

Nouse



FRESHERS



WELCOME

Welcome to *Nouse's* guide to Freshers' Week and, more importantly, welcome to York. In these pages we will guide you through your first week, from what to expect from the city's club scene to how to cope with homesickness.

You'll inevitably come across a range of people during your time here, from the self-proclaimed lad, the passive aggressive kitchen note writer, to the one who is way too keen on fancy dress. To each of whom, you'll most likely be spending the entire first week explaining where you're from and what course you're doing, in answer to the mind numbingly tedious stream of first week 'getting to know you' questions.

Don't worry though, as these socially awkward conventions will soon be a distant memory and you'll find friends who become like family. Albeit, family who you feel far too comfortable getting drunk out of your mind with and watching you get with strangers. However, for now, most freshers choose the tried and tested method of getting drunk and hoping not to make an absolute tit of themselves.

Everyone will inevitably have a different experience of Freshers' Week but if you throw yourself wholeheartedly into it, whether it's in Kuda or at home watching a film with your housemates, you're bound to have an unforgettable week.

There's no shame in having a night or two off but it

you do manage to make it through the entire week you can certainly hold your head high at your college's survivors' photo. Although at the end of it you may also be met with the dreaded freshers flu, one of first years' biggest nemeses. Even more challenging than making it to morning lectures in your first couple of weeks will be actually hearing your lecturer over the endless coughs, sniffs and sneezes. My key piece of advice for post Freshers' Week: drink Berocca.

So whatever Freshers' Week you decide to have, try not to compare it to your home life just yet and most of all, enjoy it. You only get to experience Freshers once and as soon as uni work kicks in at least you can drag yourself to the library at some ridiculous hour in the morning knowing that you started the year off with happier times.

Have fun, stay safe and enjoy your time here.

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WRITE FOR NOUSE



*Join the award-winning student newspaper
and oldest society on campus*

Week 2 | Welcome Meeting
Week 3 | Elections

Students interested in writing, illustrating or taking photos for *Nouse* can email editor@nouse.co.uk

NEWS | POLITICS | COMMENT | SPORTS | SCIENCE | BUSINESS
FEATURES | ARTS | MUSIC | FILM & TV | FASHION | GAMING | FOOD & DRINK

Not-so-Shitty Watercolour

Student and popular online artist **Hector Janse van Rensburg** talks to Deborah Lam about Reddit, sloths and Quentin Blake

Charming, extraordinarily talented and slightly too in love with Quentin Blake, Hector Janse van Rensburg is truly an artist of the internet generation. After setting up a Reddit account, Hector began painting interesting stories that had been posted on the site. Under the self-deprecating username Shitty Watercolour, his ink and watercolour illustrations have gone on to be featured online on The Huffington Post, CNN and MTV.

Since then, however, his paintings have certainly gone on to defy the very brand he created. Maturing as an illustrator both in terms of what and how he paints, his pictures have evolved over what he guesses must be thousands of paintings. Hector now paints anything from memes, scenes from films and university Yik Yaks. “And sloths... loads of sloths.”

Shitty Watercolour started from the humblest beginnings. Hector recalls, “The only reason I actually had a paint set was because it was one of those stocking filler, really cheap, ridiculous kids painting sets, and I just thought, ‘What the hell, I’ll make a Reddit account. If it goes terribly then it’s anonymous so it’s fine.’ And I just did so many of them. I remem-

ber at first, I would be painting almost every hour that I was awake. It was ridiculous.”

Hector explains that the rationale behind the name Shitty Watercolour was because “back then, they were bad. Like really, really bad”. He credits Quentin Blake as a huge influence. Hector muses, “I think [Blake’s] drawings are deceptive because they look very quick and easy and then you have a go... and you realise there’s just something missing.”

Yet it is Blake’s simple line drawings that served as an entry point for Hector into illustration. He describes Blake’s drawings as “really simple and fun and quick, which is basically everything that I wanted to do.” However, as his audience has grown, Hector has developed a style of his own. He explains, “In the beginning, they looked a lot like Quentin Blake ones, but I don’t think they do now.”

Hector now does commissioned work, but admits working with others isn’t always easy. “Without naming any examples,” he says, laughing nervously, “when you do work for a company and they give you a brief for what you have to do... that’s pretty much the only time that you don’t dictate what things you paint yourself. [When you’re] told to paint something and then in your head you’re thinking, ‘This is awful. This isn’t funny at all,’ you just try your best and do it. I think that’s probably the biggest conflict.”

Hector is often torn between doing what his audience wants and fostering his own style too. He says, “The other day, I posted one of my older paintings. It was two years old. And I posted it being like, ‘Ha, this is really bad. Look, how much better they’ve got.’ And a bunch of people were like, ‘I kind of like that one.’ Which was difficult to see.

“It’s very strange because a lot of that stuff happened when the paintings were really bad. Should I try to get better? Is it a bad thing to get better? Because a lot of people enjoy the bad paintings in themselves, but then lots of other people enjoy seeing me get better and that’s really confusing to deal with.”

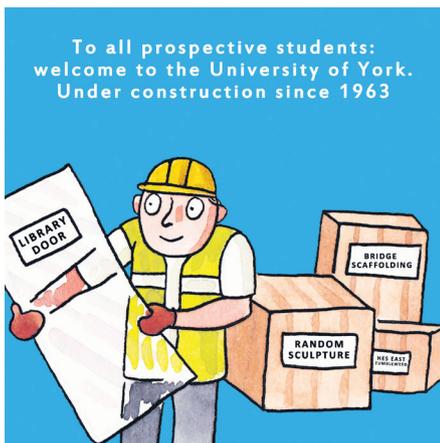
A firm believer in what he calls the “ten thousand hours rule” of putting in enough work until you see some improvement, Hector’s work has led to some wonderful opportunities. Remembering what he deems the “coolest thing” that has happened, he recalls excitedly, “Obama did a question and answer session on Reddit and I saw it like twenty minutes after he posted it. By that time, it probably had like ten thousand comments already and [I thought] my reply would just go into this sea of unseeable mess. So I wasn’t very optimistic about it, but I very,



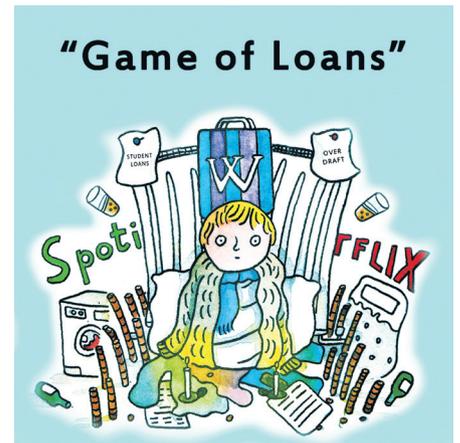
ALL IMAGES: SHITTY WATERCOLOUR

Some days I just really wish I could text my dog

- York Uni Yik Yak



To all prospective students:
welcome to the University of York.
Under construction since 1963



very quickly put together some really rushed painting of Obama and an American flag behind him that just said 'Welcome to Reddit' and posted it. The post did really well and then the next morning I remember waking up and [going to] CNN.com and [my painting] was just there in the middle, massive. Then he put it on his blog and that was just... Obama has my painting on his blog."

People initially thought Hector was Blake. He notes, "It used to be the case that if you Googled Quentin Blake, like the second Google result was Quentin Blake, Shitty Watercolour. Someone posted it on Reddit, and they got a little screenshot of it and it got a bunch of attention, and then the next day, it was gone. So they obviously saw it and got rid of it. Which was sad."

Just how big of a fan is he? "I am probably his biggest fan," he says confidently. "I have, I think, five Quentin Blake mugs? Lots of Quentin Blake mugs. I love Quentin Blake mugs." While

naming signed posters, he remarks, "This is like the weirdest showing off ever."

In spite of his success, Hector still goes to lectures "like everyone else". That is, of course, until he gets spotted. He says: "It usually goes, 'Hey, I like your paintings,' and like, 'Thank you,' and then we realise that we don't have anything else to say. But yeah, no, it is nice. It is very nice."

Still unaccustomed to the fame, he reveals, "Weird things happen when people recognise you, especially on nights out, which is when it always seems to happen because you just get this weird clashing of worlds."

The greatest testament to Hector's humility is that he is most grateful for the people who look at his paintings. "I often wonder if I'd enjoy my own paintings if it was someone else doing it," he contemplates. He is also immensely grateful for Reddit. "And Quentin Blake, obviously."

Kitchen essentials

Shopping and cooking for yourself may seem daunting, but Sophie Crump is here to help with a list of what to buy on your first food shop. Just add some fruit and vegetables and you're good to go



FRIDGE

Minced beef | Iron is essential in any diet and red meat is one of the best sources of it. Minced beef is perfect for knocking up a spaghetti bolognese or a chilli con carne, and will be an essential for mastering those home comforts.

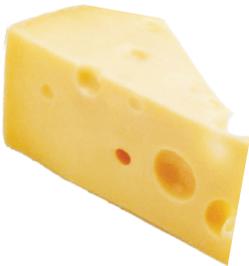
Chicken | Chicken is often the cheapest protein in most supermarkets. Buy a whole chicken or cuts that are still on the bone to save money.

Salmon fillets | Packed with essential oils and omega 3, salmon fillets are great brainpower food. Bake in the oven with a simple cream cheese topping or stir-fry with sweet chilli sauce. Buying in bulk and freezing them saves you money too.

Eggs | The possibilities with eggs are endless, from omelettes full of vegetables to simple boiled eggs and soldiers. An extra plus is that eggs are scientifically proven to contain a chemical called cysteine which helps with those nasty hangovers.

Milk | Often the best way to buy milk is with one or two other housemates as it doesn't have the longest use by date. This way you won't waste as much milk by not finishing the carton before it goes off, saving you pennies and a morning of dry cereal and black tea.

Cheese | Whatever your favourite, cheese will take meals from zero to hero.



CUPBOARD

Pasta | Quick to cook and with countless variations, pasta is a great warm and filling meal for those brisk northern winters.

Bread | Freeze half of the loaf before it goes mouldy. Just pop it in the toaster to defrost.

Tea bags | We are in Britain after all.

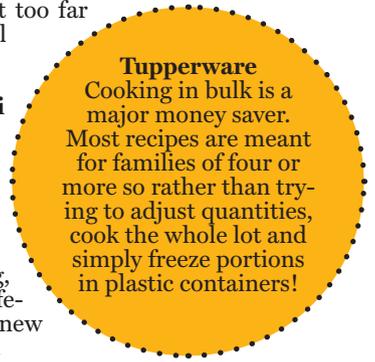
Oats | Oats are far better for breakfast than any sugary cereal and give you longer lasting energy. Plus a bag of oats is usually under a pound and will last you months.

Baked beans | When you've run out of food and Nisa is just too far away, beans on toast will always have your back.

Mixed herbs and chilli powder | Herbs and spices can really amp up your meals and give them that extra kick.

Olive oil | Key to frying or roasting anything, olive oil is also a real lifesaver for stopping your new pans from being ruined.

Tinned tomatoes | A great base for any meal.



Tupperware

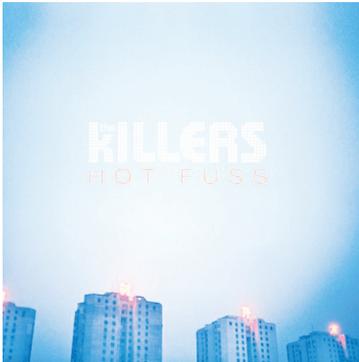
Cooking in bulk is a major money saver. Most recipes are meant for families of four or more so rather than trying to adjust quantities, cook the whole lot and simply freeze portions in plastic containers!



The Freshers' soundtrack

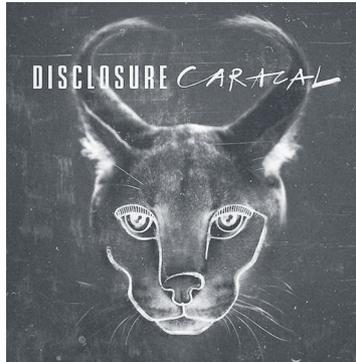
Music Editor, Chris Owen, offers some album recommendations for your first weeks at university, whether you're studying, partying or missing home

FOR PRE-DRINKS



The Killers – Hot Fuss

You'll be hearing 'Mr Brightside' at least twice every time you go out so learn all the words.



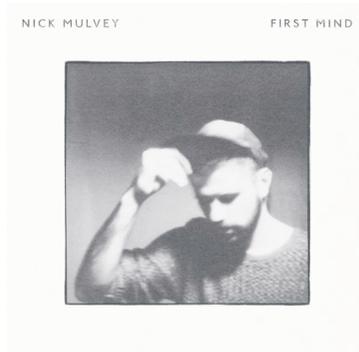
Disclosure – Caracal

A solid collection of electronic sublimity that strikes the balance between hype and chill.



Arctic Monkeys – Whatever People Say I Am, That's What I'm Not
Another generational classic.

FOR LATE NIGHT LIBRARY SESSIONS

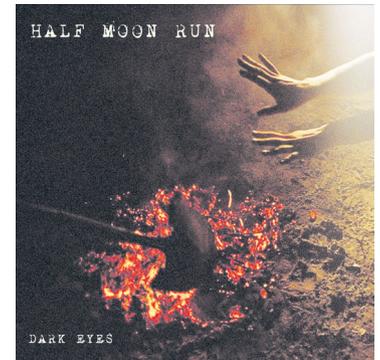


Nick Mulvey – First Mind

Nick Mulvey's debut album is an intensely atmospheric yet gentle collection of acoustic songs.

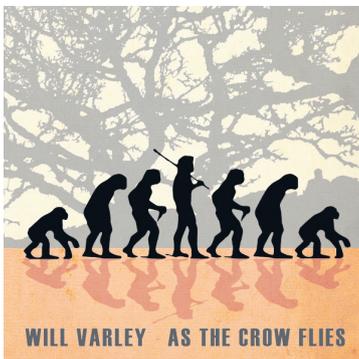


Chvrches – Every Open Eye
Chvrches' second album is as compelling and immersive as their first.



Half Moon Run – Dark Eyes
Its absorbing atmosphere and quietness makes it perfect for a short, sharp work session.

FOR WHEN YOU WISH YOU WEREN'T HERE



Will Varley – As The Crow Flies

This album captures exactly what it means to be living alone for the first time with its mix of simple songs.



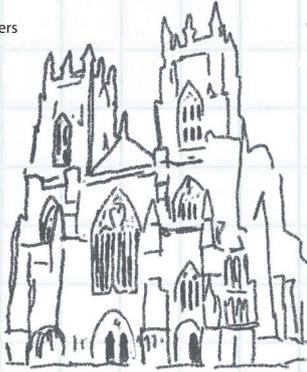
Wolf Alice – My Love Is Cool

My Love is Cool will remind you why you wanted to move away from home in the first place.

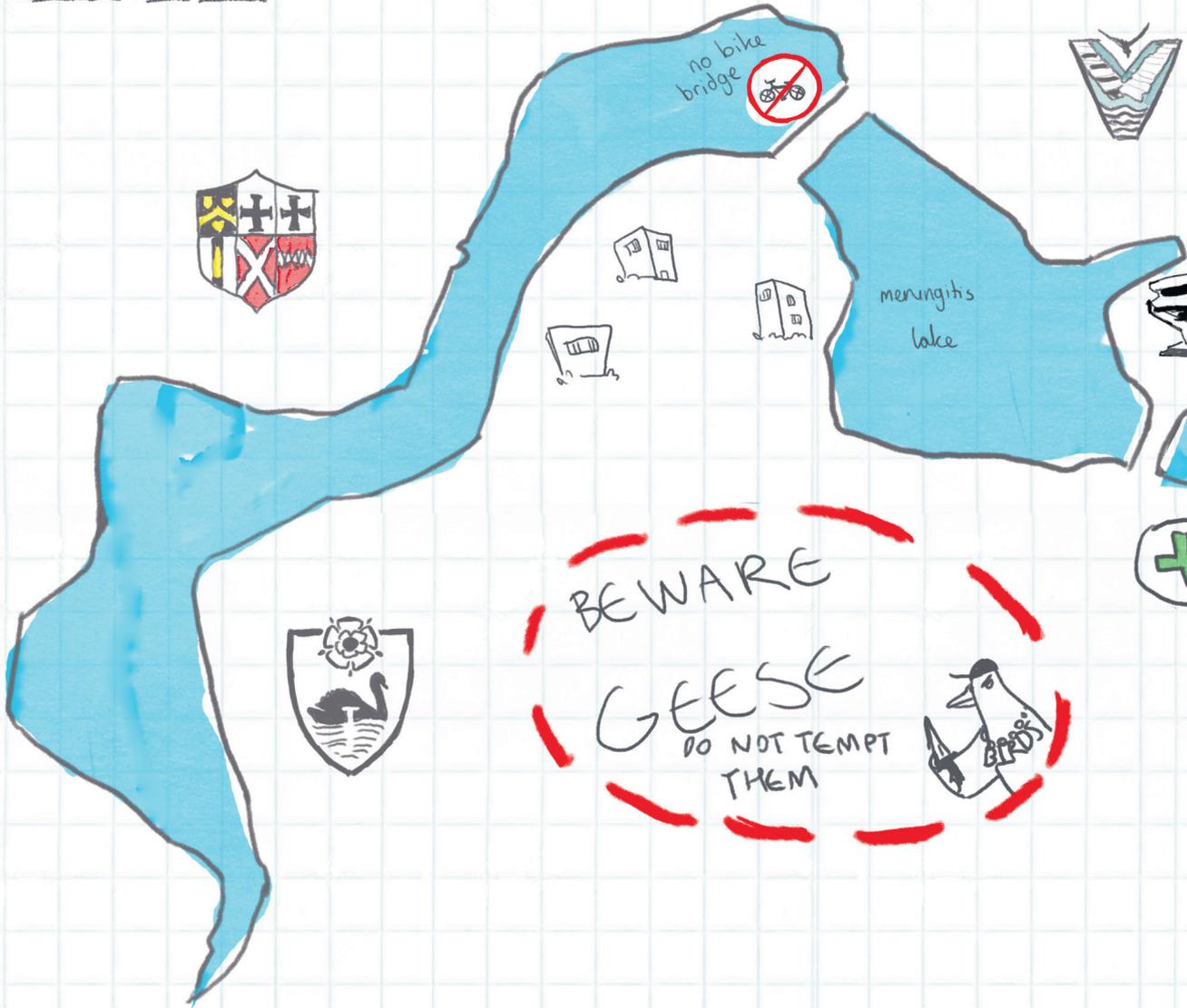


MGMT – Oracular Spectacular

For when all you want to do is lie in bed, watch *Game of Thrones* and miss your car.



TO YORK
& KINGS
MANOR

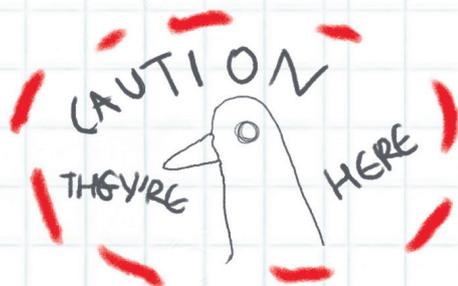
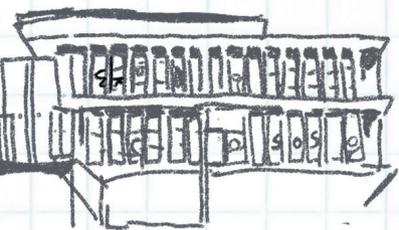


TO
FULFORD

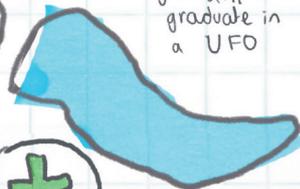




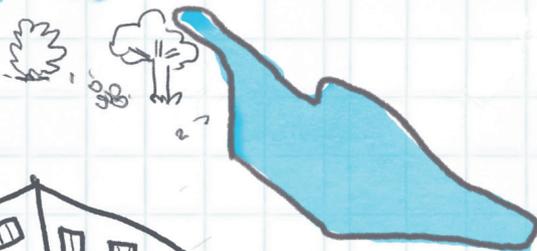
Welcome to the University of York, home to the best of 60s architecture, only one pretty Victorian building (yes, the prospectus lied) and blood-thirsty waterfowl. You'll soon learn how to get around, but to help you out, here are a couple of charming, quirky landmarks to help you get to know campus.



you will graduate in a UFO



you will never go in here



Derwent has block prison buildings



TAKE NUMBER 66 BUS



There's not much here...

TO HESKINGTON



HES EAST



there's a sport village though

Catwalk trend spotter

Fashion Editor Beki Elmer shows you how to rock these Autumn/Winter designer trends on a budget

Want the AW15 catwalk look minus those designer price tags? Thankfully our favourite online and high street stores have been on top form this year, with plenty on offer to keep those new wardrobe cravings satisfied without breaking the bank. Below you'll find three key looks for this season taken straight from *Nouse's* coverage of London Fashion Week Autumn/Winter 2015, and how to replicate each trend.

1. 70'S CHIC BY FELDER FELDER

1. Wool waistcoat, £49.99 at Zara | 2. Off the shoulder white jersey, £12 at H&M | 3. Black Brooke Flair Jeans, £42 at River Island | 4. Chunky Platform sandals, £56 at Topshop



2. MODERN VINTAGE BY TOPSHOP UNIQUE

5. Vintage style jacket, £79.99 at Zara | 6. Camel cowl neck sleeveless top, £8.99 at New Look | 7. Wet look leggings, £16.99 at Dorothy Perkins | 8. Over the knee boots, £55 at ASOS



3. MINIMALIST BY JEAN-PIERRE BRAGANZA

9. High-neck textured jumper, £35 at River Island | 10. Camel belted culottes, £20 at prettylething.com | 11. Platform ankle strap heels, £19.99 at New Look



A league of our own

Lewis Hill showcases York's state of the art sports facilities

JLD

The JLD is located behind the York Sport Centre, adjacent to the tennis courts. The JLD is named after the father of former University Chancellor, Greg Dyke, who part-funded the construction of the original pitch in 1996. In the summer term, the JLD is used to host the College Cup, college football's highest prize, and the University's hockey club can be found competing against other universities on the JLD every Wednesday afternoon.

York Sport Village

York Sport Village is based on Heslington East near Constantine College. It contains a competition standard, eight lane, 25m swimming pool in addition to a fitness suite as well as rooms used for exercise classes such as spin cycling and Zumba. The University's swimming and water polo club use the pool on BUCS Wednesdays to compete against rival universities. Next to the York Sport Village is an outdoor velodrome which opened last year.

22 Acres

The 22 is home to a huge range of sports. Located next to Halifax College and just over the road from the Athletics Track, 22 Acres plays host to college football, cricket and American Football to name but a few sports. In the summer, it's the site of the annual college sports day. The 22 does suffer in the winter months though, usually flooding or freezing over. More often than not, football matches will descend into a mud bath during these months.



IMAGE: PHILIPPA GRAFTON



IMAGE: JAMES HOSTFORD

Athletics Track

Situated next to the York Sport Centre, the Athletics Track is the most recent addition to York's campus, occupying the site that the original JLD stood on. With state of the art facilities, including a spectator's grandstand which can hold up to 500 people, the University finally has the facilities to compete on both the track and in the field. The Athletics Track will be home to City of York Athletics Club and will be the focal point of athletics in York.



IMAGE: LILY GRANT

York Sport Centre

The York Sport Centre can be found behind James College on Heslington West. It has a range of facilities for competitive sport and fitness fanatics, from squash courts to a gym. A number of sports, including badminton, can be played in the main sports hall. Adjacent to the York Sport Centre is a structure affectionately known as the Tent, which is used for indoor sports. The Tent is due to be converted to a more permanent structure in the near future.

3G Pitch

The 3G pitch, situated behind the York Sport Village on Heslington East is home to a number of different sports. The 3G is a surface made up of artificial grass with a thin sand-based layer, filled with rubber crumbs. University lacrosse and football matches are often played on the 3G during Wednesday afternoons. A number of University teams also use the 3G for training purposes, including the American Football club.

1. DUSK

Dusk is a regular haunt for York students. It's well known for its 2 for 1 cocktails, all of which are named after celebrities. A personal favourite is the 'Graham Norton' which is complete with a sugary rim. Dusk also runs a well attended open mic night on Sunday evenings. A popular event with lots of students, if Sunday night Revs doesn't appeal then this is a great alternative.



2. EVIL EYE

The classic tale that most York students tell about Evil Eye is about the time Johnny Depp visited and liked this unique bar so much that he tried to buy it from the owners. With the most extensive cocktail list in York, British and Asian inspired cuisine and with décor influenced by Brazil, Haiti and Morocco, Evil Eye is the bar that you will want to take your friends to. Even with plenty of seating across two floors and a smoking garden, Evil Eye becomes incredibly busy on weekends.



3. LUCIA'S

Located in York's 'Latin Quarter', Lucia's is a great late night cocktail bar. With an eclectic mix of old and contemporary music, plenty of seating space and a cocktail menu that contains all the classics, Lucia's is a perfect place to stop by on the way to a night out in town. It also has one of the best drinks deals in York. Every Tuesday, all cocktails are just £3 and jugs are £9, perfect for the typical student budget.

3

NON-CLUBBING

Our favourite bars and pubs



4. THE HOUSE OF TREMBLING MADNESS

A bastion of the York pub scene and a perennial favourite, The House of Trembling Madness is slightly let down by the rather cramped bar on the top floor. If you can get a seat, however, you're in for an excellent choice of beers on tap, taxidermy-focused décor and humorously Norse-themed bar snacks (I'm looking at you, Viking willies!). Even if you don't make it to the bar, a veritable library of bottles on the ground floor and a basement full of spirits is enough to bring a tear to the eye of any drinker.

5. KUDA

The only place to visit on Tuesday is Kuda – that is if you don't get lost. Once you've learnt to navigate its labyrinth of floors and overcome the constant strobe lighting, you realise that it is pretty fun after all – if you are a fresher. Don't fear if you lose your friends on the dance floor, the overlooking balcony is bound to help in your quest to be reunited. The main dance floor entertains the latest club anthems, while the Tiki Bar downstairs prefers a more solid approach to hip-hop.

5



CLUBBING

*For those
long nights
out*

6. FIBBERS

Fibbers takes reign over Thursday nights in York. This spacious club has recently started giving students the chance to showcase local talent with live performances occurring between 9-11 pm, prior to the club night. The Bier Keller lives up to its roots, and provides York with a taste of indie-rock tracks. On most Friday nights, Fibbers is a hive of activity for local DJs and student-run house, techno, disco, and funk nights.

6



8. REVOLUTION

For those of you who actually enjoy wearing heels, Sunday Revs is the place to call home. Ladies fetch your highest heels and favourite dress, and gentlemen grab your blazers and most awkwardly coloured chinos while you prepare yourself for a night of tremendous fun. Don't let the expensive drinks prices, nor the 'cake' flavoured shots put you off. After all, you only visit Revs for the free photo shoot – if you didn't set it as your cover photo on Facebook, did you really go?



8

7. SALVATION

If it's salvation you are looking for, you certainly won't find it here. Home to the Wednesday sports socials, you'll find a sweaty, eclectic mix of cowboys, jungle animals and astronauts on the dance floor. Current club anthems can be heard pounding across the downstairs dance floor, while upstairs plays host to cheesy classics – think 'Mambo Number 5', 'Mr Brightside' and 'Wannabe'. Additionally, Salvation hosts Friday's Koh Samui night, run for students at York St John.



Freshers' flicks

Whether it's for a hungover day or a night in during Freshers' Week, Kate Barlow takes you through the best films to aid housemate bonding

THE QUOTABLE CLASSIC

An inherently quotable classic such as *Mean Girls* is well suited to Freshers' Week watching. When surrounded by strangers, watching something which you can practically recite word-for-word brings a welcome sense of familiarity and some important "you go Glen Coco" bonding with your fellow housemates. Not having to pay too much attention to a film you've seen before is also beneficial to the severely hungover or can be made into a fun drinking game. *Anchorman* may be a more suitable alternative for guy-heavy halls.



THE UNI FILM

There can be a lot of pressure during Freshers' Week to be having the best time of your life. A film depicting uni life, therefore, can be useful in setting more realistic expectations and reveals perfectly how different everyone's experience of university is. *Starter For 10*, starring James McAvoy, Rebecca Hall and Benedict Cumberbatch, is hilarious and demonstrates the daunting feeling when arriving at university and discovering that your new housemates are all a bit weird.

THE THRILLER

A good thriller is ideal when the hectic nature of Freshers' is beginning to take its toll and you just want a night in. *Shutter Island*, *Seven* and *Fight Club* are all classics in the art of suspense and will keep you on the edge of your seat. Just make sure you shut up that dickhead who tries to spoil the ending for you.



THE CHILDHOOD FAVOURITE

Disney classic *The Lion King* and Disney/Pixar animation *Toy Story* are films of our generation so it'll be truly surprising to find someone who hasn't seen and loved them. Although if you do find someone that hasn't, be sure to educate them immediately. These classics are bound to bring back some childhood memories and can be good conversation starters. Plus, a proper comfort film might be much needed during these tricky first few days.

THE HORROR

There's nothing that brings people together better than being scared out of your skin. Either that, or watching a horror film is going to make you even more worried about that guy who never emerges from his room. Newer releases *Insidious* and *The Conjuring* tend to get most of the room scared but avoid the gore of the *Saw* franchise. For those of a more fragile disposition, sticking to older classics might be a less nightmare-inducing option. *Rosemary's Baby*, *Scream* or *The Wicker Man* deliver the chills while also allowing you to sleep at night.



HOMESICKNESS

Amy Gibbons reassures you that it's natural to miss home when you start university and that you're in for an unforgettable time at York

As I was putting the finishing touches to my brand new bedroom in James College at the end of September last year, I didn't feel excited, impatient or itching to meet anybody.

I wasn't keen, like Hayley in *Modern Family*, to wave my parents off at the first opportunity or threaten to actually bring the car around and start the engine for them.

On the contrary, I was ready to jump in the back seat, strap myself in, and immediately program the satnav to take us home.

In fact, I delayed my parents' departure so long that they were the last to leave by a mile, much to the amusement of my new flatmates, who still like to remind me of the surreal scene in the kitchen that day.

We all sat round the table, drinking tea and negotiating awkward introductions, with my mum pottering about behind us, wiping shelves, washing up and stacking plates.

Long before my parents were out the door, I knew I was going to struggle. I'd heard of students experiencing terrible homesickness in their first few weeks away, but I'd been on residential courses before, and travelled with school and friends. I wasn't even that keen on my home life!

I felt ready to move on, and yet here I was, choking up over my chilli con carne in the canteen, and contemplating how soon would be too soon to jump on the next train home.

Looking back, I don't think that awful feeling of being trapped so far out of my comfort zone lasted longer than about

a week.

Once I got over the initial shock of plummeting in at the deep end, I felt happier than I'd ever been. Being at uni started to make more sense, and I can now tell you honestly that this has been the best year of my life so far.

However, I had to climb a mountain to survive that week, and I couldn't have done it on my own. I was lucky enough to have a brother (in his second year at uni in London) to empathise with me, so I never felt like I was coping alone.

So, for all of you reading this who in the past few days have scrolled through train departures, unpacked and repacked your things, considered the financial implications of dropping out within a week and/or burst into tears at a note you found from your mum, perhaps a picture of your dog or an email from your grandma, I want you to pay attention for a second.

University is brilliant. While you're here, you'll make the best

friends and some of the worst mistakes of your life. You'll figure out that it is possible to hand in your coursework one minute before the deadline, but it's not

fun and it's certainly not worth the mid-week binge at Salvo.

Call your mother. She will worry. She'll also be desperate to hear all of the exciting things you've done at university, aside from the drinking and nights out.

You'll discover cakeaway, the oasis that is Oki's kebabs when you're pissed, and how mouldy fresh food can get if you leave it at the bottom of the fridge over Easter.

You will discover all this and more because the homesickness will pass, and you'll appreciate uni all the better because of it.

For now, I would advise taking things a day at a time. Promise yourself you can go home tomorrow if you make it through today and, unless you are really desperately unhappy, promise yourself the same thing again and again, until you've managed a whole week.

If you can manage one week, you can manage two.

And if you manage two, you've already made it. Good luck, and I hope you have fantastic year.

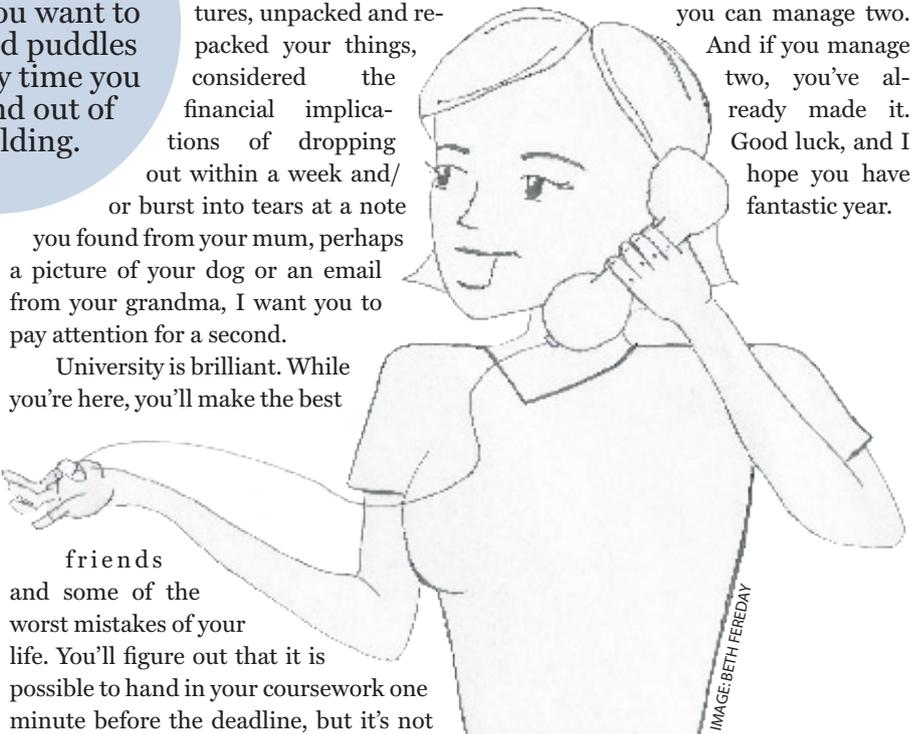


IMAGE: BETH FEREDAY

Getting to know York

The University has the highest duck-to-human ratio in the UK. That's a whopping twelve ducks to every one person. Incidentally, if you see a duck that's looking a bit stressed or upset, it might be best to leave it alone because it certainly does not take twelve ducks to take on one unassuming student. It's a fight you will lose.

1



2

The title of the largest manmade lake in Europe was formerly held by Hes West's lake. Now, it's the second largest, Hes East's lake surpassing it as number one. This internal competition may seem excessive to some, but it's probably because we want to be the international duck hub of Europe.

In the city centre, the streets are called gates, the gates are called bars and the bars are called pubs. The naming system in York can get a little tricky when the entrances to the city look like gates to non-Roman plebs like you and I. Just don't go asking for directions to Walmgate Gate.

3



4

The shortest street in York is called Whip-Ma-Whop-Ma-Gate. Derived from a phrase that translates as 'What a street!' (how self-reflexive), it was where the whipping posts were in the city in the middle ages. Not only is it the shortest street, it's also the one with the longest name.

The York Minster is home to the biggest medieval stained glass window in the world. The Great East Window is sadly undergoing a mass conservation project, but is due to be completed in 2015/16, so you'll probably get to see it. Fun fact: a lot of the yellow bits in stained glass windows contain piss.

5

