

creative



LCCA Student Magazine # 6

LCCA
London College of
Contemporary Arts

VALENTINE'S SPECIAL
The history of Valentine's Day

I'M NOT BEING FUNNY BUT
Art by Nick Pearson

MULTISPECTIVE & MISCELLANEUM
A celebration of photography

THE FOUR SEASONS FASHION SHOW
LCCA's budding fashion designers

FREE



LCCA OPEN DAY

Join us at our **OPEN DAY** on **March 19th** and find out more about the course and why the London College of Contemporary Arts is a perfect place for you to study.

For more information please visit our website: www.lcca.org.uk

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FEB 2016

A WORD FROM THE EDITOR



February is different to all the other months. It is the shortest month of the year, doesn't always have a full moon, features a day for lovers, and has an extra day every four years.

This year, February is extra special with a full moon and an extra day. This edition of Creative magazine features extra pages to align with the extra day of the leap year – it's a Valentine's Day and leap year special edition!

In these pages, we take you through some very diverse topics, featuring photographic documentaries about Ramadan and about a refugee camp. For the romantics, we have an article about the history of Valentine's Day accompanied by a collection of images titled Forbidden Love.

Special mentions go to the Four Seasons Fashion Show that showcased our budding fashion designers, the celebration of photography through our Multispective & Miscellaneum exhibitions, and the Bon Voyage show from our aspiring performing arts students.

These are huge milestones and all of them featured impressive graduate student work, so hats off to all our graduates! Indrek Galetin, Emily Faulder, Ivana Puchlova, Jason Owusu and Elena Bote, all dedicated members of the Creative editorial team, are amongst them.

We wish them all the best for their future endeavours, and look forward featuring their works as alumni.



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Arts Foundation

Advanced Diploma in Contemporary Contexts



Throughout this course, students are guided through a number of art and design disciplines and techniques through different units and set assignments. To underpin their studies, they are given a firm contextual and historical background in art and design through a course of lectures and relevant exercises.

The general arts foundation course continues with specific pathways to prepare students for further specialised study.

October 2014 group: Design pathway: digital image capture and editing. On this unit, students were encouraged to capture images, employing photography, flat bed scanning and online research, to create photomontages using Photoshop. They incorporated their knowledge and appreciation of art history gained on this and other units, including lectures on collage, Dada and Surrealism.

February 2015 group: As part of the introduction and interpretation in art and design unit, students were set the practical challenge of creating a still life drawing. Using multiple viewpoints, non-traditional depiction of space and various abstract qualities of line and rhythm, they showed their understanding of the lecture on Cubism.

Nick Pearson, Associate Lecturer, Arts Foundation



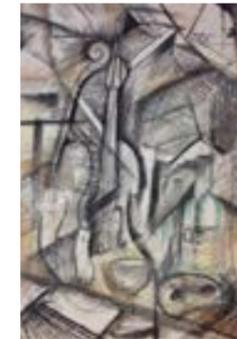
Kwaku Boetang
Ku Klux Arena (photomontage project) 2015



Ghida Hammoud
Cubist Drawing project 2015



Husein Abdulla
Cubist Drawing project 2015



Joseph Bagnall
Cubist Drawing project 2015



Sabrina Fozilova
Cubist Drawing project 2015



Nodee Niranjana
Call Me When You Get This (photomontage project) 2015



Ferhat A. Guerbuez
Lure of Fashion 'Getting to the Top' (photomontage project) 2015

THE FOUR SEASONS FASHION SHOW



"I feel I've accomplished my mission as a student as I was selected to show my collection at the fashion show. To see my clothes on the models in front of an audience made me feel I want to achieve more and it pushes me forward to work within the fashion industry." Leeroy Williams

LCCA staff and students, alongside guest fashion bloggers, gathered at Shoreditch Town Hall for The Four Seasons Fashion Show.

LCCA fashion graduates showcased the fantastic results of their intensive research and hard work over the last two years.

With collections for both spring/summer and autumn/winter seasons, each garment had its own unique style, with a wide variety of colours, materials and textures on display. The designers took inspiration from a variety of sources and the collections reflected the professional fashion industry today: dynamic and innovative.

The event was a great success, with over 150 people in attendance. A drinks reception was held after the catwalk, where the graduates' success was celebrated.



Photo credits: Stefano Masse



Photography is an exploration for me; a quest to capture people, emotions and attitudes. In this project I took the role of a photo journalist. Looking for a good subject, I spent a lot of time on research. Eventually, I decided to go to the Syrian border city Suruç, Sanliurfa Region, Turkey.

I produced a set of pictures with the main subject being children and their day to day life in the camp. Since the terror organisation ISIS gained more territory in Syria and Iraq, a lot of people have been barbarically executed. Millions of people have had

to flee from their homes and relocate in Turkey, Lebanon and various other countries. I felt that those people didn't have an international voice and so I decided to be their medium of expression.

The images are very simple and minimalistic and I chose a black and white format. I believe that black and white photos have a deeper impact on people's souls. I also overexposed my images, bringing the focus to the child and his or her inner thoughts. I tried to blur the line between photography and painting.

If these photos have a mission, it is this: to capture rarely viewed, emotional portraits of children who are forgotten in modern society. I have achieved my goal as an artist if the photos evoke any emotion.

THE LOST AND FORGOTTEN CHILDREN OF THE BORDER

by Ferhat Gürbüz





MULTI SPECTIVE

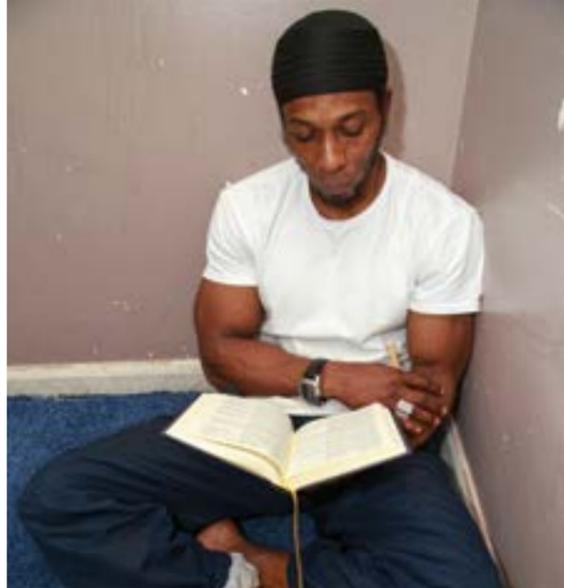


The MULTISPECTIVE photographic exhibition showcased the eye-catching work of 22 photography students who graduated from the London College of Contemporary Arts with a Higher National Diploma in Photography. The students were a diverse group from different countries and backgrounds, each with their own cultural perspectives. This was reflected in the variety of work on display, including portraiture, documentary, still life, fashion and fine art. Amongst the work exhibited was Jade Will's intimate self-portraits commenting on her reliance upon the use of numbers; Emily Faulder's series of portraits of Japan-philies around the UK; Siyreta Ellis's documentary series which follows a woman's journey through the operation theatre and recovery house in the Dominican Republic; and Attila Harmati's constructed images of 18th century farming communities which reference the changing Hungarian landscape. MULTISPECTIVE kept its promise to be an exciting introduction to fresh new photographic talent in London. Images from the exhibition along with websites of the students can be seen at the following link: www.photomultispective.com

Alina Nedelescu, Attila Harmati, Carmen Timofte, Corina Maria, Daniel Balica, Daniela Simon, Daniel Silas, Diaquiesse Kiasungua, Eliza Ramires, Emily Faulder, Eniko Toth, Horace Shani, Ilias Ramli, Indrek Galetin, Ivana Puchlova, Jade Wills, Lota, Natalia Lozovan, Olawale Babatola, Siyreta Ellis, Sophia Bennett

CAN YOU HANDLE IT?

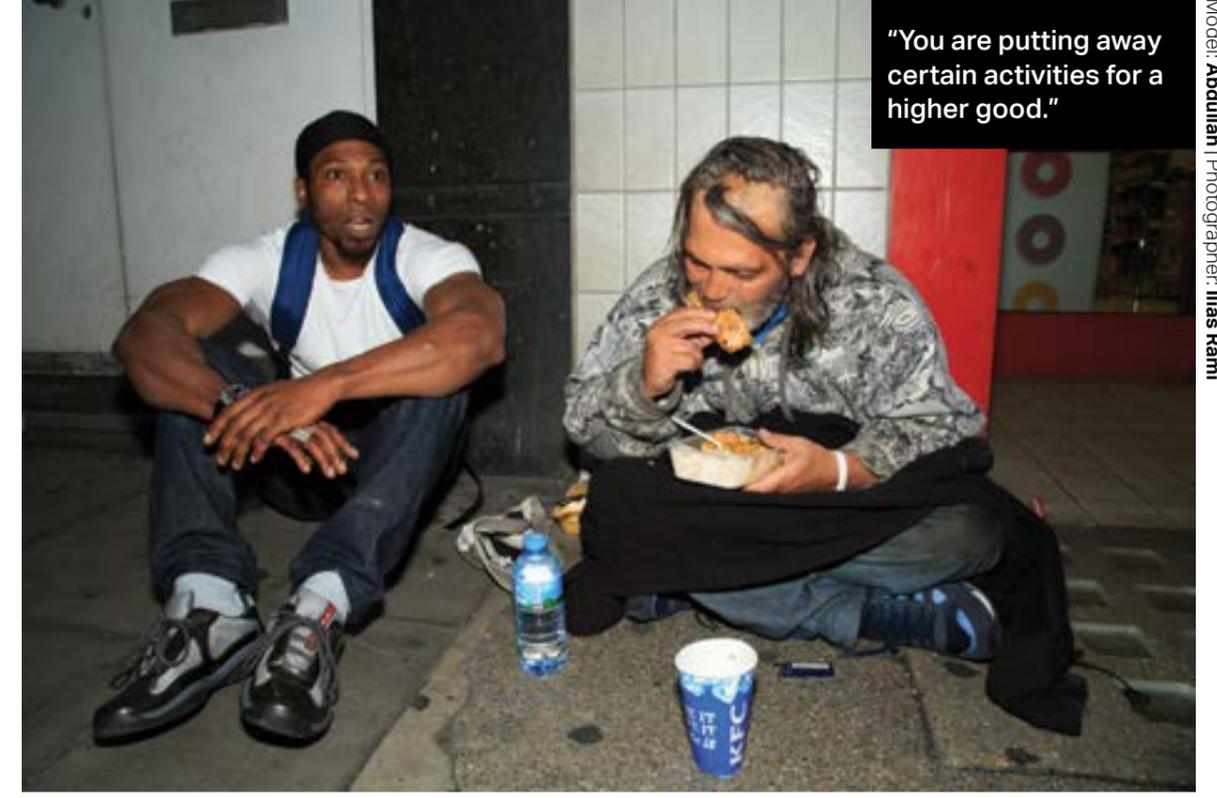
By Ilias Ramli



This is a photographic documentary of one man's daily activity throughout the month of Ramadan. This project aims to give the viewer a closer insight into what it's like to fast from sun up to sun down for 30 days, including all the difficulties and benefits that come with it. The work should also provoke the viewers to ask themselves: can you handle it?



"One can get through everything."



"You are putting away certain activities for a higher good."

Model: Abdullah | Photographer: Ilias Ramli



Can you handle it?

What does Ramadan mean to you personally?

Ramadan is a time for me where I put everything aside, calm down, practise self-control, self-understanding, and know where I'm going. It's a time for reflection.

How did you prepare?

Ramadan comes around and it's something that I know I have to do. There's no preparation; it's something that has to be done.

What impact did Ramadan have on you emotionally?

A good impact, spiritually uplifting. One has to practise more patience and control agitation over trivial things, which is challenging while fasting. But this leads to more self-control, hence the spiritual uplifting.

What difficulty did you face during Ramadan and how did you overcome them?

Every day comes with its trials and tribulations. On one day one might feel fatigue, on another day it can be something entirely different. But it is up to us to channel our thoughts away from these things, and stay focused on the fact that one can get through everything. Especially during Ramadan we learn how to harness these difficulties.

What was your motivation in continuing your Ramadan?

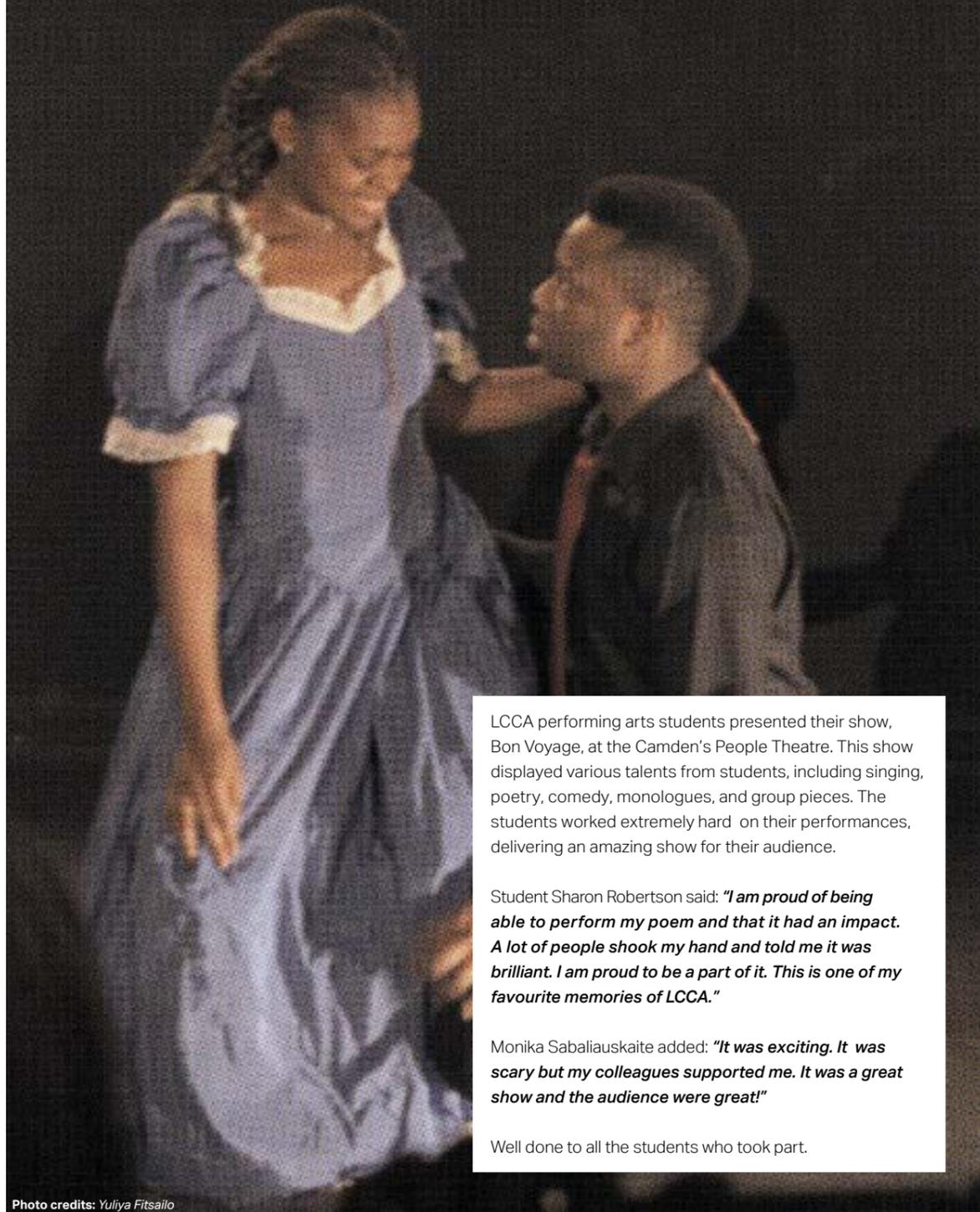
Knowing that it's got to be done is my biggest motivation.

What advice would you give to new Muslims?

The advice I would give to new Muslims would be to bring yourself out of the everyday norm that you have been doing for 11 months. Associate with people that are fasting; bear in mind that this a month where you are putting away certain activities for a higher good.



BON VOYAGE



LCCA performing arts students presented their show, Bon Voyage, at the Camden's People Theatre. This show displayed various talents from students, including singing, poetry, comedy, monologues, and group pieces. The students worked extremely hard on their performances, delivering an amazing show for their audience.

Student Sharon Robertson said: *"I am proud of being able to perform my poem and that it had an impact. A lot of people shook my hand and told me it was brilliant. I am proud to be a part of it. This is one of my favourite memories of LCCA."*

Monika Sabaliauskaite added: *"It was exciting. It was scary but my colleagues supported me. It was a great show and the audience were great!"*

Well done to all the students who took part.

Photo credits: Yuliya Fitsailo

I AM NOT BEING FUNNY BUT



Manufactured objects surround us. Few are vital to our existence, but we use some of these products to identify ourselves as civilised, modern or as symbols of status. Often missed are the low-cost, mass-produced items of utility; the used-up or discarded. Pearson is interested in these 'lower' cultural forms and uses such things as old wallpaper, postcards, furniture and discarded junk as starting points.

From skip, street or pound shop, these objects - often having a direct relationship to our bodies, everyday lives or memories - are 'reworked'. Burrowing into their meanings and making drawings and collages in the process, Pearson creates new or amplified associations. Often using a wry humour or foregrounding the 'uncanny', this work addresses what the artist sees as the interesting or awkward relationship between sculpture and everyday objects - and the certain truth that things are often uncertain, or not what they seem.

Nick Pearson was born in Leeds. He now lives and works in London, has exhibited internationally and teaches on the Art & Design Foundation Course at LCCA.

By Nick Pearson





SNAPSHOT

"LACUNA"

The soothing smell of pine trees, slowly stepping into the coolness of the pond while the chattering of summer birds is all around...it is the memory of summers with my grandmother that inspired me to create Lacuna. It is a body of work exploring themes of nostalgia, the temporality of time, escapism, and Freudian regression.

Projecting myself onto my sister, I photographed her alongside my grandmother, capturing their journey through the Dantean forest, a dark lagoon in the woods, and a mystical hill of crosses. Nature and landscape played an equally important character as metaphors in my vision of the world.

By juxtaposing their bodies and postures in constructed compositions, I attempt to emphasise the inevitable gap between the two perspectives of distant generations, pursuing answers about my own relationship with my grandmother.

Exploring the concept of temporality and impossible return was one of the reasons I added an autobiographical element to my project, echoing Nietzsche: "*I seek an eternity for everything.*"

Lota

LACUNA
by Lota
PHOTOGRAPHY STUDENT

THE HISTORY OF VALENTINE'S DAY

Valentine's Day is like Marmite: people either love it, or they hate it. Whichever way people feel, the annual day of romance seems to always result in the same thing these days: a flood of emotional ramblings on social media.



Photo credits: Indrek Galetin

From people announcing their undying love for their boyfriend/girlfriend of two weeks to people trying and failing not to sound bitter when they claim "I don't need a special someone on Valentine's, I like my own company!", Facebook certainly has it all.

But Valentine's Day wasn't always chocolates and roses. Though still shrouded in historical uncertainty, one theory revolves around the belief that the celebration dates back to A.D. 270, which is around the time when St. Valentine's death and subsequent burial would've occurred – far from romantic.

Others believe that the celebration may have been assigned to February 14th by the Christian church in order to make the pagan festival of Lupercalia (celebrating health and fertility) more Christian-centric.

It wasn't until the end of the fifth century that February 14th was officially declared St Valentine's Day by Pope Gelasius.

However, there was still no obvious link between the Valentine's celebration and romance. It is suspected that the association did not come about until the Middle Ages, when the French and English pinpointed February 14th as the beginning of birds' mating season.

It is thought that written Valentine's greetings started to appear in the early 1400's. The earliest notable greeting is a poem written in 1415 by Charles, Duke of Orleans for his wife. The poem was written while he was imprisoned in the Tower of London and can now be seen on display in the British Museum.

In Great Britain, Valentine's greetings became more and more popular as time passed. By the 18th century it wasn't unusual to exchange gifts or hand-written letters with partners or even friends. Once the 1900s arrived, technological advancement brought pre-printed cards, which soon replaced handwritten tokens.



Photo credits: Indrek Galetin

Nowadays, people around the world celebrate Valentine's Day in a number of different ways. From exchanging cards and small gifts to romantic meals or getaways, it seems this age-old tradition isn't going to fade away any time soon - no matter how many sardonic statuses people post.

by Claire Payne



Photo credits: Elena Bote



Photo credits: Endy Engel



2015: WHAT A YEAR FOR LCCA?

LCCA has had an excellent year for their students, including featuring on BBC One's The One Show, ITV and London Live, teaming up with Arture Connect for a celebration of Indo-British relations, its first fashion graduate show, a whole host of fashion and art exhibitions, and their first ever graduation with more than 100 graduating students. As well as a new campus in Holborn and various industry guest speaker events.



Photo credits: Endy Engel

Great to find out about Ted Baker and potential career opportunities.
Fashion student, Sibusiso Dladla



Photo credits: Stefano Masse

Meeting new people and experienced lecturers is the best part of the course.
Foundation art student, Hasina Masom



Jennifer Keelson

TREAT YOUR FEET



The average person walks around 4 miles a day - no wonder so many of us are suffering from dry, sore and cracked feet! Our feet do so much, yet so many of us fail to give our tootsies the TLC they crave and deserve. So, here are few simple steps to add to your skincare regimen (or when you just fancy treating yourself!) that will make all the difference.

EXFOLIATE

Exfoliating your feet every day when you're in the shower will help to keep dry and rough skin at bay, making your feet lovely and soft. You don't even have to splash out on any expensive products - you can simply take a little bit of oil, such as almond or coconut, add a few table spoons of salt or sugar, and gently buff away the dead skin.



SOAK

When you're in the shower or the bath, don't forget to give your toes a good once over with your shower gel or soap to keep germs at bay. If you have time, try giving your feet a nice long soak in warm soapy water once a week. If you really want to pamper yourself, try adding a natural essential oil such as lavender or chamomile.



DRY

One of the most important things you can do for your feet is to ensure that you dry them thoroughly after a bath or shower; failing to do this increases the risk of bacterial growth or a fungal infection. A gentle powder such as T for Toes by Lush Cosmetics (my personal fave) will absorb moisture and get rid of any microbes that might cause foot odour, which will keep your feet in optimum condition.



MOISTURISE

Whether you have dry skin or not, a little moisture is always good for the feet. Menthol-filled foot lotions keep the feet feeling cool and soothed, offering relief for soreness. Try using an organic cocoa butter or shea butter to hydrate and soften the skin.



MASSAGE

Tired feet want nothing more than a gentle massage to get the circulation flowing and to smooth out tension. If you use a massage bar, the rich oils and butters will help your hands to glide smoothly over the skin as well as conditioning the feet, keeping them supple and moisturised.



REST

Take the weight off, literally! Put your feet up. Sit down with a nice cup of tea and your favourite book or magazine, resting your hard-working feet.



FOOT MASKS

Foot masks are a wonderful way to keep your feet fresh and cleansed. Try a clay-based foot mask to cleanse and purify the skin. Simply apply to your feet, leave on for twenty minutes whilst you relax, then wash off with warm water. Massage your feet in circular motions, getting rid of excess dirt and dead skin.

HAVE YOU MET THE GOLDBERGS?

By Jason Owusu

This show has been on US television since 2013, and premiered in the UK on the 20th of April of this year. It is a quietly heralded gem on the E4 network.

Based on the real life misadventures of its immensely creative producer, Adam F. Goldberg, The Goldbergs centres around his childhood adventures through home videos of his life as an 11 year old growing up in the 80s.

The Goldbergs is a fantastic example of how creative one can be using the simple things in life - who knew that the classic home video could be turned into a work of art, namely a family sitcom, and the start of a massively fulfilling Hollywood career?

The show is expertly cast, featuring Wendi McLendon-Covey of Bridesmaids and Reno 911! fame as the shows overbearing and exuberant matriarch, and Jeff Garlin from HBO's Curb Your Enthusiasm as the nonchalant, emotionally repressed but loving father.



Up-and coming-actors Hayley Orrantia, Troy Gentile and Sean Giambrone, are respectively Erica the eye rolling adolescent, Barry the awkward middle child, and Adam the youngest. Adding to the mix is spritely octogenarian George Segal as their playboy grandfather, 'Pops Solomon'.

The cast, comedic timing, writing, editing, and supporting roles from Patton Oswald and Cedric the Entertainer have secured The Goldbergs in its position as one of the greatest family sitcoms of all time, despite being in its infancy.

Verdict: A must watch for fans of the 80s, retro fashion, and great comedy. It is a great example for up-and-coming creatives, writers, and filmmakers on how to harness the potential of seemingly limited resources and environments to create a masterpiece.

AIR & SPACE EVIDENCE LOGO DESIGN COMPETITION

Graphic Design and Visual Communication students at LCCA recently took part in a logo design competition launched by Air & Space Evidence (www.space-evidence.net).

Samar Yanni, the Programme Leader for the course, was very pleased with the work developed and is eagerly awaiting for the winner's name to be announced. Keep an eye out for the results!

Graphic design students:

- Dominique Chatzoglakis
- Josefin Barsom
- Noor Salman
- Kelly Broda
- Jeremy King



Noor Salman



Josefin Barsom



Dominique Chatzoglakis

CHARLOTTE PONTI

www.lechatponti.com



"The Graphic Design course at LCCA is fast-paced, dynamic and knowledge packed. I've learnt a tremendous amount and it has helped me to improve my skills in using it as medium for my artistic talent."

What's on



The Head of the River Race
19 Mar 2016, 13:30
From Mortlake to Putney

Celebrate the start of the spring on the banks of the River Thames cheering at The Head of the River Race, one of London's longest running sporting traditions. More than 400 crew members from all around the world come together to take part in this boating event, which first took place in 1926. The race stretches from Mortlake to Putney, with hundreds of boats taking part. Each boat is manned by a crew of eight and will row over 4.25 miles.



Alexander Calder: Performing Sculpture
Until 3 April 2016
Tate Modern, London

A pioneer of moving sculpture, Alexander Calder, revolutionised art with his dynamic works, bringing a fourth dimension into sculpture. He instilled movement into static objects, and was the creator of the 'mobile', a form of kinetic sculpture. Avant-garde society was fascinated with his movement, and now we have the chance to explore his works, with the Alexander Calder: Performing Sculpture exhibition at the Tate Modern.



Gathered Leaves: Photographs by Alec Soth
Until 28 March 2016
Science Museum, London

"To me the most beautiful thing is vulnerability" – Alec Soth.

Don't miss out on the first major UK exhibition from one of the world's best documentary photographers; Alec Soth. His four signature series: Sleeping by the Mississippi (2004), Niagara (2006), Broken Manual (2010) and Songbook (2014) will be on display at this exhibition, highlighting the best of the artist's work.



Big Bang Data at Somerset House
Until 28 February 2016
Somerset House, London

Data is a huge part of 21st century culture; it has transformed our lives and continues to grow immensely. The Big Bang Data exhibition comes to London after being presented in Barcelona and Madrid. It showcases a collection of artworks and projects that unravel the hidden truths of the huge data overflow in our society. Renowned international media artists worked together with a huge number of architects, analysts, journalists and many more to bring this incredible exhibition to life



London Fashion Week AW16
19 - 23 Feb 2016
Various locations, London

The fashion world has its eyes on the capital at the world famous London Fashion Week. Get ready for more than 60 catwalk shows, presentations, salon shows and much more. The biggest event in fashion takes place in the heart of the city, turning London into a world stage for style and glamour.



Valentine's Special: London Balloon Flights
14 Feb 2016
London

Flying on a magic carpet over the city of London for Valentine's Day might be a bit unrealistic, but you can certainly spend some time above London's most impressive sights in a hot air balloon. Pioneer balloonists first flew over London 200 years ago- today this experience is accessible to everyone. Who knows; in 200 years you might be able to take a space shuttle trip for Valentine's Day.

Delacroix and the Rise of Modern Art
17 Feb - 22 May 2016
The National Gallery, London

"The first merit of a painting is to be a feast for the eye" – Eugène Delacroix.

This incredible exhibition from the French Romantic painter Eugène Delacroix is organised by The National Gallery in collaboration with the Minneapolis Institute of Art. Delacroix transformed French painting in the 19th century and has had a huge impact on the generations of artists that have followed him.



John Hoyland: Power Stations Paintings 1964-1982
Until 3 Apr 2016
Newport Street Gallery, London

"Paintings are there to be experienced... [they] are not to be reasoned with, they are not to be understood, they are to be recognised." – John Hoyland.

Enjoy the works of John Hoyland, one of Britain's best known abstract painters, renowned for his manipulation of colour and space. Hoyland challenged the way we view abstract paintings, likening them to music in the way that they affect our emotions. 'Power Stations' presents a selection of Hoyland's large-scale works dating from 1964 to 1982.



MOVIE PREVIEW

By Claire Payne and Erin O'Neill

FEB 05



DEADPOOL

When former Special Forces operative, Wade Wilson, decides he wants to cure his cancer, he subjects himself to an experiment which leaves him horrendously disfigured. He also finds himself with a new, twisted sense of humour and enhanced healing powers. Ultimately, it's impossible for him to die.

Wilson, played by Ryan Reynolds (Safe House, Mississippi Grind), uses his new identity to his advantage, hunting down

the man who came close to ruining his life. Based on Marvel's anti-hero of the same name, Deadpool has the action to comedy ratio down to a tee.

With the likes of Morena Baccarin (Homeland, Gotham), and Ed Skrein (Game of Thrones, The Transporter Refuelled) in supporting roles, the blockbuster Marvel fans have been waiting for is not to be missed.

MAR 25



BATMAN V SUPERMAN: DAWN OF JUSTICE

The long-awaited Man of Steel sequel finally hits screens some two and a half years after the epic on-screen battle was first announced at Comic-Con back in 2013. As expected from the title, Dawn of Justice depicts a showdown between Gotham City's vigilante, Batman (Ben Affleck: Gone Girl, The Town), and Clark Kent's alter ego, Superman (Henry Cavill: Immortals, The Cold Light of Day). Concerned by Superman's actions going unmonitored, Batman travels to Metropolis, motivated by bitterness and vengeance, and

with confrontation at the forefront of his mind. However, a greater threat caused by Lex Luthor (Jesse Eisenberg: Now You See Me, The Social Network) puts many human lives in danger, forcing the two superheroes to temporarily set aside their differences. Filled with action and suspense, Dawn of Justice isn't set to disappoint those who have been patiently waiting for the past two years. You can catch it in cinemas from March 25.

FEB 12



PRIDE AND PREJUDICE AND ZOMBIES

A supernatural twist on the classic Regency romance, this retelling based on the 2009 parody novel of the same name adds an army of the undead into the tale, as the characters of the much beloved Pride and Prejudice are forced to fight off hordes of flesh-eating zombies.

The Bennet sisters substitute reading and music for muskets and sword fighting, as they learn to defend their lands from the risen dead. Starring Lily James (Cinderella, Downton

Abbey) as Elizabeth Bennet, and Sam Riley (Maleficent, Control) as Mr Darcy, Pride and Prejudice and Zombies stays true to the outline of Jane Austen's original, but is sure to attract attention from a new type of audience as it adds all the blood and gore of a zombie apocalypse into the mix.

You can catch Pride and Prejudice and Zombies in the UK from February 12, just in time for Valentine's Day.

APR 15



THE JUNGLE BOOK

A live-action take on the Walt Disney classic, The Jungle Book introduces you to Neel Sethi, who will make his on-screen debut as orphan, Mowgli.

Raised in the jungle by a pack of wolves, a panther and a bear, Mowgli lives an unusual, yet happy, life until his safety is threatened by a terrifying tiger and he is forced to leave his jungle home behind.

Embarking on a journey to escape Shere Khan (the tiger) with Bagheera, the black panther and Baloo, the bear, he encounters some intriguing characters, who may prove to be equally as treacherous as Shere Khan, himself.

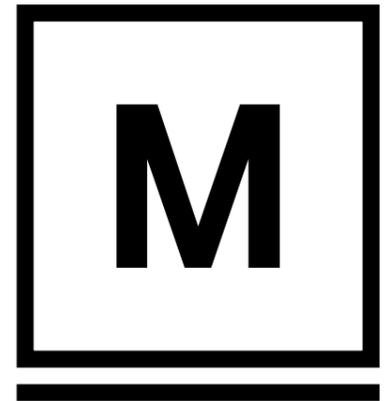
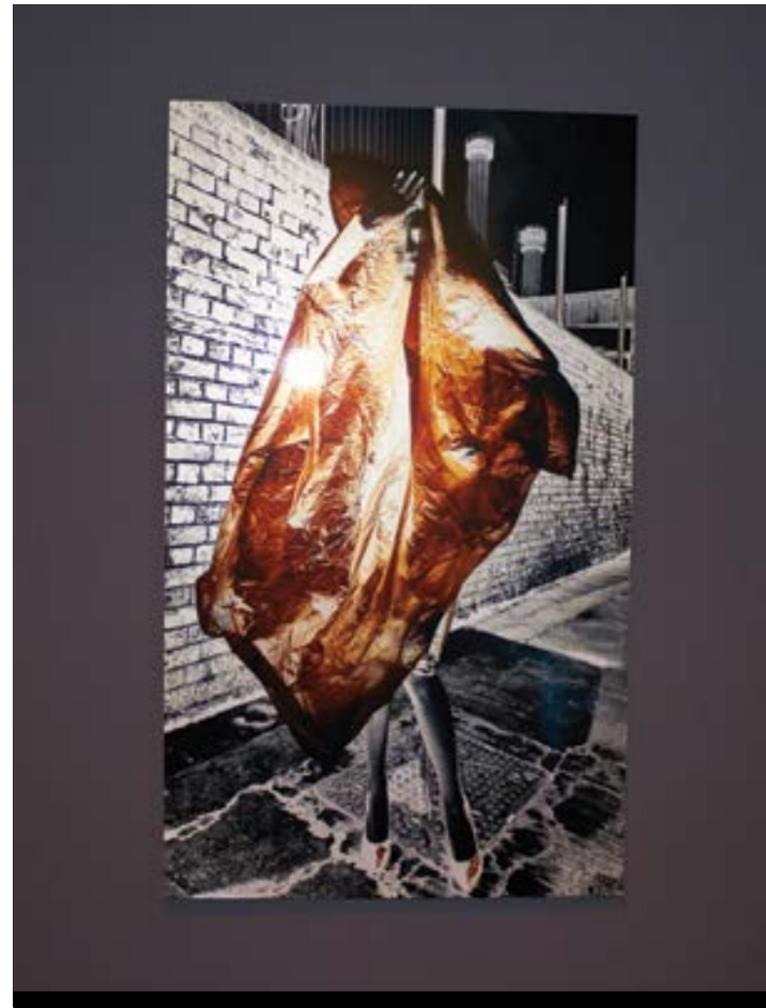
The LCCA Talent Show was a brilliant evening brimming with talent – including singing, rapping and acting.

The Head of the Student Council, Nigel Powell, was on hand to host the event and keep the crowd enthused throughout the evening. The judging panel was also made up of some familiar faces, including Laura Ramsay, Daniel Mouskis and Sara Ibrahim. They did a great job and gave helpful feedback to all those who performed.

The audience members consisted of staff and students, who all had a great time and brought a lot of positive energy to the event. There was also a student raffle, with the opportunity to win club tickets.

Tsara Amadi won the first prize of a Microsoft Surface Tablet, with Yuliya Fytlayo coming second and Jason Owusu third.

By Phillip Donaldson-Vines



Miracle', she wants to convey hope in the bleakest of times.

Akinda Morris dedicated her project to a series of black and white portraits of the men in her immediate family. "I have observed that my husband, sons and grandson are all very different but still have the family resemblance in common," she said. "I wanted to capture the small and fleeting features, which unite their diverse characters through these portraits."

Iraide Zubillaga's 'The Independent Joe' explored the diversity of the independent coffee industry through environmental portraits in various cafés.

Botond Bartha's 'Broken Harmony' fine art photo series reflected the relationship between humans and nature.

Miscellaneum

LCCA hosted Miscellaneum, the first ever photography exhibition to be showcased in the Gallery at the new LCCA campus. Six of our students proudly presented the work which they had spent 11 weeks perfecting, with the collection covering a broad range of genres and photographic styles.

Endy Engel: "Being able to capture a moment, add a piece of imagination and transform what you originally captured is what I think fashion photography is all about."

Elena Bote focused on the traditions of one of the Russian Orthodox churches in London, exploring religion and orthodoxy.

Louisa Sam chose to document a personal tragedy - her brother being in hospital in a coma. Titled 'Journey of a



6 MUST HAVE APPS

BY THE INTERACTIVE MEDIA DEPARTMENT



PLAGUE INC



Brilliantly executed with innovative gameplay and built from the ground up for touchscreen, Plague Inc. from developer Ndemic Creations evolves the strategy genre and pushes mobile gaming (and you) to new levels. It's you vs. the world - only the strongest can survive

BRILLIANT



Brilliant is the fun way to build your problem solving skills in math and science. Take quizzes and solve problems at varying difficulties. You can choose from thousands of problems in math, science, wAT, ACT, AP, JEE, olympiads, and more! Achieve excellence through practice.

TWITCH.TV



Introduced in June 2011 as a spin-off of the streaming platform Justin.tv, this live-streaming video site primarily focuses on video gaming, including play-throughs of video games by users, broadcasts of sports competitions, and other gaming events. Content on the site can either be viewed live or on an on-demand basis.

MY STUDY LIFE



My Study Life is a cross-platform planner for students, teachers, and lecturers, designed to make your study life easier to manage. My Study Life allows you to store your classes, homework, and exams in the cloud, making it available on any device, wherever you are.

APP REMOTE



"App Remote" is an incredible application which safely connects Sony Car Audio and your Smartphone with two-way source control. The latest version ensures even safer operability by introducing voice recognition and expanded text-read-out functions!

WIMAN FREE WIFI



wiMAN is a community of people who share their experience about the use of WiFi networks all around the world, by rating them, testing speed, and "unlocking" their own networks - legally - to let other users get connected in a simple way.



PERSONAL BRANDING IS ABOUT BUILDING A NAME FOR YOURSELF AND SHOWCASING WHAT SETS YOU APART FROM OTHERS. IT DEFINES WHO YOU ARE, YOUR REPUTATION, WHAT YOU ARE GREAT AT, AND WHY YOU SHOULD BE SOUGHT OUT.

CAREERS WITH CARMEN

THE IMPORTANCE OF CREATING YOUR PERSONAL BRAND AND NETWORKING FOR CAREER SUCCESS

When it comes to "branding", the majority of people think about companies and the way they create their image, products, and marketing strategy. However, branding is not just for companies and their products.

For individuals that are looking to develop their career, personal branding is important for them to be successful.

Personal branding is about building a name for yourself and showcasing what sets you apart from others. It defines who you are, your reputation, what you are great at, and why you should be sought out.

5 EASY STEPS TO CONSIDER WHEN BUILDING YOUR PERSONAL BRAND:

- 1. Track your achievements and gain experience**
Building your brand begins with tracking your past achievements and gaining strategically important experiences and skills. Your accomplishments are the foundation of your brand.
- 2. Complete education/training**
Education is an important asset for your career development. If you can specialise in a particular field, take the opportunity. Do some research about specialised training that you can take.
- 3. Promoting yourself**
It is crucial for people to know about your amazing achievements. Use business cards, a personal website, blogs, your LinkedIn account, your CV, networking, etc. to promote yourself.
- 4. Networking and building relationships**
It is important to get in touch with people working in the industry and develop professional relationships. This will help you get to the hidden job market and open up career opportunities.
- 5. Establishing yourself as a professional**
Nothing builds credibility in a career brand more than being seen as a professional in your field. Participate in competitions and aim for awards to help establish yourself.

INTERNSHIP AT S7INS MONICA MARDARE, FASHION & TEXTILES

I was very happy when I found out I had been selected for this internship through LCCA career's department. S7ins mainly focuses on kidswear and I felt like I was getting a chance to experience the real fashion industry.

I had to use prints and shapes in my work, which I really enjoyed. I'd never designed kidswear before so I am happy I got to learn something new. I created six types of prints for the SS 15 kidswear collection and then started on shapes. The latest thing I've worked on involved matching the shapes with prints and creating plans for a new range. After I created the prints and shapes, Celsa (the owner of the company), came and checked them, giving her opinions and suggesting any changes she thought were needed.

My course at LCCA helps me to understand a bit more about how to create my designs, how to translate my inspirations into a real garment, and how to express my ideas as images. The professional practice module, CAD/CAM module, and garment manufacturing module have also helped me to get a better idea of what the fashion industry is like. My ideal job after graduating would be a Junior Print Designer. I would like to express my appreciation for some tutors that have impressed me with their professionalism, patience, experience, and dedication. They are Emma for CAD/CAM, Phil for PMCO and Rebecca for Garment Manufacturing. Visit Monika's website here: www.monicamardare.com

Our Careers and Employability Service team will happily assist you in your search to find an appropriate internship. They can help you search for openings which are well suited to your knowledge and skills, and will answer any questions you may have relating to your internship experience.

TEN MINUTE STIR FRY!



SARA'S DINNER FOR A FIVER



INGREDIENTS:

1 tbsp vegetable oil
1 red chilli, sliced
1 garlic clove, sliced
500g mixed vegetables such as pak choi, baby corn and broccoli
1 ½ tbsp soy sauce

PREP TIME: 5 min

COOKING TIME: 5 min

Serves: 4

NUTRITIONAL INFO PER SERVING:

81 Kcal, 3g protein, 11g carbs, 3g fat, 0g saturates, 2g fibre, 9g sugar, 1.4g salt.

METHOD:

Firstly, heat the oil in a large frying pan or wok. Fry the chilli and garlic for one minute. Add the vegetables and toss to coat in the oil. Fry for two to three minutes, then add the soy sauce. Cook for two to three minutes more, or until the vegetables are tender.

FITNESS

POLISH YOUR GUNS

Incorporate this simple exercise into your routine to keep your biceps pumped up and add strength to your arms.

CONCENTRATION CURLS

A recent American Council on Exercise study said that concentration curls train 97% of the biceps while carrying out the exercise compared to all other biceps workouts.

Sit on a bench, using a dumbbell with a suitable weight for you. Rest the arm that you are training against your inner thigh, and carry out dumbbell curls in a slow and controlled manner. Switch arms.

Make sure to increase the weight of the dumbbell over time so that there is enough stimulus. Have a great workout!



WRITERS CORNER

HAIKUS OF A WEEKENDER

FRIDAY

The weekend cometh
One thought chanting in your
head
"Thank God it's Friday!"

Meet with all your friends
Find a place where for one night
All your stresses fade

Always the one friend
Dancing while you just stand there
The weekend famous

Last orders then done
Back off home to contemplate
Daytime's hangover

SATURDAY

Wake up in a daze
Friends that stayed home teasing
you
"Ready for Round 2?"

Guys in their pressed shirts
Girls bring out their kick-ass dress
Here we go again

"Couple drinks before?"
The question everyone asks
And then soon regrets

Dance the night away
And when the night's all done
Dance your way back home

SUNDAY

This the day of rest
And after twice partying
Lord knows you need it

Crazy friends calling
"Feel like we should go again"
Just hang up the phone

Sunday dinner time
Smell of roast all in the air
How the week should end

Sunday night TV
Lulling you to restful sleep
Till the Monday Blues

Poem by Yaw Kyei



A heart-to-heart with Performing Arts student Tsara Ahamadi

Tsara volunteered and did an internship at the Young & Talented School of Stage and Screen (Y&T), a non-profit organisation. Y&T's mission is to empower young people to pursue life with passion and purpose. Founded in 2004, Y&T have been providing weekend performing arts training for young people in Tower Hamlets and Barking for years.

What did you like about the internship?

Participating in the internship with the company has taught me what needs to be considered when working with young people. There were several things I enjoyed while training with them, such as leading the warm-up and taking part in different projects/activities.

The most important thing I liked about the internship is that it has helped me to be committed and dedicated, as well as a good team player. The internship has helped me to be organised, and the ability to work on my own during the modelling project helped me to communicate my creative ideas which benefited the overall project.

English isn't my first language, which was very challenging because at some points during the internship I didn't really understand what I supposed to do or what was happening. This in itself was very hard to handle.

In addition, I found it so challenging to speak or deliver a message in front of people; also, because I am dyslexic I faced several challenges with the reading and writing. I overcame this by being supported by the Artistic Director Suzann Mclean and Andreea Urzica, the Company Development Coordinator.

What tips would you recommend to someone who is trying to the same internship?

At Young & Talented they run different projects and activities. I would definitely recommend it to anyone who is interested in working with young people and would like to gain some experience. It is also for those that are interested in pursuing a career in theatre and film.

They will support you within any area in your life that you need support with. It has a very friendly atmosphere, and the staff have the ability to understand and listen to their volunteer workers and trainees.

What do you like the most about your course?

The things I like most about my course are the variety of learning objectives each term and having the ability to grow and explore different things. The course made me feel professional, organised, and gave me good time management skills.

Moreover, I have achieved more than I thought, such as organising my own

workshops, being a director, and so on. I remember when I first attended the course I said to myself *"there is no way I will be able to do this"* because of the language barrier.

The course has changed the way I see myself today, and I can appreciate my talent more in depth. Furthermore, when doing activities in the classroom I will always be the last to put my hand up - but now I feel like I can do anything and not be ashamed because English isn't my first language.

Throughout my study, the teachers gave us advice and made each of us feel confident, which gave us the strength to see a better future ahead.

What are you planning on doing after you graduate?

My plan after the graduation is to go to drama school and develop further my knowledge and skills within the field. I love performing and I believe going to drama school will contribute to my passion for becoming a successful actress.

I am also planning to do some training and volunteer work to help me gain more experience and confidence.



NEW CAMPUS



London College of Contemporary Arts

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