

# blitz

WHAT'S ON UNSW

S1W1 2016



LET'S GET  
PHYSICAL

WANT EVEN MORE *BLITZ*? WANT WEB EXCLUSIVES? [blitz.arc.unsw.edu.au](http://blitz.arc.unsw.edu.au)

BROUGHT  
TO YOU BY

**ARC**

UNSW Student Life



**FESTIVAL**

**'16**

**OF**

**SPORT**

**WED - FRI WK2**

**9 - 11 MARCH**

**PLAY**

**TRAIN**

**CHALLENGE**

**VILLAGE GREEN +  
MAIN WALKWAY**

**SOCIAL SPORT COMPS REC COURSES  
BUBBLE SOCCER CLUBS  
GIANT INFLATABLE OBSTACLE COURSE**

**TO PLAY, REGISTER NOW!**

**[sport.arc.unsw.edu.au](http://sport.arc.unsw.edu.au)**

# CONTENTS



The Jezabels p.08



Run Soc p.11



Travel Feature: Morocco p.15

## In this issue...

### 08 THE INTERVIEWS

The Jezabels  
Boy & Bear

### 13 BLITZ DEBATES

Should You Wear Activewear  
When You're Not Exercising?

### 14 HOW TO

A Guide for The Lazy

### 15 STUDENT TRAVEL FEATURE

Morocco

### 16 EXCHANGE DIARIES

Paris

### 17 WHAT'S ON UNSW

### 22 CHEAP ASS SYDNEY

### 25 VEGAN CHRONICLES

### 27 A DAY IN THE LIFE

Student Single Mother

### 30 REVIEWS



**Tom Morrison**  
Chair of the Arc Board  
E [chair@arc.unsw.edu.au](mailto:chair@arc.unsw.edu.au)  
W [arc.unsw.edu.au/board-blog](http://arc.unsw.edu.au/board-blog)

Hey UNSW,

I'm Tom, a fifth-year BMed MD student and the Chair of the Board at Arc, your student organisation.

For everyone who is new at our uni, welcome to campus. For the rest of you, welcome back. Regardless of where you are at with your studies, Arc is here to help you run and be a part of amazing clubs, entertain you with awesome parties and give you great volunteering opportunities.

Even more importantly, if things aren't quite turning out as planned with your academics or you need legal or other support, Arc will always be here with no cost or strings attached.

We will always strive to make sure everyone has the best chance to get the most out of their time at UNSW.

Cheers,  
Tom



**Eden Gillespie & Antonio Castigila**  
Blitz Editors  
**Lydia Morgan**  
Blitz Designer  
E [blitzeditor@arc.unsw.edu.au](mailto:blitzeditor@arc.unsw.edu.au)  
W [blitz.arc.unsw.edu.au](http://blitz.arc.unsw.edu.au)

Hey Blitzers,

We're the new faces behind *Blitz* for 2016. We have exciting news, this year *Blitz* is a multiplatform medium (think *Buzzfeed* but the UNSW equivalent). For our media team this means our office is slightly more crowded and that we finally have enough players for Friday night bowling (we're a wild bunch).

Speaking of team-work, Festival of Sport is rolling around. Not a fan of outdoor activities? We've got you covered with tips on how to be sportier than Sporty Spice herself (without dying of heatstroke in the summer sun) on p.17 and p.25.

The old saying 'work hard, play harder' rings true with the start of session party kicking off at Roundhouse, trade that active wear for something more glamorous as seen on p.17.

Inside the mag we've also got interviews with The Jezabels and Boy & Bear on p.8.

But for now, stretch those hamstrings and let's get physical.

From Eden, Lydia and Antonio



**Print Editor** Eden Gillespie  
**Online Editor** Antonio Castigila  
**Designer** Lydia Morgan

T (02) 9385 7715  
F (02) 9313 8626  
PO Box 173, Kingsford NSW 2032  
Level 1, Basser College  
W [www.arc.unsw.edu.au](http://www.arc.unsw.edu.au)  
E [blitz@arc.unsw.edu.au](mailto:blitz@arc.unsw.edu.au)  
ABN 71 121 239 674

**Blitz Advertising**  
Present advertising artwork  
12 days prior to publication.  
Bookings 20 days prior to  
publication.

Rates and enquires should be  
directed to:  
**Business Development Manager**  
Kathryn O'Connell  
T (02) 9385 7666  
E [k.oconnell@arc.unsw.edu.au](mailto:k.oconnell@arc.unsw.edu.au)

Any complaints should be made in writing to:  
**Marketing and Publications Manager**  
Caroline Page  
T (02) 9385 7330  
E [c.page@arc.unsw.edu.au](mailto:c.page@arc.unsw.edu.au)  
PO Box 173, Kingsford NSW 2032

*Blitz* is published fortnightly by Arc @ UNSW. The views expressed herein are not necessarily the views of Arc, unless explicitly stated. Arc accepts no responsibility for the accuracy of any of the opinions or information contained in this issue of *Blitz*.

**THE  
GRAD  
SHOP**

FOR THOSE LITTLE ACCIDENTS

# UNSW LAB COAT

TOP OF BASSER STEPS  
MORVEN BROWN BUILDING (C20)

[gradgift.arc.unsw.edu.au](http://gradgift.arc.unsw.edu.au)

# CONTRIBUTOR SPOTLIGHT

## CHARLOTTE GOODSIR Bachelor of Arts

**What will you be getting up to during the Festival of Sport?**  
Probably running (a social media account about it).  
**What are you wearing to the Roundhouse Carnival party?**  
Glitter, glitter and more glitter.  
**Your tips for starting off the semester well?**  
Plan, plan, plan, (and then probably not follow through).

**Who are your winning picks for the Oscars?**  
LEO BABE.  
**How did you spend your holidays?**  
Sorting my socks.  
**What are your resolutions for 2016?**  
Don't f@\*k up.  
**Who would you choose to host the Oscars?**  
Jack Whitehall.



Wrote Blitz Debates on p.13



Wrote UNSW Eats on p.29

## JOHANNA HAGENAUER Masters of Law, Media and Journalism

**What will you be getting up to during the Festival of Sport?**  
Heaps of yoga, running and other active stuff.  
**What are you wearing to the Roundhouse Carnival party?**  
I'll be a rhino for sure, always wanted to be one.  
**Are you a strong believer in activewear?**  
Yes. It's basically all I wear. I am not kidding, ask my friends...or my boss, she'd know.

**How did you spend your holidays?**  
I ate my bodyweight in ice cream and showed my parents around Australia.  
**Your tips for starting off the semester well?**  
Be prepared, don't stress out and breathe.  
**What's the weirdest sport you've heard of?**  
Planking.  
**What are your resolutions for 2016?**  
A list too long to share. It usually ends up in the bin about half way through January.

## JANELLE TAI Media (PR & Advertising)

**What are you wearing to the Roundhouse Carnival party?**  
I'll be in a neon pink body suit.  
**Are you a strong believer in activewear?**  
I live in running shorts because it's so easy breezy cover girl.  
**Who are your winning picks for the Oscars?**  
Channing Tatum in *Magic Mike XXL*. THAT GARAGE SCENE.  
**How did you spend your holidays?**  
I explored the beautiful land of Morocco and then the rest slaving away at my internship.

**Your tips for starting off the semester well?**  
Optimism! Be open to new experiences and go hard at everything you try.  
**What's the weirdest sport you've heard of?**  
Extreme ironing where you iron clothes while skydiving? Cray!  
**What are your resolutions for 2016?**  
Learn how to shred my Ukulele.  
**Who would you choose to host the Oscars?**  
Ezra Koenig the Selfie God.



Wrote Student Travel: Morocco on p.15

## SARAH WU Bachelor of Commerce/Media (PR & Advertising)



Wrote RunSoc on p. 11

**What will you be getting up to during the Festival of Sport?**  
Taking on the BEAST (the giant inflatable course). Also grabbing some free stuff, because why not.  
**What are you wearing to the Roundhouse Carnival party?**  
A giraffe onesie.  
**Who are your winning picks for the Oscars?**  
Leonardo DiCaprio for everything (I wish).

**How did you spend your holidays?**  
Working (mostly) and travelling!  
**Your tips for starting off the semester well?**  
Get organised, stay healthy and develop good habits.  
**What's the weirdest sport you've heard of?**  
Uppies and Downies (It involves about 1000 players on each team).  
**Who would you choose to host the Oscars and why?**  
Ellen DeGeneres. I think she's super funny and I just love her!

## GENEVIEVE GAO International Studies/Media (PR & Advertising)

**What will you be getting up to during the Festival of Sport?**  
The Colour Dash looks pretty sick. That and hurting my ribs laughing at the Wipeout Challenge.  
**What are you wearing to the Roundhouse Carnival party?**  
Something with sequins. But some of the best outfits are decided the night before, right?  
**Are you a strong believer in activewear?**  
During workouts, absolutely. But it's gotta be functional.

**How did you spend your holidays?**  
Shitloads of gigs and interviewing bands.  
**Your tips for starting off the semester well?**  
Enjoy it as much as you can until you can't deny uni has in fact started back (wonder how far in the sem that'll be for me...).  
**What's the weirdest sport you've heard of?**  
Strangely enough, wife-carrying. And it came out of Finland too.  
**What are your resolutions for 2016?**  
Since I'm diving headfirst into some really exciting things this year, I say 'Go hard or go home'.



Wrote Cheap Ass Sydney on p.22

## VIRAL



Search the web for Snoop Dogg narrating 'Planet Earth' and I'm sure you'll find a few videos. The results of a rapper commenting the animal kingdom? Hilarious.



What is art? That is art.



Shannon Noll. An almost-dead popstar who was revived by the power of the meme.



# BITZ

BY CELINE HABIB



The start of Semester One means new stationery and day-trips to Officeworks.



The deaths of music legend, David Bowie and Alan Rickman, commonly known as Snape from Harry Potter.



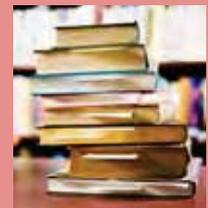
Channing Tatum's wife's *Magic Mike*-themed lap dance. It's even hotter than the original dance.



Kanye trying to borrow \$1 billion from Mark Zuckerberg. Who's the 'Gold Digger' now?



Australia's summer is actually feeling like summer and the sun sets late.



Having to spend our hard-earned cash on a round of new textbooks.

1

**TROYE SIVAN - YOUTH**

**DJ SNAKE - MIDDLE**

**G-EASY X BEBE REXHA - ME, MYSELF & I**

2



Hailing from our own Australian shores, YouTube personality and singer-songwriter, Troye, performs 'Youth': a self-explanatory, pop song.

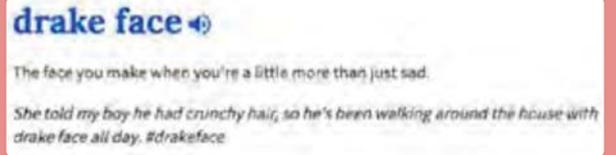
DJ Snake has been gaining momentum since his successful club hit 'Lean On'. This song is another pop favourite.

Slightly overplayed but catchy as hell.



UNSW LOVE LETTERS

URBAN DICTIONARY ←



SOCIAL STALKER

Instagram: @thegrounds



The official Instagram for The Grounds of Alexandria, a collection of restaurants in Alexandria, Sydney. The abandoned factory house is displayed wonderfully with brick walls, organic gardens, farms and animals, scenic restaurants, garden set-ups and classy-looking dishes.

Instagram: @sexualising



Typical, humorous, relatable memes. That is all.

Twitter: @danisnotonfire



YouTube personality and host for the 2016 Brits Awards for the second year in a row, Dan is completely awkward and relatable on Twitter. Like all of us he has a major crush on DiCaprio (he's only human after all).

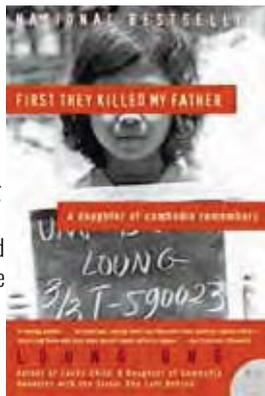
Follow him to add some humour to your feed.

PIECES

BOOK NOOK

*First They Killed My Father*  
by Loung Ung

Based on a true story, heart-wrenching and humbling. Written in 2000, Cambodian author, human rights activist and survivor of the Pol Pot regime, Loung Ung, shares her horrific war experiences as a child living under the rule of the Khmer Rouge. Angelina Jolie has been deeply touched and affected by Ung's story and is in the midst of creating a film adaptation of the novel. Apparently she's casting her 14-year-old, Cambodian-born son, Maddox, in the project. It's predicted to be released in late 2016 on Netflix and shown at festivals globally.



RANDOM FACTS

Wearing headphones for just an hour will increase the bacteria in your ears by 700 times.

Most people are happiest at 7:26pm on a Saturday night.

The higher your IQ, the more you dream.



BY GENEVIEVE GAO

# THE JEZABELS

**Blitz caught up with Hayley from *The Jezabels*. They spoke about their upcoming album, *'Synthia'*, their cancelled tour and female empowerment.**

**'THE BRINK' WAS A MUCH MORE POSITIVE RECORD THAN YOUR DEBUT ALBUM 'PRISONER'. IS THERE A LIGHTER VIBE ON THE NEW RECORD?**

*The Brink* was a more positive record because it was written to get us through a much darker, sadder time which accompanied Heather's initial cancer diagnosis. Making music was keeping us going, so it comes across as quite light-hearted because that's where we wanted to be, not where we were. I think *Synthia* is both darker and lighter. It has more of a breadth of emotion in it, because we've probably grown as people through that time.

**THE NAME 'THE JEZABELS' COMES FROM AN ISRAELI QUEEN WHO WAS A MISREPRESENTED FIGURE IN HISTORY. HAVE YOU SEEN THIS EXAGGERATION ABOUT WOMEN IN THE INDIE ROCK SCENE?**

I'm not sure I would call it an exaggeration, as much as a downright mis-telling and shaming. The story goes that she was a queen who wished to worship her own (pagan) gods despite the rise of monotheism. She was forced to flee Israel, disguising herself with makeup. It was this wearing of makeup and spirit of dissent that led to her name being dragged through the mud

in Judeo-Christian writings, eventually becoming a synonym for 'whore'. That kind of sexism does play out in indie music in that female fans are stereotyped as groupies, where male fans are music lovers or critics. It is this old entrenched idea that women who have an influence will use it to manipulate or bring down our male rock gods. It can also play out in more subtle ways, like the generally discouraging atmosphere many women are met with when they enter the world of rock 'n' roll as performers.

**WHAT IS YOUR FAVOURITE SONG THAT YOU'VE WRITTEN?**

'Pleasure Drive', the first single off our new record *Synthia*, is hands down my favourite of our songs. It was just one of those songs that came quite easily and really represented a time and place in my life that I look back on very fondly. It was also good time and a breakthrough moment for the band I think.

**WHAT'S BEEN A TOURING EXPERIENCE WHICH REALLY CHANGED YOUR OUTLOOK ON PERFORMING, SONGWRITING OR LIFE IN GENERAL?**

Supporting Depeche Mode and the Pixies within the same week was a pretty amazing experience. Both were

## RAPID FIRE QUESTIONS

**TIE DYE OR DENIM?**  
Leather.

**IS THE AUSTRALIAN \$20 NOTE ORANGE OR RED?**  
Clockwork Orange.

**WOULD YOU RATHER: CHANGE SEX EVERY TIME YOU SNEEZE, OR BE SEXUALLY ATTRACTED TO MUFFINS?**  
Depends on whether I still get to have an eighth of an orgasm when I sneeze, but I'd say option A.

amazing to watch live for basically opposite reasons; the sheer stadium showmanship of Depeche Mode and the rough and ready punk of the Pixies.

**TIPS FOR ASPIRING STUDENT MUSICIANS?**

Listen to other people's music, not other people's opinions, and practice.

**SYNTHIA IS OUT NOW.  
GO TO [STORE.THEJEZABELS.COM](http://STORE.THEJEZABELS.COM) TO GRAB A COPY.**

# BOY & BEAR

**Blitz chatted with Boy & Bear's Bassist, Dave Symes, about their 'Limit of Love' tour and Hottest 100 placement.**

## WHAT WAS THE BAND'S INSPIRATION BEHIND 'LIMIT OF LOVE'?

Our inspiration sort of came from the last album which was *Harlequin Dream*. I think we did 180 shows or something on that cycle which was pretty amazing. From playing so much, we sort of started to develop a new sound and a new groove in the band. The inspiration came about choosing to do it that way and choosing the right people to work with, which was our producer, Ethan Johns. He's made some incredible records and is known for encouraging live performances and recording in a studio that has access to tape machines and more analogue recording techniques.

## HOW HAS YOUR 'LIMIT OF LOVE' TOUR BEEN SO FAR?

It's been great! We started a couple of weeks ago in Australia. We're off to New Zealand this weekend and then we hit Europe and the UK.

think the hard thing about touring is the travel side of things. You start to miss the comforts of home, even the simple things like your load of washing you can do at home but in Amsterdam you gotta work out where to go.

## HOW DID YOU FEEL WHEN 'WALK THE WIRE' MADE THE HOTTEST 100?

We're really lucky with Triple J, they've really supported the band since the beginning. They've been presenting the Limit of Love tour and really got behind *Walk the Wire*. It was always played on the radio, so it's lovely to get included in the Hottest 100 as well.

## WHY DOES THE BAND USE BANJO AND MANDOLIN AS WELL AS GUITAR?

Those instruments got used a little more on the earlier records than the later records but we always pull that stuff out when we do acoustic performances. They're quite loud and have a beautiful acoustic sound compared to the electric instruments. But at the end of the day we're a rock band and when we do a gig or a concert at a venue, we've got big PAs and amps and we're rocking out, so it's an interesting mix to put those instruments together.

## WHAT WOULD YOU SAY IS THE BIGGEST ACHIEVEMENT?

Things like getting a number one album is a pretty exciting thing to have happen. It's an achievement, not just for you as a band, but also for the people that you work with to create the music; your record producer, the engineers, your management, your record label, your publishers and everyone. It's like a celebration for everyone. But sometimes the biggest achievement is just having 100 people turn up in a country you've never performed at before.

## RAPID FIRE QUESTIONS

### HORROR OR COMEDY?

Comedy.

### CRUST OR NO CRUST?

Crust.

### THE DRESS: WHITE AND GOLD OR BLUE AND BLACK?

I can't remember what I saw now! I just remember the band was half-half on this one.



AT THE END OF THE DAY WE'RE A ROCK BAND AND WHEN WE DO A GIG OR A CONCERT AT A VENUE, WE'VE GOT BIG PAs AND AMPS AND WE'RE **ROCKING OUT**





# RUN, FORREST, RUN

BY SARAH WU

**Blitz caught up with RunSoc, UNSW's Campus Runners, just in time for Festival of Sport.**

#### **CAN YOU TELL US ABOUT RUNSOC?**

RunSoc started in 2015 when our founder Steven realised that a recreational running club didn't exist after mistaking the Running Man Society (Korean Variety Show) for one. We want to bring long-distance runners together, no matter what physical or mental shape they're in.

#### **FOR ALL THE SCEPTICS OUT THERE, IS RUNNING IS A SPORT?**

Running is absolutely a sport! Running is more than a sport - it's a lifestyle that defines who you are. It's 30% physical, 70% mental and can be almost meditative.

#### **WHAT'S YOUR FAVOURITE ROUTE?**

One of our favourite routes is Otford to Bundeena (30km) in the Royal National Park. The best part is running on a cliffside with the ocean to your right, a forest to your left and mountains behind you for miles. It's breathtaking.

#### **HAVE THE BASSER STEPS BEEN INCLUDED ON A RUN?**

People run up and down the Basser Steps enough as it is, but we are planning some runs on the Basser Steps.

#### **WHAT GADGETS DO YOU USE DURING YOUR RUNS?**

A few of us have got Garmin watches and others carry Fitbits. We also use SPIbelts, which are little pouches strapped around your waist to carry essentials. Sometimes we use bladders in hydration backpacks on long trail runs, so we can drink water through a small nozzle instead of stopping to drink from a bottle.

**“RUNNING IS MORE THAN A SPORT; IT'S A LIFESTYLE THAT DEFINES WHO YOU ARE”**

#### **WHAT'S THE FUNNIEST THING THAT'S HAPPENED ON A RUN?**

On our annual RunSoc trail running camp, I noticed my friends in front of me avoiding mud wherever they saw it. I passed them and shouted, 'Don't avoid the mud, embrace it. We're trail runners!' I stepped into the next mud puddle, only to see half my right leg sink into it.

#### **BESIDES GOING ON RUNS, WHAT ELSE CAN MEMBERS GET INVOLVED WITH?**

We have dinner after each Friday evening run

and search for comfort food after bad races. We organise camps and hikes too.

#### **WHAT PART OF THE FESTIVAL OF SPORT ARE YOU MOST EXCITED ABOUT?**

The fact that it is a celebration of movement! Heaps of people hit the gym, but it's not the same as shooting hoops or going for a nice run.

#### **ANY TIPS FOR PEOPLE WHO FEEL TOO INTIMIDATED BY YOUR RUNNING PROWESS TO JOIN THE SOCIETY?**

We cater for all runners with a passion for running, whether you're experienced or a beginner. Some of us were the slowest runners in high school and we're still at the tail during runs - but it doesn't matter as long as you're trying to improve. Plus we're all super friendly!

#### **RAPID FIRE QUESTIONS**

##### **FAVOURITE MOVIE RUNNING SCENE?**

*Chariots of Fire* (obviously).

##### **RAIN OR SHINE?**

Porque no los dos (Why not both!).

##### **FAVOURITE DANCE MOVE?**

The Running Man.

# MOBILE

## Limited Time Offer



# 1.5GB

# \$550

TALK & TEXT

# = \$10

/mth for the 1st 6 months  
MIN CHARGE \$20

\$19.99 monthly fee applies after 6 months

## INTERNATIONAL CALLS INCLUDED

[tpg.com.au](http://tpg.com.au)

1300 242 011



Min charge includes \$10 SIM. New mobile registrations only. Offer ends 31 Mar 2016. Included Value is for use within AU only and includes Call, SMS & MMS to Standard Australian Numbers (includes 13/1300) and International numbers. Video Calls to Standard Australian Mobiles, Diversion within Australia only. Standard rates apply for usage outside of the Included Value such as Excess Data, Video Calls to International Numbers, International Roaming and other Enhanced Services. Calls and SMS to 19 Numbers and Premium SMS/MMS are not supported. Calls charged in per minute billing increment. Data usage is charged per KB or part thereof. Excess data 10c per MB. Unused Included Value and Included Data are forfeited at the end of each billing cycle. Excluded or excess usage is only possible with sufficient Prepaid Balance. No auto trigger top-ups apply. Plan is for personal use only and may not be used for commercial purposes or in a manner that may adversely affect the mobile network. Plan fees payable monthly in advance. This offer may be withdrawn at any time. For full terms, conditions & exclusions visit [tpg.com.au](http://tpg.com.au).



UNSW Student Life

## BECOME A DIRECTOR ON THE Arc BOARD

**Nominations for Directors on the Arc Board will open on Monday 21st March 2016.**

The term of office for the Director positions on the Board will be 2 years, commencing June 2016.

Nomination forms are available at:

- Arc Reception Kensington, Level 2 Basser College
- Arc office at UNSW Art & Design and
- The Arc website

Nominations must be received by no later than 4.00pm Thursday 4th April 2016, emailed to [returning.officer@arc.unsw.edu.au](mailto:returning.officer@arc.unsw.edu.au)

Candidates should also include a recent photo and candidate statement with their nomination.

**For further detailed information, please visit the Arc website or contact Nitasha Prasad on 02 9385 7711 or [returning.officer@arc.unsw.edu.au](mailto:returning.officer@arc.unsw.edu.au)**

[arc.unsw.edu.au](http://arc.unsw.edu.au)

### EGM NOTICE

The number of Director positions available on the Arc Board and any restrictions applicable will be advised during the General Meeting of Arc:

**DATE** Wednesday 16th March 2016

**TIME** 5.00pm sharp at the Club Bar, Roundhouse, UNSW Kensington

**FREE SAUSAGE SIZZLE AND DRINK FOR ALL Arc MEMBERS.**

Arc affiliated Clubs & Societies and UNSW Colleges also have a chance to **WIN an event prize with a combined value of \$1,000.**

Check out the Arc website for further information and the T&Cs.

# SHOULD YOU WEAR **ACTIVWEAR**



## WHEN YOU'RE NOT EXERCISING?

### **YES** SAYS SERENA DONG

I don't know about you, but the idea of wearing wedges and a miniskirt to catch the 891 doesn't sound like it would end well.

Save the trip to the hospital by putting on comfortable activewear that can make you look equally as sexy as your other clothes would. Think about those Nike tights, the better and more comfortable alternative to skinny jeans that emphasise that ass without any fear of ripping your pants.

If you look at *Vogue*, street style is all about Nike Roches and Adidas skin jackets. Speaking of comfort, activewear serves so many purposes other than looking good and functioning well at the gym.

From daily wear to loungewear, those Asics runners and Under Armour tanks are great long-term investments that could really get you by. Plus, putting all that money into your gym clothes is great motivation to

regularly exercise and live a healthy lifestyle.

As a frugal uni student, you want to make sure you make the most of your purchases and use activewear for its intended purpose. Even if you are eating Tim Tams and McDonalds all the time, there's no harm in fooling everyone to think that you're fit as a fiddle. At the end of the day, what's wrong with being comfortable?

Five or so years ago, the biggest problem I had with yoga pants was the fact that they were basically transparent. Nowadays, they have a little more opacity but are often regarded as actual pants that one can wear 24/7. The days when proper grown-ups dressed in clothes with zippers has come to an end and an awful lot of adult garments are designed with the same overall principle as Pull-Ups.

If we look back in fashion history the only time activewear was cool was in the 80s. When fluro was all the rage, Olivia Newton John was singing 'Let's Get Physical' and sweatbands were hot.

So next time you're about to reach for those overpriced leggings think: do I want to bring back the 80s? Don't let your future children down when they are scrolling back

to 2016 on your Facebook page. Let them know you got dressed to go to brunch. Swap the Lorna Jane for some Mary Janes, the lycra for lapels and Zumba away from activewear if the most athletic thing you're doing is a Netflix marathon.

Like seriously, are you Robin Hood? No need to wear tights my friend.

### **NO** SAYS CHARLOTTE GOODSIR

# A Guide for The LAZY

## HOW TO LOOK ACTIVE WITHOUT TRYING

Couch potatoes, homies lacking motor skills and plainly unsporty peeps, I got your back! So what if you don't have runners or razorback exercise tops and running tights? That doesn't mean that you have to sit out of this year's Festival of Sport. Before you begin booking up your week with other commitments, read this guide on how to fool others to think that you're sporty too.

### NEUTRAL COLOURS

If you are reading this, it should be safe to assume that sport isn't your forte and you don't want to stand out amongst the active. Stay away from brightly coloured clothes, especially neon.

### THE 'ACTIVE' HAIR

Tying up your hair and tucking your fringe and loose ends away from your face immediately makes you look more energetic and active. Leave the hair covering times for another more apt occasion, like trying to avoid your ex-crush.

### A FITTING SHIRT

Avoid overly baggy tees because that will defeat all your deceiving efforts. Put away that shirt that is two sizes too big, you wouldn't want to look like the sack that keeps all the couch potatoes.

### AVOID WHITE TEES

### AT ALL COSTS

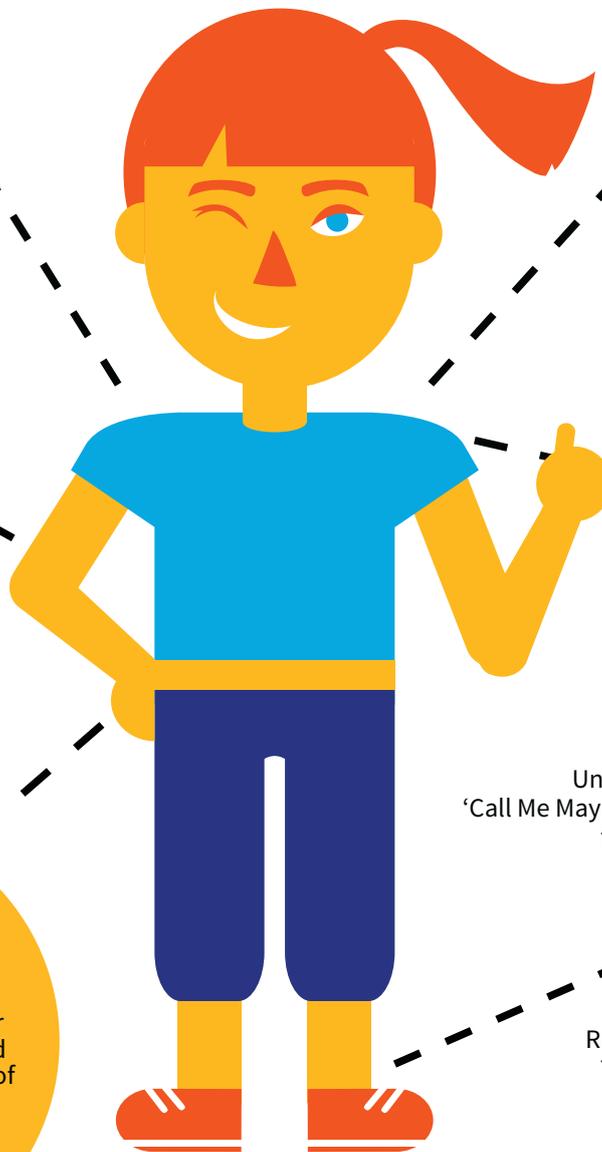
The deadly combination of sweat, water and white has embarrassed people since the dawn of time. Unless being the wet white shirt guy in 'Call Me Maybe' is your goal, please allow tees to fulfill their sole purpose of shielding you from stares at your torso.

### EXERCISE PANTS

Exchange exercise pants for wardrobe alternatives. Pyjama shorts, for example, are comfy to wear and zero effort is needed to roll out of bed and hit up campus.

### SHOES

Runners, sneakers, loafers, whatever. The hard and fast rule is if it doesn't bother you, you're doing it right.



BY NADIA YEO

# RIDING A CAMEL, STAR WARS

and other feels from my trip to Morocco

By Janelle Tai

When I found out that I was going to Morocco, I told everyone that I was going to somewhere in the Middle East. For those of you reading right now thinking, 'Well, isn't it?' No it's NOT. It's in North Africa, right below Spain and beside Algeria. It's a common misconception, seeing that Morocco is an Arabic country and is 99-percent populated by Muslims. It isn't the kind of Africa you envision- think less safaris and more mosques.

I heard it all before I left: flying carpets, magic lamps, snake charmers and camels. As a 90s child, it's hard not to relate Morocco to *Aladdin*. The city of Fes is where you'll find the finest local handicraft such as leather, Persian rugs, mosaic tiles, lamps and pottery. Inside the medina - which is Arabic for the inner town - you'll get lost in the maze of shops without a guide.

Something I loved about Morocco was the fashion. People wore robes called Djellaba

(pronounced je-la-bah) that reminded me of *Star Wars*. Add a bunch of aliens and light sabers and you'd see the Millennium Falcon flying through the sky.

Chefchaouen was definitely my favourite place to stay. Imagine a vibrant blue city nestled between mountains with cobbled streets and cats everywhere.

## It's been a month and I'm still not over Morocco

There were kids darting in between the powder blue houses and people dressed in colourful clothing.

Fun fact: the town was painted blue by Jewish refugees in the 1930s. They're now long gone, so why retain the blue? Simply because the tourists love it so much and often compare it to the colourful city of Santorini.

The trip definitely ended with a bang as I ticked 'Ride a camel in the Sahara Desert' off my bucket list. We travelled to the sand dunes of Merzouga, a place so remote that we had to take a Jeep. We woke up at 5am and rode to the top of the sand dunes towards the direction of the rising sun.

It's been a month and I'm still not over Morocco. Admittedly, there were a few negatives such as having to travel for half the trip on a bus where there were plenty of winding roads. But it didn't hurt that my bus driver was serious eye-candy and that he was giving off strong Jason Statham vibes with his aviators and suits.

VERDICT: 10/10

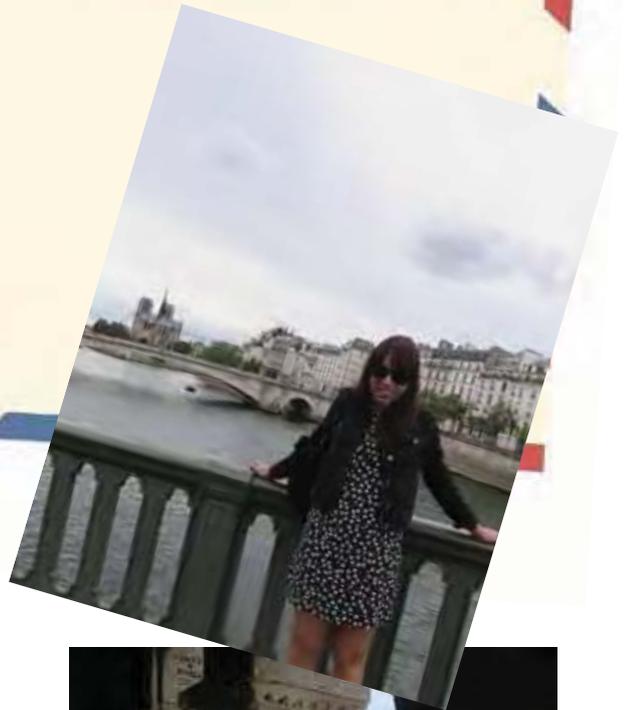
I would recommend Morocco to anyone interested in going.



# EXCHANGE DIARIES

## PARIS

Adrianna Tsounis



**Blitz caught up with Law and International Studies student, Adriana Tsounis, who is currently on exchange in Paris, the city of love and pastries.**

### What university do you go to in Paris?

The Paris Institute of Political Studies (Sciences Po).

### Why did you decide on Paris for exchange?

I first visited Paris with my family and fell completely in love with the city, so I chose to study French when I started university. My desire to gain fluency in French and my dream of living in Paris led me to choose Sciences Po as my first preference.

### How is Paris different from Sydney?

Completely. You cannot be caught in the street wearing gym gear. If you are planning on going to the gym (which they too are rather scarce) you will go dressed in your jeans, coat and scarf with a change of clothes. Walking in Paris is preferred as you will always stumble upon something significant and historical. In French there is even a word for such strolling or wandering around – 'flâner'. There are bakeries (boulangeries) everywhere and my diet now consists of quiche lorraine, pain au chocolat and brie with a baguette. You can find great wine for as cheap as two euros and in the warmer months you'll find most students drinking by the Seine in the evenings.

### What has been the most 'touristy' activity you've done so far?

When one of my closest friends visited in November, we went up to the dome of Sacré Coeur in Montmartre, to the top of the Arc de Triomphe and also up the Eiffel Tower in one day. Three amazing panoramic views of Paris, but way too many stairs!

### How's your French? Do you have to speak French at all?

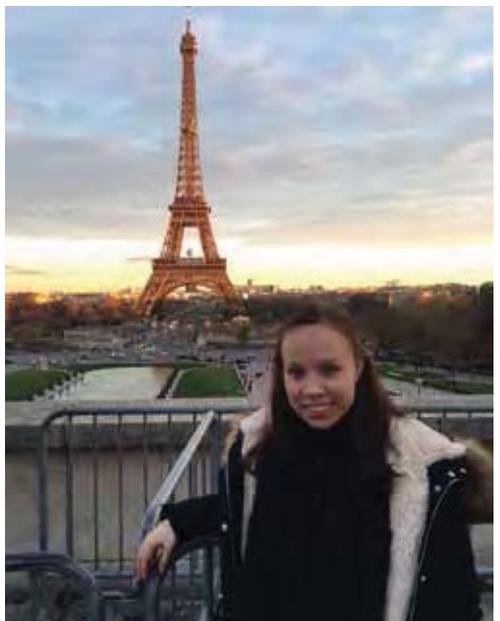
I find it very easy to write, yet despite living here since August I continue to be extremely nervous when speaking. You can choose to study entirely in English at Sciences Po and I did last semester. This semester I will be starting courses in French.

### How much of Europe have you seen?

I just returned from London last night. I spent a week there and it was incredible. The Eurostar (the train) from Paris to London is only two hours. I've discovered that instead of cramming in cities it is best to spend longer in a place and explore it.

### Any tips for students going on exchange?

Discover your city and learn the language, explore new places, immerse yourself in the culture and indulge yourself every once in awhile. You may feel extremely lonely at first but after time it wears off. Take the opportunity to travel on your own and grow even more independent.



## RAPID FIRE QUESTIONS

### Your favourite French word?

Le pamplemousse (grapefruit).

### Describe Paris in three words:

Beautiful, romantic and exciting.

### Frog legs or snails?

I haven't tried either but I want to try the latter.

### How many French pastries have you eaten?

I have absolutely no clue.

*Dreaming of going on exchange to Paris, the most romantic city in the world? Check out student. [unsw.edu.au/exchange](http://unsw.edu.au/exchange) for more info.*



**WHAT'S ON UNSW**  
**29 FEB - 11 MAR**

## START OF SESSION PARTY: CARNAVAL



By Ryan Bautista

You've survived the first few days of semester one (whoop whoop!) and you know what? There's a party happening at the Roundhouse and you're all invited. Hold onto your feather headdress, because the theme for the party is Carnival. In order to get the party pumping Brazilian style, bring lots of bright colours, lots of feather scarves and sequins and glitter. . .

The night will feature some killer DJs including Joyride, Black Diamond Hearts, Fingers, Nes and Camo. But most exciting of all, there will be Samba dancers to show you how to get that booty moving and those hips a-shakin'.

**WHERE:** The Roundhouse (18+ only)

**WHEN:** Thurs 3 March, 8pm 'til late

**PRICE:** \$10 Arc, \$15 UNSW, \$20

**VERDICT:** A Carnival for CarnavALL



**BUY**  
**ANY TOOHEYS**  
**5 SEEDS PRODUCT**

**FOR YOUR CHANCE TO WIN**



**A CLASSIC**  
**AMSTERDAM**  
**LEKKER VINTAGE**  
**ROADSTER**

DRAWN: 11.03.16

**UNSWROUNDHOUSE.COM**

ROUNDHOUSE ENDORSES THE RESPONSIBLE DRINKING OF ALCOHOL. 18+ ONLY (NO IDENTIFICATION REQUIRED UPON ENTRY)



## FESTIVAL OF SPORT



By Nadia Yeo

Three epic days.

The almighty Festival of Sport is back, packing an even greater punch of free games and fun times before all those assignments kick in (we're BALLing just thinking about it). Whether you've got the heart of an athlete or the will of a certified couch potato, there's something for everyone at the Village Green.

Grab your mates or just the people you've been waiting to tackle since your first day at uni, for a round of pick-up games. Register for the Colour Dash and rack up those FB likes. Boost your mood (and your muscles) with the Rec courses, hour of power and sport and fitness clinics. Don't even get us started on the huge inflatable obstacle course - think you can tame The BEAST?

**WHERE:** Village Green

**WHEN:** Wednesday 9 March - Friday 11 March

**PRICE:** Free

**VERDICT:** No Limits

# WHAT'S ON WEEK ONE



## MON FEB 29

### Free Bingo

1pm  
@ Roundhouse  
Bingo becomes a sport if you play long enough.

### Free Ping Pong

2pm  
@ Roundhouse  
Grab your mates and challenge them to the game of champions.

### Ministry of Dance Society: Dance Class

4-5pm  
@ Arc Dance Studio  
\$5  
Learn some skills for your next Roundhouse party.

### The Whitehouse Happy Hour

4-5pm  
@ Whitehouse  
Grab some champagne and relax on The Whitehouse couches.

### Happy Hour

5-6pm  
@ Roundhouse  
It's Monday, you've survived the first day of the week. You deserve happy.

### CircuSoc: weekly meeting

5-10pm  
@ Physics Lawn  
Learn fire twirling, juggling, unicycling, acro yoga, balloon twisting and more.

## TUE MAR 1

### Food Lover's Society Week One Free BBQ

11am - 2pm  
@ Science Square Lawn  
Members free, \$2 non-members, \$5 for annual membership  
Snags, shrooms and onions on bread. Get on board and enjoy a free sausage sizzle.

### KnitSoc: Knitters Circle

11am-1pm  
@ Quad Lawn  
No needles required. Finger knit your way to that winter scarf.

### Free Trivia

4pm  
@ Roundhouse  
What was the first song Britney Spears wrote?

### Free Poker

5pm  
@ Roundhouse  
Poker face or poker disgrace?

### Happy Hour

5-6pm  
@ Roundhouse  
Roundhouse "going up on a Tuesday".

### The Whitehouse Happy Hour

4-5pm  
@ Whitehouse  
Get happy in the hizouse.

### Free Trivia

6pm  
@ Roundhouse  
What is the name of the lead male character in Pokemon?

### Ministry of Dance Society: Dance Class

2-3pm  
@ Arc Dance Studio  
\$5  
Disco Stu won't even know what hit him.

## WED MAR 2

### BSOC Peer Mentoring Opening Event

12-2pm  
@ Sam Cracknell Pavilion/Physics Lawn  
Suits and ties aren't all that's needed to impress in the business world. Get some advice from brainy business folks on how to do business smart.

### Fred Hollows Society Meetup

12-2pm  
@ AIR Room, Roundhouse  
Grab some snacks and socialise with some kind-hearted students.

### MuSoc Open Mic Night

7-9pm  
@ Whitehouse  
We know you want to butcher a Houston song.

### Free Giant Games

1-3pm  
@ Roundhouse  
Bigger is better.

### Free Pool

3-5pm  
@ Roundhouse  
Don't sink the white ball!

### CircuSoc Club Cubed

4-6pm  
@ Physics Lawn  
Juggle everything from balls to knives.

### Free Live Music

5pm  
@ Roundhouse  
Kick back and listen to some sweet tunes.

### Double Happy Hour

5-7pm  
@ Roundhouse  
Double the drinks. Double the fun.

### The Whitehouse Happy Hour

4-5pm  
@ Whitehouse  
Share a drink over a game of Uno.

### D2MG Hip Hop Society: Free Weekly Jam

3-4pm  
@ Arc Dance Studio  
Rip up that dance floor with your moves.

### Ministry of Dance Society: Free Dance Class

4-6pm  
@ Arc Dance Studio  
Shake it with some friends with this free dance class.

## THU MAR 3



### BSOC Slushie Day

12-2pm

@ Science Lawn

Escape the summer heat by grabbing a slushie from the friendly people at BSoc.

### Yoga

12pm-1pm

@ Robert Webster

\$100 for 6 class course, \$17.50 casually

Stretch those muscles and rock those funky yoga pants.

### The Whitehouse Happy Hour

4-6pm

@ Whitehouse

Make the most of double happy hour with double the drinks.

### Free Live Music and Happy Hour

5-6pm

@ Roundhouse

Live music and Happy Hour. It was meant to be.

### D2MG Hip Hop Society: Weekly Jam

2-3pm

@ Arc Dance Studio

\$5

Channel your inner gangster and hit the studio.

### Sunset Sessions @ The Whitehouse

5-7pm

@ Whitehouse

The best way to unwind after a busy day of uni.

### Start of Session Party: Carnaval

8pm

@ Roundhouse

Real salsa dancers, sparkles, feathers and headdresses. This party will be one colourful event.

### Quidditch Friday Fun Day

4-6pm

@ Physics Lawn

Jump on your broomstick and get that Golden Snitch.

### The Whitehouse Happy Hour

4-5pm

@ Whitehouse

Cheap drinks. Why not?

### Sunset Sessions

5-7pm

@ Whitehouse

Relax with some acoustic tunes.

### Free Live Music

5pm

@ Roundhouse

Get grooving to some free live music during Happy Hour.

### Happy Hour

5-6pm

@ Roundhouse

Cheap drinks. There's a reason it's called Happy Hour...

### Ministry of Dance Society: Dance Class

4-5pm

@ Arc Dance Studio

\$5

Got 'Canned Heat' in your heels?

### League of Legends Society meetup

6-8pm

@ Marsh Room, Roundhouse.

Members free, \$5 for non-members

Get your LOL lingo flowing while you play trivia with fellow fans over pizza.

### BSOC Orientation Camp

4-6 March

@ Myuna Bay Sport and Recreation Centre

It's business time. Head to business camp and get busy, brushing up your skills and networking with other business-savvy peeps. For more details regarding pricing email social@unswbsoc.com.

BISTRO SPECIAL



Week 1

## SCHNITZELS

\$
9

WITH  
SHOESTRING FRIES  
& GRAVY

ROUND HOUSE

DRINKS SPECIAL WEEK 1

## PIMS JUG



\$12

The Roundhouse encourages the Responsible Service of Alcohol  
\*Not available during major events

## FRI

## MAR 4

### KnitSoc: Cast-On Knit Class

10am-12pm

@ Quad Lawn

Knitting isn't just for nannas. Knit on the grass and make some warm stuff for winter.

# WHAT'S ON WEEK TWO



**MON MAR 7**

## Free Bingo

1pm  
@ Roundhouse

You're never too young to scream BINGO.

## Free Ping Pong

2pm  
@ Roundhouse

Come for the ping pong, stay for Happy Hour.

## Ministry of Dance Society: Dance Class

4-5pm  
@ Arc Dance Studio  
\$5

From Hammertime to The Macarena. They've got you covered for your next night out.

## The Whitehouse Happy Hour

4-5pm  
@ Whitehouse

Best thing about Monday: Happy Hour.

## Happy Hour

5-6pm  
@ Roundhouse

Make Monday better.

## CircuSoc: weekly meeting

5-10pm  
@ Physics Lawn

Clown around. Learn fire twirling, juggling, unicycling, acro yoga, balloon twisting and more.

**TUE MAR 8**

## KnitSoc: Knitters Circle

11am-1pm  
@ Quad Lawn

Expand your knitting circle and learn some old school skills.

## Free Trivia

4pm  
@ Roundhouse

'Ice Ice Baby' was written by?

## Free Poker

5pm  
@ Roundhouse  
Raise your HANDS

## The White House Happy Hour

4-5pm  
@ Whitehouse  
Enjoy cheap drinks in your home away from home.

## International Women's Day

Art Exhibition  
5pm-8pm  
@ Roundhouse Club Bar  
Celebrate female student artists with a side of free drinks and nibbles.

## Free Trivia

6pm  
@ Whitehouse  
What is the capital of Norway?

## Happy Hour

5-6pm  
@ Roundhouse  
It's Tuesday and you deserve a drink.

## Ministry of Dance Society:

Dance Class  
2-3pm  
@ Arc Dance Studio  
\$5

Prep for that next dance battle.

## BSoc Cruise Sales

8 March -10 March  
10am - 3pm  
@ The Quad

Like *Love Boat* but better. Grab your tickets for the annual BSoc Cruise.

**WED MAR 9**

## Festival of Sport Week 2

9 March -11 March  
@ Village Green  
Ready, sweaty, GO! Watch sport, play sport or talk sport this week. Get physical with The Beast and grab some freebies.

## MuSoc Open Mic Night

7-9pm  
@ Whitehouse

Belt out some tunes and be rewarded with applause.

## Free Giant Games

1-3pm  
@ Roundhouse

Games that will make you feel like a kid again. One great tactic to surviving hump day.

## D2MG Hip Hop Society:

### Free Weekly Jam

3-4pm.  
@ Arc Dance Studio  
Breakdance and break hearts.

## The White House Happy Hour

4-5pm  
@ Whitehouse  
Grab some bubbly and relax.

## Free Pool

3-5pm  
@ Roundhouse  
Dust up your cue and sink some balls.

## CircuSoc Club Cubed

4-6pm  
@ Physics Lawn

You're already a pro at juggling uni and your social life. Why not juggle some knives, hats and clubs?

## Free Live Music

5pm  
@ Roundhouse

Hit the dance floor during Happy Hour and listen to some great jams.

## Double Happy Hour @ Roundhouse

5-7pm  
@ Roundhouse

Clear your schedule and prep for twice the fun on a Wednesday arvo.

## D2MG Hip Hop Society:

### Free Weekly Jam

3-4pm  
@ Arc Dance Studio

You've mastered 'Uptown Funk' now it's time for some hip hop.



**Ministry of Dance Society:  
Free Dance Class**

4-6pm  
@ Arc Dance Studio  
Go from free dance lesson to free dance lesson and then finish with a schooner at Roundhouse to reward yourself.

**BSOC Social Basketball**

1-3pm  
@ Unigym Basketball Courts  
Get your head in the game and shoot some hoops.

**THU MAR 10**

**Yoga**  
12pm-1pm  
@ Robert Webster  
\$100 for 6 class course, \$17.50 casually  
Take a breath in and out, Friday is tomorrow. Relax with some yoga.

**Free Live Music and Happy Hour**

5-6pm  
@ Roundhouse  
Sip on a bevy with mates with some rockin' background music.

**The Whitehouse Happy Hour**

4-6pm  
@ Whitehouse  
The fanciest bar on campus at its cheapest.

**Sunset Sessions**

5-7pm  
@ Whitehouse  
Watch the sun go down and celebrate that it's almost Friday.

**D2MG Hip Hop Society: Weekly Jam**

2-3pm  
@ Arc Dance Studio  
\$5  
Hang around for some hip hop tips that will bound to make you look like you're from the cast of *Step Up*.

**FRI MAR 11**

**KnitSoc: Crotchet 101**  
10am-12pm  
@ Quad Lawn  
Knit up a storm and advance your crocheting skills.

**The White House Happy Hour**

4-5pm  
@ Whitehouse  
It's Friday and it's time to get down.

**Quidditch Friday Fun Day**

4-6pm  
@ Physics Lawn  
*Harry Potter* fans unite, this is your jam. Play a game a real-life Quidditch on the Physics Lawn.

**Free Live Music @ Roundhouse**

5pm  
@ Roundhouse  
Dance those first two weeks away.

**Sunset Sessions**

5-7pm  
@ Whitehouse  
The first two weeks of uni are over. Sing it out!

**Happy Hour**

5-6pm  
@ Roundhouse  
Grab a cold one or two.

**Ministry of Dance Society:  
Dance Class**

4-5pm  
@ Arc Dance Studio  
\$5  
Go from Napoleon Dynamite to *Magic Mike*.

**ALL WEEK**

**Aussie Craft Beer Week**

@ Whitehouse  
What's more Australian than beer?

**BISTRO SPECIAL**

**BURGER**  
HOUSE MADE WITH LOVE

**\$10**

WITH SHOESTRING FRIES & SOFT DRINK

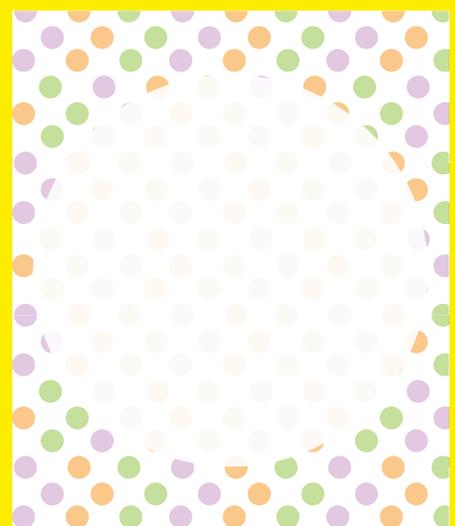
**Week 2**

**ROUND HOUSE**

**DRINKS SPECIAL WEEK 2**

**CAPTAIN MORGAN & SMIRNOFF ICE \$7**

The Roundhouse encourages the Responsible Service of Alcohol  
\*Not available during major events.



## AROUND TOWN: WHAT'S ON SYDNEY

### MONTH OF LOVE



**WHEN:** 5 FEB- 5 MARCH

**WHERE:** DARLING HARBOUR

**COST:** FREE

**MORE INFO:** [DARLINGHARBOUR.COM/WHATS-ON/MONTH-OF-LOVE](http://DARLINGHARBOUR.COM/WHATS-ON/MONTH-OF-LOVE)

**VERDICT:** MORE ROMANTIC THAN PARIS

The month of February has long been associated with love. Whether you're smitten after a month of dating or in a long-term relationship, your affections deserve to be celebrated. Starting this month, love is definitely in the air at Darling Harbour!

Snag a little boat and row your way to romance at the Darling Harbour Marina, where you can grab your whole squad for a day of music, dancing, arts and crafts under a rainbow of warm and fuzzy vibes.

When the sun sets, feel those butterflies a-flutterin' as you share a cocktail over a romantic dinner, stroll past dreamy light displays and take heaps of lovey-dovey photos for the gram. Alternatively, snuggle on a heart-shaped picnic rug at the harbour's Village Green and enjoy a classic romantic film under the stars. Later on cuddle up and watch the sky come to life as heart-shaped fireworks burst brilliantly over the water, painting the sky with vibrant hues of red and pink.

So get ready to swoon and let your heart skip a beat as love lifts you up!



BY NANDA LAKHWANI

# CHEAP \$\$\$ SYDNEY

## EXPLORE

### REDFERN TO GLEBE DISCOVERY RIDE

**When:** 6 March, 8:30-9:30am, 10am-11am, 11:30am-12:30pm

**Where:** Carriageworks, Eveleigh

**Cost:** Free (Bookings Essential)

**More info:** [sydneycycleways.net/events](http://sydneycycleways.net/events)

Stuck in a rut and need to ride your way out? Then head over to Carriageworks, where you'll get to wind through the back streets of Chippendale (we hear Reynold's new dessert bar just opened there), Broadway and into Glebe before cycling back along the Johnstons Creek path. Fear you'll get lost on the 10 kilometre ride? No need, because whatever your skill level, you'll be under the wing of experienced guides from BIKESydney as you pass by stunning Sydney views and great local attractions. Now who said you have to be the next Cadel Evans or Anna Meares?



## WATCH

### SYDNEY HARBOUR REGATTA

**When:** 5-6 March

**Where:** Mosman

**Cost:** Free

**More info:** [shr.mhyc.com.au](http://shr.mhyc.com.au)

If you're not keen on undertaking any calorie-burning action yourself, but you're dying for a killer weekend, come down for one of the largest competitive keelboat races in the country. Hosted by Middle Harbour Yacht Club, you'll get to enjoy plenty of live entertainment, food and drinks or watch the racing from assorted vantage points around the harbour. Better yet? There's going to be happy hour, barbeques and a beach party on Saturday night.

BY GENEVIEVE GAO

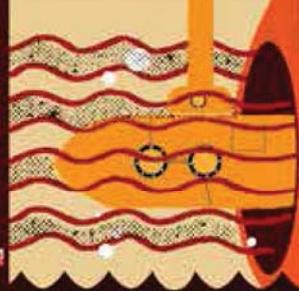
R



9



U



## 31 GIGS & PARTIES

- 23 FEB** O WEEK COMEDY NIGHT
- 24 FEB** O WEEK GIG
- 25 FEB** O WEEK PARTY UNDER THE SEA
- 3 MAR** CARNAVAL  
START OF SESSION PARTY
- 15 MAR** DR WHO TRIVIA
- 16 MAR** COMEDY NIGHT
- 17 MAR** ST PATRICK'S DAY CELEBRATIONS
- 24 MAR** LOST IN SPACE  
MID SESSION PARTY
- 4-8 APR** BEER FEST
- 15 APR** ASKING ALEXANDRIA
- 16 APR** TRIVIUM
- 19 APR** 90S CARTOON TRIVIA
- 20 APR** TWENTY ONE PILOTS
- 27 APR** SYDNEY COMEDY FESTIVAL SHOWCASE
- 28 APR** TOGA PARTY
- 29 APR** MILLENCOLIN
- 2-6 MAY** CIDER FEST
- 17 MAY** GAME OF THRONES TRIVIA
- 18 MAY** CLOTHES SWAP
- 30 MAY** BEST OF ROUNDHOUSE  
ALL WEEK
- 31 MAY** ROLLER DISCO
- 2 JUN** FULL MOON  
END OF SESSION PARTY



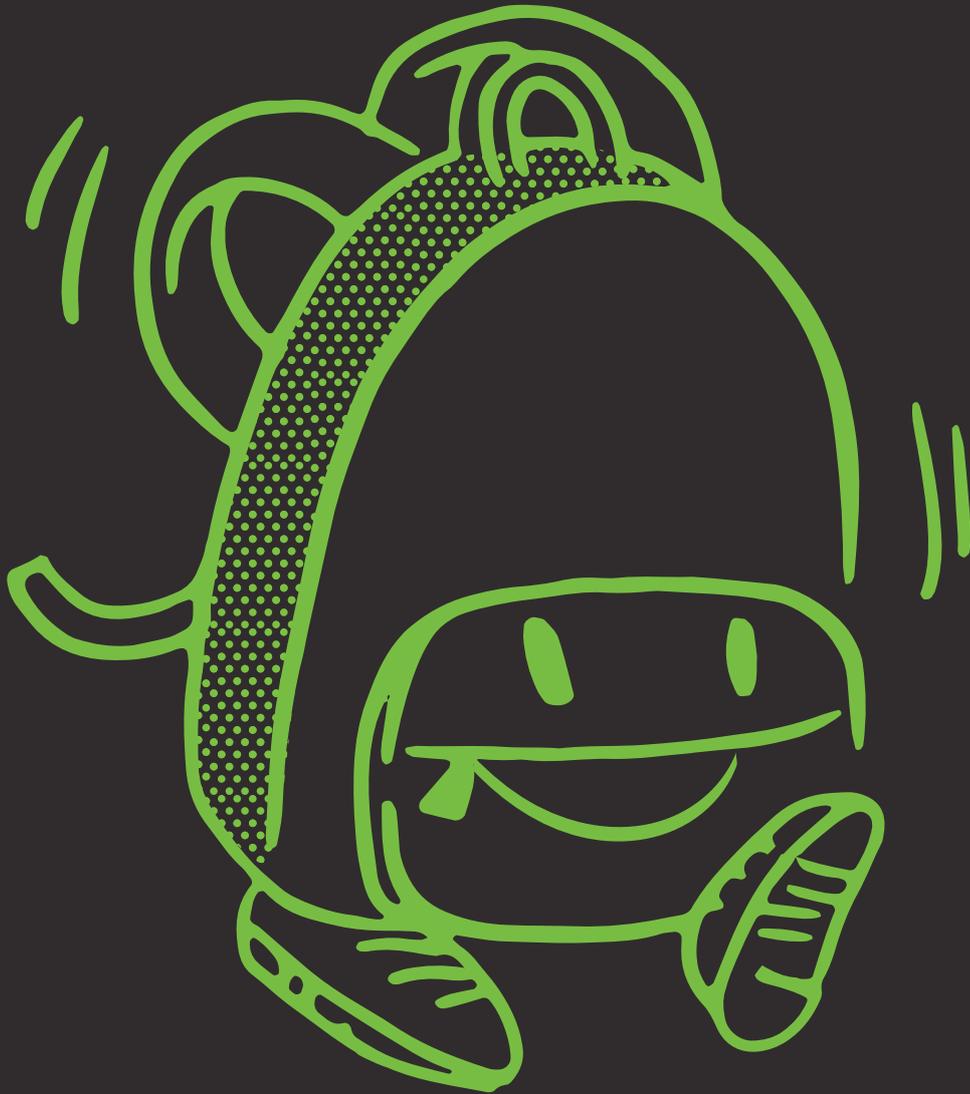
FOR TICKETS AND INFO VISIT  
**UNSWROUNDHOUSE.COM**

Roundhouse encourages the Responsible Service of Alcohol.  
18+ only. Valid Identification required upon entry.



UNSW Student Life

# Arc GOES TO...



**FREE AND DISCOUNTED TICKETS  
TO AWESOME EVENTS AND TRIPS**

EXPLORE SYDNEY AND SURROUNDS WITH OUR Arc SQUAD

**LOCAL DAY TRIPS WEEKEND TRIPS TRIPS**

**SPOTS ARE LIMITED  
SO DON'T MISS OUT!**

**AND MORE!**

More info and tickets, visit [arc.unsw.edu.au/goesto](http://arc.unsw.edu.au/goesto)

# HOW TO SURVIVE AN EXERCISE REGIME IN THE AUSSIE HEAT

Sun's out thighs out. People are taking advantage of the warm weather to venture outside for a run, so that they can show off their stunning figures at the beach. But maybe you're like me and struggling to keep an ongoing exercise regime this because honestly, why would you like to sweat EVEN MORE when you're already sweating from the 38-degree heat?

Here are my top tips for a good workout without having to melt into a puddle. Let's get physical!

**1**

**SLIP, SLOP, SLAP**

The beach is probably where you'll find yourself a lot this summer. So why not add in a little exercise while you're there? If you're not a Frisbee tosser or surfer, try hitting the waves for a refreshing swim. No, I'm not talking about sticking your feet in the water. Try actually swimming out to the ocean because damn, it's hard when you swim against the tide. You'll really push yourself trying to swim out and then find that you've only moved a couple of feet.

**2**

**THE BASSER STEPS**

Those killer steps surely give you enough exercise. If you already manage to reach the top without huffing and puffing the last few steps, I salute you. To keep cool, walk an extra few steps to the library where you'll be greeted with a glorious blast of air conditioning. For a more intense workout, repeat 3-5 times.

**3**

**EXERCISE IN YOUR ROOM**

If you really can't deal with the heat outside and you're too lazy to go to the gym, your room is your best bet. Turn on YouTube and do some 8-minute workouts for some serious damage to your abs. Stick a poster of Channing Tatum or Gigi Harding on your wall for that extra motivation and pump up that Jay-Z.

BY JANELLE TAI

BY JOHN SEROUKAS

## VEGAN CHRONICLES

Mac Danzig is a physical phenomenon. Having won the UFC, he credits his surge in form and fitness to one thing, one thing others will do that he will not.



Peter Siddle spearheads Australia's bowling. His trophy collection is bigger than most people's houses and he's done everything imaginable to reach those heights. Yet, there is something he will not do.



David Carter plays one of the roughest sports on the planet. Despite players donning gladiatorial padding, gridiron is not for the weak. Carter is regarded as one of the game's strongest and consistent performers, but says it's due to something he doesn't do.

WHAT IS IT ALL THESE ATHLETES AREN'T DOING? \*DRUMROLL PLEASE\*

... THEY AREN'T EATING MEAT OR ANIMAL PRODUCTS.

If you're not willing to give up your carnivore instincts and become vegan just yet, you can attend the Festival of Sport at the Village Green. At least you'll be going Green without having to grab vegan sausages on the BBQ.

Festivals like these are also a good chance to try sports you never thought you would — ahem, hockey.

Now, you might embarrass yourself in the process but that's part of the fun.

There's no bond tighter than one based on collective un-coordination. And in a way, isn't that true coordination?

The logo for ARC UNSW Student Life, featuring the letters 'ARC' in a stylized, white, handwritten font on a dark blue background.

UNSW Student Life

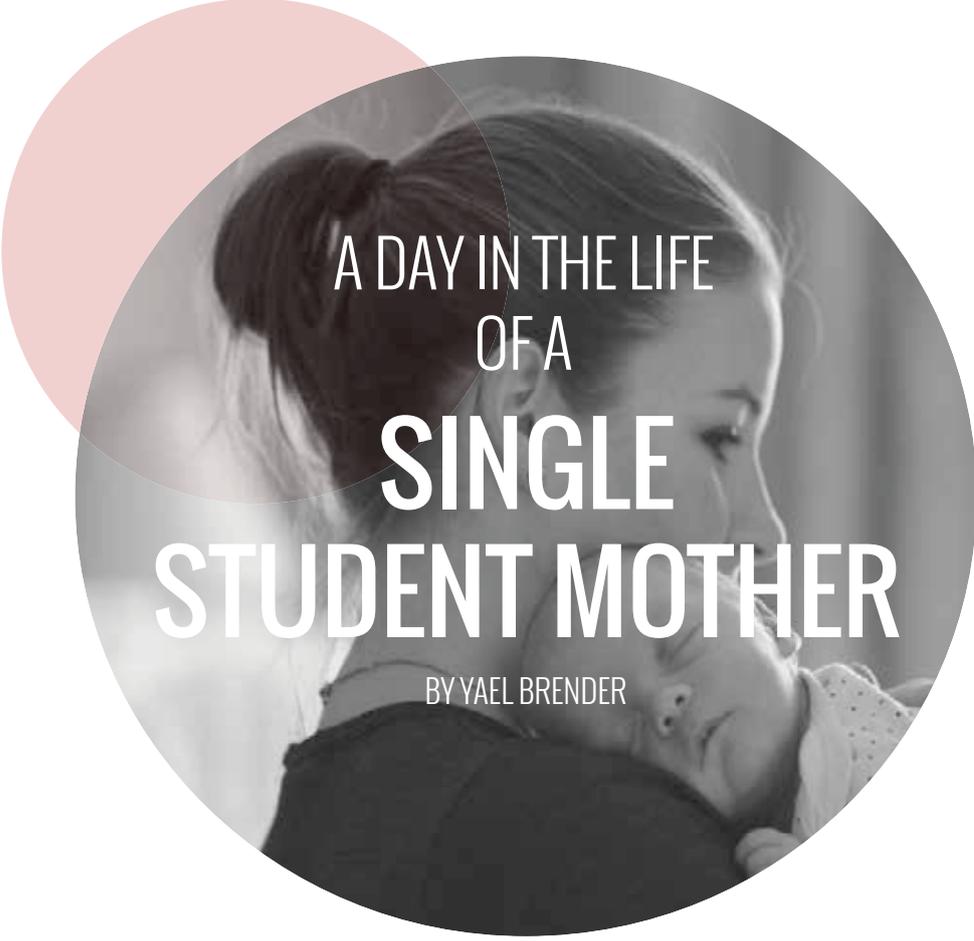
*Food from the heart*

# Share the food you Love

**Submit your favourite recipe  
to the student cookbook  
for a chance to win cool prizes**

**ENTRY FORMS & MORE INFO**  
[arc.unsw.edu.au/cookbook](http://arc.unsw.edu.au/cookbook)

**ENTRIES CLOSE**  
8 April, 5pm  
2016



# A DAY IN THE LIFE OF A SINGLE STUDENT MOTHER

BY YAEL BRENDER

You know how, in life, things don't always go the way you expect them to? Like when you get horrifically sunburned when you just wanted a nice tan, or Menulog messes up your order, or you accidentally have a baby?

Allow me to paint you a little picture of what it's like to be a single mother and a uni student at the same time.

It's dark and you're snuggled up in your bed, sleeping soundly and happily. Suddenly, out of nowhere, something squashes your nose. Then something hits you in the eye and something else pulls your hair. Then you hear the inevitable "Mummy-mummy-mummy" and you realise that your three-year-old is standing on your head. You reach out in the dark for your phone to check the time. It's 4.58am. The little darling then jumps on your stomach, kicks you in the neck and gives you a kiss.

"Baby," you grumble. "Mummy has a hangov- um, Mummy has a headache. Gerroff." Then you can't speak anymore because the adorable tyke has put both of his hands in your mouth. He then informs you in a very serious voice that he wants to go to preschool. You commence a fruitless argument that sounds something like this: Mummy will pick you up in the afternoon. Mummy can't pick you up in the morning

because Mummy has class. No, you can't come. Because you're three. Because it'll be boring. Because I said so! Let Mummy go back to sleep. Please. Please? Lie down. Stop kicking Mummy. Oh you're hungry? Can you wait? Oh, you have to eat right now?

You then hear an ominous ripping sound. The little angel is tearing up your research essay that's worth fifty-percent of your grade. The one that you waited in line at the library printers for half-an-hour to print. The one that you carefully aligned, paginated, double-spaced and stapled together. The one that's due in your teacher's Drop Box at 4pm.

Skip ahead five minutes and you're wrestling the cute little cherub into his high chair because he's decided that high chairs are for babies and he wants to eat at the "big-boy table". You find Weet-Bix, boil the kettle, sniff the milk, search for a bib that doesn't have spaghetti stains on it and

wonder if you can just sticky tape your essay back together and hope your teacher doesn't notice. You put your little darling's breakfast down in front of him and then start hunting for sticky tape.

When you turn around you realise that you made the fatal mistake of leaving the already-ripped essay within reach of the little tyke, and it's now got a smiley face drawn in Weet-Bix and yoghurt on the cover page. While you're examining the damage the little angel has thrown his strawberries at you and three of them are now lodged in your hair. You have to leave the house in under an hour. Then your little cherub grabs you with milky hands, gives you a kiss and a cuddle and then looks into your eyes and says very seriously, "Do you want to build a Snowman?"

To be continued...

## WHY LEONARDO DICAPRIO HASN'T WON AN OSCAR

BY AMMARAH TASNEEM



'Always the nomination, never the Oscar-winner' perfectly describes Leo's misadventures to date. He made us cry in *Titanic*, made us swoon in *Great Gatsby* and grossed us out in *Django*, so why is this beautiful man without an Oscar? Blitz gets to the bottom of why the golden figurine eludes this unlucky superstar.

### 1 LEO IS IN ON IT

Think about it: there are more memes on this matter than stars in the sky. The spotlight on Leo is brighter than ever. He would have everything to gain from this exposure because as they say, no publicity is bad publicity.

### 2 HIS MOVIES WERE GOOD, BUT THE WINNERS WERE BETTER.

A sincere apology to Leo's fans but sometimes it boils down to some movies being more Oscar-worthy (i.e. more intense) than others. Like an assessment given a lower grade due to comparative marking, poor Leo's 2014 work in *The Wolf of Wall Street* was light-hearted and wasn't as intense as the Oscar-winner *Dallas Buyers Club*. Same goes for his previous movies.

### 3 THIS IS ALL A NIGHTMARE.

It is just Leo's nightmare within a nightmare within a nightmare. All because he didn't set his alarm or has the snooze button skills of a uni student.



8AM  
MON-FRI

10AM  
SAT

# The White House

OPEN  
TIL  
LATE

## M

MONDAY  
Cider and Sliders  
\$10 after 6pm

## WEEKLY SPECIALS & ACTIVITIES

## T

TUESDAY  
Trivia, pizza  
& draught \$15

## W

WEDNESDAY  
Open mic night  
-  
Chicken schnitty  
\$10 all day

## T

THURSDAY  
Sunset acoustic  
sessions from 5pm  
-  
Pancakes  
\$9 all day

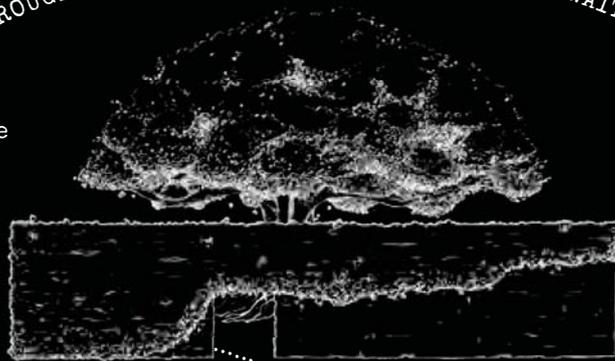
## F

FRIDAY  
Sunset acoustic  
sessions from 5pm  
-  
Fisherman Fridays  
\$10 all day

THROUGH THE QUAD ARCH YOUR FAVOURITE BAR AWAITS...

[facebook.com/UNSWWhitehouse](https://facebook.com/UNSWWhitehouse)

[thewhitehouseunsw.com](http://thewhitehouseunsw.com)





# WISER BARS

PREP TIME: 10 MINS



GLUTEN FREE

COOK TIME:

2 HOURS IN THE FREEZER



VEGAN

DIFFICULTY: MEDIUM

SERVE: 6-7 SLICES

## INGREDIENTS

### CREAM LAYER

1 cup cashews, soaked

1 tsp. vanilla extract

1 tsp. rice malt syrup

1 tbsp. coconut oil

1/3 cup coconut cream

1/4 lemon, juiced

### MANGO LAYER

1/2 fresh mango or 1/2 cup  
frozen mango, cubed

1 tsp. rice malt syrup  
(optional)

1/3 cup coconut cream

### TOPPINGS (OPTIONAL)

Chia seeds

Crushed, dry roasted almonds

Cinnamon

## DIRECTIONS

### 1 CREAM LAYER-

Put all ingredients into a blender and blend until smooth. Pour into a small rectangle shaped container and place in the freezer until set.

### 2 MANGO LAYER-

Once cream layer is set, put all ingredients into a blender and blend until smooth.

Slowly pour the mixture on top of the cream layer.

3 Top with chia seeds, cinnamon and dry roasted almonds or toppings of your choice.

4 Place in the freezer for about 2 hours.

5 Take out about 5 minutes before consumption, let it thaw slightly and cut into slices.

BY JOHANNA HAGENAUER

Hungry? Check out Johanna's website [thriftywholesome.com](http://thriftywholesome.com) and Instagram [@thrifty\\_wholesome](https://www.instagram.com/thrifty_wholesome) for more food porn.



## **HALSEY @ METRO THEATRE**

BY DANIELLE BENNETT

Halsey's Metro concert got off to an interesting start, as the line of teenage girls stretched up the street began clamouring to get in. It was a good move to put the band *Oh Wonder* as a warm-up before Halsey hit the stage. Their chill synthetic pop was calming but they had enough of a beat to keep the excitement flowing.

Then Halsey came and blew the roof off. She's not one for costume changes, wearing the same backwards baseball cap and baggy t-shirt for her entire performance. Halsey's a natural performer and her set never seemed forced or fake. Her older songs are surprisingly dark and aggressive with 'Control' and 'Hold Me Down' featuring pulsing drumbeats and a grungy bassline. Her newest album, featuring her hit song 'Colours' is lighter and more pop-like, but even so, the lyrics draw on some sombre issues such as drug abuse. Her recorded albums are far too overproduced. Her live performances, however, are riveting and charismatic and far more enjoyable. In this way, she's a true musician.

**GRADE: DISTINCTION**



## **BOY & BEAR @ METRO THEATRE**

BY LILY OCCHIUTO

Boy & Bear's serene, melodic tones took everyone under their spell. Their ingenious use of lighting and top of the line equipment resulted in a stage show that touched the hearts of their diehard fans. Dressed to the nines and sweet-talking the audience, it was clear that they were out to make an impression.

One of the highlights of the night was their Triple J Like a Version 'Back to Black', an Amy Winehouse classic. This song was one of many that showcased their sense of musicality. Another highpoint was 'Lordy May.' The song's ability to cut to the core of every listener was clearly felt, evoking a sizable sing-a-long.

Overall, Boy & Bear sounded crisp, their songs were tight and their diehards were dedicated. Their show served to display the immense talent emerging from our country.

**GRADE: CREDIT**

## **BLOOM - RÜFÜS**

BY GEORGIA GRIFFITHS

Sydney band RÜFÜS has released their sophomore album, *Bloom*, and it is golden. The boys have returned with their signature blend of super chill electronic beats and deep dance drops. Many of the songs on *Bloom* are slow burning, with hooks that get stuck in your head like you wish your summaries would.

Singles 'You Were Right' and 'Like an Animal' have already been very well received (they came in at No.12 and No.28 respectively in this year's Hottest 100) and it looks like most of the album could easily follow down a similar path.

Every individual song on *Bloom* is enjoyable, but they also work well as an album. Keep it on repeat as semester begins to keep the summer vibes alive.

**GRADE: DISTINCTION**



# REVIEWS

## FALLOUT 4 - DEVELOPED BY BETHESDA GAME STUDIOS

BY SONAAL MEDIRATTA

It's the year 2077, Boston Massachusetts. You are placed into a retro-futuristic universe, where 1950s aesthetics meets futuristic technology. An atomic bomb has just been dropped, leaving you to take shelter in Vault 111. As you become conscious from a 210 year cryogenic slumber, you awake in a post-apocalyptic wasteland to find your spouse murdered and son kidnapped. Welcome to 'Fallout 4', a game in which almost every player will have a different experience-making for great water cooler conversations.

The introduction of Power Armour does take away from the challenge of the game, leaving you more confident than anyone put in a post-apocalyptic wasteland should be. 'Fallout 4' also fails to meet expectations in relation to character choices and dialogue, with choices sometimes feeling linear in such an open-ended platform. Regardless, these issues seem minimal when engrossed with the game's attractive visuals and constantly changing environment. This makes 'Fallout 4' a must-play game for any RPG enthusiast. Perfect for anyone looking to procrastinate through exams or simply those looking to prepare for Y3K.

**GRADE: HIGH DISTINCTION**



## PERFUME BY PATRICK SUSKIND

BY EDDIE NAJM

Ickle readers, I too expected a tale about a perfume apprentice in 18th century Paris to be a romantic drama. But no, this is black comedy at its finest and has more in common with Jekyll and Hyde than 'Midnight in Paris'.

Meet Jean-Baptiste Grenouille, "born between the rancid fish market on Rue aux Fers and the fetid graves of the Rue de la Ferronnerie". He is a child blessed with the most acute sense of smell in the world and who is doubtlessly the most selfish and inhumane character I have ever come across. Our little Grenouille can gauge a person's entire personality, history, and understand their insecurities from a single whiff of their personal odour. The novel follows Grenouille as he tracks the most beautiful women to the ends of the earth to capture their scents and make the most glorious perfume. So fresh. So dangerous. So powerful. This is an essential read for the arty and unworly.

**GRADE: HIGH DISTINCTION**

## WAR & PEACE - BBC

BY SAMUEL RADFORD

BBC have done it again. They've saved every English student's life by producing the six episode miniseries, 'War & Peace', covering Leo Tolstoy's epic 2,200 word novel. Directed by Tom Harper, a name that should sound familiar to any 'Misfits' or 'Peaky Blinders' fan, the show covers the world of Russian aristocracy during Napoleonic wars of the early 1800s.

Starring Paul Dano as Pierre Bezukhov, the awkward but well-meaning Count, and newcomer Tuppence Middleton as the ever conniving Hélène Kuragina, the show revolves around the intrigue, betrayal and quest for glory that has become synonymous with series covering royalty.

The major concern of the show is that the story is extremely disjointed, often skipping months or even years without communicating the fact to the audience. Although, I guess the disruptiveness is a by-product of transferring a 2,200 word book into 6 hours of television.

Regardless of its flaws, if you're a fan of period pieces, wonderful acting, or can't be bothered reading the book for that assignment you have, I would definitely check 'War & Peace' out.

**GRADE: DISTINCTION**





# Think Big.. Innovate... Turn Your Dreams into Reality



They say knowledge is knowing tomato is a fruit, but wisdom is not putting it in a fruit salad. If you are the next Mark Zuckerberg but don't have the money, Arc has just the thing for you.

The **Minimum Viable Product (MVP)** is a grant that can help make your dream a reality. It has the power to get your business idea off the ground with no strings attached.

It's sounding pretty sweet right? Well it's about to get better. You've got the idea and the money but just need a squad to kick-start your project? Arc has your solution.

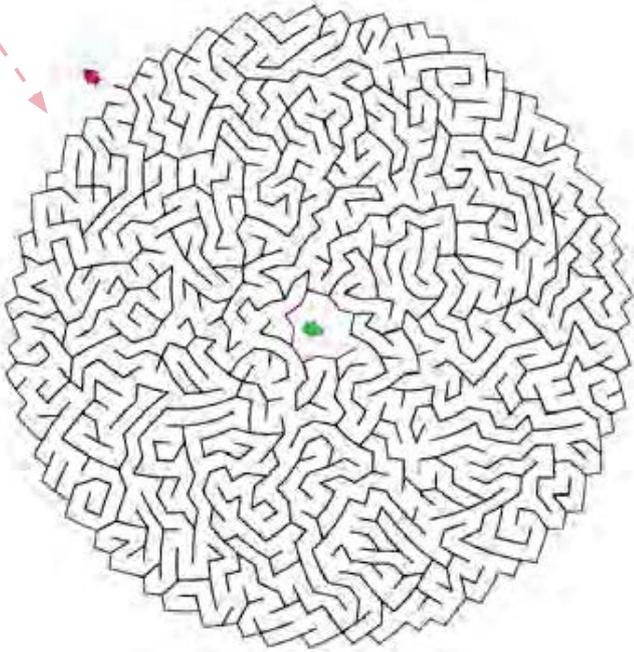
**The Founder Lab** is an Arc initiative that takes your ideas and brings them to life by putting you in contact with a bunch of people who can walk the walk and talk the talk. Whether you want to create web applications, hardware business, or workflow systems, we can help you create a kick-ass production team to further continue or even produce your product.

So whatever you're dreaming about, stop dreaming and make it happen. As Journey said: "Don't stop believing".

**Think you have what it takes to give Da Vinci a run for his money? Find out more about Arc and innovation at <http://www.arc.unsw.edu.au/grow/innovation>.**

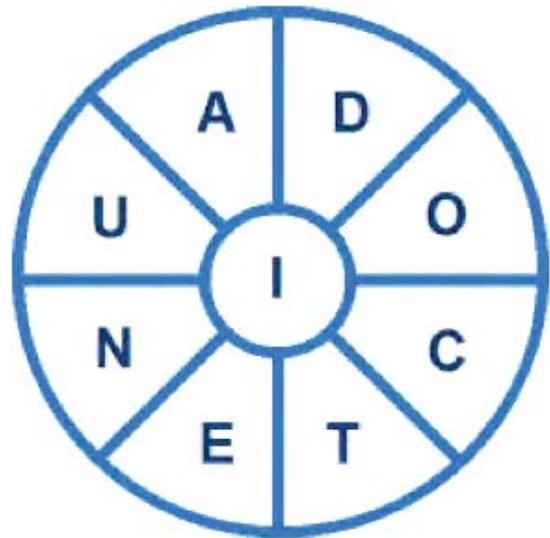
# PUZZLES

## MAZE CRAZE



## HUB WORDS

How many words can you make from the letters in the wheel? Each word must contain the hub letter.



## SUDOKU

|   |   |   |   |   |  |   |   |
|---|---|---|---|---|--|---|---|
| 6 |   |   | 1 | 2 |  |   | 7 |
|   | 8 |   |   |   |  |   | 9 |
|   |   |   | 3 | 6 |  |   |   |
| 1 |   | 3 |   |   |  | 2 | 4 |
|   |   |   |   |   |  |   |   |
| 9 |   | 2 |   |   |  | 3 | 6 |
|   |   |   | 8 | 5 |  |   |   |
|   | 7 |   |   |   |  |   | 1 |
| 5 |   |   | 6 | 4 |  |   | 8 |

## CONNECT THE DOTS





UNSW Student Life

# FIND YOUR THING

JOIN Arc TODAY

[arc.unsw.edu.au](http://arc.unsw.edu.au)



LAVENDAR

MECHANICAL  
ENGINEERING/  
ADVANCED MATHEMATICS

**DO YOU HAVE ANY NEW YEAR'S RESOLUTIONS?**

I need to sleep more. That's my goal for this year: to sleep more.

**FAVOURITE SUMMER DESTINATION?**  
Cairns was really nice. Snorkeling in the Great Barrier Reef was really pretty.

**THOUGHTS ON ATARS?**

I don't think ATARs are that important when it comes to your future prospects.



JOHN

# VOX POPS

BY JOHN SEROUKAS



LAURA

MEDIA/MUSIC

**NICK KYRGIOS' BEHAVIOUR: PASSIONATE OR OUT OF LINE?**

He's good at his sport but I think he might have to tone down his actions because he's on TV, so he needs to set a good example for younger tennis players.

**DO YOU HAVE ANY NEW YEAR'S RESOLUTIONS?**

I want to get my Instagram @fitfastfood to 10k followers.

**FAVOURITE SUMMER DESTINATION?**

It's definitely a tie between Olympia in Greece or Salzburg.

ENGINEERING

**NICK KYRGIOS' BEHAVIOUR: PASSIONATE OR OUT OF LINE?**

I play sport and I get into it, but it's a bit childish, really.

**DO YOU HAVE ANY NEW YEAR'S RESOLUTIONS?**

Not fail uni? \*laughs\*

**FAVOURITE SUMMER DESTINATION?**

I'd love to go to Italy and France, that'd be pretty awesome! I haven't been yet - that's why I'm studying engineering.

MEDIA

**THOUGHTS ON THE OSCARS CONTROVERSY?**

The problem is more with the industry than the Oscars nominations themselves.

**NICK KYRGIOS' BEHAVIOUR: PASSIONATE OR OUT OF LINE?**

Out of line. All the tennis players that make it are full of passion and they seem to control themselves, so why can't he?

**DO YOU HAVE ANY NEW YEAR'S RESOLUTIONS?**

I heard something quite good that I liked. It's got "you can be anything you want to be" crossed out and replaced with "work more", but here I am bludging!  
\*laughs\*



CAROLENA

EDUCATION

**NICK KYRGIOS' BEHAVIOUR: PASSIONATE OR OUT OF LINE?**

I'd say his ego is getting ahead of him but I do think he's passionate as well.

**DO YOU HAVE ANY NEW YEAR'S RESOLUTIONS?**

Nah. \*laughs\* There's no point, it's just gonna be gone the next week.

**FAVOURITE SUMMER DESTINATION?**

I like Port Stephens, it's a good spot.



WENBO

ACTUARIAL STUDIES/  
ECONOMICS

**NICK KYRGIOS' BEHAVIOUR: PASSIONATE OR OUT OF LINE?**

I think he's just cheeky, very cheeky, but it adds to his personality as an elite athlete.

**WILL YOU BE ATTENDING THE ROUNDHOUSE'S CARNAVALE-THEMED PARTY?**

Definitely. Pretty keen for it!

**FAVOURITE SUMMER DESTINATION?**

My favourite holiday was schoolies, straight out of high school we went to Byron Bay with the boys.



DANIEL

ROUND  
HOUSE  
EST. 1977

START OF SESSION

# CARNIVAL

JOYRIDE DJ SET

BLACK DIAMOND HEARTS FINGERS NES CAMO

THIS WEEK!  
THUR MAR TICKETS Arc \$10  
UNSWROUNDHOUSE.COM UNSW \$15 / GEN \$20

ROUNDHOUSE ENCOURAGES THE RESPONSIBLE SERVICE OF ALCOHOL. 18+ ONLY. VALID IDENTIFICATION REQUIRED UPON ENTRY.