

**Kickstart
your future
with us**



**Find out how to accept your
Clearing offer at London Met**

Have some Verve



Victoria Pennant

Journalism BA (Hons)

"Verve Magazine is a Students' Union publication for London Met. It is geared towards London Met students, giving advice, tips and all the juicy bits going on in and around uni. I decided to work on Verve as I thought it would be great experience as a budding journalist. It is also fun and a great way to meet people. We have open Verve meetings

"London Met has a lot to offer – you just have to dive right in"

to decide on content, so that any student that is interested in writing for the magazine can come along and bring their ideas. I think the best piece I have worked on must have been the annual recap. I enjoyed looking back on all the crazy things that have gone on throughout the year! When I graduate I want to either write for BuzzFeed or become a freelancer. My top tips for new students are to get involved! Things are not going to be placed in your lap. Ask questions, be curious and friendly. London Met has a lot to offer – you just have to dive right in."

Sylvie Carlos

Event Management and Public Relations BA (Hons)

"Verve is the student radio station. Our station is run by students and that allows students a platform to express themselves through music, but also through personalised segments. Radio presenters are in control of their show's content, as long as it is not anything controversial. As the head of station, it is my role to approve show proposals. I like to meet up with each applicant to really get a feel for their show and make sure they have passion for our station. My weekly real-talk segments on

my Frizz & Go show have been really fun to work on – one called "catch flights not feelings" was my favourite because it was motivational and super relatable. I am contemplating at the minute if radio and TV is my career path or if I want to progress as an events manager. Having this role has allowed me to open my options and potentially turn a hobby and passion into a career. My tips for students? Embrace your individuality. London Met allows you to be different and reach your potential. Network, you never know when you may need someone's expertise. And get involved in as much as possible, making sure you keep your studies as your priority."

What happens next...

If you've just received an offer through Clearing for a London Met course starting in September, here's what you need to do next.

Accept your offer as soon as you can

Read the essential information in the **red** or **blue** email we sent you straight after you called.

This page explains what you need to do to accept your offer:

londonmet.ac.uk/clearingoffer

Visit us

It's important you make sure London Met is the right place for you, so do try and visit the University and check out our facilities.

We will be holding open days for all new students throughout the summer. Visit your campus, talk to your potential teachers, current students, and get all the advice you'll need about starting uni.

Go to our website and pick a date, book your place and join us on the day:

londonmet.ac.uk/events

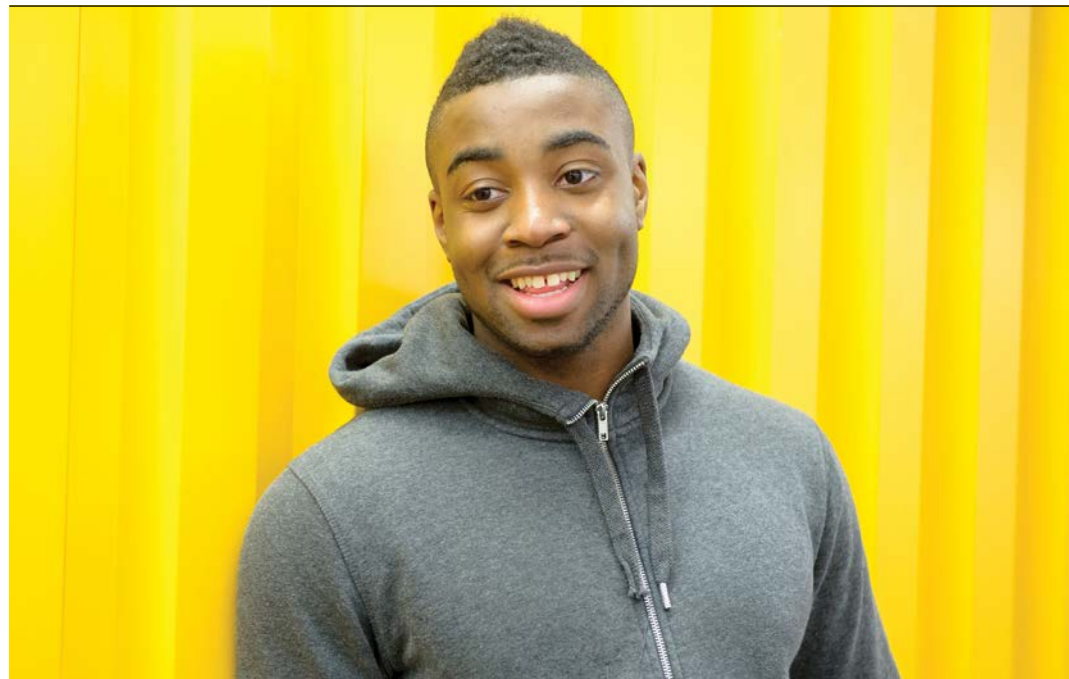
Talk to us

Got a query? We're here to help you whatever your question might be – call or email us:

+44 (0)20 7133 4200

admissions@londonmet.ac.uk

We'll do our very best to help.



Get your funding in place

It's really important that you apply for funding as soon as you can.

Remember: you don't have to pay any of these loans back until you have finished your course and are earning £21,000 a year or over.

We're here to help so please visit our funding pages to find out what to do and how to apply:

londonmet.ac.uk/funding

Speak to our advisers

We want to make your application to university as stress-free as possible. If you have any concerns about funding, such as maintenance loans, you can speak to one of our funding advisers:

+44 (0)20 7133 2094

advice.studentservices@londonmet.ac.uk

Student Services can also

provide you with information, advice and guidance on a range of issues: academic, personal, spiritual, developmental, careers, disabilities and dyslexia, accommodation, volunteering and extra-curricular activities.

We can help in one-to-one meetings, over the phone, via email or through group sessions. We can help through our social media channels, web-based and printed information and self-help materials.

londonmet.ac.uk/studentsservices

Finding somewhere to live

We think London is the best place in the world to live, but we know that living away from home for the first time might be a little daunting. We can help you find somewhere affordable and comfortable to live.

Visit our website to see what there is on offer:

londonmet.ac.uk/accommodation

Remember

You need to accept your Clearing offer as soon as possible. Go to this page and follow the instructions:

londonmet.ac.uk/clearingoffer

Keep us informed of any changes to your details. Double check your offer and if you do want to query anything, please contact us.

Whatever your question might be – call or email us:

+44 (0)20 7133 4200

admissions@londonmet.ac.uk

Ask lots of questions, visit us and check out our facilities and support services.

Don't forget to apply for funding as soon as you can:

gov.uk/studentfinance

#LoveLondonMet

Hasnai Benkacem

Graduated with an
International Business
BSc (Hons) in 2014

♥ Having come through Clearing what was your experience of this process?

I didn't get the grades for my

UCAS offers so my college careers advisor gave me a list of universities open for Clearing. I called London Met and the Clearing advisor explained the content of the various business courses. The international business course really appealed to me and I was fully supported throughout the application and enrolment processes.

♥ What did you enjoy the most about your course?

Even though the course was structured I had to take control of my own learning,

especially in the last year. I felt motivated and my tutors were always there for me and were really supportive. My goal was to prove that even though I didn't do well in my A levels that I could do well in my degree. I finished with a first so I definitely achieved it.

♥ How has London Met helped you with your career aspirations?

When I graduated I applied for a paid graduate internship with London Met. I was placed in a marketing role at the Guildhall Faculty of Business and Law. It really helped to bring out my creative side and made me certain that I wanted to stay in marketing and develop further skills in this industry. Since finishing the internship I now have a permanent job at London Met. It's really rewarding as I can give back to the uni I love.

♥ What facilities did you make use of?

The Bloomberg financial facilities were great. Most universities don't have access to the platform so it's a good thing to learn and it looks great on your CV. I loved chilling out in our student bar, The Rocket, and playing pool. We have a mock courtroom too, where we held debates as part of my law module – it felt like you were in a real courtroom.

♥ What advice do you have for students about to start their uni experience?

Start straight away with the right attitude. If you want to succeed then you will, but you have to be organised. Do all your reading and train yourself for the subsequent years. Try and get a part-time job even if it's not in the industry you want to go into. It will teach you so much about deadlines, and time and money management. It will help you to plan your life with more structure. Take everything in and enjoy yourself.



Quoc Luu Nguyen

Currently studying the Computer Games Modelling and Design BSc (Hons) – due to graduate in 2017

♥ Having come through Clearing what was your experience of this process?

I found Clearing to be easy. The advisors were really supportive. I spoke with the course leaders about the course content and it really appealed to me so when they made me an offer I accepted. London Met really stood out and shone. I knew it was for me once I found out about this course.

♥ What have you enjoyed the most about your time at London Met?

The course tutors are fantastic and they are so passionate about their work. They support you and if you have a particular goal then they will guide you in achieving it. I love that on my course I have the freedom to use my ideas in assignments and be really creative. I'm looking forward to showing off my work next year at our third-year showcase. Companies can come and view your work which looks really good on your CV. London Met gives you the opportunities to help you to succeed when you graduate.

♥ Are you a member of any societies?

I'm the Club Secretary for the Computer Games and Animation Society. We've grown the club to over 300 members in just a year. We do a lot of socialising together at events such as paintballing, Comic Con and movie nights. Joining a society has really enhanced my student experience and making friends with students on other courses has been great.

♥ What has your experience of being a success coach been like?

I've found it really enjoyable as you get to interact with the first-year students. I know what they are going through and it's great to talk through their issues and help them. Seeing them go on to achieve their goals is really satisfying.

I would recommend this role to students who are looking to build up their mentoring skills as it will be useful once you go out to work.

♥ Do you have any advice for the students who are about to start their uni experience?

For those on creative courses make sure you work on building up a portfolio while you're here. It will be held in high regard by an employer even if your grades aren't what you expected. You will stand out amongst competitors. Make friends with your coursemates and work on projects together as that will help to build connections and find opportunities.

There are many opportunities given to you by London Met so take advantage of them all.



London Met hero cleans up at the BUFF Awards

Jesse Quinones wins Best Director and Best Feature Film at the British Urban Film Festival.

Jesse graduated from London Met with an MA in Audio Visual Production from The Cass, having already achieved an undergraduate degree in Creative Writing within the Faculty of Social Sciences and Humanities.

His film, *Calloused Hands*, has won an array of awards including Best Feature Film at the Fingal Film Festival (2014), the Hearts Mind and Soul Award at the Rhode Island International Film Festival (2013), and the Best Actor (Andre Royo, Luca Oriel), Best Actress (Daisy Haggard), Best Screenplay and Best Cinematography Awards at the Golden Door International Film Festival (2013).

Last year he beat *Adulthood*, *David is Dying* and *Woolwich Boys* to take Best Film and Best Director at the BUFF Awards.

"I really have to thank BUFF," he said. "Making films is so tough, so when anyone recognises your work it makes it much sweeter."

Jesse continued: "BUFF have been so supportive of the whole process. They screened the film to over 500 people in the Odeon in the West End so to get these awards is really amazing."

The film has taken a long time to make, "I started writing it when I was 19," he explained, reminiscing.

"It started as a book initially and then it developed into a screenplay. It's truly a labour of love; I finished it at 31 so it's taken 12 years from conception



to completion."

In 2011 NALIP, The National Association of Latino Independent Producers, selected Jesse's script for their Latino Writers Lab. "When it got picked up by NALIP I decided: 'I have to make this film, whatever it takes, whatever the cost.' I picked a date and decided that it had to be made by then."

Calloused Hands was Jesse's first venture into fiction. "What I really like most is stories," he commented. "I look for what medium is best to tell the stories; some of the stories are made as documentaries because fiction just couldn't do it justice. Others, like *Calloused Hands*, had to be made into film. As long as I'm able to tell stories it doesn't matter to me how I tell them."

Jesse is about to shoot a documentary series for Channel

4 and has two other films in the works, *The Cagefighter*, also starring Andre Royo, and a romantic comedy with Cuban dancer Carlos Acosta.

Since graduating Jesse has worked consistently, producing and directing documentaries and films, but he's not just a filmmaker. "It's a really hard industry," he said, "and it's important to have a fluid approach, I also teach, I also make corporate videos in addition to developing my own scripts. I am a filmmaker, yet I feel that I have to do other things that can spark creativity too."

Speaking to future graduates Jesse's best advice is firstly to be proactive. "The industry is so competitive, there are so many people after the same thing and at the same time there is less funding and less opportunity so it's very tough.

"I'd say don't sit back and wait for opportunities to come to you and if you can't find opportunities then make your own, make your own films, fund yourself and find new ways to tell your stories. That's the approach I took, it took me six years to get an agent but it's what I wanted to do so I just kept on going."

He advises budding filmmakers and directors to be decisive. "Decide what you want to do in the industry; don't just aim for 'the film industry'. If you want to be a director, be a director, don't try and climb an invisible ladder; if you want to be a screenwriter, then write, send scripts out. Pick a path and be clear about it, and be tenacious as hell."

To find out more about Jesse and his upcoming projects you can follow him on Twitter:

@jessequinones81

How London Met can help you afford to go to uni

We offer a number of bursaries and course fee reductions to UK and other home rate students (such as EU students who have been living in the UK for three or more years prior to the start of their course).

Cash towards your studies

These bursaries and reductions can help towards your expenses such as childcare, books and accommodation.

A little bit of help gets you one step further to achieving your career goals.

The London Met bursary

If you're entitled to the full Maintenance Loan we can offer you a **£1,000 cash bursary** for each of three years of study. That's potentially **£3,000 cash** in total.

If you study part-time you may be eligible for a **£500 cash bursary** based on taking a minimum of 60 credits per year.

Bursaries for four-year extended degrees

We offer a number of money-saving bursaries to students who study one of these extended degree programmes:



Faculty of Life Sciences and Computing and Guildhall Faculty of Business and Law

If you're taking an extended degree programme within one of these two faculties, you can potentially be awarded:

- **£1,000 per year** for your four-year course at London Met (provided there is successful progression each year). This starts in the foundation year (you'll need to be receiving a full Maintenance Loan)
- plus **£1,000 cash** if you progress on to an undergraduate degree course with London Met

That's potentially **£5,000 cash** over the four years.

Faculty of Social Sciences and Humanities

Studying a four-year extended degree can potentially give you:

- **£1,000 fee waiver** in your foundation year
- **£1,000 per year** for your

four-year course at London Met (provided there is successful progression each year). This starts in the foundation year (you'll need to be receiving a full Maintenance Loan)

- plus **£1,000 cash** if you progress on to an undergraduate degree course at London Met

This totals **£1,000** off your tuition fees and potentially **£5,000 cash** over the four years.

The Sir John Cass Faculty of Art, Architecture and Design

Start an extended degree course at The Cass and you'll be awarded:

- **£2,500 fee waiver** in your foundation year
- **£1,000 per year** for your four-year course at London Met (provided there is successful progression each year). This starts in the foundation year (you'll need to be receiving a full

Maintenance Loan)

- plus **£1,000 cash** if you progress on to an undergraduate degree course at London Met

This could help you save **£2,500** on your fees and potentially give you **£5,000 cash** over the four years.

How to apply

See londonmet.ac.uk/funding for information about all of our bursaries and scholarships, including all of the eligibility criteria and how to apply.

Take our investment

Some universities will offer you free books or a tablet, but here at London Met we've decided to give you cash towards your studies, so you can make those all-important spending decisions yourself.



Making the most of your time at university

University is so much more than attending lectures nine to five. It is a time when you can create life-long friendships and find out what you want to do by taking advantage of the possibilities that would not be offered anywhere else.

One such opportunity is joining a student society. There are over 50 student societies at London Met, which range from recreational to academic, political to the arts. All of them are student-led, non-profit organisations that work hard to improve your experience at university.

Being part of a society helps emotionally, as well as academically

Becoming a member of a society provides countless benefits. Cultural societies make students feel more at home and help to create home right here at London Met. Societies are all about gathering people who are interested in the same thing together.

Essentially, being a part of a society helps emotionally, as well as academically. Being a part of a student society can significantly improve studies and enhance learning. Many societies are based on a particular course, which can serve as a boost to regular lectures and introduce subjects that might not be a part of the

curriculum. Societies often invite external speakers to their events, which is a great opportunity to develop a more rounded view of a subject, as well as providing a fantastic chance to network with people from different universities and industries. Some societies cover a broader spectrum of interests, such as the Society of Life Sciences. Members of this society have the chance to attend talks by local and external scientists.

“I particularly enjoyed the talk by Malcolm Needs, the Reference Service Manager of NHS Red Cell Immunohaematology Laboratory, because it gave me an insight into lab work, which will be a big part of my future career,” says Andrea Elser, Biomedical Science BSc student, and member of the Society of Life Sciences.

Constructive criticism is essential for student progress. For this exact reason, Creative Writing BA student Alessia Cacaveri has just founded the Midnight Writers Society. Alessia says: “It is very important for a writer to get feedback as it is the only way to improve. We will organise group workshops, where everybody will be able to share their work, critique each other’s pieces, and discuss writing tools and genres. Who knows, a student might write a world class masterpiece with a little help from the Society?”

In addition to cultural, academic and art societies, there are also quite a few politics and business oriented societies. One of the most notable organisations is London Met Entrepreneurs (LME). It has been running

for more than five years and holds numerous awards by the National Association of College and University Entrepreneurs (NACUE), London Metropolitan University and the Guildhall Faculty of Business and Law.

London Met Entrepreneurs encourage networking alongside the development of practical skills, which can be further enhanced by taking advantage of Accelerator, London Met’s business incubator. It allows students to start their own business in a very supportive, slightly sheltered environment.

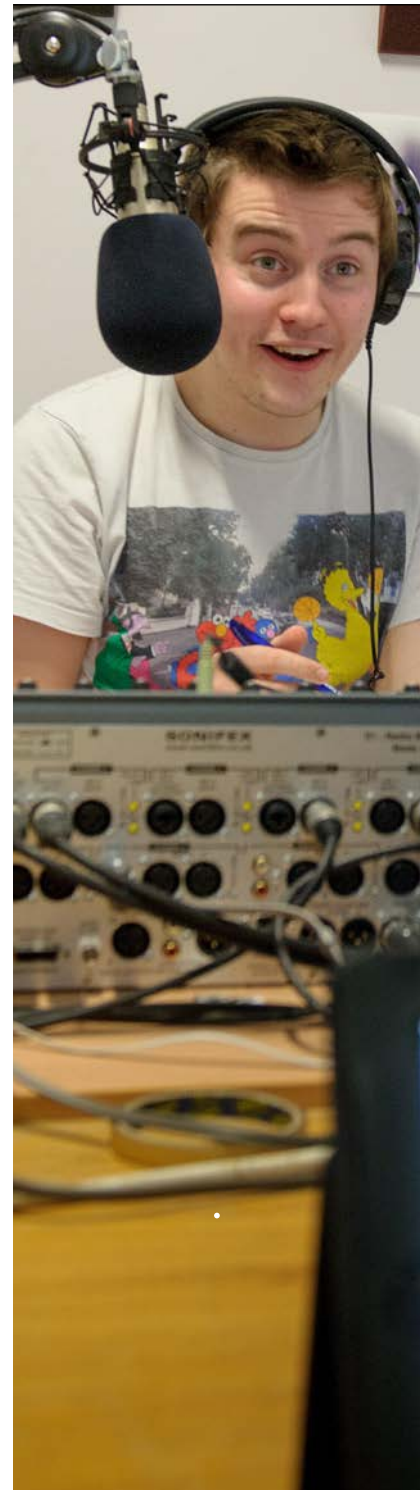
University itself is like a shelter where students are encouraged to experiment, learn and improve by collaborating with like-minded people who will provide support and advice.

The great thing is that even if nothing catches your eye among the existing societies you can always show initiative by starting up your own. Running a society can be very educating and rewarding.

“Being able to inspire, lead by example, listen and collaborate is an invaluable experience”, says Natali Dimitrova, the President of London Met Entrepreneurs.

Also, developing management and leadership skills can significantly enhance your CV and make you a more desirable candidate for a job.

Finally, there is something very touching about the moment after an event when society members come and say thank you. That appreciation is priceless.





Biomedical science graduate Gabriele Butkute on how university is about much more than just lectures.



Freshers' fair



There are many different societies at London Met

Developing management and leadership skills can significantly enhance your CV and make you a more desirable candidate for a job

#LoveLondonMet



Nicole Mitchell

Graduated with a Social Policy and Youth Studies BSc (Hons) in 2014

♥ What did you enjoy the most about your course?

I liked how diverse the student and staff base was. As people were from different backgrounds it meant the conversation was really interesting and it was great exploring different cultures, talking about social policy and looking at issues from different angles. I learnt a lot of things that I wasn't aware of and that enhanced my desire to work with disadvantaged groups. My tutors were great and invested lots of time in us. I really enjoyed my course and focussed on getting a first, which I achieved.

♥ Have you been able to pursue any of your interests while at London Met?

I'm really passionate about helping young people and supporting those with difficulties. I had the opportunity to become a student ambassador and as part of that I joined the Upward Bound scheme. I was able to work with young people at GCSE age whose backgrounds may limit their chances of going to university. I worked directly with them and supported and

encouraged them. By the end of my time, their grades had gone up from Ds to As. It was so amazing being able to help people like that and I know now that my future lies in a career that involves helping people.

♥ What advice do you have for students who are about to start their uni experience?

Stay engaged and work really hard as your time at university will fly by. As soon as you get an assignment, allocate a period of time to do it and start it straight away – don't leave things to the last minute. You'll enjoy socialising so much more when you aren't in a panic about deadlines. Try and get involved in extra-curricular activities, go to university events and meet lots of people. Networking with people is so important and it will help you with your career when you graduate. Finally, believe in yourself. If you think you can get the best grades, believe that you will. With hard work and determination you'll achieve what you want.

♥ How has London Met helped you with your career aspirations?

I've learnt so much while being here and it's given me amazing opportunities. I was elected to become a sabbatical officer of the Students' Union in 2014 and have been able to use this position to improve students' lives. I've launched a women's forum and a disability forum which have had £1,500 invested in them. I work directly with students and represent them regarding their education issues. This experience has improved my negotiation and communication skills, and given me real insight into representing and helping others. This job has put me in a great position for my future career and it's all thanks to London Met.

David Haziz

Currently studying the Interior Design BA (Hons) – due to graduate in 2017

♥ What made you decide to move to the UK from Israel to study?

I came for a holiday in London and fell in love with the city. I was actually studying business and marketing in Israel but I felt that it wasn't for me as I always loved interior design and aesthetics. London seemed like the perfect place to study this. The process wasn't difficult as I was supported by London Met staff throughout the application and visa stage.

♥ Why did you decide to study at London Met over other universities?

I have friends who had studied here and they recommended the University to me. They only had good things to say about London Met. They now all have great jobs, which made me confident that this was a good place to come and study.

♥ What have you enjoyed the most about your London Met experience?

I love everything about London Met. The location of the University is great and I love being in the heart of London. This city is so inspiring and has helped me to make my design work better than I could have imagined. The facilities are excellent, the studios are large and fun to work in, and I feel comfortable here. The other students are great and we really support each other.

All of the tutors are excellent. I feel comfortable talking to any of the tutors, not just my own. If I have questions there is always someone around to answer them. Everyone who has contact with students makes us feel like a family.

♥ Does your course offer a work placement?

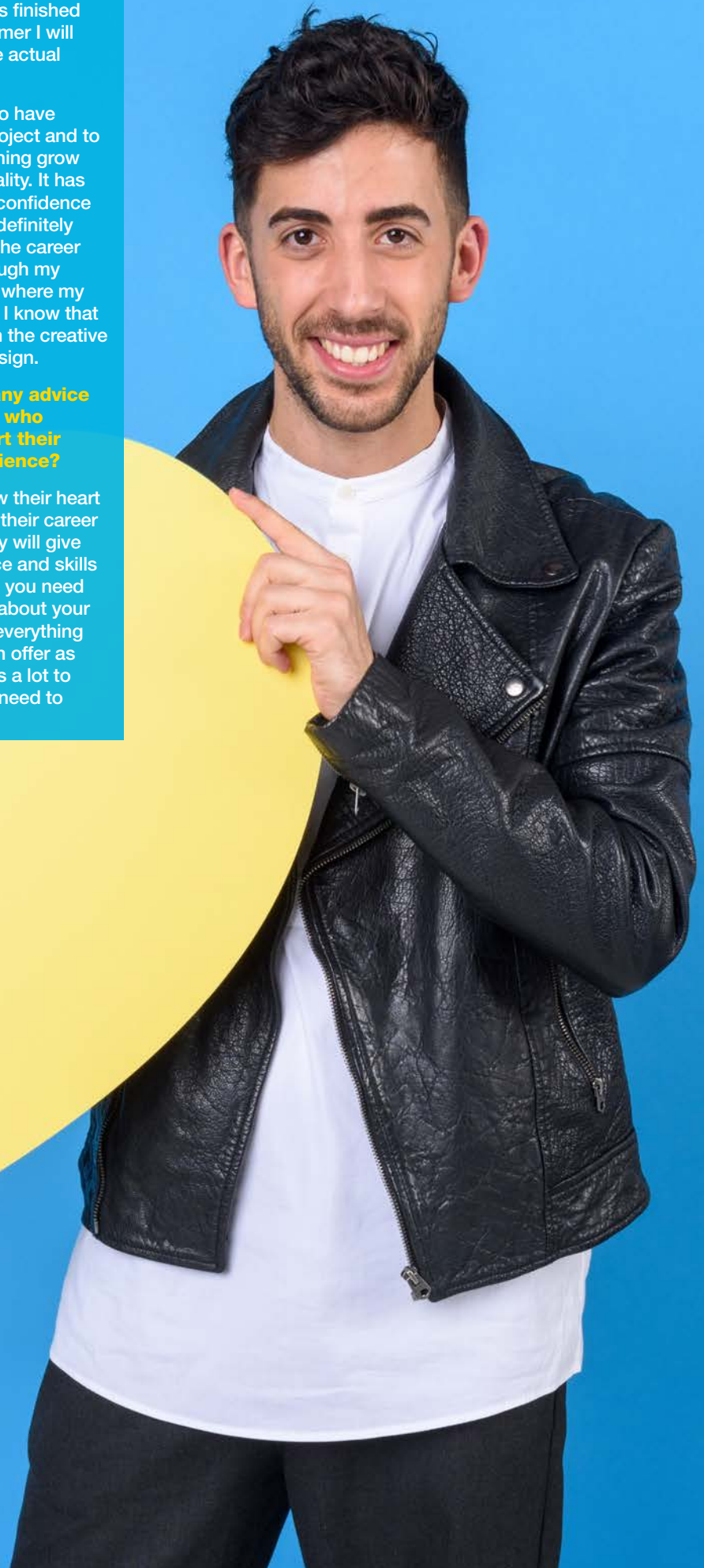
Most courses offer a work placement option with companies all around London. A lot of students end up getting a permanent job with their placement companies. I've just completed my first

professional, paid project which was for London Met. I was tasked with redesigning the restaurant in Calcutta House ready for when our campus moves there next year. The design is finished and over the summer I will be working on the actual makeover.

I feel very proud to have worked on this project and to have seen something grow from design to reality. It has given me a lot of confidence in my skills and I definitely know that this is the career path for me. Through my course I've learnt where my strengths are and I know that I want to go down the creative side of interior design.

♥ Do you have any advice for the students who are about to start their university experience?

They should follow their heart when it comes to their career dreams. University will give you the experience and skills that you need but you need to be passionate about your subject. Take up everything that university can offer as London Met offers a lot to students but you need to commit 100%.



Natalie's graduate internship

Natalie Lewkowicz graduated from London Met's Guildhall Faculty of Business and Law in 2015. She was chosen to be one of our second group of paid graduate interns.

What did you study at London Met and how did you find your course?

I studied advertising, marketing communications and public relations. All of the modules were very rewarding and I found them extremely enjoyable. During my course I found myself revelling in marketing and the creative side but, saying this, I still thoroughly enjoyed all modules. My dissertation was extremely rewarding for me and something I really enjoyed, and still show off wherever possible.

How have you been supported through your studies and what services does the University offer to help you?

I felt as though I had the right balance of support and independence given to me throughout my studies. Having a PAT (Personal Academic Tutor) plus access to WebLearn, was very helpful at all times. WebLearn was where all lecturers' notes and class presentations were regularly updated and accessible before lectures or seminars. This was amazing for class preparation and studying for exams.

How have you found your role working in marketing at the University?

The intern programme is



enabling graduates like me to get their foot in the door and really experience what it's like to work for a big organisation. The competition to get a placement was huge – I was even competing against my friends!

There are many experiences and skills that I'm gaining throughout my internship, from improving my organisational skills to increasing my creativity. I'm working closely with the University's brand guidelines and maintaining the University website. I am working very closely with the marketing team as a whole, alongside my individual role, so there's a lot of experience to take on board and get involved with.

What are your future career aspirations after your internship?

With amazing hands-on experience, working so well with

the team and enjoying what I do, marketing is where I want to be. The internship is helping me to build an incredibly strong CV – alongside all the projects I am working on, I am sure that the experiences that I am being afforded will be extremely valuable in the near future.

What's it like studying in the capital? How is your social life? What kinds of things do you enjoy doing in your spare time?

I think everything about London is amazing and truly has made my time at university better, and I feel it may have been very different from others' experiences. I'm from South Yorkshire so I very much appreciate living in the capital and it has become something I'm also known for now. My friend and I both moved down four years ago and we now live together, so my social life is

very busy and exciting, with our to-do list forever growing even after all this time. I enjoy being busy and being out of the house, exploring and seeing things. Sometimes London is a lot more than cocktails and shopping.

Is there any advice you would give to our readers about how to choose the right course and university for them?

Think long and hard about where you see yourself in three years' time, as well as choosing something you will thoroughly enjoy. Your decision should be carefully considered regarding the course structure, the quality and the kind of support you will get from the university, but the social aspect and location are very important too – as where you are and the people you are surrounded by will quickly become a very large part of you and your life.

How London Met can support you to achieve

Our experienced and professional staff are committed to helping you achieve your full potential while at university.

Our dedicated Student Services team is your first port of call if you're looking to maximise your potential during your studies, you have problems with finance or finding accommodation, or you require support with a mental or physical disability.

Disabilities and dyslexia

The London Met Disabilities and Dyslexia Service (DDS) offers support to students with a disability or Specific Learning Difference (SpLD) such as dyslexia or dyspraxia, physical or sensory disabilities and long-term medical conditions, including mental health challenges.

We offer:

- advice to students who believe they may have a SpLD
- dyslexia screenings
- advice on recommendations for reasonable adjustments to ensure that you can participate as fully as possible in academic life at London Metropolitan University
- guidance on the funding available to disabled students, such as the Disabled Students' Allowance (DSA)

londonmet.ac.uk/disabilities



Counselling service

Everyone needs support from time to time and it's best to seek this support before a problem becomes a crisis. Our team of professional counsellors offer confidential counselling on a wide range of emotional issues. You don't need to have a problem to meet with a counsellor. You can arrange a meeting to discuss how to maximise your personal and academic potential. We run workshops on motivation, goal setting, self-awareness, meditation and other transferable skills. The counselling service also offers a distance learning programme on personal development and emotional intelligence. For details, please contact the counselling service.

londonmet.ac.uk/counselling

Spiritual life

For religious advice and guidance, you may wish to contact an appropriate faith organisation through one of our local inter-faith forums:

- Islington Faiths Forum
- Tower Hamlets Inter Faith Forum

Where to live

Our Accommodation Bureau offers information and advice on finding accommodation either in external student halls of residence or in private rented accommodation. We can assist you in finding short stay accommodation such as hostels, hotels and homestay accommodation. We also offer advice on rental contracts and flat sharing with other students.

londonmet.ac.uk/accommodation

Career development, employment and volunteering opportunities

Our careers consultants can help you to plan for your future and we have many opportunities for you to develop the skills that employers are looking for.

londonmet.ac.uk/careers

Contact Student Services

+44 (0)20 7133 2094
(Islington)

+44 (0)20 7320 2370
(Aldgate)

studentservices@londonmet.ac.uk

londonmet.ac.uk/student-services

Ida is quick out of the blocks

Journalism student Ida-Sofia Ääri didn't wait for graduation before getting her career on the move. The sports-mad Finn has secured a job as a journalist at Yle, Finland's national public service broadcaster.



Just two months into her role on Yle's sports desk, journalism graduate Ida has already done TV and radio packages, covered various sports stories for online and interviewed the national football team.

"It's been great," she said.

"During my studies I took an optional voice training session for radio work with our lecturer Simon Cadman. It must have helped because I've had really good feedback on both my TV and radio work. Apparently my voice is clear and fits radio very well!"

Ida says her course at London Met helped her to get where she is today.

"I think it gave me a great overall look into the industry, and prepared me with the skills I now need in my job. What I find great about London Met is that it gives you what you ask for. What I mean by that is, if you push yourself, seek opportunities outside your curriculum, use the contacts your tutors have and remain open-minded, you will get so much more."

During her time at London Met, Ida worked in the University's press office for over a year,

where she gained experience in editing and publishing magazines, writing for online and conducting interviews.

"That was a great experience for me, working in a big office and being able to publish stuff all the time. The biggest story I covered for **Metropolis** was from our field trip to the European Parliament where we interviewed some MEPs and found out how the press office there works."

Ida was also part of an organisation called Women in Football, a network of professional women working in and around the football industry, which runs a tutor programme to help young people get an insight into the industry.

"I got a lot of help there, as well as some great interviews with top people working in different positions in football for my University assignments," Ida said. "I met a lot of great people and made new contacts."

At London Met, journalism students get the opportunity to take part in Enhancement Week – a week full of activities and courses that aim to develop students' skills, knowledge and experience beyond the

classroom. This includes the chance to visit big organisations such as the BBC and Sky News, as well as newspapers such as The Guardian.

"The tutors have an amazing range of contacts in the industry and they will introduce you to the right people and help you if you are proactive and ask," Ida added. "I knew what I wanted to do from the very start so it was easy for me to do that."

"I can't even count how many people I have met in sports journalism thanks to my tutors like Jonathan Moore and John Earls, who shared their contacts. My phonebook is starting to look quite impressive!"

Ida's advice to budding journalists is to make the most out of their time at London Met. "Make a business card, hand it around and maybe nine out of 10 times, nothing will come from it. But maybe that tenth time you hand it to the right person. Also, if you know what you want to do, tell your tutors and ask if they know anyone who could help you. That worked out great for me."



TRENDSETTER

#LondonMetHero

Celebrating our inspiring alumni who work across the globe

At London Met we encourage and support our students to be the very best they can.

Our current students, staff and graduates are impacting the world of science, pushing creative boundaries and campaigning against social injustices.

Find out how our London Met heroes are changing the world by visiting:

londonmet.ac.uk/heroes

Cristina is a lifesaver

When the Ebola outbreak took hold in West Africa, London Met Biomedical Science graduate Cristina Leggio felt the need to help.

Cristina works for Public Health England as a laboratory scientist and scientific developer for Culture Collections. When the Ebola crisis developed, she volunteered to go to Sierra Leone as part of the UK's response to the outbreak. Cristina was part of the first team deployed to Makeni, setting up and running a Public Health England Ebola Diagnostic Laboratory.

"For the first time in my career I was in the position of using my skills and experience to provide technical support to a country struggling to contain an unprecedented outbreak," she said.

"It was a call I could not ignore."

Cristina's team was tasked with carrying out high containment lab tests in order to speed up the identification and isolation of Ebola cases in the Bombali District of the country. Their first task was to set up the lab, which, on arrival, was nothing more than an empty room with no running water.

"Despite the blisters and the intense heat, morale was high," says Cristina. "We all knew that the quality of our work could have a direct impact on people's lives."

She has seen first-hand the effects of an epidemic in a developing country and thinks the developed world can take lessons from what is happening.



"While there are countries with little or no healthcare system in place, there will always be an underlying risk of some kind of epidemic," she said.

"Perhaps the developed world should take some concrete steps towards implementing a basic level of healthcare in developing countries as part of

their emergency preparedness plans."

Cristina returned to the University to talk about her experiences. She discussed the basics of the Ebola virus, current understanding of the outbreak, the latest data published by the World Health Organisation (WHO) as well as sharing her

first-hand knowledge of how a diagnostic lab and Ebola Treatment Centre works.

"Coming back to my daily work has not been easy. It was difficult to shake the thought that there is still a lot of work to be done," she said.

Cristina studied biomedical science at London Met.



London – it's a love thing





We ask London Met students to tell us what they love about London life

London is a truly global metropolis in which over 300 languages are spoken. A myriad of entertainment to suite all tastes can be found here, making it one of the most exciting cities on Earth.

It's also home to over 300,000 students, some of whom have been Londoners all their lives and others who have moved to the capital from further afield. But what's it like studying among this cauldron of humanity? London Met students share their views on London living.

It's big!

"What I like about London is the immensity of the city," says psychology graduate Emma Cipitelli. "You may believe that by travelling to central London, you have seen London and know what it looks like. But you have only seen part of it. As you explore further into this city you discover the many different sides it shows. There are beautiful views from places like Canary Wharf and fantastic greenery within the city's heart. Then there is the diverse food throughout areas such as Brick Lane and the lively nightlife experience and the theatrical entertainment in the West End. London opens its doors to everyone, which is why I like this city. From the financial district to the touristic areas, London is a city that never sleeps."

London isn't all about the hustle and bustle though. There are lots of areas in London that are actually very peaceful.

"My favourite place in London is Canary Wharf," adds Emma. "It has a nice view of the city and it is situated by the River Thames. The architecture of the buildings there is also distinct from other parts of the city."

Get social

London is a great place to meet new people and try new things.

"London is great for socialising and going out," says sports therapy student Victor Ben Salem. "Shoreditch, Hoxton, Old Street and the Brick Lane areas are full of great bars."

Victor also formed working relationships during his studies, finding a job nearby, but gave it up in his third year to focus on his Uni work.

"I worked for Arsenal Football Club, at the Emirates Stadium. It was a lot of fun and I got to meet some of the players and Jeff Stelling from Sky Sports. I even met Usain Bolt while working there – he was a cool guy."

"The best thing about London is that everywhere is different. You can travel 10 minutes on the Tube and have a totally different experience."

Victor now plans to stay in London, where he is setting up his own city-based physiotherapy and personal training company.

"The best thing about London is that everywhere is different. The East End has a totally different vibe to Angel, and Angel is totally different to the West End. You can travel 10 minutes on the Tube and have a totally different experience," Victor adds.

What works for you?

The magic of this city make us feel lucky to live here. There will be something that everyone loves about London life. What's important is that you get out there and find yours.



Going out: King's Cross

Just two stops on the Piccadilly line from our Islington campus, this once rather grubby part of town that served commuters heading back to the suburbs and kebabs to post-club revellers on a Saturday night has risen like a phoenix from the flames to become one of London's cutting-edge hangouts.

First there was Shrimpy's, a Californian-Mexican restaurant based temporarily in a former petrol station. Then, following another dose of urban regeneration, The Grain Store moved into the cavernous Granary Building. Serving mouthwateringly good brunches and juices packed with all sorts of green veg, it's the kind of place you might go to relieve the guilt of a big night out.

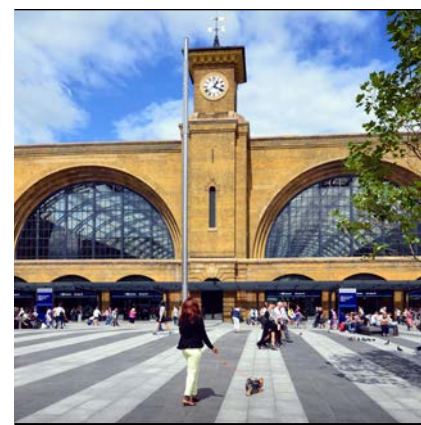
There are plenty of other options for dining, with Caravan just next door pulling off the urban vibe and the city's third Dishoom just around the back. Housed in a former transit shed, the Indian restaurant looks good and tastes great – try the masala prawns or gunpowder potatoes

and you won't be disappointed.

If you're not afraid to venture further into bearded hipster territory, head to Exmouth Market where you can grab sticky and aromatic pork ribs at Blackfoot and enjoy al fresco drinking at Café Kick. Closer to the station, there's Honest Burger and long-time favourite Big Chill House, where you can listen to top DJs.

Not only is King's Cross a portal to culinary goodness and oh so fabulous Paris, it's also a great place for comedy, art and literary events. The Invisible Dot has seen the likes of comedian Josie Long tread its boards and incredible writers such as Paul Auster give talks at the

Shaw Theatre. For something really quirky, head to the brilliant Drink, Shop, Do, a café/bar/club furnished with vintage treasures and artwork, and you can join a 50 Shades of Clay art class and drink cocktails from tea cups.



Back of the Met!

We all know it's important to work hard at university in order to get the best results. But it's equally important to take a break and let off steam – and sport and exercise is an excellent way of doing just that.

There are lots of options for students looking to get involved in a sport or health activity at London Met, from parkour (free running) and badminton, to yoga and handball.

But according to John McBennett, Sports Manager at London Met, one of the real benefits of getting involved in a sport isn't about fitness.

“Joining a sports club or going to the gym is a brilliant way to meet people, especially students from different faculties or courses who you wouldn't normally come across,” John says.

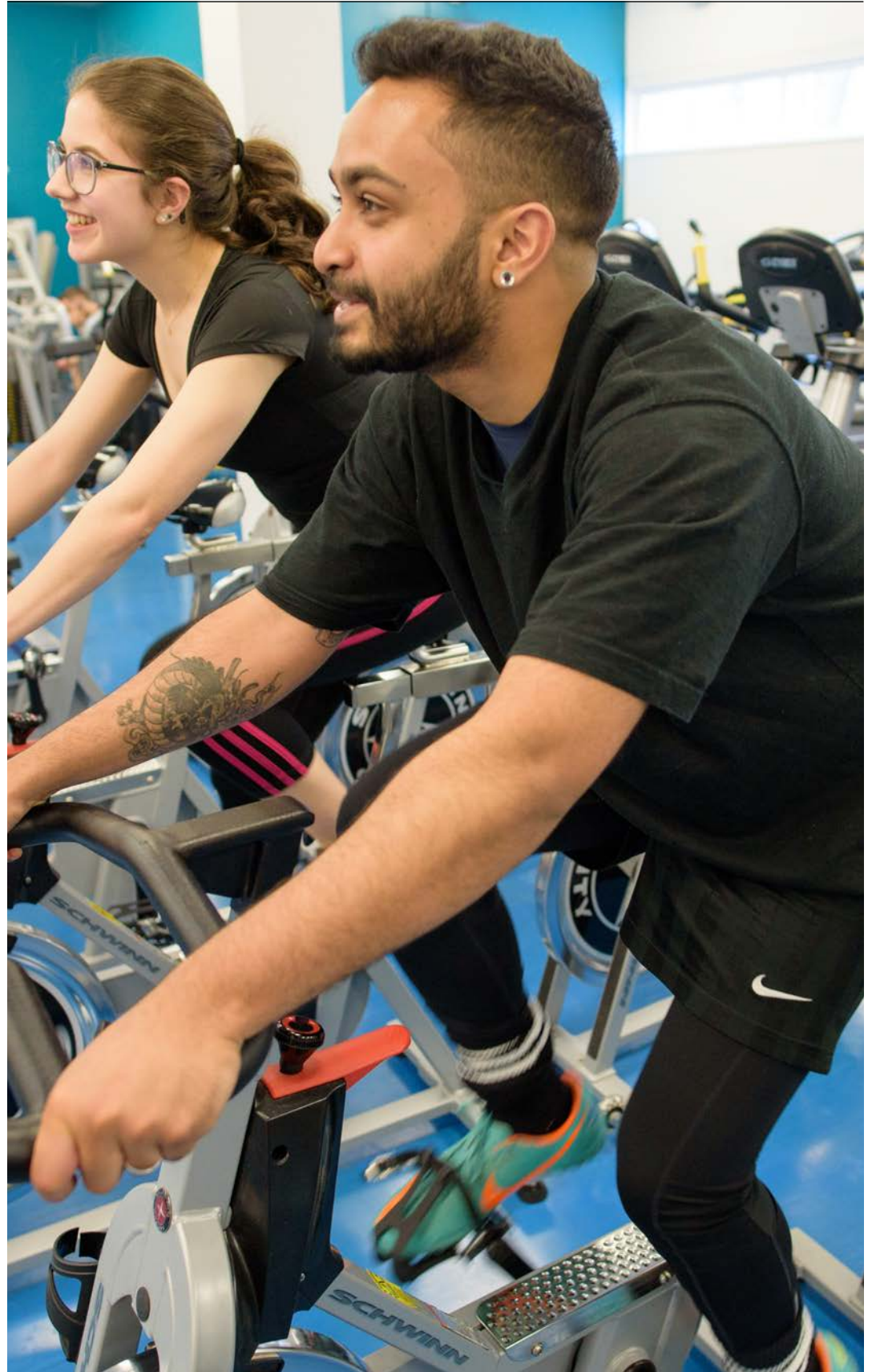
“Sport is a great vehicle for broadening your social horizons and you can make great friends for life. It can have a very positive impact on your student experience.”

London Met offers a competitive membership package for students.

Student members have unlimited access to the University's gyms and free participation in a range of classes and organised sports.

Find out more at:

londonmet.ac.uk/sports



Our five star Student Promise

Our commitment to making sure you have the greatest possible university experience is what inspired our five star Student Promise.

We promise that you can:

★ **Get to work**

Access work-based learning opportunities that will count towards your degree, giving you real work experience and practical skills while studying.

★ **Earn it back**

All relevant work opportunities on campus are offered to our students first.

★ **Shape your course**

Our modules are assessed in real-time by students so you can make a difference to the teaching you receive.

★ **Take our investment**

UK students who apply and qualify for a maintenance loan will receive an annual £1,000 cash bursary for each year of study.*

★ **Boost your potential**

Benefit from additional support offered by second and third year students on your course, and learn from their experience.