Hello all!

Welcome to your spring edition of the GradPost. We hope you all had a wonderful winter break and have settled into the new term feeling happy, healthy and focused. Our fresh team of editors here at the GradPost are extremely proud of the way that our first edition turned out. We can only hope that you all found it to be an interesting read.

Our chosen theme this time around is ‘Post-Postgrad’. With this edition, we are aiming to bring you lots of information which should help to better prepare you for life after graduation.

In particular, we have put together an article summarising the extensive support that our own Careers and Employability Service has to offer. As students at Kent, we have at our fingertips an array of useful resources designed to best prepare us for post-postgrad success! These services are diverse so no matter what your goals, we are sure that there will be something to aid in your journey. Personally, we were pleasantly surprised by some of the services on offer, so make sure you have a read and check them out.

In addition, we contacted a few of our Alumni to find out what they’re up to now. Something a little different which came from this, is a self-narrative piece written by our Alumnus, Carolyn Arend, whose article discusses her experience as a Master’s student. She talks about how her degree has shaped the way she thinks, ultimately helping her to find direction in life.

To follow, our wonderful writer-in-residence Vanessa Dias will grace your mind-space with her ‘Positive Psychology Insights’. This time she’s focusing on self-care, how best to relax and stay positive throughout your studies. The perfect read for when you finally have the time, but have almost forgotten how to unwind.

Last of all, we look at the benefits that volunteering can have for us as both postgraduates, and people. Just in case this does spark your interest, we have also provided a little information regarding some volunteering opportunities available locally right now, leaving little reason not to get stuck in.

So, as always, we hope you enjoy what we have to offer. It would be great to hear any feedback that you have. If you have any questions, comments or suggestions, we invite you to get in touch with us via our Facebook page: www.facebook.com/The-GradPost-353202351364410/?fref=ts

We can’t wait to hear from you!

The Editors
Lucy Farndale
MA International Social Policy
Mylène Branco
PhD Comparative Literature

KGSA

Kent Graduate Student Association

An update from your KGSA President

Hello,

I hope everyone has had a good start to the year and managed to get back into the flow of things. We have an array of events planned for the spring and summer terms so make sure to keep following our social media accounts.

Over the coming months, we will be holding trips to towns and cities in the UK, culminating with a trip to Edinburgh in the summer months. We did this a couple of years ago and feel it’s time to do it again. In addition to these visits, we will be holding more regular social events, with cinema trips, bowling and bar crawls on the cards.

As well as focusing on social activities, we want to make sure that postgraduates have enough space to work and will be campaigning to ensure that there is provision of study space over the summer period when people will be writing up their dissertations. We will also be campaigning on other issues, with more information coming soon, so if you would like to get involved, please do!

Finally, we will soon be holding various fundraising events, benefiting local charities and causes. However, alongside simply raising funds, we would like to increase the scope of our events. Therefore, if you have any suggestions for an event or would like to help out, we would love to hear from you.

I hope you all have a good spring term and that you come along to our events!

Vid Čalovski
KGSA President
PhD in Social Policy

Save the date

Postgraduate Festival, 20 May 2016

Exciting Prizes to be won for your research!

‘Understanding and Influencing Society’ – The 6th Annual Postgraduate Festival is an event open to all postgraduate students, Taught Masters, and Research.

The Festival is a great opportunity for postgraduates to showcase their research to fellow students and staff through academic posters, models or displays and presentations.

For more information or visit www.kent.ac.uk/graduateschool/news/pgfestival.html
Choosing your way

Career planning with the Careers and Employability Service at the University of Kent

Life after graduation can be scary. Postgraduates are faced with infinite options as well as a variety of pathways to choose from, leaving many of us overwhelmed or even panicked. This is where the University of Kent’s Careers and Employability Service (CES) can help. With their competent team of Careers and Employability Advisers, the CES constantly aims to provide fresh information on career prospects, to give advice on job-seeking, and to help postgraduates access a multitude of resources.

Statistics have shown that almost 200,000 people complete a postgraduate level qualification every year in the UK. This number is considerably higher than it was ten years ago. Although the level of unemployment is lower among those who hold a Master’s degree, than that of Bachelor’s degree graduates, this does not mean, however, that postgraduate students are more likely to know what to do after graduation.

The CES can help postgraduate students choose a career based on their interests, values and skills. It encourages students to get to know themselves: their abilities, personal qualities and most importantly what they have to offer to prospective employers. Not only are their services designed to actively engage students in the process of building a career for themselves, they help them let go of preconceived or stereotyped ideas about what a job really involves, stimulating them to contact people who do the jobs they are interested in.

Indeed, the CES attaches great importance to networking. One of their services, The Alumni Careers Network – a network of University of Kent graduates working in a wide range of different careers – places its focus on advising current and graduate University of Kent students who desire a career in their fields of expertise. By contacting a Kent alumnus, the students benefit from a career mentoring system. This gives them the possibility not only to ask specific questions, but also to get insightful information, a professional opinion on their CVs, tips and tricks on how to get into a certain industry and possibly even the chance to do work shadowing. You can register and set up a profile via www.kent.ac.uk/ces/student/kew-net.html

But the CES’s services do not stop there. Committed to preparing students for employment and/or further study, the staff at CES organise one-to-one sessions and interviews with Careers and Employability Advisers, and run group sessions where they give talks and presentations relating to career development and employability.

As well as helping with CVs, application forms and interview techniques, the CES provides specific sessions for postgraduates by contributing to the Graduate School’s Researcher Development Programme (RDP) and Global Skills Award (GSA) programme (if you want to find out more about GSA, please read Valerie van Leeuwen’s article). The CES also provides a set of School-specific sessions, and of course, the Employability Festival sessions.

Whether you have recently graduated and would like to carry on studying at postgraduate level, are a Master’s student, or a PhD researcher wanting to find out more about your possibilities in and outside of academia, the CES can guide you through the scary stages of professional self-fulfilment. If you do feel like talking to a careers advisor you can find the Careers and Employability Service on both the Canterbury and Medway campuses.

Mylène Branco
PhD in Comparative Literature

“Professional, helpful support and advice; good variety of staff backgrounds”

Drop-in service

“The Careers Advisers did some research prior to my arrival and when I left sent me a very helpful email with details they had subsequently researched. They also offered me feedback on my CV and gave me some fantastic advice to act on immediately.”

Careers Adviser interview

Over the years, the CES’s services have been very well received. A survey carried out in 2015 shows that:

- 100% of respondents agreed that CES staff were friendly
- 99% agreed the CES was helpful
- 96% said the CES staff was encouraging
- 97% of respondents agreed that information provided was accurate
- 97% said it was up-to-date
- 96% felt it was accessible
- 95% said it was comprehensive
- 92% felt it was relevant
- 83% felt that they could now make good quality applications for jobs / further study
- 80% felt better informed about opportunities open to them
- 71% felt more confident about their next move after graduation
- 84% of respondents were likely to recommend the CES to future postgraduate students.

Skills training

The Global Skills Award update

While the Global Skills Award Programme, which began last November, is coming to an end, participants can look forward to a ceremony, being hosted in June for those who completed it.

Participants were able to attend a variety of lectures and seminars, which focused on global awareness and the improvement of employability in a competitive job market. A particularly popular workshop was ‘Negotiation Skills’ organised by Dr Dave Filipovic-Carter, where students were familiarised with the concept of negotiation and how to use it in everyday life. Participants were given the opportunity to practice negotiation one-on-one in situations relevant to their daily lives. For example, negotiating your salary was particularly interesting, as soon many of us will be dealing with this when finding a job. Filipovic-Carter provided several tactics for dealing with future negotiations. Among these were, ‘stand up if you negotiate, it will improve your posture and with that your self-esteem’, ‘be specific, make it clear what you want or need’ and ‘demonstrate an understanding towards points somebody else makes’. Negotiations are often more successful if parties listen and invent options for mutual gain. If you are interested in bettering your negotiation skills in the future, the book ‘Getting to Yes’ by Fisher and Ury is highly recommended.

Other workshops during the Global Skills Award Programme were on ‘Being a Leader’, ‘Interview Skills’, ‘Presentation Skills’ and many more. Students could also choose to attend several lectures, such as ‘Gender and Hiring’, ‘Researching Violent Actors’ and ‘Cancer research and treatment’. The last lecture was ‘Exploring Global Cultures’, in which participating GSA students gave presentations about their home country and culture.

Unfortunately, there will not be any more lectures this year; but if you are a Taught Master’s student studying at Kent for more than just one year, you should definitely consider joining the Global Skills Award Programme next November.

Valerie van Leeuwen
MA International Security and the Politics of Terror
Stress does not necessarily have to be completely avoided. It does have good and bad side effects. The most important thing is to know how to take advantage of it and how to prevent yourself from melting down. Stress makes us strive and focus on our goals. The pressure of an approaching deadline or a last minute change can make us wake up and get to the point. But stress can also consume us if we let it. That is when the negative side effects like insufficient sleep, headaches, high blood pressure, skin reactions, and depression can strike and take us from our path. Doubts, fears, and worries become a constant and it starts to seem like there is no light at the end of the tunnel. Does this sound familiar?

For all these reasons, it is really important that during your postgraduate studies you cultivate awareness of your body, mind, and environment. You need to be aware of what your body tells you when stress peaks: tightening of muscles, pain in the neck and shoulders, itchiness, bloating sensations... they all tell you that you must start paying more attention to managing the demands of your studies.

The same applies to your mind and environment. Do you feel at ease, relaxed and clear minded? Or do you feel that your mind is scattered and lost in time? Are your surroundings supporting you and your goals? Do you have the place and time to actually rest?

Evaluate the different areas of your life (eg education, friendships, family, health, wellbeing, recreation) and think about coming up with a plan which will help you find a place and time to take care of yourself in each of those areas. Only by doing this will you actually be able to make the most of your experience as a postgraduate student. You will feel more balanced and capable of dealing with any challenges that come your way. Yes, they will keep coming, but you will be enriched with what we call “stress buffers”, resources like positive emotions which reduce the negative impact of stressful events.

Also remember to highlight and integrate in your plan some of the most important aspects that Positive Psychology has shown to be linked with human wellbeing. These are positive emotions (eg satisfaction, inspiration, and curiosity), feeling engaged (eg feeling that time stops while doing a task), positive relationships (eg nurture your most important ties), meaning (eg knowing why you are studying), and experiencing accomplishment (eg challenging yourself by successfully presenting your research). Other important aspects that can help you remain sane during your postgraduate journey are being able to enjoy quiet moments and some sort of physical activity. Pin them to your plan and make sure you save time to connect your mind and body. Activities like mindfulness meditation (see our previous issue for more detail on this), yoga, or any other kind of physical exercise like walking, jogging, or swimming will also help buffer stress. This is mainly because your body will produce hormones that chemically allow you to feel energised, good humoured, and at ease.

To conclude, don’t let yourself be overwhelmed by stress. Now, whenever I reach a dangerous stress level I adopt the “PIPO” campaign slogan (for more details, visit peacerevolution.net) that stands for “Peace In, Peace Out”. This functions as a personal trigger to bring you back to a more relaxed state and to remind you that no matter what, your wellbeing is the most important thing. Try it out yourself and let us know what strategies you use as a postgraduate student to cope with stress along your journey.

Vanessa Dias  
PhD in Psychology  
Blog: www.vanessadias.com
What price passion...

Losing yourself because you are doing what you love?
‘Find yourself and be at peace’

Until my Master’s degree I used to think that a degree in 'Literature' would simply be morphing my passion into an academic career, a passion I have had for as long as I can remember. I imagined it to be an informed decision which was going to enable a progression from amateur reading to depths of knowledge, to skills for analysis and a mind open to endless points of view. Not that the enumeration I have just presented is not what I received from my degree, but slowly, my critical mind came to a, well, critical point.

When you start studying Literature, one of the first things you are told is to ‘question everything’. You are told to question the author’s motives, choice of diction, critics’ opinions and style. Throwing yourself into what you are told, like the obedient, well-behaved student that you are, you start thinking critically. And the older you get, the more experienced you become – the more essays you have under your belt, the more your mind evolves to one of a proper literary critic.

Soon, this ability will not remain restricted to your area of studies. You will expand your analytical skills. You will start questioning the authority of the people around you, the authority of institutions, of political leadership, and the authority of what is written down in black and white in constitutions, contracts and manuals.

You will start to question the motives of your friends, your family, the people around you, namely the 'authors' of the events in your life. And at some point, you will start to question yourself, your choices, your decisions, your thoughts…

Scary, you say? Unquestionably, yes. There you are, certain of your choice of degree, maybe even as a path to a specific job. Suddenly you are questioning your choices from the past. You didn't have a critical mind back then, what on earth led you to think for a moment that your choice of degree could possibly have been an 'informed decision'? And if you are only slightly like me, a hypothetical change of these choices will make you want to crawl under your duvet and hide from the world and the future.

But if this scenario of doubt does anything, it opens your eyes to the possibilities that are around and ahead of you. Yes, my critical mind has analysed the poor economy in depth. It worked itself through every little issue the job market might hold in store. But at the same time, it made me question the safe choices of narrow-minded past me, and it showed me the possibilities for my future. And after all, this questioning has led me in a direction I am sure of, sure I will enjoy, and sure is going to make me happy in the long run.

So if your degree makes you reflect upon your choices, don’t ever forget to think about what is has given you, what positive aspects it has inflicted upon your life. This can take the form of showing you that you made the right choice. It can make you realise that what you thought you’d enjoy is absolutely wrong for you. It can make you merely reflect on what is still out there, or it can make you do something completely different from what you expected you would end up doing!

Through being a critical, questioning individual, enforced by my degree, I am now on a path for myself that I respect, enjoy, and am looking forward to. You might, like me, feel like you were about to lose yourself, or what you have thought of as yourself up until now. But if you continue doing what you love, in your job and/or in your spare time, no matter what economical situation we are in, realising that after all, it is your choice and all up to you – you will find yourself, and you will be at peace.

Carolyn Arend
Kent Alumni

University of Kent
### Faces of Kent

#### Meet Your Alumni

<table>
<thead>
<tr>
<th>Name</th>
<th>Home</th>
<th>Graduation Year</th>
<th>Subject Graduated</th>
<th>Why Choose Kent</th>
<th>Current Occupation</th>
<th>How Long Did it Take to Find a Job After Graduating?</th>
<th>What was Your Best Kent Experience?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alexandra Black</td>
<td>Luxembourg</td>
<td>2014</td>
<td>MA in English and American Literature</td>
<td>1. Kent is one of the best universities to study American Literature.</td>
<td>I teach high (secondary) school English</td>
<td>One month</td>
<td>I absolutely loved my time at Kent from the courses I took, to the friends I made, to the beautiful campus, and the city itself. There is an excellent community atmosphere, an abundance of societies to join and activities to take part in and a state-of-the-art sports centre. However, I believe that above all, my most memorable and lasting experience has been the friendships I made while studying at Kent.</td>
</tr>
<tr>
<td>Basak Karaduman</td>
<td>Istanbul</td>
<td>2014</td>
<td>Architectural Visualisation</td>
<td>Its ranking, my department (it is difficult to find such a specific programme) and nice people (I had met some before).</td>
<td>I run my own business. It is an architecture company and we give architectural services like designing, drawing and construction.</td>
<td>It took a couple of months to establish the company and also a bit more to find customers.</td>
<td>I met lots of lovely people and thoroughly enjoyed the time I spent with them.</td>
</tr>
<tr>
<td>Kamlesh Beerbul</td>
<td>Mauritius</td>
<td></td>
<td>Accounting and Finance</td>
<td>The environment and the fact that it has one of the leading business schools in the UK.</td>
<td>I work as an FX Trader at the trading desk of Barclays Africa Group.</td>
<td>Almost two months</td>
<td>Anything and everything to do with the Kent Taekwondo Club.</td>
</tr>
<tr>
<td>Harrison Ellis</td>
<td>Canterbury</td>
<td>2013</td>
<td>Forensic Science</td>
<td>It was green and not a concrete jungle like London.</td>
<td>Materials Science</td>
<td>One year</td>
<td>Anything and everything to do with the Kent Taekwondo Club.</td>
</tr>
</tbody>
</table>
Volunteering

Why get involved?

We’ve all heard it a million times before, ‘you should volunteer!’ You can gain new skills, improve your employment prospects, and enhance your CV. Volunteering can help us to stand out from the crowd, it can provide us with new experiences and most importantly, it helps us express our concern and commitment to a cause – something highly valued among prospective employers.

Alongside helping us on our journey to career success, what else does lending our time to volunteering have to offer? Amid our busy schedules, it can be difficult to justify putting time aside for something from which we do not anticipate an immediate benefit. After all, if the benefits that it can offer us seem to all lie in the future, how do we develop and maintain a motivation to get involved and volunteer today?

We are rarely encouraged to recognise the positive impact which taking on a volunteering role can have for us personally, how it can enhance our day-to-day life, alongside career experience for the future. Insights on the positive impact of volunteering are popping up left, right and centre throughout contemporary sociological and psychological research. So here are a few ways in which the GradPost consider that taking on a volunteering role could benefit you today:

It can improve your social skills:
Typically a voluntary role requires us to interact with a wider variety of people than we would usually come into contact with. By extending our social circles in this way, we in turn improve our social abilities. This benefits us, not only in terms of networking and improved communication skills, but throughout all aspects of life.

It offers a sense of purpose:
Our studies can be all-encompassing, and when the deadlines are approaching it is sometimes difficult retain that sense of control which usually keeps us happy and grounded. In light of this, volunteering can be empowering as it requires us to make conscious choices which help to define our weekly trajectories. The responsibilities we take on offer to us the opportunity to feel accomplished at the end of our day, and the time that we put aside for something from which we do not anticipate an immediate benefit.

It’s a bit of an ego boost:
Yes, I know that we shouldn’t say it, but it’s the truth. Helping out others makes us feel good about ourselves. Giving the gift of time and company is a wonderful thing to do. It embodies that notion of community, which can feel ever so absent in our competition-filled lives. So, what better way to show that we care about one another than to express a willingness to help, especially if it means we feel great about ourselves too!

Lucy Farndale
MA International Social Policy

So, there we go then…through helping others, we can also help ourselves. Whatever your initial motivation for volunteering, the benefits of it will be felt in your career, your heart and your mind.

Accordingly, if you do fancy trying something new, we have listed some local opportunities to give you a head start on your volunteering journey:

Helping older people
Age UK centres are independent charities, totally responsible for funding the services they provide and the help which they offer to older people across Kent. Although each is slightly different, all centres agree that they could not survive without the help of their volunteers. Without such people their essential services would have to be drastically cut.

There are numerous ways in which students can get involved, from helping with IT and administration, assisting in day centres and dementia centres, lending a hand in kitchens or delivering meals to the homes of the elderly.

Many of the volunteering opportunities are regular ones. However, if it suits, it is also possible to become involved with one-off activities as well.

Age UK centres across Kent are all looking to recruit new volunteers. So, if you would like to find out more about opportunities in any of the centres specified above, please do contact Gill Ball on 07735566811 or by email at agecorecruiter@btinternet.com

Canterbury Housing Advice Centre (CHAC)
Canterbury Housing Advice Centre (CHAC) is a charity which works to prevent homelessness in the Canterbury area by providing free, confidential, independent and impartial advice services on a wide range of housing issues and problems. These include homelessness, accessing accommodation in the public, private and voluntary sectors, repossession, landlord/tenant issues, and housing benefit.

CHAC has a number of close ties with the University of Kent, as a number of lecturers are on the management committee, these are Nick Jackson and Nick Pilka, Kent Law Clinic solicitor Viv Gambling and Owen Davis from the School of Social Policy and Social Research.

Furthermore, CHAC also has the support of the Kent society “Canterbury Homeless Outreach”.

CHAC undertakes a number of fundraising events, which so far this year have included an Ultimate Fencing Tournament, held in the University’s Sports Centre, and a sponsored abseil in partnership with the Kent and Medway Charity Team. Both of these events were great fun and raised invaluable funds to aid worthwhile causes. Right now they have two further events in the pipeline: on 24 April Team CHAC will be taking part in the Big Bike Ride, and on 26 June Team CHAC will be taking part in a charity walk.

If you’d like to be part of Team CHAC and participate any of these events, or if you’d like to sponsor the team, please email Nick via events@chac.co.uk

For more information please visit:
www.facebook.com/canterburyCHAC and www.chac.co.uk

Volunteers required at Theatre in the Park
Strode Park Foundation requires volunteers aged 18 years plus for bar work and stewarding at Theatre in the Park, an open air theatre in the village of Herne, Kent, this summer. The theatre programme has 12 music gigs over the summer season from 12 June – 10 September, usually on a Friday or Saturday night. Volunteers would be required to start at 6pm, finishing at 10.30pm.

The Strode Park Foundation would love to hear from anyone interested in helping at Theatre in the Park. They also have other fundraising events at Easter and Christmas which need volunteer support. Contact Paula Wainwright on 01227 373292 or email paula.wainwright@strodepark.org.uk
What’s on?

Got spare time or need a break? The GradPost team recommends these events...

Courtyard Bazaar
Every first Saturday of the month, 10.00-17.00
The Masters Lodge, 58 St Peters Street, Canterbury
Feeling thrifty? Check out this vintage and handmade market hidden away in the centre of Canterbury.

Frankenstein
Tue 29 March, 18.00
Keynes Lecture Theatre
A screening of a classic organised by Kent's Film Club. Free and open to all.

Homecoming
Fri 1 – Sat 2 April, 20.00
The Marlowe Studio
Our very own T42 presents Harold Pinter’s landmark drama of ambiguity, gender, and family. Tickets: £8.50, Students £5

Kent County Youth Orchestra
Sat 9 April, 19.30
Colyer-Fergusson Building
Tickets: Students £6.50

Exhibition on screen: Monet to Matisse
Tue 12 April, 18.45
Curzon Canterbury
Following from Monet, the Curzon presents an exploration of the representation of gardens through impressionist, post-impressionist and avant-garde contexts. All to be enjoyed from their super comfy seats.
Tickets: www.curzonzcinemas.com/canterbury/art/monet-matisse

Holmes and Watson’s Belle Epoque
Thu 14 April
The Beaney House of Art and Knowledge
Free but advanced booking is required.

A Midsummer Nights Dream
Tue 19 – Sat 23 April, 19.30
The Marlowe Theatre
For all you Shakespeare fans out there, here’s a quality production of a classic by The Royal Shakespeare Company and The Canterbury Players.
Tickets: www.marlowetheatre.com

The Alternative Comedy Show
Tue 26 April, 20.00
The Marlowe Studio
In search of innovative comedy? Discover your new favourite comedian at the Marlowe’s alternative comedy night!
Tickets: £10, Students £8

War, Women and Song
Thu 27 April, 19.30
Gulbenkian
A night of drama, music and dark comedy
Tickets: Students £10

With a Little Bit of Luck
Wed 27 – Thu 28 April, 20.00
The Marlowe Studio
A fan of old school UK Garage? This isn’t one to miss!
Tickets: £12.50, Students £8

City Sound Project 2016
Sat 30 April – Mon 2 May
Tickets: www.citysoundproject.com

A Midsummer Nights Dream
Tue 19 – Sat 23 April, 19.30
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