Greetings!

Welcome to the Autumn 2018 edition of The GradPost. If you are reading this, we hope that you are enjoying the start of a new academic year!

Our team works very hard to put together a newsletter that brings together the postgraduate community. Whether through sharing your personal experiences, enlightening us with your inspiring research, or sharing your department’s upcoming events, this newsletter is made for you.

This year we are celebrating 20 years of Kent’s European Centres so we’re going to include an article in each issue of one of the four European Centres. In this issue, you will find an article from our fantastic Paris School of Arts and Culture. Don’t miss the update from our Kent Graduate Student Association.

Additionally, for those of you who were unable to attend the Postgraduate Festival that took place in June, see the Graduate School synopsis on page 3.

Thank you to all of the postgraduate students who took part in one or more of the postgraduate Heritage Walks Series; included in this issue is an article briefly discussing the health benefits associated with walking. Finally, we end with advice from Gandalf and a list of upcoming events.

As we are now in a new academic year, we are eager to add new members to the GradPost team! If you are interested in being an editor, sub-editor, proof reader, contributor, or photographer, then please reach out to the team.

Don’t hesitate to share any ideas or articles you want to include with The GradPost via gradpost-submissions@kent.ac.uk

Enjoy your read!

The Editors

Courtney K Allen
PhD Social Psychology

Kia Huttunen
MSc Social and Applied Psychology

KGSA update

Welcome to new PG students

A very warm welcome to all new postgraduate students joining us at Kent this year and to our returners!

Those new to the University of Kent who have come along to an open day, or had a look online, may have heard of the Kent Graduate Student Association (KGSA). We are your postgraduate student committee; we are both student-led and run by current postgraduates for postgraduates.

We represent both taught and research students, and work closely with the Graduate School, the Woolf Master’s Office and Kent Union to help make sure you get the most out of your time here at Kent.

From helping you all move in during Welcome Week, to campaigning on issues that matter to you, we are here to help! Over the last two years we have worked with students to build a fun and vibrant community on campus. The KGSA hosted a number of international celebrations and events throughout the year: Thanksgiving, Christmas, and Lunar New Year. We also campaigned on accommodation standards and costs, and supported the UCU strikes on behalf of all postgraduates who teach. We also ran a number of fundraising initiatives to give back to the local community, raising £2,000 for charity over Christmas, through gifts and food packages, and a Freecycle event which ‘freecycled’ over 3,500 items from old to new postgraduate students (we did the same thing this year too!).

We have also been hard at work planning and organising a series of events for Welcome Week to help you meet others and settle in at Kent. There is an Afternoon Tea Party, a great British Pub Experience, a City tour and much more scheduled!

Events will happen both during the day and night, and the best bit is that it is all free for you to attend, so please come along! Remember to pick up a Welcome Week planner and RSVP to our events (on Facebook) so we can make sure we have enough food for you all! You can pick up a copy of the planner during the week in your accommodation and access an electronic copy on Facebook and Instagram.

You can keep up to date with what’s going on in the postgraduate community by joining our page at: www.facebook.com/kentgsa/ and searching for our group with: ‘University of Kent Postgraduates 2018-2019’ – these are spaces for all postgraduate students (new and current) to socialise and ask questions of other postgraduates. We will be advertising all of our upcoming events here so don’t miss out!

Elections for the KGSA committee are held annually in October and we need you to join, so please get in touch if you’d like to get involved.

If you have any questions, feel free to get in touch with us through the Facebook group, Twitter (@KentGSa) or via email at kgsa@kent.ac.uk

We look forward to meeting you all!

Rowena Bicknell and Tom Ritchie
President and Vice-President of the Kent Graduate Student Association

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Highlights

Postgraduate Festival 2018

Thank you to everyone who came along to one of this year’s Postgraduate Festival events!

The festival was a fantastic showcase of the range and diversity of research currently being undertaken at Kent. It was also a chance to reflect on our wellbeing and health, as well as a networking opportunity and an occasion to meet new people. Highlights include the launch event that took place in the Sibson building, where the winners of the research poster competition, the Kent final 3MT, and the inaugural Graduate School prizes were announced.

Our very own Dean of the Graduate School hosted Chi Kung lessons in the Darwin Rose Garden and Kent Sport kindly organised Drums Alive, Gavin’s Pacers and Express Yoga classes exclusively for PG students. Towards the end of the week six postgraduates were selected to present their research at the ‘Tea and Talks’ event hosted in the Graduate School training room.

Congratulations to the winners of the Postgraduate Festival prizes:

**Outstanding Research poster**  
**Humanities**  
Sophie Chavarria  
‘How (in)famous are Roman Actresses?’

**Outstanding Research poster**  
**Sciences**  
Jed Hugh Askew  
‘Simple Synthesis of Colour-Changing Compounds’

**Outstanding Research poster**  
**Social Sciences and Outstanding Research poster – people’s choice**  
Courtney Allen  
‘Becoming Biocultural through Romantic Relationships: Is it Possible?’

**#MyResearchKent**  
Hannah Huxley, Chiara Gattoni and Laura Skillen  
Summarise your research to a public audience in just 280 characters through Twitter.

If you would like to get involved in the planning of next year’s Postgraduate Festival please get in touch with Felicity Clifford, Postgraduate Experience Officer at f.clifford-254@kent.ac.uk
Nevertheless, we persisted

Every revolution starts with a spark – embers of unrest set alight by corrupt hands, kindled with catchy poster boards and rage fuelled by political inaction.

Freedom and peace demanded by students, the working class, steadfastly standing for the common-sense rights: to live and love.

Their cries ignored, the problems continue – a Catch 22 etched in history books.

Men in suits on podiums saying they know better, telling the masses what to think, what is real or fake, slogans of prosperity to make us ‘great again’; confetti lies met with an iron will.

Generations pass the mantle of caring about causes – adding amendments to the demands written 50 years ago. Children worrying, adults taking away their right to live; ‘thoughts and prayers’ do not cut it when we need action.

So, we wait. Inhabit limbo between tragedy and falling apart, before anything at all happens. No one knows which way things are going to go, but we keep going anyway.

Tweeting the modern rebellion, typing emails into petitions – small actions better than none, we band together, crowds demanding justice, the first sparks of a worldwide movement, our measured expressions conceal the thunder we are bringing.

Eliza Burmistrue
MA European Culture
Snow blew across Auguste Blanqui Boulevard. It was a wet February, and the people around me were wet and cold; their faces buried into their scarves. Everyone wore scarves in Paris, so did I. The people I passed seemed to think I was French. Several times, tourists approached me to ask for directions and I would respond in my mild Georgian accent, ‘Oh, I’m sorry, I’m not from here.’ I guess my French digs were too convincing. I thought about getting a cowboy hat, so people would know for sure that I was American, but I never did, and I never took the scarf off.

The city was dull in the winter. Its buildings were grey, blending with the sky when the clouds were low. Grey people, rarely stopping to greet one another. The Syrian refugees, looking for handouts, were friendlier and more colourful than the locals and they never turned away. So, whenever I met one who spoke English, I relished the time and prayed to see them again. They were all dying from the cold; I could see it. And though they had plenty of scarves, I saw the looks the Parisians gave them. They never spoke, but eyes speak more than lips.

An American in Paris is always welcome among academics, and I was welcomed across the board. Poets, novelists, painters, philosophers, all welcomed me, and we all wanted to speak. At the conferences and workshops, every person was so excited to be a part of something in the City of Lights that we rarely talked about the city itself. We talked about the cold as a distant memory. We drank coffee and talked about the world and anything in it, and there was peace in that moment. But then, we would leave one another.

The city was a maze of competing visions. The old city, with its religious attention to history, had its opulent buildings squeezed between small boulangeries and cafes, almost like the businesses had preceded the palaces and forts. Grey stone and golden décor were on almost every street, memories of revolutions beside them. The new city was an unwelcome guest, the shiny glass structures boldly saying, ‘We are Paris now’, yet convincing no one. The politicians still worked in the ancient palaces and the artists still lived in the old cafes. At night, I came alive with the city. I walked home late, along the Seine when I could, listening to the river move. The lights made the city softer at night; greys gave way to oranges and yellows and neon flashes of blue and red.

People were happy, either because they were drunk or because they felt the way I did; it was the only time they would smile back. Sometimes I would sing a song as I walked, and people would look at me odd. I never could understand what they said, I never did learn enough French, but their eyes spoke volumes, enough for my heart to be cast down or lifted up with a glance.

The power of Paris was never in its history or its romantic vistas or its propensity for revolution. Its power was in its ability to make you feel lost and confused, yet still provide the inspiration to create yourself into freedom. So, I wrote the time away. Vioraciously, I wrote, like the time for writing could collapse at any moment, like I might die any time I crossed the street. Alongside my fellow students, I penned poems and fiction and even started a screenplay; I couldn’t stop.

As I walked along the Seine on my final night in the city, I realized that I could walk away content and humbled and true. I had never felt at home in Paris, never at peace for long. But, the city had revealed itself to me at last, its flaws and its beauties, and I thought for a second, I couldn’t leave.

Dante Wilcox
MA Creative Writing
Thanks to the Graduate School’s Postgraduate Experience Award, several PhD students were able to organize a series of Heritage walks over the spring and summer terms for the postgraduate community. This series included a trip to Dover Castle, Bigbury Camp, Blean Woods, East Kent Railway, Teynham, Richborough Roman Fort, and Chilham. These walks included discussions ranging from the history of walking and wandering to understanding pilgrimage to walking and well-being. If you were able to attend any of these walks then we hope you enjoyed them.

Having a series of walks for the postgraduate community is excellent because walking is linked to a large range of physical and psychological benefits. The great thing about walking is that it is inexpensive and requires no special skill or equipment.

Some of the physical benefits associated with walking include the prevention of cardiovascular diseases, diabetes, hypertension, obesity, and osteoporosis. It can also increase our flexibility and stability in our joints. You can become physically fit by walking as it burns calories, tones muscles, and can reduce your BMI. Walking helps to increase your aerobic performance and muscle endurance.

It helps with your cholesterol, reduces feeling of fatigue, benefits your sleeping patterns, and much more.

There is an abundance of research concerning the physical benefits of walking, but research has recently started focusing on the psychological benefits of walking as well. Cognitively, walking can help to improve your overall functioning, restore your mental energy, and increase your attention capacity. Walking can boost our creativity and can give us those great idea moments. Walking gives you a sense of ‘being away’ from any stressful or overloading environments.

Furthermore, research shows that it can reduce stress and decrease depression and anxiety. It can enhance our self-esteem, feelings of personal fulfilment, and overall subjective mental and emotional well-being. Walking can positively enhance our mood. It can be therapeutic, meditative, and relaxing for many individuals. Walking can offer a time of contemplation and can act as a distraction from physical discomfort (like chronic pain) and other life stressors.

Additionally, frequent walkers participating in a research study reported that walking makes them feel closer to nature, enabling them to feel soothed, calmed, refreshed, free, and able to breathe. While walking with others it gives them a sense of belonging and alleviates feelings of isolation.

This is just a glimpse of some of the benefits you can get from walking and now that you know more about them, I encourage you to start walking if you don’t already.

If you are on campus and need a break from your studies then take a walk on one of the paths in Blean Woods as it is right at our back door! You can also join the Trekent rambling society.

Happy walking!

Courtney K Allen
PhD Social Psychology
Get involved

Postgraduate Community Experience Awards

Do you want to make art from DNA, or run yoga writing retreats? Maybe hold a public engagement competition or bring theory to life?

Then why not apply for an award of up to £1,500 to help your idea become a reality.

The Graduate School is awarding funding to postgraduates and postdocs with great interdisciplinary plans to enhance the postgraduate community experience at the University of Kent.

To apply and be in with a chance to receive funding through the Postgraduate Community Experience Awards, visit our website at www.kent.ac.uk/graduateschool

The deadline for applications is Friday 30 November 2018.

We look forward to hearing your ideas.

Good luck!

Gandalf’s Corner

Hey Gandalf,
I’m going to be a postgraduate student this coming year, how can I get involved and meet people?

New in Town

Hey New in Town,
Welcome to the University of Kent! We are so excited that you will be joining us and there are several ways to jump in and make lots of new friends when you arrive.

Typically, each school in the postgraduate community hosts a welcome assembly with refreshments in your first week. Watch your Kent email for information about that or visit your department’s website to find out what your school does to welcome new students and make sure and attend these assemblies to meet other new students in your programme. Also, during the first week is the Fresher’s Fair, which contrary to popular belief, is also for postgraduates too! Here you can look at all the great clubs Kent has to offer, sign up for their email lists to know what is happening when, and even get some free stuff too!

You can also join the Woolf College Postgraduate Community Facebook page to find out when events are happening in our community or announcements from our student representatives at the Kent Graduate Student Association (KGSA).

In terms of what to do after the first week, which is fun but can be overwhelming, check your email for the Graduate School weekly bulletin. The bulletin highlights opportunities for PGs at Kent, and you can learn about upcoming lectures, conferences, or socials that you might want to attend or even present at.

There is so much going on at Kent, especially in the first week, so get excited! But also remember to not sign up for too much at the beginning. Get involved with what you truly love and are interested in, and you’ll make lifelong friends in no time.

Thanks for your question and I’ll see you around!

Gandalf

Do you have a question about Kent life or need Gandalf’s advice? If so, send him an email at gradpost-submissions@kent.ac.uk with “Hey Gandalf” in the subject line.
What’s on

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

Under An Equal Sky until 6 Jan 2019
Canterbury Cathedral
A series of installations by international artists Philip Baldwin and Monica Guggisberg reflecting on themes of war and remembrance, migration and refugees. Commemorating the 100th anniversary of the end of the First World War, Under an Equal Sky will take the viewer on a journey that begins with 100 glass amphorae suspended in the shape of a ship in the Cathedral’s Nave and ends with a glass wall of multi-coloured vessels. The Exhibition has now been extended until 6 January 2019.

Student Event: Baby Driver
18 Sep 2018, 7pm
Registry Lawn, outside Gulbenkian Cinema
The Gulbenkian and Gulbenkian Uncovered have put their earbuds in, blasted some bangin’ tunes and performed their very own heist to secure a FREE, special outdoor screening of Baby Driver as part of Welcome Week 2018.

Thriller Live
24-29 Sep 2018
Marlowe Theatre, Canterbury
Celebrating the undisputed king of pop, Michael Jackson. Direct from London’s West End where it is now in its record breaking 10th year, Thriller Live is a spectacular concert created to celebrate the career of the world’s greatest entertainer.

Broadstairs Food Festival art exhibition
25 Sep – 7 Oct 2018
New Kent Art Gallery, 49a Albion Street, Broadstairs
The return of the annual Food Festival to Broadstairs will also see the return of an annual art exhibition entitled ‘Feast for your Eyes’ to celebrate the festival. Featuring local artists’ work in all media and all disciplines, the exhibition will be inspired by all things foodie. Cafe culture and culinary delights are celebrated in photography mixed media, stunning oil paintings, beautiful ceramics and more.

Gary Delaney: Gagster’s Paradise
29 Sep 2018
Gulbenkian Theatre
A Mock The Week regular and recent star of the new Live At The Apollo series, Gary’s shows are renowned in the business for a near unrivalled volume of high-class gags. You should expect no different from this, his brand-new tour for 2018.

Jersey Boys
2-13 Oct 2018
Marlowe Theatre, Canterbury
The story of Frankie Valli and the Four Seasons. Jersey Boys tells the true life story of four boys from the wrong side of the tracks who wrote their own songs, invented their own unique sound, and sold 100 million records worldwide.

The Friendly Scarecrow Trail
6-14 Oct 2018
Canterbury Cathedral Precincts
Take a stroll around the Precincts to find the Harvest Festival scarecrows. Donations to the Canterbury Food Bank are encouraged and may be left at collection points in the Precincts on the day you visit. This is a Friends of Canterbury Cathedral event and is open to all.

Kent Vegan Market
7 Oct 2018
North Lane Car Park, Canterbury
Monthly ethical, eco, intersectional, vegan market. An ethical, vegan market that is also human-friendly and planet-friendly, with the aim of having the lowest negative impact possible and of demonstrating how humans are inextricably part of nature, not separate to it.

Oscar Wilde Season Live: The Importance of Being Earnest
10 Oct 2018
Gulbenkian Cinema
A new production of one of the funniest plays in English, Oscar Wilde’s The Importance of Being Earnest, filmed live at the Vaudeville Theatre in London’s West End, is coming to the big screen.

Nashville Live
14 Oct 2018
Marlowe Theatre, Canterbury
Featuring live some of the hottest country musicians from both sides of the pond, prepare to take back to the Grand Ole Opry and through the history of country music featuring songs from Johnny Cash, Willie Nelson, Dolly Parton right through to the Dixie Chicks and Garth Brooks.

Screamland
19-31 Oct 2018
Dreamland, Margate
Dreamland becomes Screamland after dark this October! Be immersed in a frightening world of scare mazes, and sideshows to thrill the darkest soul.