

Freshers' Week 2019



The
Badger

journocomm



St Aidan's College
Durham University

Contents

Freshers' Week EDITION

- | | | | |
|---|----|----|---|
| Ten Reasons to Try College Sport
By Emily Jolliffe | 3 | 21 | What I Wish I had Known When I was a Fresher
By Isinsu Karabicak |
| Jimmy Allen's: The Pipes are Calling
By Smiley John | 5 | 23 | Fun Things to Do in The North East
By Alice Williams |
| What Are College Parents and Why Are They Great?
By Kashia F.R.E.P.! Procter | 7 | 25 | A Beginner's Guide to Pronouns
By Max Kirk |
| International Durham
By Ido Ohana | 9 | 27 | Making the Most out of Freshers
By Valentina Sulis |
| Exploring Durham
By Tom Renwick | 11 | | |
| My Top Tips for Freshers' Week
By Saoirse Ellis | 12 | | |
| Music Events at Durham
By Kat Pittalis | 14 | | |
| My Experience As A Fresher
By Faiz Zaman | 16 | | |
| LGBTQ+ Durham
By Oda Eide | 18 | | |



Ten Reasons to Try College Sport

By Emily Jolliffe

So, I'm sure that some of you reading this are REALLY good at sport and you'll join DU and train god-knows-how-many times a week, but then there are some people (like me) who just aren't talented on a sports pitch.

Here are 10 indisputable reasons why you have to try at least one college sport this year!

1. There are so many crazy sports that you won't have tried before e.g. Ultimate Frisbee
2. Or Mixed Lacrosse (which I've heard has THE BEST socials – keep your eyes peeled for the first one!)
3. Or Rowing (check out [@staidansboatclub](#) on Instagram and stay tuned for freshers' events and 'Learn to Row' sessions!)



Frep
Philosophy Politics and
Economics
2nd Year



5. Socials. In general. All college sports have 'socials', which are effectively an organised event where the whole team (including 'social members') get together and go out for the evening

6. Making new friends. Starting university and having to make new friends can be a daunting prospect, but joining a sports team is a great way to meet people in other years. You'll also immediately have something in common to talk about.

9. The standard can be REALLY low. Whilst some college sports have high standards and are really competitive, other teams might be more focussed on the social side. There's something for everyone!

4. Being a Social Member. Even if you detest sport, you can join sports teams as a Social Member which basically means that you get to attend all of the socials without having to train or take part in any matches!

7. Meeting people from different year groups. College sports are usually run by 2nd or 3rd years – who knows, maybe they'll give you their 1st year notes!

8. Getting out of college. As amazing as Aidan's is, sometimes it can get a bit claustrophobic! Sport is a good excuse to have a healthy and sociable break from work

10. Stress relief. Even though first year is supposed to be lots of fun, sometimes it can be a bit stressful. Exercise is a brilliant stress-reliever and doing college sport can help you feel more productive.



Jimmy Allen's: The Pipes are Calling

By Smiley John

In town, just a stone's throw from The Swan, lies a seductive, sensual and sultry mistress. She lays in wait, biding her time, waiting for passers-by like you or me to not get into Klute.

The ghostly piper just keeps playing from within; the siren song of a night ending in 'Angels' by Robbie Williams calls out to you.

'We could just go to Jimmy's?' Cries a well-meaning voice. Everyone agrees for it is true: we could indeed just go to Jimmy's.

If you were to mistake this fine establishment for a dungeon you will find that most will concur; in fact, this dungeon-turned-nightclub was built in 1635 and a Prison Inspector deemed the cells within to be the worst in the country.



Postgrad Frep
Law
1st Year



Furthermore, if you were to get the inkling that some of the tunnel-like pathways on the bottom floor kind of felt like an air raid shelter you would also be correct: this unique and enticing venue's tunnels were plastered out and used as a shelter during the Second World War.

Jimmy Allen was a piper of the highest calibre. He was imprisoned and died within these walls. If these walls could talk, you can only imagine the unspeakable horrors that they have seen.

From the suffering and horror of the many who have been trapped in the dungeon to the typical, modern day and intoxicated young person screaming Robbie Williams at the top of their lungs. The horror.

So, if you hear the pipes calling you to Jimmy Allen's this Freshers' Week, I'd recommend a gentle spot of ghost hunting alongside your potentially regrettable order of a few too many jägerbombs.



What Are College Parents and Why Are They Great?

By Kashia F.R.E.P.! Procter

1. YOUR PARENT(S): As a fresher you'll be allocated someone older than you at Aidan's as your college parents. This might sound a bit weird but it's very similar to the "buddy system" a lot of schools implement in Year 7. They should message you before the end of Freshers, maybe creating a cheeky group chat if they can find you on Facebook. Basically, your parents are there to give advice and make you feel at ease at Aidan's, seeing as your "real" parents are now back home. Ask them about their first year, for any tips or insider info about Aidan's and buy your textbooks off them (it's sooo much cheaper to buy second-hand).

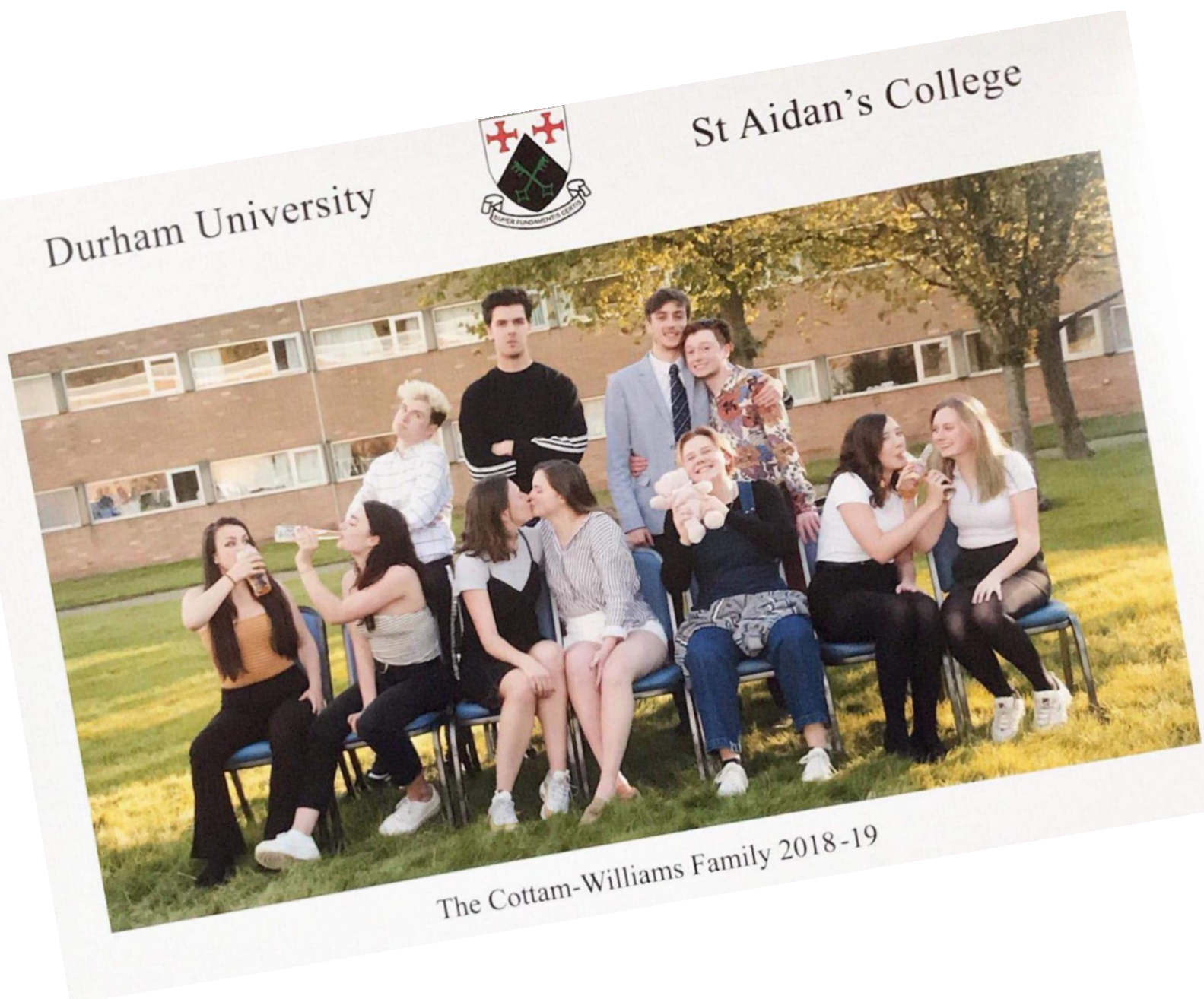
2. COLLEGE MARRIAGE: How do college parents become college parents you might wonder? If you have a good friend with whom you'd want to have fresher kids, propose! Proposals can be big deals (my wife wrote me a poem she performed at my birthday) or a simple "shall we get married then?" (like the romantic 2nd year Frep Emily Jolliffe). Furthermore, college marriages can be anything. It doesn't have to be boy-girl or monogamous, marry whoever and as many people as you want.

Frep
Economics
2nd Year



3. COLLEGE SIBLINGS: If your parents have created a little group chat or emailed you, you'll know who your college sibling(s) are. Shoot them a message as it's a great way to meet people in your year, and if you have the same parents, you'll probably be seeing each other quite a lot anyway.

4. MEET THE PARENTS: One to look out for. This is a wild night at the end of Freshers week where you finally meet your parents (if they aren't freps). Now held at the SU, there's lots of space for a boogie and a drink. Remember you never have to drink, but if you want to, it's a great opportunity as your parents will probably buy you one!



International Durham

By Ido Ohana

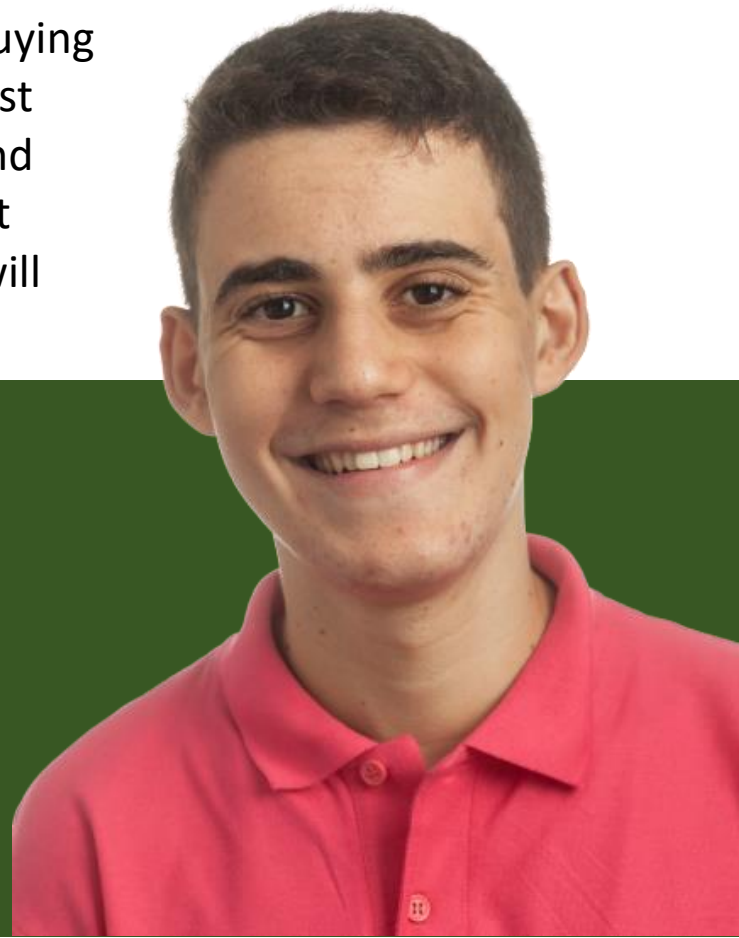


As an international student living in Kenya coming to study in Durham the weather is what I feared most. However, to all those coming from tropical climates don't worry you will get used to the weather. Always remember layering is key to remain warm (Moniz 2018). Furthermore, the idea of setting up a bank account and finishing the BRP process alone seemed a daunting task.

However, Durham's registration team is excellent and will make the process very easy on the day of your arrival. For those who are keen on going out and clubbing almost all the clubs in Durham have coat racks, so do make sure you take one with you it will get cold on your walk back to Aidan's, on the other hand Aidan's hill which you grow to both love and hate will keep the blood pumping through your veins and keep you warm throughout the winter.

For all the online shoppers it will be useful to remember that St Aidan's post code is "DH13LJ". Once freshers' is over you have to start buying textbooks for your course. For this it is best to ask your college parents for their second hand books or even going on the different Facebook pages where another student will be selling their textbooks.

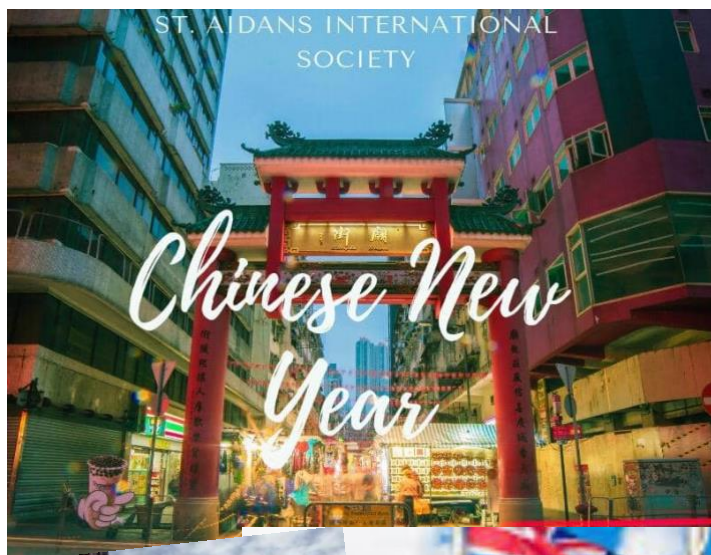
**International Frep
Economics
2nd Year**



If even by doing all of this, you still can't find a textbook you could always go to Waterstones in town and buy it there. Finally, the most important thing you must do when arriving in Durham during the Universities freshers fair you must find the Dominos stand and ask them for this year's promotional code. This code will be essential for you in passing the year.

Remember that St Aidan's also has an amazing International Society, that holds events throughout the year to celebrate the cultural diversity of our community at St Aidan's – so there's always a lot of interesting events going on.

Aidan's is one of the most international colleges in all of Durham and Aidanites come from all over the world. Everyone here is welcome, and their backgrounds celebrated!



Exploring Durham

By Tom Renwick

Durham is a fantastic place to explore: the cobbled streets of the bailey; lush countryside never far away for a quick escape and the picturesque, ever-present view of our historic cathedral.

But my favourite thing about Durham is the River Wear. Whether you're heading to Tesco for some biscuits or to the boatshed for an early outing, the river is always there, a calming and refreshing presence.

My favourite walk in Durham is by the river. You can find it by heading down New Elvet, turning right along Elvet Waterside and crossing the bridge to Hild Bede. Walking out along the river there is just beautiful, with plenty of paths to explore further along (bonus points if you can find the Old Durham Gardens) and if you follow the river round, you'll reach the Maiden Castle sports centre and can loop back to college.

Some of my best memories in Durham are times spent walking around the town with friends and I'm sure you'll have some of the same experiences.

P.S. Remember not to walk along the riverbanks at night or if you're drunk! I can tell you from my brief Canoe Club experience that even in a wetsuit it's really really cold!

Frep
Physics
2nd Year



My Top Tips for Freshers' Week

By Saoirse Ellis

I know that I was worried about a lot of stuff coming over (especially since I hadn't been to the open days or post offer days) which added to my nerves so here's some bits of info and tips I wished I had known! (Some of them might seem silly but honestly, I had never used an Uber before, Ireland is a bit behind the times...)

1. **Don't worry if you forget something-** someone from home can post it to you or there are plenty of shops in town
2. **There is so much storage space in your room-** Loads of cupboards and under the bed there are lockable cabins which I used for my suitcases and boxes
3. **Ubers take your luggage!** I was going to walk with about 4 suitcases and 3 bags up the steps because I was worried the Uber wouldn't take so many bags!
4. **Missing home is ok-** you don't need to be settled in right away! It's a massive change and I cried the first night, also, if you're struggling at all there is an amazing welfare team (I might be biased) to chat to if you need us to vent/ chat/ take a break from the madness!

**Assistant Welfare
Officer (Female)
Biology and Psychology
2nd Year**



5. **Taking alone time is ok-** you won't miss everything if you go take a nap or spend some time in your room and recharge! I was so tired and ended up not going to some of the events which was a good idea for me, and I had time to chill! If you can't seem to find anywhere to be on your own, I found that taking a shower or going for a walk around outside was great!



6. **Having a roommate is great for freshers-** my roommate arrived soon after me and from then I felt so much more at ease, I had someone to walk about with and it made it so much easier to go up and chat to people (if you are struggling though you can talk to student support or the welfare team!)

Also p.s. the freps are super helpful and so are your college parents if you have any questions don't hesitate to ask!! They'll be around all Freshers' Week wearing bright **pink polo shirts** and are always happy to help you with anything no matter how big or small



Music Events at Durham

By Kat Pittalis

King of the Hill: Battle of the Bands

King of the Hill is a roaring, charitable success in our college which is held near the end of first term and is an event in aid of the Movember Foundation. The event involves a quest in finding out who are Durham's most talented musicians. We invite numerous bands from various colleges up the hill to battle it out whilst the audience votes for their favourite performers and performances in order to crown the best band in Durham!

Live Lounge

Our termly Live Lounge takes place in the JCR and showcases a selection of student bands and solo artists. We've had a range of music performed from hits by ABBA, Paramore and Sia to students performing some relaxing, jazz improvisations. Look out for the Facebook event and get in touch if you want to perform!

Formals

Before the meal, there is usually a drinks reception where everyone gathers, mingles and takes photos in the JCR. This drinks reception allows an opportunity for performers to showcase their talent and provide entertainment, whether it be playing solo piano, singing or performing in a band. Anyone can volunteer to perform at these events, all you have to do is look out for posts of the Aidan's music page for these opportunities then drop Kat Pittalis a message!

Music Coordinator
Music
2nd Year



Summerfest

Summerfest is our last and most exciting musical event of the year where there are two stages, one in the marquee outside and another in the JCR for evening performances. Throughout the day we have numerous bands, solo acts and ensembles performing to provide an incredible, uplifting atmosphere whilst everyone dances, sings along and has an awesome time! Last year we had bands from other colleges come up the hill to perform and even our very own Aidan's Voices, Velvet Riverside and to finish the night Key Changes' explosive set-list. Anyone can sign-up to perform, no matter what year you are or what type of music you'll perform!

Open Mic Night

We also hold a monthly open mic night, providing musicians of any talent plenty of opportunities to get involved and perform. Some Open Mic Nights have themes such as Christmas, Valentines and we have also collaborated with International Society so that when it is an international night, performers are able to provide entertainment in a very chilled environment. Last year, our first open mic night was by far one of the highlights of Freshers week with everyone getting involved no matter how much musical talent they had!



My Experience As A Fresher

By Faiz Zaman

Moving into Aidan's two years ago was a different experience to all the other times I had moved to a different city, country, or even continent. Being the son of a diplomat, whose family moved every three years, I know how daunting it can be to move to an entirely new place. Having lived in six different countries (Bangladesh, Pakistan, Spain, France, Kenya, and the UK), I've had to move more than I'd like to, and it doesn't get much easier each time. The latest jump I made was when I came to Aidan's, and I expected it to be just as hard, if not harder, to settle in and do it all over again. I couldn't have been more wrong.

Aidan's made me feel welcome right from the moment I arrived on the first day of International Fresher's Week. Normally when I moved to a different country, I knew no one my age there and it took a while to make friends as the new kid at school. It was so different at Aidan's - the Freps made me feel at home as they helped move me into my room, and the other international freshers were much more friendly than I expected.

I was apprehensive about having a roommate, but after meeting him my worries were cast aside as we got along really well because of our many shared interests.

IT Officer
Computer Science
3rd Year



LGBTQ+ Durham

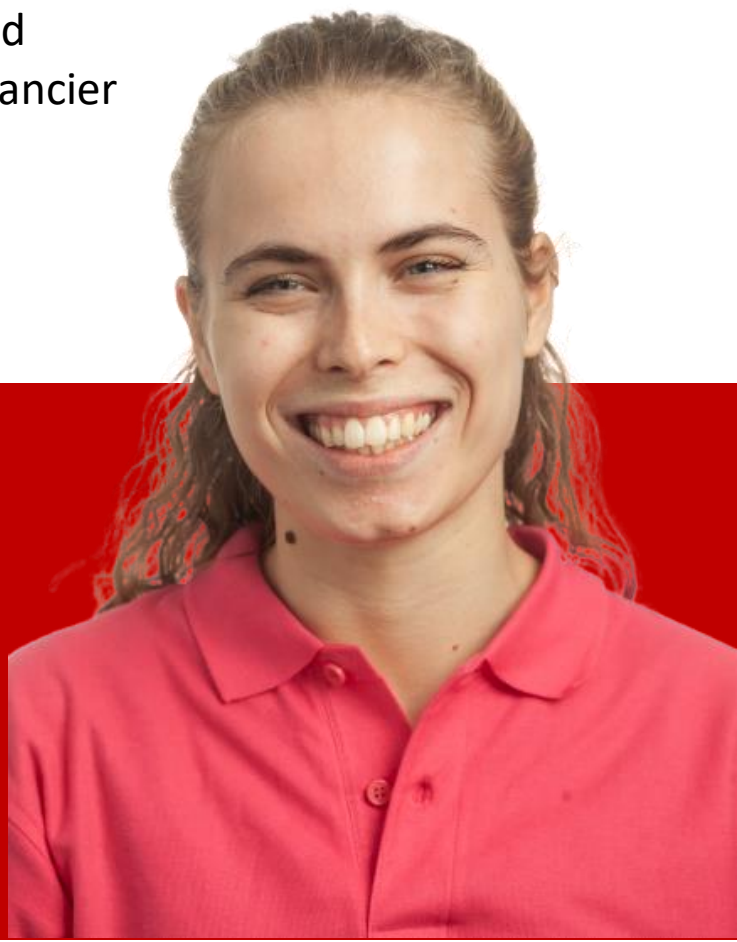
By Oda Eide

Welcome to the **RAINBOW** college! As your LGBTQ+ welfare rep for this year, I promise you that Aidan's is one of the most friendly, open and accepting colleges there are (we're not called the rainbow college for nothing!), and so naturally it's a great college to be in if you want to get involved in the LGBTQ+ community at Durham Uni. If you are a fresher with an LGBTQ+ identity and want to make friends in the LGBTQ+ community during your time at university, look no further!

If you want to get out of the 'Aidan's bubble' and meet LGBTQ+ people from other colleges, a great way to start is to go to events by the DU LGBT+ Association. I would really recommend signing up for their LGBT+ parenting scheme!

It's a great way to make friends across colleges and years, especially if you want someone to join you at LGBTQ+ socials or have someone to take you on a night out. That being said, the LGBTQ+ nightlife at Durham isn't too intimidating: Osbourn's hosts LGBT+ nights every Monday (not the fanciest but great fun) and Lloyds have also started hosting occasional LGBTQ+ events (a bit fancier and also very fun).

Welfare LGBTQ+ Rep
PPE
2nd Year



However, going out isn't for everyone, and luckily there is also plenty of more casual and non-alcoholic events.

St. Aidan's College Lgbtqia+ Society organise non-alcohol social events every term like board game nights and the Aidan's pride week, which both students with an LGBTQ+ identity and allies are more than welcome to join!

No matter how you identify, I hope you'll have an amazing time at Aidan's and hope to see you all at the LGBTQ+ socials this year!

If you have any questions about the LGBTQ+ scene in Durham, or about anything at all then all members of the Welfare Committee will have drop in hours at the Welfare Office in College that will be advertised to students during Freshers' Week!

I can't wait to meet you all!



LGBTQ+ FRIENDLY NORTH EAST

NEWCASTLE NIGHT LIFE



Bar/ Club
Newcastle, NE4 7JB
Friday & Saturday
6pm – 2:30am



Pub/Bar
Newcastle, NE1 4EP
Everyday 8pm – 3am



Bar/ Club
Newcastle, NE1 1YF
Everyday 9pm – 2am



Nightclub
Newcastle, NE1 4EQ
Friday, Saturday, Monday
11pm – 4am

SOCIAL/SUPPORT GROUPS

Durham Young Gay Peoples Network

Tuesday 5:30 – 9

Safe meeting place/activities e.g. BBQ, movies, annual trip
Contact: 0191 384 2785 or Dygnn@disc-vol.org.uk

Gasbags North East

Tuesday 6:30 -8:30

Social group for queer men to meet peers and do a range of weekly activities e.g. cinema, meals, bowling, guest speakers

Contact: Keith
gasbagsnortheast598@gmail.com

Space 4 LGBT+

Christian LGBT group
St Michaels & All Angles,
Houghton

A safe space to worship as well as fun activities and courses

Contact: Facebook [Space4 LGBT+ Women 4 Women](#)

Meet twice a month
Social group for queer women.
Regular events and activities
Contact 0191 261 2277 or
women4womenuk@hotmail.com

The Plus Group

Tuesday 6 – 8

Social group to meet LGBT youth and support around sexual health, bullying, loneliness, feeling down
Contact pam.douglas@sotw.nhs.uk

SPORTS + LESIURE



Rugby Club / Amateur Sports
Newcastle, NE30 2BE
Contact [Facebook](#) or



Running Club
Coaching, Meet ups, Trips
Free Trial Contact:
info@newcastlefrontrunners.co.uk



Number 52 Sauna
Queer men - Spa & Events
Newcastle, NE4 7JD
£5 Entry
Monday – Wednesday



Miss Rory, Danni Dee & the Broadway Dancers
Newcastle, NE1 4HF
[Book Online](#)

What I Wish I had Known When I was a Fresher

By Isinsu Karabicak

Uni can be tough. Whether you think you've got your stuff together or not, there will always be things that you could do better – because that's life. So, I collected some advice (some serious and some... weird) from now second-year students in Durham and here is what they wish they'd known.

"I wish I got involved in my college more." Colleges are good for you to get a sense of community, since it is mostly student-led and you get to share your ideas really easily. It is a good opportunity to try out a bunch of new stuff and participate in college activities (open mic nights, year-round workshops on different areas, formals), or having a more committed thing such as joining a sports club, a society, or a committee. You are likely to find a community that you feel belong to here at Aidan's.

"IT'S OKAY TO EAT ALONE!" It is true. People usually choose to (or have to) socialize as a part of day-to-day life and sometimes it may be quite overwhelming - especially for introverts. So, if you just wanna sit back and enjoy a nice meal by your own, just do it.

Welfare
International Rep
Psychology
2nd Year



“If you get homesick, don’t try to go home immediately, stick for a bit longer. It’s completely normal to get homesick, it’s part of the process of adapting to a new place.” About homesickness, in my personal experience, lot of people start feeling the most homesick during the second half of Michaelmas term because that is the time when you adjust to your environment, your course and your friends; so you got past that point where everything is new and exciting and you start to think about home more.

“You don’t have to drink all the time with friends to survive university.” I had lots of friends who drink only on special occasions or don’t drink at all, but we had so much fun throughout the year. Yes, drinking and making regrettable decisions has its charm but it’s not fun if you don’t enjoy yourself and take care of your body.

“I wish I’d taken up a sport in first year!” Don’t be afraid to join sports societies (or any society as a matter of fact) in college or in uni – even if you think you might suck – because this is the perfect place to try out new things. Nobody is judging and this is a friendly, inclusive environment!

“If you get Freshers’ Flu, don’t mix tea with any sort of alcohol: first of all, it’s useless, secondly it tastes terrible.” Thanks for this advice, don’t know why anyone would try that in the first place... But advice is advice! Listen up Freshers.

“Try making the most of Freshers’ Week.” It is the perfect time and place to meet new friends. People are more open to new friendships and tend to be more social. Lot of people I know met their squad during the Freshers’ as everyone will be equally as nervous and excited as I’m sure you are. It’s up to you how you choose to make the most of Freshers’ Week but speaking to as many different people as possible and joining sports teams and societies are a great way to go about it.

Fun Things to Do in The North East

By Alice Williams

Stack – Think Boxpark but more drunk people. A plethora of different restaurants, each in shipping containers, but with communal seating so you can have a burger and they can have sushi. Lots of live music and a large screen showing lots of sporting events and even love island. Drinks are a little expensive, but there is a spoons nearby.

Lane 7 – undeniably the funniest place in Newcastle. Bowling, Minigolf, Arcade games, Beer Pong, American Pool. It's got a very fun vibe and the food is really good. It's a good date place, but it's even better with a group of friends. There's one coming to Durham so make sure to go visit.

Mr Mulligans - MINIGOLF. A space themed mini golf place, it has lots of fun courses with three to pick from.

South Shields pleasure park – Just what you would expect from a seaside adventure park. Some of the rides are exhilarating enough and there's a cool retro bowling alley.

Baltic Contemporary Art – Located on the south bank of the River Tyne, this is a major artistic hub, with everchanging exhibitions and workshops, it's a great place to go for your art fix.

Frep
Law
3rd Year



Newcastle Theatre Royal – Hosting a variety of shows, Newcastle’s main theatre is located centrally and shows some of the best touring productions, with Les Mis and We Will Rock You as the next upcoming shows.

Jump Giants – A huge trampoline park with a variety of different activities, from a ninja zone, to wipe out and dodgems, you can guarantee to fill your hour slot with plenty of fun. I recommend wearing gym clothes for this, since you’re likely to work up a sweat.

Tyneside – This is a personal favourite of mine for a beautiful sunny day post – exams. The sea is stunning, but the sea food is out of this world. Sitting in a little shack, with freshly cooked fish on a summer’s day, is incomparable.



A Beginner's Guide to Pronouns

By Max Kirk

Why am I writing an article about grammar, you might ask? Well, it's been a long time since most of us learned something like this, so it's worth a reminder. Plus, some things are slightly different now than they were way back in the early naughties.

Pronouns are words that are used in place of nouns (naming words) in a sentence. Someone's pronouns relate to their gender identity and are the choice of the individual. It's really important that you respect the right of someone else to define their own pronouns and to try as hard as you can to get it right! Everyone makes mistakes, and that's okay; it's about the trying and correcting that's important 😊. Here's a quick (though not comprehensive) guide to some pronouns and how to use them:

Fun fact #1: everyone has pronouns!

Fun fact #2: 'they' has been used as a singular pronoun since the 14th century, so is only a century younger than the plural 'they'!

Top tip: when unsure of someone's pronouns, and until you have chance to, it's generally good to just ask.

**Senior Welfare Officer
Natural Sciences
3rd Year**



Subject: ____ 1 ____ laughed at the notion of the gender binary.

Object: Jack tried to convince ____ 2 ____ that asexuality does not exist.

Possessive: ____ 3 ____ favourite college is St Aidan's.

Possessive Pronouns: The textbook is ____ 4 ____.

Reflexive: ____ 1 ____ thinks highly of ____ 5 ____.

1	2	3	4	5	Who might use this pronoun?
He	Him	His	His	Himself	Male/masculine identified people
She	Her	Her	Hers	Herself	Female/feminine identified people
They	Them	Their	Theirs	Themselves	Non-binary/ agender/ genderfluid identified people
Per	Per	Pers	Pers	Perself	"
Xe	Xem	Xyr	Xyrs	Xemself	"

During Freshers' Week, all of our Freps will be wearing their pronoun badges! If you would like a pronoun badge too then just ask any of the Welfare Reps and we can happily sort some for you.



Making the Most out of Freshers

By Valentina Sulis

Hello Freshers! The much-anticipated moment has finally arrived, it's time to start University. It can be such an overwhelming experience: the new environment, so many activities and new people to meet, so I'm here to make your life a little easier and tell you how to make the most out of it. I hope you're all hyped up and excited because here is some advice to make the memories of a lifetime!

Unpack Quickly: Chances are you'll be really nervous to go meet everybody in the JCR and taking forever to unpack seems like the obvious choice to procrastinate on the dreaded moment. I would know, I took almost 2 hours to unpack. Going soon will be like ripping a bandage off, so take a long, deep breath and just go for it. Also, make your bed immediately, freshers' week is so exciting but at the end of the day, you'll just want to jump into bed.

Talk, Talk, Talk! Trust me, everybody will be in the same unfamiliar boat and is eager to know people and make new friends. Even if you normally wouldn't do it introduce yourself to everyone and start a chat, people will be so glad you went for it.

International Frep
Physics and Astronomy
2nd Year



Try as Much as You Can: Where else would you get to experiment this much? Also, in most cases classes will be really cheap or even free! Not just are a great way to meet people from other colleges and make new friends but they are an excellent opportunity to have fun and explore some interesting areas outside of academics.

Go to the Fairs: They'll get you in touch with all the societies and events organized by the DU and you'll get so much free stuff! Just grab everything – EVERYTHING - in sight!

Use This Week to Familiarize Yourself with Uni: Look at where the classes are going to be, so you won't struggle to find them on the first day and avoid the *marvellous* moment entering class when everyone is already there except you. Plus, you can set up to go with people from your course and get to know them a little more!

Freshers' Flu is a Pain: It is very real and very annoying (I ended up coughing for a month – amazing) so make sure to drink plenty of water, get lots of sleep, constantly wash your hands and get vitamins. If you have a sore throat, and I'm not the only one who swears by it, vodka shots work wonders!!

Don't wear heels during matriculation! Durham and high heels are not a good match, so unless you have an amazing equilibrium leave them at home!! My poor broken shoes know this too well – damn it Jimmy Allens – and my friends still burst out laughing whenever I mention heels.

Don't Feel Pressured to Do Anything: If you don't feel like going out, partying or drinking just don't, there will be loads of other activities planned that you can engage with. I, for one, remember spending the first nights just chatting and playing cards with the amazing people that have now become my housemates. Even if you feel tired and want to sleep just go for it. Freshers' week is all about ease your way into college life, have fun and make you feel at home, so do what makes you happy and comfortable :)