child's life and that relies in many external factors, being linguistic input (range and frequency of words listened by the child), the most obvious, but not the only one of them.

Environment is crucial for learning in this case, and the natural day-to-day environment of the child during the learning process is not only composed of language, but also of places, people, social situations and interactions. Professor Deb Roy has tried to take into account all this different dimension of the language acquisition environment in his Human Speechome Project (HSP).

The HSP was launched in 2005 as a pilot project of the MIT lab. What first motivated Roy to do so was that our understanding of language acquisition was based on highly diffused and sparse data, since available corpora was

"Lexical acquisition is a complex process that takes over the first few years of a child's life..."

rather incomplete and under-sampled. This basic problem lead Roy to install in his own house eleven omnidirectional cameras and fourteen microphones and to record (almost completely) the first three years of his son's life in his natural environment. As a result, he and his lab colleagues obtained 120,000h of audio

and 90,000h of video to work with (an estimated 70% of the child's waking hours).

The comprehensive study that Roy had envisioned was now possible with such a massive data set. However, in order to work with it, they had to organise it. The main challenge the project had to face was

the transcription and annotation of all the corpus. By 2012, using a semi-automatic tool, they had managed to transcribe 80% of the Child Available Speech of the subset 9-24 month age range.

The HSP corpus includes, in addition to speech, video recordings of the day-to-day life in Roy's house. The ultimate aim of the MIT team was to gain understanding and computationally model how the child learnt a particular word by tracing back to the context in which it was used by adults speaking to him. For doing so they had to structure all the hours of video by identifying recurrent activities of day-to-day life in which the child participates (such as mealtime, or bedtime). The results of this computer modelling showed that words that are uttered around the child in consistent activity contexts appear to be learnt earlier.

The implications of this research are many. Even though for most individuals language acquisition is a smooth and steady process, some children (due to environmental or biological causes) struggle with it. Being able to identify and understand the importance of the regularities in home environments is essential to understand the mechanisms that work in this process and to approach appropriately the problems that could emerge.

In addition, even though HSP studied only the case of one child and could be therefore considered limited, the team is confident that it will guide further observational and experimental research on the field, and that the data mining methodology that has been developed can enable researchers to deal with high density audio-visual data sets, helping to address other questions in behavioural sciences.



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SATIRE

THE GUILLOTINE

HOW TO LOSE A JOB IN 10 DAYS

AN INTERVIEW WITH PART TIME EMPLOYMENT EXPERT GEORGIE MORETON

(Disclaimer: Despite this being satire and so presumably a joke, all the stories you are about to read are true. Although some have been left out for legal reasons.)

Interviewer: So Georgie, I must say I am truly honoured to interview a woman with such an impressive CV!

Georgie: Thanks, I'm sorry about the A3 paper but my careers advisor suggested it would look better all on one page because...you know, the list is so long.

Interviewer: Can you give us a brief overview of just how many jobs it is you've had in the past few years.

Georgie: Well, I started off in retail then just naturally progressed on to working in cinemas, waitressing, doing a bit of reception work, kitchen work, tour-guiding, working with young people and then fundraising here and there.

Interviewer: Wow, you really are at the top of your game in the employment field! The readers here at the Print are desperate to learn from the best so may I ask you for your top tips to getting fired?

Georgie: Well one fool proof way to lose a job very quickly would be to make sure you're always feeling relaxed and having a good time. I remember one time when I was working in a summer camp and me and my co-worker were responsible for around 40 students, I thought why not just let them have free time to explore the area on their own. I had a great day in the pubs in Brighton, a full day to do whatever I wanted and go on all the rides at the pier. My co-worker even managed to get with someone. If only the kids hadn't grassed us up to management.

Interviewer: I noticed you've worked for the Student Union twice also, any tips on getting hired back by the same company in order to let them down for the second time?

Georgie: Yeah, I find that it's quite important to make sure your employer is kept in the dark, who wants to advertise their flaws?! You just have to make sure you have no run ins with ex-supervisors. It's so much easier with a familiar work place where you know all the best hiding places should your old manager be about. Staff rooms, kitchens, even cupboards are a perfect place to hide. However if you do eventually run into someone it's probably best to act as though you've never met before and reintroduce yourself, that's what I did when bumped into my ex manager in the staff room.

Interviewer: What is your record for the quickest you've lost a job then?

Georgie: Three weeks.

Interviewer: Wow, you didn't waste any time there then!

Georgie: I get bored easily, life's better when you mix things up now and then!

Interviewer: So, any last nuggets of help for aspiring readers to achieve your status of serial quitter?

Georgie: Be experimental, don't let a lack of experience or competency hold you back from applying for any job. Take anything that comes your way no matter how unqualified you may be and pretend you know what you're doing. Someone looking for kitchen staff? Just say you've got experience as chef (how hard can it be?). Confidence is key.



Image - Pixabay

These 'change.org' Petitions **NEED YOU!**

Believe it or not these petitions are gaining signatures everyday on change.org and their importance cannot be ignored. Get online and show some support readers.

1. 'Replace the Confederate Monument in Portsmouth with statue of Missy Elliott.' Get ur Freak on for Portsmouth guys.

2. 'Bring back Pickled Onion Monster Munch that turn your tongue blue!!' So glad such important issues are finally surfacing.

3. 'Big Ben to be renamed 'Massive Mohammed' Tommy Robinson's pick of the week.

4. 'GREAT BRITAIN NEEDS A TEA EMOJI!' Does this mean Kermit has sipping coffee all this time?

5. 'Morrisons to reinstall trolley deposit locks, or another suitable anti-theft device' *How would the ultimate fresher UNAY lad prove himself as King of Banter without bringing a trolley home from a mental night out?*

QMUL FRESHER REALISES HE MADE A GRAVE MISTAKE IN BUYING A SEMESTER'S WORTH OF CURVE FOOD

KATHERINE BUTTERFIELD

QMUL Fresher John Smith, from Yorkshire, realises he made a grave mistake upon consuming just one meal from the catering joint located on the QM campus. The meal itself, we are led to believe, was that of Sunday Roast (as per Curve Tradition, it was served on a Wednesday).

Asked to describe the dish – and we hesitantly call it this, as we are unsure for the correct term for food served on wooden squares – John described it as “bland, overcooked, and sad”. He was thrilled to learn that Thursday's meal would be the leftover roast from the previous night.

The Curve is a restaurant located underneath Fielden House in the Student Village here at QM. If one enters the canteen-like area, you will look around and see two things:

- 1) not many people,
- 2) those people that are there looking very depressed.

Our hearts go out to those exchange or international students who bought the catered package because it seemed like the easier option. Truly, your pain is felt only on the same level as those who find themselves at the checkout of The Curve, and discover that whatever you have just put on your avant-garde plate is costing £5.

SATIRE

KEEPING UP WITH THE CONSERVATIVES

OLIVIA MESCE

Despite Theresa May's failures to organise a Brexit deal, the woman isn't as useless as one might think. In fact, her niftiness on Groupon is something she prides herself on; she's even mentioned it on her LinkedIn. Thanks to this, the latest episode of Keeping up with the Conservatives saw the squad taking a day off from dismantling the UK for a well deserved pamper, all thanks to May for getting those spa vouchers. What says 'we're middle class white folk who are out of touch with the people' more than a 90 minute hot stone massage. Boris went for his usual treatment, the 'socially cleansing face mask' which actually caused a 20 minute debate between employees, as none of the female masseuses felt comfortable touching his face. Meanwhile, Amber Rudd was in the Rudd bath, which is like a mud

it more about her - and also 'mud' sounds a bit common doesn't it? Turning into one big wrinkle in the jacuzzi was May herself, of course this was no average bubble bath, she'd had it specially filled using the tears of the working class and children in poverty. With one big splash the gang join each other from some team building in the pool, (except Theresa's advisors of course weren't really feeling the team spirit so caught an early train home) then commenced hours of fun with games like 'piggy in the middle'...no surprise who Boris was! Before anyone gets concerned it is important to mention that Arlene Foster (the leader of the DUP) was on hand as lifeguard, just incase the Tories need saving again.

"Tories need saving again."



THOUSANDS PROTEST AS TRUMP BANS TRANS COMMUNITY FROM SIGNING UP TO PATRIOTIC DEATH SQUAD

JORDAN SMITH

The world has once again been left in a state of utter shock after President Trump has announced via Twitter that the Transgender community is too burden some to take part in the killing of innocent men, women, and children in some distant (probably Middle Eastern) country.

Sources from inside the White House state that Mr. Trump has reached the conclusion that the \$8.4 million (or 0.017% of the annual Department of Defence budget) spent on the medical care for Transgender troops should, instead, be spent on the direct and forceful implementation of American values abroad - in the hopes of transforming non-white civilisations.

The huge financial drain these soldiers apparently are on the US Army in regards to mental health care has absolutely no relation to the intense distress caused by maiming foreign populations. Therefore, removing Trans people from active duty will not only help them live happy lives, but it will, according to experts from Trump University™ "Make America Great Again".

"Make America Great Again."



Image - Wikimedia Commons

However, opponents of the ban argue that anyone should have the right to sign up to legitimate patriotic death squads. One 21-year-old LGBT+ activist at a protest in downtown D.C told us "if I want to play a role in breaking international laws in order boost the American economy, then I should be both encouraged and allowed to do so".

So, without the "disruption" of the huge number of Trans soldiers (between 1,320 and 6,630), the US Army can finally go back to being a ruthless killing machine again and will hopefully be able to afford to Hiroshima the fuck out of Pyongyang.

STUDENT LOST IN QUEENS' BUILDING FOUND AFTER 5 MONTHS SEARCH

KATHERINE BUTTERFIELD

After an exhaustive 5 month-long search of the Queens' Building on the Mile End campus, Richard Elfman (19) has finally been located and brought to safety.

Jim, the man who found Richard and led him to the outside world, recalls the tale. "I mean yeah. I was up in the 4th floor, west wing. I called out for him, and after I heard the rustling I managed to coax him out of a corner with a bit of food. He was wild after such a long time wandering the building. Not many people know that there is a fourth floor, but that's just because summoning the gatekeeper is a pain in the back-side. I'm not too sure how Richard managed it, but he'd somehow got past the gate, through one corridor that adheres to the time zone in Western Australia, and bargained with the colony that's set up in the abandoned filing cabinets". Jim paused at this point, and glanced at a scar on his arm with fear, but eventually continued:

"It's lucky we found him alive, to be honest. I haven't had the guts to ask him what he was eating all that time. But let's just say there was a distinct lack of sentient desk chairs when I last checked". At our puzzled look, he expanded "You know, less than there usually is up there?".

The man heading up the operation, Jim from IT, was chosen because of his 20 years experience working in the aforementioned building. "Oh yeah, I mean I've got some

real experience going up there. It's turned into a type of job security; no one else will risk entering past the third floor!" Jim laughed a little too hard at this, "At first I was terrified, got lost for a week once and it felt like five years. I had a wife, somewhere around E505, but I've never managed to find her again. Sometimes I wonder if she even existed at all..." Jim became very non-responsive after this.

We decided to approach Richard himself to ask about his 5 month experience, however due to the shock he is currently only able to grunt various syllables and then run away. For years here at The Print, we have been warning students against entering the Escher-like hell-scape that is the Queen's Building, but sometimes our pleas go unheeded. We must ask why these students continue to recklessly play with their lives in this way.

One student who has previously survived the Queens' building said "Oh yeah, I was gone for about a week, so not that bad. It's like bureaucracy manifested into material form in there. But I had to visit the Study Abroad office on the third floor, so what choice did I have?".

This is an all too familiar story from those who managed to make it out of the Queens' Building alive, and we continue to raise the concerns with the University.



YOUNG COUPLE TO MARRY AFTER QM CONFESSIONS POST

CHARMAINE MANDIVENGA

Students Yussef Khan, 27, and Amira Mohamed, 19, found love on QM Confessions when the former posted about his enormous family fortune on the anonymous confession page. Yussef, who is from Saudi Arabia, was downhearted after searching for his wife for two months on such internet app as MDate and Minder.com to no avail. He was made aware of the numerous similar posts that are submitted to the page daily and saw this as an opportunity to search for a woman to sire his 17 heirs. He was tired of not finding the perfect "Conservative, Muslim girl, that is no taller than 4ft11.5 with straight teeth", who would match his plump 28st and 6ft stature. He was delighted when Amira's mother tagged her in the post, just 3 minutes after it had been posted.

Delighted with Amira's profile picture of a lily emerging from a Pakistani flag, he proceeded to court her over Facebook messenger. The couple spoke for a few hours before Yussef decided he wanted to message Amira's father on Facebook.

"The conversation was brief, I assured Mr. Mohamed that he wouldn't need worry about his daughter because I have an enormous family fortune that I would have access to as soon as we completed our union"

When interviewed Amira was delighted, as she had only come to Queen Mary after hearing of a friend of a friend who had met a husband under similar circumstances.

"It couldn't have some at a better time really, I've just failed first year and now it turns I don't have to struggle through uni at all!"

She said she wouldn't describe Yussef as her prince charming but it may get easier to look at him on their upcoming all-inclusive holiday to Bali in a couple week's time. All chaperoned by Amira's mother of course!

Admins of the Facebook page were delighted that they had helped to bring about the union advising it was two less lonely people in the world and expressed their undying support for love at first type!

"I didn't realise when I posted that I would get a response"

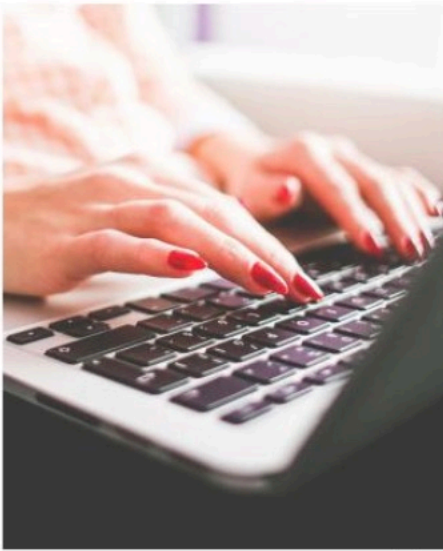


Image - Pixabay

WITH LOVE, THERESA

CHLOE RENNARD

My dearest Donald,

Thank you so much for your letter. You know how they brighten my abysmal days here in London without you. The personal touches were lovely; I really did appreciate the orange smudges from your fake tan across the page. I could smell the coconut scent and it reminded me of our times together so vividly.

While parliament is in recess, there is no rest for the wicked (literally, am I right?) and I've been busy as ever. It's hard work picking out hideous outfits and making poor decisions. Working with the DUP has turned out to be the shitshow I thought it would be and we're not even two months in. As much as I do agree with them on their policies, as you know I do, pretending not to and acting like I give a shit about poor people is really difficult.

Philip wanted to make love last night. I try to humour him but he's nothing compared to you, Donald. I agreed to it if he kept the TV on and luckily, you were featuring on the ten o'clock news at the time so it was just like making love to you, Donald. I can't say it was as wonderful as that night we shared in

Washington after our first coy hand old down those stairs, but it was almost as good as the real thing.

I don't know if you heard but we had a huge fire in London and hundreds of people were killed. I tried to seem compassionate but honestly, fancy having to work during your summer holiday! I was outraged! I had to smile and speak to dirty firemen - you will not believe how long it took me to wash that grime off my hands after I shook theirs. Absolutely disgusting. And, even worse, it meant I couldn't go to Marbs with David and Boris! It's about time I let my bowl cut down!

Oh Donald! I almost forgot to mention, your speeches about North Korea are inspired. I personally hate those Koreans - they're much too foreign for my liking! You need to teach me how to speak so strongly like that; every time I made a speech I look like I'm on the verge of tears and I still have no idea how to combat that. It's exceptionally embarrassing to address the country with a face like a slapped ass.

I've been having some problems with Mr. Corbyn again. He's taken

the trolling to a whole new level. I thought he was being a kind gentlemen by offering me some home-made boysenberry jam, but as soon as I took a taste he fell about laughing claiming he had spat in it not a moment before! It was mortifying! Jeremy is so grotesque. I don't understand how I can be mocked for eating a bag of chips and how he is celebrated for eating a Pringle! At least I shower; last time I caught a whiff of him in the Commons he reeked like a compost heap!

Anyway Donald, I must head back to my duties as Prime Minister. I have some fake smiling to do. I can't wait until your state visit and we can roll around in a wheat field together.

With love,

Theresa

HOROSCOPES

Aries
The sun and stars are aligned in your life, telling me you'll cook a lasagne on Thursday, given that this month's cupboards are bountiful in almost out of date jars of Ragu.

Taurus
Has a new man come into your life? The spirits of the universe are calling you to ignore him, for his endowment is smaller than the plausibility of this article.

Gemini
Your compatibility with Scorpios has gone up exponentially this week. However, ditch your lifelong Aries friends, because the stars wish it. x

Cancer
You will get a feeling of déjà vu.

Leo
This month you have an intense nature, a drive to get things done. But don't actually drive, because you can't and you don't own a car. DON'T STEAL THAT CAR, LEO.

Virgo
Your dear author is a Virgo, born in the beautiful month of August. Nothing shall go wrong and everyone should befriend a Virgo. It is known.

Libra
If LeBron James were female in an alternate universe, he might be called LeBra James. Move to Cleveland.

Scorpio
You can't help but wonder why Taylor Swift is pretending to be bad, when she looks like your friend who's proud to be a conservative. Sadly, you'll still listen to her new song, because it's in your head.

Sagittarius
Is it a soft G or a hard G in 'sagittarius'? Why is there a silent G in 'sign'? Will we, in a thousand years, pronounce this sign like 'Sait-tarius'? You'll waste a lot of time this month pondering this.

Capricorn
If you're called Max, and own a universal cruise line tour company, don't seek immortality by removing your head from your body and placing it in a glorified street sweeper.

Aquarius
You've always liked water. Ever since you were a child, you loved to swim. You competed in the races, you learnt synchronised swimming, you've even learned how to dive. After 10 years of hard training, you just missed out on the try-outs for the British Olympic team. Suddenly, you're rethinking your life, your aspirations, your goals, your hobbies. Why did you even like swimming in the first place? Your mind takes you back to a magazine you read years ago. We look further into the memory and there you are, magazine open on the horoscope page, reading the words "aquarius", underneath the sign it reads that "water is beneficial to your shakra". You fad out of the memory, anger in your chest. It had all been a lie, your skills, your dreams, your water loving shakra. You set fire to this newspaper. As you walk out of your swiftly burning apartment, you lose your name. You are no longer who you once were, you are no one. You never touch water again.

Pisces
Your star sign is a fish. Sadly, you also look like a fish. Move back 10 spaces.

SATIRE

SOCIETIES

AN INSIGHT INTO SOCIETIES

THE PRINT TAKES A LOOK AT STUDENTS' OPINIONS ON SOCIETIES AT QUEEN MARY

SIMRAN SINGH

Congratulations and welcome to our new students joining Queen Mary, and also welcome back to our current students too! Societies play an important part in university experience as they offer you the chance to explore and enjoy your hobbies with people who share similar interests with you. Most importantly, it's great way to meet new people and socialise. Whichever society you choose to join, you can be guaranteed that you will be a part of some exciting activities and events!

To give you an insight into what kind of events some societies hold, and what you might like to be a part of, we asked some students about their experiences of societies and what they particularly enjoyed:

'I had attended an event called Nawrooz in which different

societies got together and held a big New Year celebration. The societies that got together were Afghan, Arab, Azerbaijani, Iranian, Iraqi, Kurdish, Moroccan and Turkish. It was such a lively and busy event, as I got to meet lots of new people. It was such a good atmosphere coming together and celebrating new year. There was music from different cultures, dance and lots of food which made the night great!

'Baking society is the society to join! There were lots of different activities and events held this year. I had particularly enjoyed the cupcake decorating class. We were taught different types of icing techniques and whether you were icing cupcakes for the first time or just simply having a bit of fun, it nice to meet people and chill out. The society overall it great, as we got to do something new every time and

of course, eat all the treats we make!

'Cheerleading society was such a great experience this year. You don't have try-outs as they accept everyone so I felt very welcomed and the overall vibe was good. I got the chance to perform at an event with my team which was so fun. I would recommend joining different sporting societies like this.'

These are just a few students who have given a brief statement on their opinion of the societies. However, Queen Mary has a wide range of different cultural, social and educational societies you can join. There is something for everyone, and the most important thing to remember is to not be afraid to try out and join different societies. You will always be welcomed, and you never know what you might end up liking - you could



make a great contribution to any society!

Fresher's Fair, which is going to be held this month, is the perfect opportunity to have a look at the many societies that are open in Queen Mary and available for you to join. Stalls are set up across campus where you can go and approach current members of a society and talk to them about it. It's an event not to miss, and to find out more information,

don't forget to visit the Student Union website to see the whole list of societies and how to join at:

<https://www.qmsu.org/societies/findme/>

More society news on our website: <https://www.theprintnews.co.uk/category/comment>

A GUIDE TO FRESHER'S FAIR

WANT TO GET INVOLVED WITH SOCIETIES, BUT DON'T KNOW WHERE TO START? LET THE PRINT HELP YOU OUT...

NICOLE WRETHAM

September is now well underway, and that can only mean one thing - Fresher's Week. The infamous week where first years let loose like they never have before, second years come back experts of the dos and don'ts, and third years are faced with the brutal reality that in 9 months time, university will all be over. One of the highlights of Fresher's Week is undoubtedly the Fresher's Fair, a two day phenomenon that is the best way to find out what our brilliant university has to offer. Stalls are spread out across campus, allowing you to find your bearings whilst strolling through the mirage of society members and students (not to mention picking up loads of freebies - pizza and baked goods included). There is always so much going on, so here is a guide to the Freshers Fair that should help you get the most out of the experience!

1) Definitely don't give Fresher's Fair a miss. You might think that reading the list of societies on the QMSU website will be enough for you to decide, but it won't. Go to the stalls and find out from current members what it's really like to be a part of that society face to face. They'll be able to tell you things a website can't.

2) Go with a friend. Even if it's your new flatmates who you just met, it's much more reassuring to go around with a few people. If you're nervous to sign up to and try a society out yourself, you can persuade your new friends to come with you (and vice-versa).

3) Make sure to take your time. Fresher's Fair can get very busy so there's lots of people packed into small spaces. It can be tempting to give up and rush your way through it so you can go and get a Nando's for lunch, but you might miss out on finding a society you didn't even know existed.

4) Don't be scared to sign up for things. Almost all of the stalls will just ask you to leave your email with them so that they can send you a welcome email. This usually includes details to their taster sessions or the like, so don't feel like signing up will be a huge commitment. You have the chance to go and try it out, even if you change your mind later.

5) Don't think you can't sign up to something. Just because you aren't doing a Law degree, it doesn't mean you can't be part of the Law Society, and the same applies to so many academic societies. Most of them welcome everyone, and even encourage people from other schools of study to join and learn more about their interests.

6) You don't have to have played a sport before to join it. Don't think that because you weren't in the firsts Netball or Rugby team at school, you won't be good enough to join.

A lot of the sports societies have multiple competitive teams and fun, social teams so there's room for everyone. Don't dismiss the idea of joining a team because tryouts scare you! Some teams, like Cheerleading, don't have tryouts and accept everyone.

7) Look out for freebies. Fresher's Fair is a great place to collect tons of free things, including a booklet of vouchers to use at the local Weatherspoons, discounts on QM merchandise from the campus shops, as well as free pizza slices from the Dominos stall!

8) Check out Library Square as well as the stalls. Lots of societies and sports teams do fun demonstrations in the square throughout the day. You might see something you think is cool, or want to try something that looks like a fun challenge.

So, take it from a third-year veteran, making the most of Fresher's Fair is a great way to start of your journey at university. Sign up to as many societies as you want and make the most of the taster sessions available. The more things you try, the more likely you are to find a society/societies that suit you well. From yoga, to Harry Potter, to coding, to beard appreciation, QM has a society for everyone, and if you do Fresher's Fair right, you're guaranteed to find it.

If you fancy getting a head start on finding out what societies QM has to offer, take a look at the full list here: <https://www.qmsu.org/societies/findme/>

You can also find a complete list of the club sports here: <https://www.qmsu.org/club-sport/find/> but don't forget rule #1!

SPORT

ON THE ROAD TO SUCCESS

Queen Mary Formula Student Wins 'Best Newcomer Award' with the University's First Car in History

NINA MANGOLD

After struggling for over a decade, Queen Mary Formula Student (QMFS) celebrates making history - which has indeed happened on several occasions over the course of last year. Attending IMechE's 'Learn To Win' event, first engine start, nominated for Society of the Year, gaining Silver Societies Excellence status from the Students' Union, delivering the first Formula Student car in university history, competing in Formula Student UK at Silverstone, and our biggest achievement yet, winning the Best Newcomers Award at said competition, ... It has been an exciting year for QMFS!



In September last year, after the team structure has been reorganised, a lot of new people were recruited - especially during Freshers' week, so keep an eye out for us this year - which brought energy, enthusiasm and new ideas to the team. Aqil Hussain, Project Manager of last year, said that he wanted to make Formula Student a university wide project, and not just something for Engineering students. Therefore, students from various study subjects were brought onto the team, ranging from Computer Science, to Business and Management, to Physics, to Anglo-German Cultural Relations, and even to Film Studies and Drama.

This strategy turned out to be a success: After having attended the IMechE 'Learn To Win' event in October 2016, where we had the opportunity to discuss ideas with some of the key members of the Formula Student competition, the team managed to get an engine started in November. This was a milestone achieved, but the team still had to overcome a lot of obstacles in order to make it to Silverstone in July

2017. Due to refurbishments going on in the Engineering Building, QMFS had to relocate several times, which made it difficult to keep working on the car. Furthermore, it was a financial challenge to find sponsors who would invest in a rookie team with no successful history whatsoever. In the end however, thanks to our commitment

The team aims to use the momentum gained from the success of this year in order to return to Silverstone with an even stronger entry in the upcoming year. If you are passionate about cars and racing and are willing to dedicate time to learning things that you will never learn in a classroom, come and find us at Freshers' fair. We will be recruiting again this year and are more than happy to give you more information about what we do. If you are not doing an engineering based degree and are worried about joining our society, we can assure you, we have several roles available that do not require any prior engineering knowledge. Skills from a variety of degree backgrounds are needed particularly in operational roles such as in Finance, Administration and Marketing (I can say this from personal experience since I'm a Film and Drama student).

To get in touch simply drop us an email:

qmformulastudent@gmail.com

You can also find us on:

Website: <https://www.qm-formulastudent.co.uk/our-team>

Facebook: <https://www.facebook.com/QueenMaryFormulaStudent>

Twitter: <https://twitter.com/QueenMaryFS>

Instagram: <https://www.instagram.com/qmformulastudent/>

YouTube: <https://www.youtube.com/channel/UCv37FZ7V8U0IcvUq7Q6Gvg>



SPORT

QMBL WOMEN'S RUGBY CLUB

GLORIA AFELUMO

Over the past 5 years, the sport of women's rugby has skyrocketed in profile. Women's rugby is a sport among other sports that is aiding women in breaking away from stereotypes and the expectations set by others. The rising profile of rugby through increased media attention and recognition has encouraged more women to engage not only in rugby, but also in sports that challenge social norms and allow women to show their true power. As a women's team, we face much adversity and prejudice. People often automatically assume we play touch rugby. Rugby inspires connotations of violence, pain and masculinity. Apparently, we're not powerful enough, or strong enough to play such a sport.

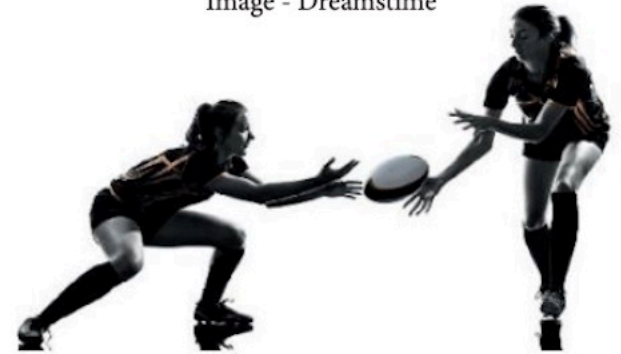
These common assumptions and this prejudice never stopped us, nor have they held us back. Our rugby club started from a couple members, not even enough to field a fifteens team. We had very little training, and our main priority was to get enough people on the pitch.

7 years later, we came 2nd in our division, with 41 points, only 3 away from the top team and 22 points above the team in 3rd place. We now teach our players to have good technique and be respectful of not only our own team members but members of the opposing team. We've all individually conquered our own targets and continue to push ourselves to the limits of our abilities. Surpassing people's expectations is a truly

empowering thing making us even more passionate about playing rugby.

Rugby is a beautiful sport. Like many sports, it requires good players. However, unlike other sports, it requires true trust and affinity between team mates, as well as working well together and pushing each other, which is what makes us a great team.

Image - Dreamstime



Queen Mary and Barts and the London Women's Rugby Club is a great rugby team and we're always looking for fresh talent; whether you are an experienced player or have never played before, we're very accommodating. Rugby is a fantastic sport and we are a fantastic team, not only on the sporting side but also on the social side too. Not only will you be part of a great team but you will gain an amazing group of friends that will add to your university experience.

DANIELE ACCURSO: WHAT TO DO ON A SATURDAY? - BARNET FC



Image - Wikimedia

Let me start off by saying hello to all new students and returning students at our fantastic university! For all you football fans out there, it can sometimes be tough not going to watch the beautiful game on a regular basis. This holds even more resonance whilst at uni. With London potentially being a new city for many of you, essays and reading taking up most of your time, I aim to be the trivago of the footballing experience in England's capital city.

As someone who has gone to every major club in London, I've amassed quite the experience going to grounds and knowing what to expect. So if you want to go watch the football and are not sure where to visit, look no further than this article. 'What To Do On A Saturday' aims to provide you with information of where to go, so planning a day out is

one less worry for you. So, sit back and relax - hopefully your monthly footballing fix will be sorted with my help.

With London acting as a major hub of footballing giants such as Arsenal, Chelsea and Spurs (Some may disagree with this last team), which club will be the first I tell you to visit? Well, where else would I start other than the club I support, Barnet FC.

Formed way back in 1888, Barnet are situated in North West London, and currently play their football at The Hive in Edgware. Nicknamed The Bees, yes The Bees, play at The Hive, Barnet ply their trade in League Two, England's lowest professional league. Often flirting with relegation for most of our recent history,

Barnet have won the Conference a record three times which is something we pride ourselves on (Is winning a semi-professional league something to be proud of? I'll let you decide).

At the time of writing this, Rossi Eames who manages Barnet has guided us to 9th in the table with 2 wins, 1 draw and 2 losses out of 5. In the Carabao Cup, otherwise known as Carling Cup (for you traditionalists), Barnet saw off League 1 Peterborough United in round 1 and went down valiantly against Premier League Brighton in round 2. An all round positive start for the Bees, who can you expect to see us facing off against is you make the trip to North London?

On the 23rd of September, Barnet face Crawley Town which, when reading this, I have to admit, probably won't get the pulse racing. However, what will be an intriguing match will be on the 7th October when 1987 FA Cup winners Coventry City come to The Hive, with the game being televised live on Sky Sports. With the TV cameras set to feature as Coventry City come to town, Barnet usual gain some impressive crowds with 4,000 people minimum I expect to turn up for that match. So, if you want a brief moment of glory on national television, get yourself down to Edgware.

As a fan it is easy to 'big' your own team up, however, Barnet are one of the most exciting prospects in the Football League. With a world class training ground that has seen the German and Brazilian national teams train there, the stadium is also of a high standard with various bars around the site to quench your thirst.

From the Queen Mary campus, this will probably be one of the longest travels I will suggest in this series, but it isn't too difficult, even for those still getting their heads round how the tube works.

Directions

From Mile End tube station, get the **central line** to Bond Street and from there, change onto the **Jubilee Line** and go to Canons Park via Stanmore. Once out of Canons Park Tube Station, it is a 7 minute walk to the ground. Overall from Mile End tube station to The Hive, the journey is expected to be around 60 minutes.

Barnet vs Crawley Town- 3.00 Kick-Off, **23rd September**

Barnet vs Coventry City- 12.30 Kick-Off, **7th October**

Prices

A concession is categorised as someone under 21 years of age. I would suggest either go into the West Stand which is

Barnet's largest terrace or, if you prefer to stand, go into the South Stand which is also cheaper. Tickets can be purchased online or on the day from the ticket office.

West Stand- Adult £25, Concession £14

South Stand- Adult £19, Concession £10

Address

Camrose Avenue, London HA8 6AG

As someone who has a season ticket at Barnet, I'll be at both matches and can honestly say we try to play football. Hoofing is to be expected in this league as players aren't great technically, but Rossi Eames does try to get the ball down on the floor and play. Although the day out may seem pricey, Barnet is a great club to go to watch and I definitely recommend going at least once this year. Lower league football is great, and nothing beats going to watch 'Little Old Barnet'!

Hope to see you at the game, and thanks for reading.

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