

# So, you've decided to study a joint honours degree ...

Twice the fun or double the trouble? Student Ambassador Aalish is studying a joint honours degree.

I made the choice to study Chinese and History simply because I love learning a language and history has always had a soft spot in my heart. Studying a language alongside history presents its own unique challenges, not only from each subject itself, but also when they are combined together. But what is it actually like to study a joint honour degree at the University of Edinburgh? I'm going to talk you through what a general day in my life looks like as well as talking about the how your degree could be structured and what your classes could be like!

## The practical stuff

Most days my classes start at 10am. It is very rare that I start much later (apart from a Tuesday where for some reason I have one class at 4pm!). Usually, I have around three or four classes a day, which I like to point out is a lot, but this is because I am studying a non-European language. Generally, at the University of Edinburgh, Chinese, Japanese, Russian and Arabic have a lot more contact hours than European languages because they are just so different to English. If you choose to study a European language you will likely have more classes than your peers who study a straight history degree, but not to the extent where you have 15 hours of class a week like me!



The student research rooms.

Starting at 10am I don't usually leave the university campus until 5pm most days. I like to do the majority of my work at University so I can relax at home with my flatmates. My day mainly consists of language classes with the odd history class thrown in. I spend three hours at classes across the campus and for the rest of the time I prefer to study in either the School of Literatures, Languages & Cultures or in the Student Research Rooms in the School of History, Classics and Archaeology. This is a small library that only those who study history, classics or archaeology courses can access and it has little marble Greek statues around it!

Studying history mainly involves a lot of reading. For each history course you generally get two hours of lecture and a one-hour tutorial. The lectures will have a lot of people in them and you will all be listening to a lecturer talk about the topic you are studying. It goes without saying that you should be taking notes as the lecturers can say a lot about each of the topics as this is often their area of special interest and study, and so you have to develop the skill of notetaking. This involves actively listening and deciding what is important or relevant information, and generally does not involve copying from the presentation as you will be able to access this information throughout the duration of your course.

Tutorials are smaller groups of about twelve students where you discuss the topics you have been learning about in your

lectures. Most tutorials require you to do pre-reading and so you discuss these readings in the tutorials with your peers and instructor (who is usually either a PhD student or a lecturer) alongside discussing any proposed questions that were suggested on the tutorial worksheet. Doing these readings is really important as it is good practice for writing your essays. When it comes to writing an essay, you need to have done a lot of academic reading in order to back up your claims and argument – this means you need to know what is useful and what is not, which you can practice in doing the readings for your tutorials. The most important thing I would like to tell you is to learn to read well – it will really help you in your studies of history!

## **The good bit**

Studying a language is quite different to studying history. First off there is much less reading which can prove to be a nice break from all the reading surrounding history. In Chinese, Russian, Japanese and Arabic you tend to get more classes than the European languages but you will definitely have quite a few classes ranging from grammar, reading and writing to listening to lectures and, of course, oral classes. Oral classes are usually around six people, with a tutor who is a native to the language. These are my personal favourite classes because you get to apply what you know into practicing speaking with your peers, which I always find fun, plus, often you get to make up fun stories with your classmates!

Generally, I prefer tutorials in either History or in Chinese because I like to have a more of a classroom type setting like you have during high school. Saying this, I have had some really interesting lectures that I wished went on for much longer than their allotted time because it was just so interesting. The most recent one being a lecture on photography and its global influence. It really challenged a lot of my perceptions about the use of photography in history

and I thoroughly enjoyed it! At university you get a wide choice in the courses you do so if there is something that interests you, I recommend choosing a course that covers this. But if you think this would be the most boring lecture to ever exist, make sure not to choose a course that covers this! Choose anything you think will really interest you and I am sure you will enjoy most, if not all, of the course.

Perhaps the best part of doing a history degree with a language, though, is the guaranteed year abroad in the country of the language you are studying. This is something I am really looking forward to as a day in my life next year will look a little different when I am studying Chinese and History in China.

## **All work and no play?**



A view of Edinburgh from Calton Hill at sunset

Now you've probably gathered that I really like my degree and I probably sound like a little bit of a nerd, but I promise I do other things outside of studying! Most evenings, I spend time with my flatmates and friends across the city, sometimes going out into the pubs and clubs of the city, sometimes out to the cinema, or even sometimes on a walk around the city. Don't knock it! Edinburgh is a beautiful city both during the day and the night and one evening I happened to see the northern lights from Calton Hill!

On top of this I am involved in a few societies. The History society is a big society for everyone who studies history or has an interest in history, and through this I play football at the weekend with the Edinburgh Woman's History Football Club. I really love this and it is such a fun way to get to know others who like to play this sport but also study history and also one of the cheapest ways to play football! I am also a committee member on another society and frequently attend other societies such as the salsa society.

If you are thinking about doing joint honours History with a language, I would highly recommend it! Overall, I would say a day in my life can be very busy, but dividing my time between history and Chinese helps to keep me interested and motivated.

---

## **It's all Greek (and Turkish) to me! Studying in Edinburgh when English is not your native language**

Over 10,000 overseas students matriculated with the University of Edinburgh in the 2021-2022 academic year, but what is like to study here? Georgia-Taygeti – originally from Greece – shares her experience.



My favorite class throughout the first two years of my History degree was not an actual history class. Instead, I looked forward the most to my Turkish class which gathered in the Islamic and Middle Eastern Studies building four times a week. It's not that I didn't enjoy my history classes, or policy and politics courses I took as electives. I did! But there was something really special about our little group of students from across the disciplines and our shared frustration over Turkish grammar. I ended up taking the course for four semesters and the class size ranged from nine to two, for our final semester before honors. I really enjoyed how regularly we met, the close-knit feeling of the group, and the Turkish treats our professor would bring us. I grew up watching Turkish soap operas, which I highly recommend as a genre of television, so I was really excited to be in a classroom learning Turkish. Mostly, I loved Turkish because in the classroom, all of us were trying to learn a language together. There was no one that was further ahead or further behind. In my history classes, there are always a couple of us that did not grow up speaking English and, still, it can still feel scary to have to participate in discussions with native speakers.

I started learning English when I was in primary school, as a foreign language. Now, I live my entire life in it, which feels insane. I write my academic essays, make friends, and work in it. Learning a second language opened a lot of paths for me, but also was a humbling experience, very much in the

same way learning Turkish was. For me, learning a language is about making a lot (a LOT) of mistakes, until you start making sense. It also allows us to challenge our own sense of reality, both personally and as students. For history specifically, the range of sources I have been able to access through the languages I speak is significantly larger than if I only spoke English. If you only read English, it is easy to assume that all academic knowledge is produced in the Anglophone world. It is not. Really good historians produce work in other languages, and learning a new language can help us all access their work, instead of relying on the translation of their thought into English.

By virtue of the many language degrees Edinburgh offers anyone can take a language as a pre-honours elective. If that does not work for you, the Centre for Open Learning also runs ten week courses for many, many languages! One of my favorite recent fiction reads, 'The Idiot' by Elif Batuman, largely revolves around the protagonist and the relationships she develops with her classmates in her Russian language learning class. So if I can't convince you to learn a language at university, maybe Batuman can!

Centre for Open Learning

---

## **A day in the life... Scarlett**

Scarlett is a 4<sup>th</sup> year History and Politics student and she's going to take you through a typical day in her life to give you a taste of what it might be like to study at the University of Edinburgh!

# It's Wednesday, February 2nd...

8.00am – Typically when I wake up and the first thing to do is grab a cup of tea and breakfast. I can't say that I'm always waking up this time or getting up right when my alarm goes off at 8.00 but I do have some mid-semester deadlines coming up so its up and at 'em for me!

9.30am – I have arrived at the School's Student Research Rooms, a study space reserved for History, Classics and Archaeology (HCA) students. After last year in the midst of a full lockdown it feels amazing to be able to come back on campus and enjoy these beautiful study spaces once again. I'd say we're pretty lucky in HCA to have a study space just for us that is so atmospheric. There's a huge glass ceiling over the space letting the sun shine through and I see so many familiar faces studying in the space as well. For the next few hours I'll be working on one of my chapters of my dissertation in Medieval history.



The Student Research Rooms.

12.00pm – My friend and I head out to one of our favourite coffee shops next to campus, Thomas J Walls, for some lunch. There are so many great food and coffee spots right on or next to our campus but today I was really feeling their avocado toast (they do it particularly well). As it's so close to our



building we run into several members of staff including the head of History and have a quick conversation. One thing I've always loved about the school is how welcoming and positive members of staff are. I feel that over the years I've really been able to cultivate positive relationships and found that they have been so supportive when I reach out for help!



Thomas J Walls hot chocolate  
– how good does that look?!

1.00pm – And we're are back in the Research Room! For the next few hours I'll just be doing some readings for my special subject course 'Early Medieval Sexualities c.500-1000'. Our next seminar is discussing Monastic purity and clerical celibacy in about the ninth century in Western Europe. We'll be going over sexual sin in male monasteries and why sexual purity was so important in the cloister. One thing I really appreciate about the structure of the History Degree is the fact that in our final year the classes we take are a year-long. It really allows us to delve into the subject at more length and really niche down on our interests!

4.30pm – In need of a snack break. My friend and I head over to Teviot, the student union, for some hot chocolate. I also really love the cookies that they sell at all of the student

union venues so I make sure to grab one.



Me and friends all dressed up at our last History Society Ball.

5.00pm – I have a committee meeting with Edinburgh University History Society. I have been a part of the society since my first year and this year I'm the President! Being involved in the society has been a great way to be able to meet people in my course and stay active in the student community. Now out of the lockdown we're able to resume some of our traditional events from pre-COVID! Last semester we held our annual ceilidh and we are currently in the works for planning our International Trip in the Reading Week (going to Krakow!) and our Annual Ball. This has been a really essential part of my student experience and I recommend everyone get involved in some way.

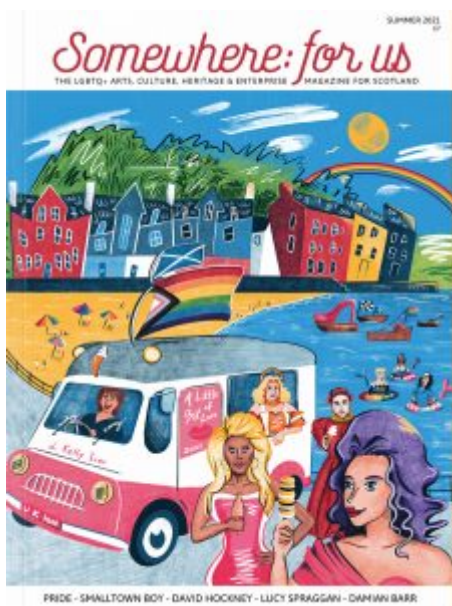
6.00pm – Look at me heading to the gym (a New Years Resolution). I wouldn't necessarily consider myself an avid gym goer but Pleasance gym is great and has so many free

classes for members. You can watch Netflix on the cardio machines and there's a sauna in the locker rooms (I must admit this is my main motivation to go).

7.00pm – I head home and have some leftovers for my dinner before getting ready to go out to drinks with some of my friends. There are so many cool places to explore around Edinburgh and it is such a great city to be in as a student. Tonight, we're headed to the New Town a little bit away from campus. I've genuinely really enjoyed my time here and am so happy with my choice to study here four years ago!

---

## Life as an LGBTQ+ student in Edinburgh



As part of Pride Month, Tristan (Ancient and Medieval History, MA Hons) shares his experience as an LGBTQ+ student at the University of Edinburgh.

Navigating your first year at university can feel both intimidating and exciting as you get to grips with higher education, exploring a new city and meeting new people. This experience can seem even more daunting as an LGBTQ+ student, particularly when tolerance can vary so widely between

countries. Fortunately, Scotland has strong governmental policy supporting the rights of LGBTQ+ people and the United Kingdom as a whole has consistently ranked highly on the Rainbow Europe Index. But what does this mean for LGBTQ+ students at Edinburgh, and what is life in this city really like for those of us who identify as such?

## **LGBTQ+ Life on Campus**

As an openly transgender and queer man, I did have some anxieties about adjusting to student life and whether I would find my place in Edinburgh. Despite being an Edinburgh native, beginning undergraduate



studies is a big step for anyone. Thankfully, my time here has been overwhelming positive and I've had the opportunity to engage in a number of LGBTQ+ centred events. I currently sit on the School of History, Classics and Archaeology's Equality and Diversity Committee and, as part of that, helped organise an LGBTQ+ History Month event in February 2021. Despite being forced online by the COVID-19 pandemic, this meant we were able to invite a speaker from the US to discuss their work with Queer Britain. EUSA, the University of Edinburgh's Student Association, also run events to commemorate this month, so you're sure to find lots to get involved with.

Likewise, there is both a student-led PrideSoc, which you can join, and the Staff Pride Network who hosts events and networking opportunities. LGBTQ+ support is very visible on campus, and I've felt confident being open about my sexuality and gender identity.

## **Finding Support**

As well as the groups on campus, there are various charities and community organisations which can support you as an LGBTQ+

person. LGBT Health and Wellbeing, based in Edinburgh, host a variety of services, including several social groups, so you needn't feel worried about being isolated during your time here. You can also find support through the likes of the Scottish Trans Alliance, LGBT Youth Scotland and Stonewall Scotland.

In 2020, *Somewhere: For Us*, a magazine celebrating LGBTQ+ people in Scotland, was launched here in Edinburgh which is not only a fantastic resource but highlights the importance of visibility in the city.



## **Bars, Cafes and Eateries**

Edinburgh also boasts several venues either owned by or active allies towards LGBTQ+ folk, including sober spaces such as the Greenwood Cafe, and bars and clubs like Cafe Habana and CC Blooms. There is also a fantastic queer-friendly venue opposite the central campus, Paradise Palms, if you want to grab some food (all of which is vegetarian/vegan) or a drink after your studies. Whether you're looking for somewhere to eat or want to experience the night life, there are lots of options within the city.

Edinburgh as a city is vibrant and beautiful, and LGBTQ+ life here is no exception. If I can offer any advice to you as a prospective student, it's OK to be yourself and don't hesitate to reach out for support.

---

# **Essays – everything you ever wanted to know but were afraid to ask**

Student Ambassador Tess (studying Classics and English Literature, MA Hons) takes a deep dive into how to approach writing essays.

I think writing essays and academic papers are probably one of the more daunting tasks you'll have to take on as a university student. I've spent the last three years trying to figure out a formula that works for both aspects of my degree, and honestly, sometimes I still am not sure if I've cracked it. That being said, I do have two tricks of the trade to keep in mind when writing an essay:

## **Break your question down into its essential parts**

Once you write a few essays, you start to realise that all essay questions have a similar structure. There are only so many ways the examiners can ask you 'To what extent' and once you recognise certain buzzwords, it becomes much easier to formulate a plan of attack. Here are some examples:





'To what extent...', 'How far...', 'What...' and 'Evaluate ...' often signify questions that ask you to discuss whether you agree with a certain point of view on a debated topic within the subject. The best way to approach these questions is to

pick a stance and then find opposing arguments that you can dismantle to show a bit more academic sophistication.

In comparison, 'Describe...', 'Illustrate...', 'How...' and 'Explain...' are usually questions that require a more holistic approach to a topic, in which you have to discuss as many facets of the topics as possible in relation to the question (word limit permitting).

Another aspect of the question to look out for are certain key phrases you can use throughout your essay to signal-post to the reader throughout your essay that you are still addressing the question. Constantly linking your essay back to the question in your essay also helps you to stay on topic as a writer.

Here's an example of a question and how you can break it down:

*'What is depicted on the Parthenon Frieze?'*

This question seems relatively simple, but it is one of the most debated topics within Classical Greek archaeology. The use of 'What' indicates that you have to pick an academic stance and justify why you think this is the most likely hypothesis using both primary and secondary sources. You should then pick one or two opposing perspective to evaluate, in order to demonstrate why your chosen interpretation is still the best. Additionally, you should always round a point off with a: 'therefore, as (evidence) demonstrates, (point) is what is depicted on the Parthenon frieze.' That way you are

able to double check as you are editing if your points are properly explained to allow such a statement at the end and your examiner will also be able to pick up quickly if you are doing so because you have used words from the question itself, such as 'depicted.'

## Reference well from the start

Referencing is simultaneously the easiest way to secure and lose marks in an essay. I had so many instances in first year where I lost a significant number of points for poor referencing that had me kicking myself, mainly because it would have potentially pushed me up a grade boundary. The one thing I cannot stand when reading feedback is finding out that I didn't get full marks on a section that is so clearly set out by the subject area. The School uses a variation of the Harvard system and every citation form is listed out in the Essay Guidelines. There is literally *no* reason besides carelessness for someone to not score fully on this section (I promise I speak from experience).



The best way to ensure you follow the guidelines to a tee is to reference properly from the start. Even when I am reading and taking notes on my computer, I will reference quotes and points in the correct format from the beginning. This ensures that when I write my essay and use said quotes from my notes, I can rest assured that the referencing is already done and dusted. Additionally, if you start building your bibliography at the start, it means that you have one less thing to worry about in your editing stage of your essay. It's so much easier to remove any additional sources you ended up not using than scrambling to find a source you forgot to note down during your research stage.



Easy. Right? Don't worry, there's lots of help both in the School and the University with writing essays and other assignments. Look out for Peer Support Groups – SHCA has ArchPals and UoE HCA Peer Support – and Societies running sessions on writing and studying, and the Institute for Academic Development offers workshops and online resources on all aspects of learning.

Institute for Academic Development

SHCA Peer Support

---

## **Considering graduate study?**

After four years of study, why would you want to do more? One of our Student Ambassadors, Alfie, has some thoughts.

An undergraduate degree at university is a significant commitment. Time, money, not to mention a lot of concerted effort to complete whilst juggling a variety of other elements of life. So, when considering the option to go into another degree after undergraduate, it's natural to be nervous. The prospect of another year – or even longer – of study with all the accompanying costs and issues attached can be a frightening consideration for anyone. So why do it?

It is, of course, worth noting that academic study is not for everyone. If you've got a real knack for academic work and a passion for a specific research topic or want a job in an industry that requires a specific postgraduate qualification, it may be a good choice for you. Having a suitable research direction in mind will likely be important when looking at

programmes and for research programmes such as an MRes or MPhil it will be integral to the application process. For taught courses, such as an MSc or an MA, a focus on skills development and personal qualities will take a precedent. Knowing how to market yourself, be it for your passions or your skills, is a key element to any application.

A graduate degree is a fantastic opportunity and can give you the chance to develop new skills for the workplace, academic or otherwise, but it's worth remembering that it will come with additional responsibilities. The workload for a postgraduate degree is significantly higher than the average year of an undergraduate degree, and there are often more complicated matters regarding funding. Loans and scholarships are available, but the former can be costly in the long term and the latter are never guaranteed when you begin your application. Don't let this dissuade you if you're particularly passionate about a certain topic, just bear in mind that there are more funding processes to apply to, and this kind of research is worth doing at an earlier stage.

The graduate application process itself can be tough. Between rejections, cancelled courses and funding issues, it can feel hard to bounce back. Personally, I found that losing out on my desired graduate course to cancellation was a very hard moment, but I was able to find an alternative that I'm happy with as it allows me to pursue a personal research project. This was all made easier due to my research into graduate schemes starting early in the year, around the summer before classes start. It's around this time that graduate degrees will have requirements updated for the new term, and it's from here that you can make the best of time off from university to begin your search for graduate study options in honest.

So graduate study is a great opportunity for the right candidate that offers a bridge into professional development or further academic growth, and is a very viable choice following an undergraduate course. Just don't feel like it's

either a guarantee or a necessity.

If you are considering postgraduate study the School of History, Classics and Archaeology offers scholarships for Masters and Phd programmes – more information

---

## **Approaching the dissertation**

Dissertation. A big word, and often a scary one. Alfie, a Student Ambassador, looks at ways to make it slightly less intimidating.

Perhaps the culmination of your time at university and exceptional (circumstances notwithstanding), also the longest piece of academic writing you will have created to date. Sounds like a lot – and let's not mince words, it is a big task and not one to be taken lightly. However, with the right preparation, forethought, and enthusiasm, it is as enjoyable a project as any other. It should represent the sum of your passions and interests that you have cultivated over your time studying, or perhaps afford you a chance to further explore areas you have not yet had the chance to investigate. Simply put, it is a fantastic opportunity to hit your stride as an aspiring academic, or to cap off your university experience.

When it comes to the dissertation, it is never too early to start planning. I'm not suggesting that you should be coming out of your first year lectures and taking an abundance of notes on potential topics and sources to use, rather if something grabs you early on, maybe it could be something worth considering for the future. If a particular topic, method, or concept catches your eye, take notes! Remember it for later, and by the time that third year rolls around and the question is being asked, you'll have some ideas for what

you've got planned.

It is worth bearing in mind that third year is an optimal time to start your planning, especially over the summer break. At this point in your studies you will have likely covered a great deal of content and – hopefully – will have found something you enjoy writing about. If this is the case, take notes from any courses you have around the subject area and try to explore them. Consolidate reading lists, discuss material with suitable academics, and read around the subject if you have time. Naturally, this isn't something that you need to have done by the first day of fourth year, but it's something worth preparing if you have the time to spare. In addition, try to identify an appropriate member of academic staff to act as your dissertation supervisor – someone who is ideally familiar with the topic, so that you can discuss ideas accordingly.

Writing the dissertation is a separate beast and surprisingly manageable if you like to break things down into sections. A dissertation will often have a literature review that examines contemporary academic thought on a topic and is not too dissimilar from discussions of readings done for seminars. This is often a large portion of your dissertation, so be sure you're comfortable doing the reading to follow through. Other key chapters are your introduction where you'll outline your subject, structure, and points for consideration, and your discussion, where you can make a deep dive into the content, highlighting your own ideas and opinions, as supported by or in opposition to existing thought. Be sure to give ample time for the writing of all this, as it can seem quite demanding, but rest assured that you'll be able to intersperse this with meetings with your supervisor who can discuss your progress.

When it comes down to it, the dissertation is quite a big process, but one to (hopefully) be enjoyed. The freedom to pursue your own academic interests and supplement your own research with the aid of university professionals is a great

opportunity to develop your own researching capability, perseverance, and self-motivation, all desirable and transferable skills for postgraduate study and beyond. While it is a big challenge, it is one that you're not undertaking alone, as all other undergraduates will be in the same boat as you. So don't worry, do your best, and remember to engage with the stuff you're passionate about – it's all plain sailing from there.

---

## **Managing your money at university**

One of HCA's Student Ambassadors, Juliet, looks at ways to manage your money as a student.

Going to university might be the first time many people have to manage their money, and the excitement of seeing your first student loan in the bank account is accompanied by the worry of not knowing how to budget it, but there are ways to make managing your money easier.

Firstly, it's important to try to keep track of your spending from the beginning. This might be through money tracking apps or banks like Monzo, which lets you keep tabs on how much you're spending on various necessities and activities, or Splitwise, which makes splitting bills and expenses with your flat mates easier. Simply keeping a spreadsheet or notebook of expenses that you review regularly can also be helpful to divide your expenses into categories, calculate how much to set aside for necessities, and set monthly limits on non-essential spending.

Setting up a student bank account with a pre-agreed overdraft

is also a good idea – do some research about which banks offer the best options for students and for your personal needs. As long as you are not in your overdraft at the time you graduate from university, you can borrow interest-free if you do find your loan running out during your time at university.

Edinburgh is home to some of the highest rent prices in the UK, and it's fair to assume that rent will be your biggest expense at uni. Consider joining a tenants' union like Living Rent to get to know your rights as a tenant and make sure you're not paying extra expenses that you shouldn't be, especially when the time comes to move out.

Statistically, over 30% of students will experience stress related to financial difficulty at some point in their university career – it's not a personal failure and it's nothing to be ashamed of. Managing your money can be extremely stressful, especially in the current climate, and if you are struggling to make ends meet there are several places you can go for advice and support.

If you're looking for employment, The Careers Service, which can offer advice on job-hunting and balancing student life and employment, is a great place to start, and many jobs are advertised on MyCareerHub. Citizens Advice Scotland, which operates online, over the phone or in person across Edinburgh, and The Advice Place, which is university-based and currently open for phone and email service during the pandemic, can both offer student specific advice on a range of issues including budgeting, emergency loans and funding.

---

# Boost your mood

It's November. It's cold, dark, and very, very grey. The weeks are filled with endless assignments, frustrating group projects, hours of staring at your laptop screen, and most likely a lot of reading. Asha, a final year History student, looks at how to improve your mood when it starts getting dark at 3pm.

Every year without fail, I fall into the same mid/end of semester slump. And this semester, when we are staying inside way more than before and there is less to look forward to, I definitely rely on a lot of ways to boost my mood. Sometimes I just have to resort to lying in my bed, but most of the time these work pretty well for me!

## **Talk to your friends and laugh**

If you're struggling to keep your mood up during the semester, make sure you make time to talk and laugh with people who boost your mood. Try and avoid talking about deadlines or classes and take a bit of time to think about other things that make you smile. This could be playing a game, walking up one of Edinburgh's many hills, or just going for a coffee!

## **Go for walks in nature or change your surroundings**

It's amazing how much getting out of your room and changing your surroundings can affect your mood. If you are stressed or anxious about deadlines, try taking a long walk and stretch your legs. Holyrood park is a great place to do this, and the beautiful views of the city can help clear your head. Just being surrounded by trees can really help me to feel a lot better. If you need a change of workspace try going to a café or a different library that you haven't been to before – this could help you get some new ideas and boost your mood.

Sometimes I find it really easy to get to the end of the day and realise that I've spent most of my day staring at a

screen, whether that be my laptop or phone. Try and take a bit of time away from screens and giving your brain a rest.

### **Be kind to yourself and take a day off!**

When I'm feeling really stressed and I am looking for small ways to boost my mood, treating myself to small things can really help. Taking a day off, or lighting a few candles, or buying yourself some cake can be the little mood booster that you need to regain the will to live.

### **Cook yourself a tasty and healthy meal**

Cooking for yourself and looking after your body are really important parts of self-care and cooking a tasty meal for yourself after a hard day can really boost your mood. For me, this is a chance to have an hour away from my phone or laptop, and either spend some time in my thoughts, or even better, enjoy the company of your flatmates and cook for them! I find cooking really therapeutic, and even if you don't think you're very good at cooking, challenge yourself one day to cook something, it can really transform your mood!

### **Finally – ask for help!**

Whether it's from friends, family, tutors or student support, there are loads of people out there willing to help you. If you're stressed about an assignment, do not hesitate to contact your tutor, and do not forget, it's their job to help you!





## Find even more inspiration to keep your mental health and wellbeing healthy

'Let's Talk Mental Health and Wellbeing' runs 9-27 November with events and ideas to support mental and wellbeing. Find out more on the EUSA website, [www.eusa.ed.ac.uk/letstalk](http://www.eusa.ed.ac.uk/letstalk)

The University's Health and wellbeing pages are a great source of information and support, [www.ed.ac.uk/students/health-wellbeing](http://www.ed.ac.uk/students/health-wellbeing)

Keep moving without leaving the room with live streamed exercise classes courtesy of the Sport & Exercise team, [www.ed.ac.uk/students/health-wellbeing/live-streaming-exercise-classes](http://www.ed.ac.uk/students/health-wellbeing/live-streaming-exercise-classes)

---

## Working as a student

We asked Student Ambassador Alfie for his thoughts on what it's like working whilst studying.

My first piece of advice for any students looking for a job in term-time would be to make sure you read the job advert closely. If you don't, you may end up like me. Not that that's a bad thing. I'll explain.



When it's all gone a bit hands in the air...

I'd been at Edinburgh for almost a year, and was coming up to the start of my second year. The shock of being at university had finally worn off, and I began to realise that my degree left me with some spare time in the week. Now, spare time is a great way to unwind, but for some of us, too much spare time leaves us feeling aimless, and that's certainly the way it is with me. So, I took myself onto the University's MyCareerHub and began to hunt for some part-time work because, hey, everyone needs a hobby, and it hardly hurts if that hobby is paid. There I was, flicking through all kinds of different opportunities – Typist? Too uncoordinated. Childcare? Not quite my speed – when I noticed that the Student's Association were looking for... Security? Sure, that doesn't sound too hard, and the pay seemed good. Bouncer. Stand on the door and scowl. Right?

Eighteen months later, I'm still working that same job. Except

it's not the job I expected. But that's OK, because it's a world away from being a bouncer. The advert emphasised customer service and communication, which, while useful for the job is not the purpose. I now know that the role focuses a lot on managing the expectations of customers and doing your best to make sure everyone is looked after and safe. It's given me a real sense of freedom and skills I know I'll use elsewhere. Finding employment and managing the schedule it brings alongside full-time study is an impressive achievement – one that future employers will look for, and one that demonstrates a great step into maturity. What's more, you can get official recognition for it on your HEAR transcript with an Edinburgh Award.

I have a new income stream alongside my studying, and more focus as I spend less time staring aimlessly at the ceiling. I also have a new group of friends from all kinds of backgrounds, as well as experiences and ambitions that I'd never considered before moving to university, to share an entirely new part of my life.

Some people are fortunate enough to never need to work whilst studying, but for the many of us that have to, Edinburgh is full of opportunities whether it's a Saturday job, something a little more regular, or one of the many full-time positions over the summer. There really is something for everyone, and something to ensure that we can all get a little more money in our pocket.

---

## **Being a Student Ambassador**

One of our Student Ambassadors, Kate, tells us why she was interested in the role.

New beginnings are some of the most exciting experiences of our lives. For me, the most exciting new beginning was when I uprooted myself from Lancashire in the North West of England and came to Edinburgh alone to begin my university experience. Now, in my fourth year, I am just as excited whenever I return to Edinburgh as I was back then.

When the opportunity arose to become a Student Ambassador, I put myself forward immediately because I knew I wanted to be a part of these new beginnings for other people. Getting to be a part of the excitement of open days and talking to prospective students about Classics has been a way that I can show my appreciation for the School, and my enthusiasm for my subject.

Whilst I have been an Ambassador, I've been presented with many opportunities to get involved with the School. Not just through Open Days, but also through focus groups for bettering employment in SHCA, calling campaigns to prospective students and giving individual tours of the building. All of these things revolved around my own schedule, which means that they never affected my studies.



The Chancellor, HRH The Princess Royal, Princess Anne unveils a plaque marking 300 years of history being taught at the University of Edinburgh

I think my favourite experience as a Student Ambassador was attending the celebrations for the 300<sup>th</sup> year of History at Edinburgh. There was the chance to hear some amazing talks by current students and alumni, to engage with many other alumni of the School and I got to meet the Chancellor, HRH The Princess Royal, Princess Anne. It was amazing and something I will never forget.

All of the things I have done with great friends, who I wouldn't have met otherwise because we're on different courses. This has been one of the best things about being an ambassador.

Anyone who wants to be involved in the School should become a Student Ambassador because you aren't just helping the School out; you're also creating memories and opportunities for yourself.

---

## **Top tips for exams**

One of our students, Sarah, gives us the lowdown on surviving exams.

As a student, exams are inevitable: some courses only require in-term coursework, but most have a final exam to test your learning through the semester. As a fourth year I've gone through many exams and have developed my ideal system for dealing with them. This is my list of top tips for exams, based on what has helped me through these four years.

### **Revision**

There is no denying that revision is stressful, especially when exams are early or come closely together. What comes

first is figuring out where you can revise best. I personally like to find a good café where there is some background noise and lots of coffee and snacks, however, others might prefer the library, various other university buildings, revising in accommodation, or revising from home. Even if you prefer to move around to revise, I'd recommend finding some reliable spaces where you can work well and sticking with them.

Once you've found your revision space, the work itself is the next step. Over the years, most of my courses have been composed of a number of different and distinct topics, with exam questions relating to these individual topics. It's usually best to revise a few of these topics rather than the entire course, to build greater depth of knowledge in particular areas. Always make sure to ask your lecturer for advice on how to best revise, and how many topics you should learn for the exam.

## **Relaxation**

Revision is important, but you should also allow time to relax and wind down. I have a bad habit of overworking and getting very stressed, particularly with essays and exams, and have had to force myself to stop working after I've done a certain amount or if it's getting too late in the evening. In exam time you have to take care of yourself – eat well, don't overdo the coffee, make sure to get enough sleep (I've found apps like Sleep Stories and Slumber are good for distracting me from overthinking), and try not to overdo it. Make time to talk to your friends and flatmates, as they'll all be feeling the stress too. It's important to get work done, but it's just as important to keep yourself feeling OK, relieve some stress, and remember, especially, to take a break after an exam if you have another soon after. It's good to do well but not if you're sacrificing your physical or mental health to do so.

## **In the exam**

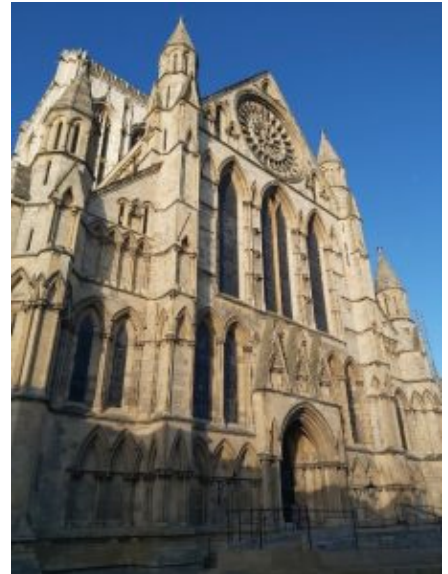
The next step is the exam itself. Always remember to take plenty of pens, a highlighter can be useful, and definitely remember a watch in case your seat doesn't have a clock nearby. Take your time and read the questions carefully (everyone tells you to do this but it's definitely important!), and try to decide on both essay questions early so when you go back to the second your brain has had a chance to come up with an answer. Before writing, it is always useful to sketch out a plan – even just a basic structure for the answer – that you can go back to when you are writing, to help yourself out later. With two hours for two essays, I take five minutes for each essay to plan its structure, then around ten minutes per paragraph, and any spare time to reread my answers. This may not work for some, but it has done well for me so far!

---

## **Presenting a paper**

Student Ambassador reports back from presenting her paper.

In late February 2020, I was very fortunate to have the opportunity to present a paper at 'From Margins to Centre? An Undergraduate Conference on BAME, LGBTQ+, Women's and Disability History' at The University of York. I had never attended a conference before and had no idea how to write and present a paper, so this was a really valuable experience for me to learn a lot of new skills!

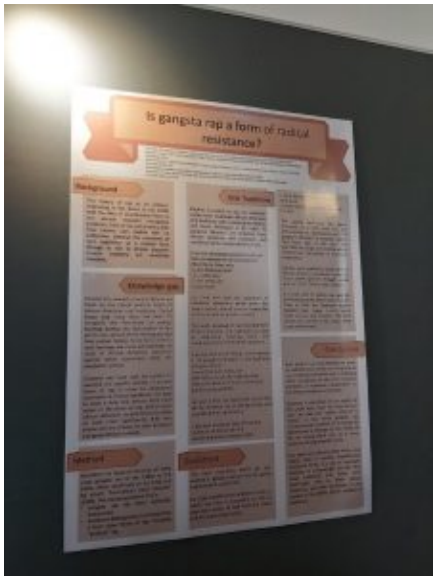


York Minster.

I decided to travel to York the day before and stay overnight in a hostel so I could see the city, as I heard that it's very beautiful. The rumours were certainly true! I had a fabulous time at the York Castle Museum, which seemed to go on forever (perfect for a museum enthusiast like me) with exhibitions on the history of the body, life in the trenches during the First World War, and Britain in the 1960s, to name a few. I particularly enjoyed the body exhibition because it reminded me of a course called 'The Making of the Modern Body' which I studied in my second year, and I found the fashion history exhibit very interesting because it showed how ideals of beauty have changed over time.

I arrived at the University of York campus early in the morning to listen to the many panel discussions taking place, which included papers from undergraduate students from all over the UK. Some of the topics presented included the role of West Africans in the French Resistance during the Second World War, attitudes towards the disabled poor in 16<sup>th</sup> Century Norwich and the problems with the terminology 'Islamic Art' within the field of History of Art.





Lola Moutel-Davesne's poster on 'Is gansta rap a form of radical resistance?'

The talent of the panellists and the breadth of interesting topics that were presented were amazing, many of which I had never explored in my own research! During the lunch break, many undergraduate students also presented posters on their research, including another of Edinburgh's history students, Lola Moutel-Davesne, who presented a poster on her dissertation research relating to gangsta rap and black activism in the US.



The all-important speaker's name badge.

At the end of the day, it was time for me to present my paper. My panel discussion was all about how history can inform us about the identities of marginalised groups, and my talk in particular was about the history of bioengineering (the industry which designs and constructs artificial limbs) and the experiences of those who used artificial limbs in Edinburgh since the First World War. I had learned about bioengineering history through my summer internship at the Lothian Health Services Archive which is part of the University of Edinburgh's Centre for Research Collections. This role had made me realise my passion for disability history and why I am now studying the history of HIV and AIDS in Scotland as part of my undergraduate dissertation.

I'd be lying if I said that presenting my paper was not a terrifying experience, but I am so proud of myself for doing it and hopefully raising awareness for further research into the field of disability history. Here's hoping I can be involved in other conferences in the near future!

---

## Summer in the city

The rules and regs of summer in Edinburgh by Student Ambassador Ruby.

I've always argued that Edinburgh is a city designed for 'bad' weather. The Old Town looks even more Gothic in the gloom, and no student's Instagram would be complete without a photo of Arthur's Seat surrounded by atmospheric sea mist called 'haar'. However, I'm also an advocate for staying in

Edinburgh over the summer months so I've always chosen to take a summer job here, rather than head back to my family home, once exams are finished.

Over the past 3 years I think I've made every summer mistake possible, from getting sunburnt on the Meadows to promising myself I'll still revise if I go and sit outside. Some of these mistakes could be avoided with a bit more common sense, admittedly, but others you can only learn to avoid through trial and error. To give you a head start, I've decided to compile some of my hard-earned wisdom into some dos and don'ts. Enjoy!



The Meadows in bloom.

## **DO make the most of every sunny day**

Summer in Edinburgh seems to always begin just as you're having to revise for exams or work to a deadline. "That's okay", you tell yourself, gazing wistfully out of the library window, "I'll work hard today and then I'll enjoy the sun at the weekend." Sensible, right? WRONG. What you'll quickly

realise during your first summer in Edinburgh is that sunny days are glorious, but fleeting. The second the sun comes out you need to make the most of it, as it won't be there long!

## **DON'T burn the grass on the Meadows!**

The Meadows is a large public park, located behind the University's Main Library. During the summer months it becomes the city's shared back garden and the epicentre of most students' social lives. Trying (and failing) to grill sausages over a disposable barbeque is a Meadows rite of passage and on a sunny day you'll see plenty of others doing the same. However, just as essential to this ritual as ketchup or hotdog buns are bricks to prop up your barbeque. Edinburgh residents are very fond of the Meadows and, therefore, very protective of it. A single blade of singed grass is enough to get you dirty looks ...

## **DO head outside of town**



Sun, sea and sand at Dunbar.

By the time it gets to your first summer, you'll be feeling

settled in Edinburgh. You'll have your preferred floor of the Main Library, a favourite coffee shop, and a fierce loyalty to a particular late-night chip shop. You'll be feeling more confident and at home, and exploration will probably have taken a back seat in favour of studying.

However, summer is the perfect time to recapture that spirit of adventure you had in Welcome Week! With no more deadlines to hold you back, consider heading outside of the city centre. Portobello Beach is just a bus ride away and has a wonderfully retro amusement arcade to enjoy if the weather starts to turn. Alternatively, Dunbar has stunning views and is easy to reach on the train.

### **DON'T try to get anywhere in a rush ...**

It is often said that the city's population doubles in August thanks to tourism. Whether this is true or not, it certainly *feels* true as previously quiet streets become bustling. Not only is there more people, the crowds also move slowly. Whilst you've had weeks to admire Edinburgh, everyone else wants to stop and take photos every few steps. Unfortunately, I've never found a way to get around this problem – you just have to relax and add an extra half hour onto every journey time.

### **MAYBE get involved in the Fringe?**

I finish on a controversial one here – the Fringe seems to divide opinions. If you haven't heard of it, the Edinburgh Festival Fringe is an arts festival which lasts for almost the entirety of August. There are thousands of shows and practically every spare room in Edinburgh becomes a temporary performance space. Fringe-haters complain about the crowds and the cost of a pint of beer being hiked, whilst Fringe-lovers can be found rushing from show to show and taking every flyer they are offered on the street.

I fall somewhere between the two. Yes, the Fringe is expensive but it's very easy for students to find part-time work. And,

whilst the hours can be long and unsociable, working the Fringe is a great way to meet new people. The city does become very busy, but there's also the chance you'll spot a celebrity. Give it a go – it's right on your doorstep – then make up your own mind.

---

## **What I wish I'd known before starting university**

Student Ambassador Scarlett looks back at the things she wished she'd know before starting her studies.

With 2 years of university completed, I've had a bit of time to reflect on my experience so far. As a History and Politics student I've gained several writing, studying, and analytical skills, but there is so much more to coming to university than just lectures and learning.

### **Take advantage of the City you're in**



You're at university to study, of course, but you just moved to a new city as well! Edinburgh as a city has so much to offer outside of George Square and the immediate Old Town that

surrounds it. It's so easy to get caught up travelling around the Nicolson Street area but you do not want to miss seeing the Castle, Holyrood Palace, Botanic Gardens and more. The rest of Scotland is easily accessible and it can be really helpful, some days, to travel out of the city and see the beautiful views available. You don't want to go all four years not taking advantage of what an amazing city Edinburgh is.

## **Don't beat yourself up if it's not amazing all the time**

University is some of the best times of your life! But don't worry if it's not like that all the time. It can be easy to feel lonely and hard to be away from your parents sometimes, it also can be really difficult to go from school into university. You're making the transition from just focusing on your academic and personal life to having to constantly juggle academics, cooking, personal life, health, etc. all at once. It's exciting in the beginning but as the term progresses and you get more of a workload it can be difficult to balance. It's a big change so don't worry if you find it difficult. Also, don't worry if your friends you find in freshers' week aren't the same later on. Everyone is still trying to find their group of people and you won't always end your year with the same people you started with. Take everything at your own pace!

## **Take care of your physical and mental health**

Your health is super important so make sure that you take care of yourself! One of the hardest parts in the first year of university is adjusting to living by yourself. You don't have someone there to remind you to eat properly or take a break. Try to keep on top of things and learn how to deal with stress and time management. In my first year I struggled to balance cooking, gym, classes, personal life, breaks, and seeing family. Now I've realised it helps me to make a list of goals at the beginning of each week and think on it. It's helped me

keep my balance and work ethic sustained! And if you need any help, it's okay to ask for it.

## **It's okay to have alone time**

In my first year I felt like I always had to be around people and always had to have plans on the weekends. It is important to take a breather, though! There's nothing wrong with having a night in to recharge. It's okay to say no to going out sometimes and just spend time with yourself. You have four years here and those club nights, parties and plans aren't going anywhere! Take everything one step at a time. Not everything needs to be done in the first semester of the first year.

## **First year does count**

Yes, there is the safety net that first year technically does not count towards your degree, but because of this there are always some students who may not show up to every class. However, first year is incredibly important in giving you the tools you need to get you through second, third, and fourth year. Get into the habit of doing regular work, making relationships with your tutors and spending time studying. Just because it doesn't count doesn't mean it's not important! Trust me on this one.

## **The library is your BFF**

Going along with number 5, take first year seriously and learn how to utilise the library and use the time there wisely. Edinburgh has an amazing library with every single book on the reading list. Some classes even make use of the research collections on the 6<sup>th</sup> floor.

Learn how to use the systems and online journals and save





yourself a lot of time. I promise this will come in handy! Nothing like a fourth-floor library session to crack out the final bits of your essay.

## **Join societies and make connections**



You have nothing to lose, so join as many societies that interest you! This is the perfect time to try something new. On the activity side Edinburgh has cheer-leading, horse riding, and dancing as well as academic ones like Model UN, History Society, Classics Society and so many more. Edinburgh has an abundance of societies and you're bound to find one you like! Even if you're nervous and you've never done it before, I promise there are a thousand other new students in exactly the same position. Try new things and take some risks! I've met some of my closest friends through joining these societies and have just got back from a fun trip to Prague with the History Society. It's a great way to get involved and create a community in your School and you never know what fun experiences you'll get! Also, making sure to network and take advantage of the cool events the School and these societies offer. When opportunities come to meet professionals or graduate scheme recruiters, take advantage of them. You never know when it can come in handy!

## **You don't have to do what everyone else is doing**

Take everything at your own pace. Everyone learns differently, everyone has different preferences, etc. Don't let the student stereotype of stress culture pressure you into acting a certain way.

## **Don't over pack**

Your room in your halls does not have the capacity for your entire wardrobe. You can leave a couple shoes or random bits and pieces behind. The top you haven't worn in 5 years can stay behind. Please learn from my mistake.

## **Enjoy every moment**

Everyone is in the same boat, navigating this roller coaster of a time. There's so many opportunities to take advantage of, new friends, and new experiences to enjoy! Just relax and don't overthink things. You'll be great.

---

# **Essay writing**

Everything you ever wanted to know about essays but were afraid to ask by Student Ambassador Constance.

Essay writing, love it or hate it, it is the metric by which we students are measured. Figuring out your 'style' is something of a journey and will inevitably include some painful marks to grow as a writer. However, there are some tips I can offer, distilled from my four years of successes and failures, to help demystify the approach to essay writing.

Picking a topic – Don't go for the obvious and easy. This can be hard, especially if you are pressed for time. But the reality is a lot of people are going to go for the obvious and easy, especially if you are in a big course. It will only make it harder for you to stand out amidst the fifty other people who picked the same question.

Picking a topic Part 2 – Pick a topic you like. If you like a subject more, chances are you are going to try harder and,

dare I say, enjoy the process of researching more. Better yet, if you have the opportunity to pick a question, go for it. It is a perfect opportunity to focus on what *you* enjoy.

Research – Get your ducks in a row. Do not cut corners, I repeat, do not cut corners. This is when you want to be organized and systematic. Make sure you are clear when you take notes and have noted who said what. I still get cold sweats thinking about running to the library at 3 am because I could not figure out which book I had taken a quote from.

Research – Be one with the source. If you are using primary sources, it is best to have a direct quotation so that you ensure you have not lost any of the original source's meaning, especially if it is literary in nature.

Writing – (When you can) Take bite size pieces. Inevitably, there will be a time where you write an essay in a day. Afterwards, you will feel groggy, gross and your brain's IQ will have depreciated to the value of a guinea pig until you have had a full 8 hours of rest. Some people can function perfectly under these circumstances – if you are one of them, Godspeed my friend – but most are not. My best essays were slow burners where I took time to make a really pretty and detailed outline and only wrote a maximum of 500-1000 words per day.

Editing – Take some time and then go for it. Essays are like boyfriends or girlfriends; sometimes you just need a little space. Give yourself a day or two to avoid your essay and then go to a printer, print that baby out, grab a pen and read it aloud. Yep, read it like it is the Queen's Speech and cringe at the sound of your own voice. It the most useful tip a lecturer from first year gave me, and by far the most surefire way to catch grammar mistakes.

Submit – Get the receipts. Chances are you will be submitting your essay online via Turnitin. For all that is good and holy,

no matter how tired you may be, check your email to make sure you got a receipt confirming your submission. Nothing is worse than losing marks for an essay you thought you submitted on time.

What is perhaps the most important thing is not to be dismayed if you do not get the mark you want. Read the feedback and take it to heart when you go to write the next one.

---

## Working as a student



Jack hard at work.

All work and no play? Student Ambassador Jack looks at working as a student

At times, it can be a tricky balancing act but I've benefited greatly from getting a glimpse into the world of work; from stepping into a completely different environment to University study, doing something I enjoy whilst gaining different skills from those I might develop at University.

I think I am in an incredibly fortunate position. I'm able to study full-time at a thriving, diverse university, with all the extracurricular and social opportunities that offers, but also work at one of Edinburgh's busiest tourist attractions.

I work at the Royal Yacht Britannia as a Sales Assistant overseeing ticket sales and working in the gift shop. Every week during term I'm able to work just one day and then work practically full-time over summer, so from that point of view I've been very lucky to have a supportive and flexible employer who has been able to offer me this contract.

It's fantastic to work with the public alongside a highly engaged customer service team, and it's also widened my social group outwith University. I love representing my city – of which I am extraordinarily proud – by working in the tourist industry.

To any student who is thinking about what it is like working and studying, I would say it is certainly testing. There have been weeks when I have found it tough, juggling deadlines and shifts – University is hard enough and any job is a big commitment. But I think it's challenged me to be more prepared and organised, not least when it comes to good time management – a vital skill in any workplace – and I've become a more rounded and experienced individual for it. I would very much encourage you to consider whether a wee job on the side could be beneficial to you – if nothing else, it's some extra cash for us poor students!

---

# A visit to Rosslyn Chapel



Edinburgh is a tourist hotspot but students can enjoy its attractions all year round. Ossana, a Student Ambassador, went to Rosslyn Chapel.

The end of exams put me into a touristy mood. It is during these times, even more than usual, that I feel immensely glad that I chose to study in Edinburgh. The city offers endless beautiful spots and close proximity to other unbelievable sites.

I decided to take a trip to Rosslyn Chapel, only an hour bus ride outside of the city. It received many great reviews, and is renowned for its intricate carvings, and is considered one of the finest churches in Scotland. Built in 1446, the chapel has played critical roles in Scottish history, and continues to be a place of worship and an important site in Scotland.



The chapel was everything one could expect and more. Unfortunately, photographs were not allowed within the building, so you can be assured that the following is spoiler free. The church is rather small, but every wall, ceiling, and column is covered in intricate carvings and sculptures. The themes carved include Christian themes, as one would expect, such as the Seven Sins, angels playing instruments (including the bagpipe!), and the face of the Christ (hidden among the stars on the ceiling). But there are also more obscure themes which even experts are still baffled about. Among the decorations are 'Green Men' faces, that may have to do with paganism. Also among the carvings are ears of corn, monkeys, and the face of a frustrated master-smith staring angrily upon the superior work of his apprentice (there is a humorous story that goes with it, but I shall not ruin it for you).

My experience in the church consisted of repeatedly saying "Wow!" and playing a game of Medieval 'Where's Wally?' ("Where's the angel with the bagpipe? No. Not that one, that one is holding a harp! How many Green Men have you found? I've only found three. Oh wait, there's a fourth!").

In 2003, Rosslyn Chapel was featured in the bestselling novel



*The Da Vinci Code*. Subsequently, the 2006 movie adaptation, starring Tom Hanks, was filmed in part in the chapel.

Perhaps slightly to my disappointment, the local guide told us that the Star of David which was featured in the movie was nothing more than a prop, a sticker stuck on the wall. The sticker has since been removed, but it left a green mark which you can still easily find if you know where to look. Some think it damages the church, but it is undeniable that that mark has attracted many keen Hollywood worshippers there.



If you are still not convinced to make the trip, let me assure you that just outside the chapel is a beautiful visitors' center and a café that overlooks the best of nature. Coffee, views, and Medieval treasures: What more can one ask for?

While one cannot necessarily trust what one reads in books (especially one written by Dan Brown), you can be assured that Rosslyn Chapel is truly as beautiful as they claim, if not more. And while it may not contain the Holy Grail, there are secrets and unsolved mysteries hidden on every wall, column, and in its mysterious crypt, just waiting for someone to solve them...

Address: Rosslyn Chapel, Chapel Loan, Roslin, Midlothian, EH25 9PU

Opening times: Seasonal differences (please refer to website – [www.rosslynchapel.com](http://www.rosslynchapel.com))



---

# Wildlife Photographer of the Year

We have some impressive neighbours, including the National Museum of Scotland. Student Ambassador Carlotta visits an exhibition there.

Last week I visited the Wildlife Photographer of the Year exhibition at the National Museum of Scotland. The exhibition shows the hundred finalists and two overall winners of the Wildlife Photographer of the Year awards, run by the Natural History Museum in London. The exhibited works have been chosen from among 48,000 entries, taken by photographers from 92 different countries. The exhibition's location at the National Museum, a short 5-minute walk from the William Robertson Wing, made it a perfect study break, and the £6 student price made it even more appealing. The exhibition is presented in a darkened room, with the images illuminated, making their colours stand out, and the focus of the images even more striking for the observer. Alongside the photographs was a description of how they were captured, as well as information about the animals and environments portrayed. This gave the exhibition an important educational function, rather than just being visually impressive.

Many of the works also aimed to highlight conservation and environmental issues affecting the animals and environments they captured. This was particularly true of one of the overall winners, 'Memorial to a Species' by Brent Stirton. Taken as part of an undercover investigation into the illegal trade in rhino horn, the photo shows a black rhino bull who had recently been shot and its horn cut off. The image was part of Brett's documentary series, several more photos from

which were also shown at the exhibition, entitled 'Rhino Horn: The Ongoing Atrocity'. The series shows people on all sides of the story, from those involved in conservation efforts and taking care of injured rhino, to those fighting to overturn bans on rhino hunting, and those who use the rhino horn for medicinal purposes. The most striking image of this series was that of the world's last male northern white rhino and his armed guard, who keeps a 24-hour watch over the male rhino and his female companions. This sanctuary has recently featured in the news, following the tragic death of the last male, and thus the certain extinction of the species. The other winning image, 'The Good Life' by Daniël Nelson, depicting Caco, a 9-year-old gorilla in the Odzala- Kokoua National Park in the Republic of Congo, also had a conservation message. In the image description, the photographer said that he wished to raise awareness through the image of the endangered nature of such gorillas.

My favourite photographs as I walked through the exhibition were those which depicted interactions between animals, particularly parents and their offspring. I found that oftentimes these interactions revealed the similarities in facial expressions and body language between animals and humans. One of these was 'Bear Hug', by Ashleigh Scully, depicting a mother brown bear and her cub. In the image description was a comment from Scully herself, about how from her time observing these bears in the Yosemite national park she was struck by how much their actions mirrored those of humans.

One area of the exhibition that I was particularly impressed by was the Young Photographers section, exhibiting entries by photographers of 17 years old and under. This included works by photographers as young as 5. One of the winners, Daniël Nelson, was in fact only 16 when he took his winning image. While the adult photographers tended to have travelled for their shots, and known what they were looking for, the young

photographers demonstrated a natural connection to their subject matter. Many of the young photographers' photos were of the nature that surrounded where they lived, and most of them had captured their photos on a whim.

The Wildlife Photographer of the Year exhibition is on at the National Museum of Scotland until the 29th April 2018, and I would heavily recommend it to anyone who is interested in animals and conservation, but also anyone who has an afternoon to spare. See some of the photos and find out more about the exhibition at the Wildlife Photographer of the Year website on the National Museums Scotland website.

---

## **History Society trip to Prague and Vienna, 2018**



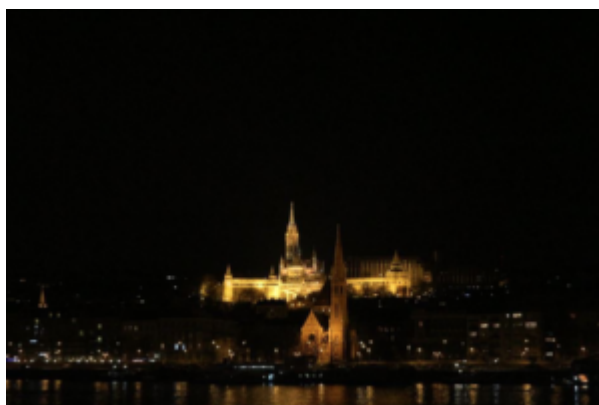
As one of the Trip Officers for the Edinburgh University History Society, Student Ambassador Carmen was responsible for organising a trip to Budapest and Vienna for 40 society members during Innovative Learning Week.

While we were only away for 5 days, it felt like ages because we did so much in both cities! – Carmen

## **Day 1: Monday, 19<sup>th</sup> of February**

Our flight to Budapest was extremely early – but this meant we got there really early too, giving us plenty of time to get our bearings! While the sky was blue, it was freezing cold as we walked around streets on the Pest side of the city, taking in the amazing views of Liberty Square & Parliament Square.

After giving everyone a few hours to have dinner (and a nap after a long day of travelling!), we met up again to see the iconic Hungarian Parliament building light up at night. Here, we were able to get a big group photo, before running off to take some night shots of the stunning view over the River Danube!



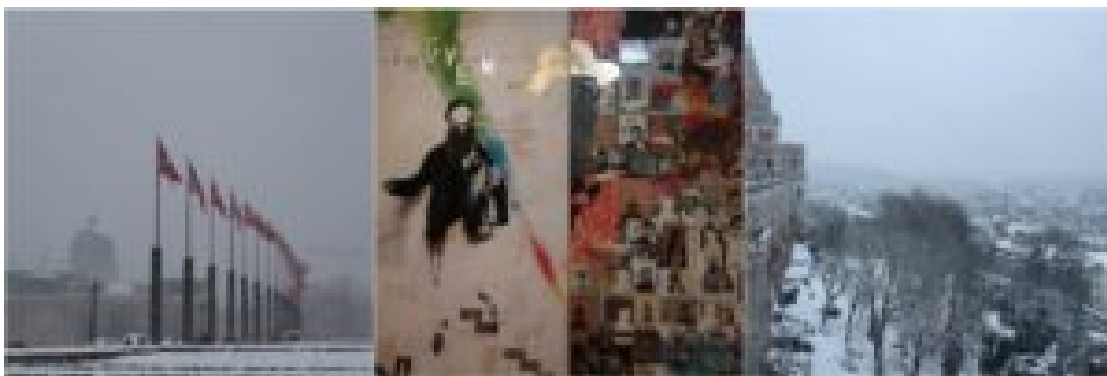
## **Day 2: Tuesday, 20<sup>th</sup> of February**

On our second day, we walked along the Széchenyi Chain Bridge (covered in snow!) to go across the Danube to Buda Castle. Using our trusty Budapest Cards, we were able to get a free Castle bus that took us outside the building – a lifesaver considering it was a very uphill walk!

Some of our group were lucky enough to see the changing of the guard at the Sándor Palace, the residence of the Hungarian President. Others visited The Budapest History Museum and The Hungarian National Gallery. I particularly enjoyed the third and final floor of the Hungarian National Gallery, as it had some really interesting Hungarian modern art.

Later that afternoon, we had a private tour of Hospital in the

Rock. This is a museum located in an underground cave system near Buda Castle, which was previously used as a hospital during World War II and The Hungarian Revolution of 1956. During the Cold War, it was also used as a nuclear shelter and remained a top-secret operation until 2002. We were not permitted to take any photos during this museum tour, but everyone loved the tour. During our visit, there were items on loan from museums in Hiroshima and Nagasaki, giving us the chance to see objects that were destroyed during the blast in 1945.



Afterwards, some members of the History Society committee and myself (with a giftshop bag from Hospital in the Rock in hand) went to visit Fisherman's Bastion, a beautiful terrace giving us some panoramic views of the city.

**Day 3: Wednesday, 21<sup>st</sup> of February**



Early on Wednesday morning, I took a large group of people on the trip to Memento Park (also known as Memorial Park). Located on the outskirts of Budapest, this open-air museum houses over 40 statues that would be placed throughout towns and cities in Hungary during the Communist era.

Later that afternoon, we went to House of Terror, a museum dedicated to the fascist and communist regimes in Hungary during the 20th century. We were also not allowed to take photographs in this museum, but it was fascinating being able to see how Hungary exhibits its horrific past. Afterwards we went to Lukacs Thermal Baths. This is one of the local baths in the city and allowed us to relax before getting ready to pack our things and leave for Vienna the next day.

#### **Day 4: Thursday, 22<sup>nd</sup> of February**

Early in the afternoon, we set out from Budapest via private coach and made our way to Vienna! Here, we checked into our hostel and had a wander around the city before eating at the

Naschmarkt, home to many fantastic restaurants. That night, I was so tired after a long day of travelling and sightseeing I went straight to bed! However, some very dedicated tourists in our group went to the prestigious Vienna State Opera.



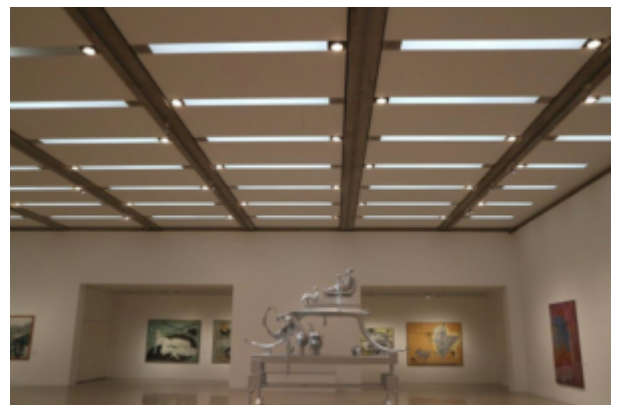
### **Day 5: Friday, the 23<sup>rd</sup> of February**

On our last full day of our trip, we got up early to go and visit the Hofburg Palace. This was the former imperial palace and winter residence of the Habsburg Dynasty, who previously ruled the Holy Roman Empire. The building was built in the 13<sup>th</sup> century and today serves as the residence and the workplace for the President of Austria.



The Palace has many interesting exhibitions. We got to see The Imperial Silver Collection, which was fascinating because it

showed how complex and ornate having dinner was for the Habsburg family; we got to find out about the life of Empress Elisabeth of Austria, commonly known as Sisi, who had struggled with the fame and social expectations of royalty before being assassinated; and we got to see The Imperial Apartments, which gave us a glimpse of how the Austrian royal family really lived. We were not allowed to take photos in most of these exhibitions, but I definitely took a lot from this visit and learned so much about Austrian history that I did not know about before!



Afterwards, we all went to lunch and then reconvened later in the afternoon to go to the Imperial Crypts. This is the burial vault of the Habsburg Dynasty, where the bones of 145 royals are kept, and it is astonishing to see how extravagant their coffins are! Here, we also saw Sisi's coffin, as well as that of her husband, Franz Joseph.

For the rest of the day, everyone had free time to get as much sightseeing as possible of Vienna! I went to Mumok, a world-renowned modern art museum located in the famous MuseumsQuartier. It was really great fun, especially the interactive exhibition when we were allowed to wear aluminium foil jackets!





Later that evening, we had our final dinner of the trip as one big group in an authentic Austrian tavern. This gave us time to reflect on our busy and fun-filled week that we'd had, as well as the opportunity to eat some pork schnitzel and kaiserschmarrn, a fluffy shredded pancake traditionally served with plum jam.

### **Day 6: Saturday, 24<sup>th</sup> of February**

Home time!

I thoroughly enjoyed being responsible for organising an international trip with the Edinburgh University History Society. While certainly stressful at times, I learned a lot about myself and played a key role as part of a team; developed so many new skills that I would not have been able to otherwise; and made long lasting friendships along the way. I believe that societies truly enhance student life here at Edinburgh, and I am so glad that I made the decision to become involved in the student community in this way. Hopefully I'll get a place on the very popular History Society trip next year, as they are such a fantastic way to go abroad with new people at an affordable price!

---

# LGBT+ History Month and Time Warp, 2018



Student Ambassador Ruby reports on a busy February for the School's Societies.

February has been a busy month here at the University – particularly for History, Classics and Archaeology students! Not only have we had the Staff-Student Pub Quiz and the History and Classics Society trips, but it's also been LGBT+ History Month and RAG (“Raising And Giving”) Week!

A lot has been going on across campus this LGBT+ History Month; our student's association has been running everything from film screenings, to LGBT+ self-defence classes. The History Society has also managed to get involved and organise some events of our own. We collaborated with PrideSoc (the University's LGBT+ society) to write a pub quiz, we designed historical Valentine's cards, and we led a walking tour of Edinburgh's LGBT+ history. Did you know that the 1974 International Congress on Homosexual Rights took place on our

campus?



Our Valentine Cards.

RAG Week takes place in the last week of February and is an opportunity for societies to host fundraising events for worthwhile causes. This year, History, Classics, Archaeology, and Retrospect (our School's student journal) decided to combine RAG week with LGBT+ History Month and host the event Time Warp. Time Warp was billed as a "party for people of all sexualities, genders and degrees", and all profits went to the Scottish charity *LGBT+ Health and Wellbeing*

Time Warp was held in Teviot Underground – one of the many bars and live music venues on campus – and was DJ-ed by volunteers from FreshAir, Edinburgh's student radio station. There were glowsticks, glitter aplenty and a slideshow of historic LGBT+ photos (because who said parties can't also be educational?!)



The Time Warp raised over £100 for charity and we had a blast!

---

# The Royal Yacht Britannia



The city is full of historical sites, and Student Ambassador Francesca visits one of the most popular.

Edinburgh is home to a wealth of tourist attractions, such as Edinburgh Castle, Holyrood Palace, the National Museum and National Galleries, Dynamic Earth, Camera Obscura and the Scotch Whisky Experience. There's something for all tastes and interests but the Royal Yacht Britannia is easily the best. Tucked away at Ocean Terminal, 15 minutes from the city centre, it's also one of Edinburgh's best-kept secrets. The Royal Yacht, which you might know from Netflix's 'The Crown', was the Queen's home-away-home for over forty years. It was launched from Clydebank in 1953 and sailed over a million miles before being decommissioned in 1997.

Britannia carried the Royal Family across the world on numerous tours and state visits, and has hosted glittering receptions for world leaders, including Winston Churchill, Margaret Thatcher Nelson Mandela and Ronald Reagan. It was also used for family holidays off the coast of Scotland and several Royal couples have honeymooned aboard, most famously Prince Charles and Princess Diana in 1981. Recently, it was the dramatic setting for Zara's wedding reception to Mike Tindall. The Royal Yacht today is a beautifully maintained vessel and presented with its original furnishings.



The Royal Apartments (from top left): the sitting room, the Queen's bedroom, the state dining room and the sun deck.

Except for maintenance hatches and the like, you can roam freely around the entire ship. The Royal Apartments, including the bedrooms, offices and sitting rooms, are where the Royal Family lived. There's certainly a very 50s décor feel to these rooms, which are more functional than plush. There's also a beautiful sun deck (once equipped with a water slide !), complete with a tea room serving delicious cakes and snacks.

A few levels below are the sailors' quarters and social spaces. Yachtsmen on Britannia were known as 'Yotties'. These spaces are probably some of the most interesting parts of the ship. Tiered according to rank, sleeping quarters range from private cabins to bunking shelves (!) and while the officers' dining room is nicely furnished with trinkets from the ship's travels, the general mess hall looks more like a school canteen. What surprised me was the mini-pubs on board, where yotties and officers could grab a pint and settle down for games or entertainment. There's also a fudge shop on this level, where you can try some truly bizarre flavours.



The Junior Officers' pub onboard.

The lowest levels of the ship have been turned into more of a museum-like exhibition. The engine room has been opened up to showcase the original machinery, while the racing yacht, Bloodhound, has also been put on display. This yacht has raced at the Cowes Week Regatta and has been sailed by Prince Philip, Prince Charles and Princess Anne.

Britannia is an exceptional tourist attraction, steeped in history. She is an excellent example of heritage and conservation work in the sector. Visiting Britannia offers a glimpse of life at sea and a flashback into a bygone age. The Royal Yacht is also a remarkable symbol of British cultural diplomacy in the twentieth century and 'soft power'. I've visited Britannia four times since coming to Edinburgh, and really can't recommend it enough for showing family and friends around the city, or an afternoon away from the Library.

---

## The Talbot Rice Gallery: A



# hidden gem



How many Universities can claim to have a world-class gallery as part of their campus? Student Ambassador Osanna visits Edinburgh's, the Talbot Rice Gallery.

I cannot remember which I fell in love with first: classical art or contemporary art. Though I have chosen to study Classics, I have maintained a great interest in contemporary art. After all, contemporary art often draws on historical themes and artistic styles, and challenges how we see and study them.

Barely two minutes away from the HCA building (the William Robertson Wing) is the hidden gem that is Talbot Rice Gallery, the University's contemporary art gallery. Part of the University's famed picturesque Old College, the gallery includes its own Georgian hall, which has been transformed into a cinema for the current exhibition.

I had recently began volunteering at the gallery as an Information Assistant, and I was exceptionally excited about the new exhibition, displaying the works of video artists Rachel Maclean and David Claerbout.

I believe myself destined for this post, as I have happened upon Rachel Maclean's exhibitions not once, nor twice, but THREE times in three different cities (Edinburgh, Manchester,

and Venice). Edinburgh-born Maclean is a graduate at our University and had recently represented Scotland at the *Venice Biennale*. It is an understatement to say I admire her deeply. Her work currently on display is titled *Spite Your Face*. It is based on the 19th century tale of *Pinocchio*, yet its message is evidently modern, reflecting on the questionable reliability of politicians, consumerism, and the media. Placed in the context of Brexit, controversial presidential issues in America, and ongoing battles for rights around the world, Maclean's work is an honest, if brutal portrayal of the darker sides of society. It is vivid, dynamic, and begs reflection, and viewers are unlikely to forget it in a hurry.

I had never before encountered David Claerbout's work, and I was indeed in for a pleasant discovery. The pieces on display were very different from Maclean's work, but compliment it wonderfully. Claerbout's work centers around exploring space and time. One particular piece which caught my attention is named *Radio Piece (Hong Kong)*. I do not wish to ruin the piece for you, as I believe one should be able to experience it however they wish. But as someone from Hong Kong, I believe it reflects the feeling of being entrapped within a clustered space, both physically and mentally, and reflects consciousness of Hong Kong's colonial history and how it still affects us today.

I volunteered at the exhibition on its preview night and was overwhelmed by the influx of eager viewers. I was initially nervous, but quickly found my feet with help from a fantastic team of volunteers, who are also mostly students from the University, and a group of helpful gallery staff. It was truly a rewarding experience, and I was very glad to be able to witness it.

But the best was yet to come! After the preview, I recognized, swarmed by enthusiastic viewers, the artist Rachel Maclean herself! Like any fangirl, I could barely contain myself, but was too shy to approach her. After much chickening out and a



lot of encouragement from my new friends at the gallery, I finally managed to greet her. She turned out to be the nicest, most approachable person one could possibly meet. I shook her hand, and muttered something unintelligible, which she somehow responded positively to. I managed to get a photo with her, which concluded perfectly a fantastic and fulfilling evening.



Osanna and artist Rachel Maclean

The opportunities for cultural enrichment and volunteering at the University of Edinburgh are fantastic and I cannot recommend them enough.

(The exhibition runs from 24 February 2018 – 5 May 2018)

---

**Centre for South Asian**

# Studies seminar series



Lecture by Dr Krishna Menon

The University and School offer a fantastic range of seminars throughout the year. Student Ambassador Frances attends one in our sister School, Social and Political Science.

I recently attended a lecture by gender studies expert Dr Krishna Menon. The lecture, titled 'Feminist Explorations of Contemporary South Asia: Possibilities and Challenges,' was part of the Chrystal Macmillan Seminar Series (named after the first female graduate of Edinburgh University, who later became a famous suffragist and politician). The lecture was part of a project which aims to increase connections between British and Indian universities. Menon's lecture was a 45-minute magisterial tour of the history and politics of feminism within South Asia from the early twentieth-century.

As a final-year History & Politics student, I was thrilled by the opportunity to hear such a renowned speaker discuss issues resonating with my dissertation, which I am currently working on. The lecture did not disappoint. Menon touched on multiple themes within contemporary South Asian political thought using a feminist lens. She demonstrated how the increasing militarisation of South Asia was gendered in so far as it disproportionately affects women who lose more freedoms than

men. The 'war on terror' is used as a justification for this. Menon then shed light on the 'abducted women' of Partition (1947) whose families had to conceive of ways to restore 'honour' to their homes given India's cultural code. Menon also drew attention to the uneasy positioning of feminism within the modern conception of the nation-state. The nation-state not only defines borders along, often, arbitrary lines but also draws borders between otherwise naturally aligned women's movements. Menon also discussed the development of what are termed 'femocracies,' in which gender experts are included within governments in South Asia to try to implement emancipatory measures. These 'measures' do not, however, always address the structural causes which inhibit women's development.

The picture, however, is not all bleak. Menon's concluding remarks were a positive round-off to a fascinating lecture. Despite continued difficulties facing women in South Asia, transnational feminism, both as a feminist paradigm and activist movement, is on the rise. This form of feminism employs modern technologies to create new ways of cross-national collaboration which benefit all of society. The lecture was itself an example of this.

Menon's lecture was one of a series of lectures by the Centre for South Asian Studies which was founded at The University of Edinburgh in 1998. This interdisciplinary academic unit offers new perspectives which continuously inspire people from within the University body, namely students, and from outside, namely politicians. I myself was inspired by this event, which is an example of how the many extra-curricular experiences on offer at Edinburgh have supplemented and diversified my degree.

---

# First Annual Staff-Student Cup



The School, its Societies and students organise regular events and this was the inaugural event in the Staff-Student Cup (which is a shield, it's a long story). Senior Student Ambassador Francesca was there!

This semester the School of History, Classics and Archaeology (HCA) is launching an annual Staff-Student Cup. This is a series of three challenges, pitting academics against students. Last night was our first event: a quiz, held at the Villager pub. With over 50 people, and nine teams, we had a great turnout.

We started out with an anagram challenge on the theme of buildings around George Square campus while people chatted, bought their snacks and drinks and found a seat. Anagram solutions included the Old Medical School (home to HCA), the Playfair Library (the beautiful library at Old College), Potterrow and Teviot (where most of the Student Union activities take place) and Buccleuch Street (pronounced Bukloo).

The first two rounds were on general knowledge and films. Questions included: Where was the 1966 World Cup final held? Who played Don Corleone in 'The Godfather'? Then we got on to the third round – a little more competitive – on trivia about the city of Edinburgh. We had to answer questions on the name of the fire festival held each spring (the Beltane Fire Festival), the population of the city (the 7th most populous in the UK), famous writers (Arthur Conan Doyle, creator of

detective Sherlock Holmes), the Edinburgh Capitals (an ice hockey team) and where you would find works of art by Eduardo Paolozzi (the National Museum of Scotland).

The final round – on History, Classics and Archaeology trivia – was the most interesting, especially as it pitted students against experts in their fields. Some questions weren't too difficult: What British city was called Acquae Sulis by the Romans? Bath! What is the name of the School of HCA's quad? The Elsie Inglis Quad! But some were fiendishly difficult, even for specialists. We were quizzed on the name of the only British Prime Minister to be assassinated (Spencer Perceval), what US President Benjamin Harrison installed in the White House but was too afraid to use (electricity), and the names and order of Henry VIII's six wives (my team failed this question, so you'll have to Google it). Then came the two bonus questions. When was the Old Medical School – our building – completed? 1886. And when was the University founded? 1582.

The quiz master disappeared to count the scores and the results were revealed... in first place... 'The 7 Sisters' – the staff team!



Francesca Morphakis