





### On the inside cover

2021 graduate Katanu Kimanzi (Kenya) poses on UWC Day

Photo courtesy of Katanu K

### UWCEA Arusha Student Magazine

Issue 2 - June 2021

### **Curated by**

Journalism Club

Mark M (Tanzania '22)
Matthew M (Tanzania '22)
Ali Saber (Iraq'22)
Emmahous Kebede
(Ethiopia '22)
Atkins Dube (Zimbabwe '22)

Aala Somji (Tanzania'22) Yasir Abdulahi (Somalia '22)

All articles written by Journalism Club members unless stated otherwise

### Design by

Luanga Kasanga (GCC/DRC '21)





### In This Issue

The Boma Cup

A recap of the high-energy football tournament

**UWCEA** Derby

12 The two campuses go head to head in football

**Ballon D'or** Which male/female star will win the award for best footballer?

**Golf Corner** 

Friend or Foe 19

3D Printing at UWCEA Arusha, a force for good

**Celebrity** 22 **Achievements Guess The Song** 

A New Leadership Is

An in-depth look into the Boma Council

**Destination Arusha** 

**Podcasts** 

### In This Issue

Music, Movies & TV Series

Jacaranda, the best Boma?

Which boarding house is the best?

A Letter from Mr Chris
An interview with the head of

43 Uni & Counselling
Managing IB Stress, Peer

Managing IB Stress, Peer Counselors

45 University Spotlight
Q&As with universities
themselves!

55

58

60

Singapore, Stars and Super-Expectations

A Bee Story / Uphill the Hard Way

Manza, Gunma, Japan. 1998

Sunk In The Mud

Farewell Class of 2021



### Introduction

It brings us tremendous elation to welcome you to the first issue of the Utofauti Magazine, an entirely student led project started by the Journalism Club from October 2020. Whilst it is being published very far from the deadline which we had promised you, something we feel repentant about, we would like to assure you that the delay only allowed for quality of an awe-inspiring calibre to be included in the magazine, one that will leave you agape and longing for more and more and pictures from our marvelous team.

"Utofauti", a Swahili word meaning Diversity, was witingly chosen because it not only reflects the culture in which our school is situated, one which we are thrilled to be living in but also the whole backbone of the United World Colleges, deliberate diversity which allows for students from the manifold cultures of the world to meet and interact creating memories to be cherished for an eternity.

From the Boma Cup to the Boma Council, and from Pop Culture to University Counselling, the magazine explored different topics of interest to students and also chronicled our life as students at UWC East Africa during the academic year 2020-2021. Plunge right into the magazine to reflect on the past academic year as we prepare to turn over a new leaf and begin the coming academic year which appears teeming with nothing but fun, exuberance and more heart-felt moments.

Asanteni sana

- Journalism Club 20/21







# THE BOMA CUP







# THE BOMA CUP

Indubitably, football has been one of the star sports we have had this academic year. From the Boma Cup to the Arusha Moshi Derby football rose to fame, uniting the whole campus.

What began as a mere thought in Tembo's mind turned to reality when the Boma Cup Games were finally played, each boma battling it out for the title of the Best Boma - Correction - The Boma with the Best Football Team, and more importantly bragging rights.

As the games went on, Baobab faced a series of disheartening defeats which saw it come third in the competition and lose its spot in the finals, which most people apart from the Baobarians, thought they really

never had.

No one can blame the Jacaranda residents for having little faith in their team. After a shameful lose to Acacia in the previous Boma Games, in spite of the Jacarandans screaming their lungs out and devoting their time and energy to supporting their team, the Jacarandan's lack of zeal was justified. Little did they know that the tables would turn on that day.

### THE BOMA CUP

The Boma Classic was suitably named. Acacia booked their place in the final with two victories over Jacaranda (4-0) and Baobab (2-1), leaving the latter two to duke it out for the 2nd finalist spot. Jacaranda ran out to a 3-0 lead, but two outstanding goals, including a full pitch shocker, from Baobab's Ravi made it a tight game to the end.

In the final, Jacaranda was able to seal the deal with 3 goals thanks to a hattrick from Hakim, with their opponents leaving the pitch with nothing but dismay.

Acacia losing the Boma Cup however does not mean they had a purposeless team. It simply proved how nothing is certain in football, how things can change in



"Baobab deserved to win, they have the best midfielders + pitch was just not in good condition today " - senyfan123

"farmer's trophy" - Anonymous Pundit

### THE BOMA CUP

the twinkle of an eye despite having put in scads and oodles of effort into training. Manchester United losing to Villeral also cements the point.

Who knows, perhaps Acacia will take the cup home next year, seeing its new residents seem to be avid footballers, or maybe the reigning champions will be able to secure another year on the throne of the Best Football Team. Baobab winning is not out of the picture.

Nevertheless, credit has to go to Tembo (and Ian/Phillip for the Boma Games, too!) for pioneering a new initiative and establishing a new tradition that will definetly forge together boma spirit for years to come.

The golden trophy will change homes at different bomas for years to come.



### THE MOSHI-ARUSHA DERBY

ho can forget the Boy's Moshi- Arusha Derby?

6-0 is no small feat. The Arushans ought to walk tall and proud of their achievement. Though, taking a small walk down memory lane, I can't seem to see Arusha being awarded the football trophy at Sports Weekend for winning. Was the failure by the Arusha Boy's Football Team to emerge winners in the Sports Weekend, especially in football, the force that propelled them to this victory? That will remain unknown but whatever it is, it surely did its job.

After the first two goals, Moshi fans were still optimistic. They had not thrown in the towel but after John put the ball in the net to grant Arusha a four nil lead in the game, grim and melancholy had begun to slowly creep onto their faces.

Not having anyone to cheer them up as they played really did not help them. Their performance further nosedived as Arusha went on to score two more goals and officially claim the title of being the Best Footballing Campus.

### The Moshi-Arusha Derby

For Moshi, it was at that time when a coat of embarrassment and shame covered them. They wished the earth would just open up and swallow them whole.

They had an appalling loss and fortunately or unfortunately for them, they could not leave. They saw as Arushans grinned from ear to ear and cheered their players on and I'm sure that cut deep.

A quick word of advice to the Arusha team, train relentlessly hard, and put all your blood sweat and tears into football, for in the foreseeable future, Moshi will not rest, it will rise from its ashes and seek nothing but a win and not a bare win, a win by a huge margin victory in the coming games, snatching the football title from Arusha.





ij

### **UTOFAUTI MAGAZINE**

If you ask any football fan on campus about the most prominent football awards, it would just be a mere mistake if they don't mention the Ballon d'or. The Ballon d'or is one of the most spoken of and outstanding football awards, that every player in the world dreams of. The question of who will take this award home this year is a bone of contention in the Arusha campus.

From Hakim's view point, either Lewandoski or Mbape will be the winners of this award though he is personally rooting for Mbapppe. This is because he has had more goals than Lewandowski though "Lewandoski has had more contributions" he says.

Also, Hakim's eagle eye was able to note that more often than not, this August award is given to a player that is part of the team that wins the Champions League. Does this contradict all that he has been saying? Should all eyes focus on the Chelsea players now that the team won the Champions League?

John Kaluiji, however said without batting an eyelid that Kante is not only more deserving of the award, but surely to win it. "He has displayed great talent in football and it would be a profacity if the award goes to someone else," John Kaluiji explained.

Was Hakim perhaps right by saying those who play for the team that wins the champions league will win the award, because Kante is a sterling midfielder that plays for Chelsea, whom are the reigning champions of the UEFA Champions League.

John and Hakim do not represent the viewpoints of every single student at UWC East Africa. There are a manifold of other views on who will be accorded the eminent award but has anyone bothered to take a peek at the predictions by Goal.com which are based on the players' performances. ere. Just a small secret, John Kaluiji may have been right. Kante is sitting comfortably at the top and is the likely winner. For those who think Mbappe or Kebin de Bruyne, or the legend Messi will win, I strongly suggest you go to the website at the link to see for yourself. Here is a sneak peek of who is currently sitting in 20th and 19th place....

By Luanga Kasanga

### **UTOFAUTI MAGAZINE**

And of course, what about the **Ballon D'or Feminin?** 

While FIFA has awarded the Women's Best Player since 2001, France Football (the organizer of the Ballon D'or) has only awarded the Women's Ballon D'Or since 2018.

Unfortunately, women's football has been held back ever since the 20th century, and only in the last couple of decades has it become more recognized and professionalized.

Nevertheless, today they are rightfully getting more and recognition, though there is still a much longer way to go.

Who was the best female footballer this year? Traditionally, though there are outstanding players from all continents, the award typically goes to one that has achieved success either in the US league or Western European leagues such as the Swedish, Spanish, English, German or French leagues.

Australian Sam Kerr was the top scorer in the English Women's SUper league, scoring 21 goals., and averaging a goal per 90 minutes. Her teammate, Sam Kirby, was the only player to hit double figures in assists and goals throughout the season as well, putting her in contention. These two players helped Chelsea to the Champions League Final in May.

Dutch superstar Lieke Martins scored 5 goals in 8 Champions League matches to help Barcelona lift their first ever UEFA Women's Champions League trophy in May, as well as retain their La Liga trophy. she has already achieved so much success on the international stage (you might remember her from the 2019 World Cup Final), and she is definitely a frontrunner for the award.

With no major international tournaments played over the past season, there is very little case to be had for USWNT player Rapinoe to retain her award, especially following g her pulling out of the league season due to the pandemic. In her return in April, her performance was a bit underwhelming.

Regardless, shout-outs have to also be given to defenders Lucy Bronze (England, Manchester City) and Wendie Renard (France, Lyon), who have also continued their fantastic defensive (and offensive!) performances for their teams this past season.

With no clear cut candidate for the Ballon D'Or, it will be fascinating to see who wins come August.



### GOLF CORNER

Sports around our school community are very big and it would be a disservice if we do not make mention of golf.

A number of Diploma and MYP students take part in the sport and some of them have even bagged some prestigious awards. Arusha Gymkhana serves as the home, where most of these MYP and DP students can run to, to escape the hustle and bustle of life in Arusha and the IB to enjoy a few hours of pure bliss from playing golf.

These students have an unspoken deal of passion for the sport and these students are Ibrahim Dakik and Saayan Aggarwal (M1), Saahil Soor and Aadi Aggarwal (M3), Vivek Gohil (M4), Aryan Aggarwal (M5), Garv Chadha and Aalaa Somji (D1).

Not only does golf allow one to socialise and make friends but it keeps one physically healthy and therefore I see no reason why you should not start playing this sport. If Arusha Gymkhana is perhaps a bit too far for you, another golf course nearby is Kilimanjaro Golf Estate, pictured below.





A stands for Adventure, Awesome, Acacia!

### 4 Days, 5 Nights

Starting from 50,000 TZS

(Flying with Acacia Airways)

\*Please note, common area couches not available

Visit acaciacity.tz or contact +255 R06 for more info

### FRIEND OR FOE?

t is no secret that UWC EA is distinct for possessing one of only two/three 3D printers in Arusha, Tanzania, but do you know where it is in your school? Located in the Design Rooms, the printer is a scintillating achievement for the school's design department. However there is an argument as to whether this new technology is a blessing or a curse in disguise.

This uncertainty lies, for one, in the fact that 3D printers, such as the Fused Deposition Modeling (FDM) printer in school, make extensive use of one or more several kinds of plastic as their core material, most of which are non-biodegradable.

This raises a question of whether the efficiency and modeling accuracy of these printers is worth the large amount of energy they consume or their extensive demand for plastics, such as the ABS filament. Whether it be high toxic emissions, difficulties in breaking down even the most biodegradable of plastics or the high energy consumption, there are difficulties in making 100%

eco-friendly tools out of 3D printers, making us wonder what steps the school has taken to ensure balance and recycling to the highest capabilities, for with great power comes great responsibility.

As a UWC with the goal of promoting community service and compassion, students of UWC EA Magnus, Cody and (at the time) Caedmon were provided the chance to facilitate the effective use of the 3D printer in supplying face masks to hospitals within the close region amidst the peak of covid infections.

"There are difficulties in making 100% ecofriendly tools out of 3D printers"

### **FRIEND OR FOE?**



(Left to Right) Cody (Australia '22), Caedmon (USA '22), Magnus (USA '22) print masks during the COVID-19 pandemic in March 2019

However, the value of a sustainable future is also a target in students' education, exemplified through the vast recycling of reusable materials, including plastics, with a recycling house situated on campus grounds. While the recent emergence of eco-friendly alternatives places hopes on even better times for 3D printing, shedding light on this associated task is a responsibility of the UWC East African community.

This outstanding feat of service exemplified the values of UWCEA and UWC in taking initiative to ingeniously help their community. Thanks to them, many hospitals were able to gain access to crucial PPE equipment to help manage the pandemic in the region, despite the worldwide PPE shortage. They spent long hours at school designing and printing these masks, with the printing time for each mask exceeding 6 hours each. Deservingly, they recently received the AISA Award for Community Service "for their work to make masks for medical staff in Arusha during the Covid pandemic".



The 3D Printer



# **UTOFAUTI MAGAZINE** P CULTURE

### **CELEBRITY ACHIEVEMENTS**

### Naomi OSAKA



She recently scored a second Australian Open trophy, making her a four-time Grand Slam champ at the age of 23.

At the age of 16, Naomi made her WTA (Women's Tennis Association) debut, which is always such an underrated accomplishment at that age, so winning or losing doesn't matter...oh, by the way, she won in her WTA debut.

She is 2–0 in majors against the greatest women's tennis player of all time, Serena Williams.

In 2019, arguably her best year, she had a match record of 38–12. That's a 76% win percentage. She is undefeated in major quarterfinals, semifinals, and finals matches. I repeat: **UNDEFEATED** in 12 matches with everything on the line.

### Cardi B



After the release of Cardi B's album Invasion of Privacy in April 2018, the rap artist made music history by breaking Beyonce's record for Most simultaneous Billboard US Hot 100 entries by a female artist.

With a total of 13 tracks, Cardi B bests Queen Bey's claim of 12, which was achieved when she released her album Lemonade during the chart week of 14 May 2016.

Cardi B also broke another record at the beginning of January 2018, she became the Most simultaneous Billboard US Hot R&B/Hip-Hop Top 10 entries by a female artist in one week since the list began thanks to her hit songs Finesse (Remix), No Limit, Bartier Cardi, Bodak Yellow and Motorsport.

### Megan THEE STALLION



American rapper Megan Thee Stallion has received various accolades throughout her career. She rose to prominence in 2019 with her mixtape Fever, which won the award for Best Mixtape at the 2019 BET Hip Hop Awards, and was later nominated for Album of the Year at the 2020 BET Awards.

Her singles "Cash shit" and "Hot girl summer" garnered her several nominations, with the former nominated at the 2019 Soul Train Music Awards and the 2020 NME Awards, and the latter earning her an MTV Video Music Award.

In 2020, her breakthrough single "Savage Remix" was nominated for three Grammy Awards and three MTV Video Music Awards. She also featured on Cardi B's song "WAP", winning at the American Music Awards and nominated at the MTV Europe Music Awards.

### **Stan LEE**



2018 was the year that Stan lee, the mastermind of Marvel comics, sadly passed away at age 95.

Lee was the creator of more comic-book characters than any other person, and was the owner of multiple Guinness World Records certificates.

His records include the largest graphic novel published, most movies adapted from the work of a comic book creator, Highest-grossing executive producer, Highest-grossing actors at the global box office (cameos).

Are you a music connoisseur? Try out this quiz, answers are at the end!

### **GUESS THE SONG**

E

- a) "Just a little white line I'll be fine, i've been good don't I deserve it"
- b) "Call me when you want, Call me when you need, Call me in the morning, I'll be on the way"
- c) "Man I thank God I Godly, Say God no ungodly, Oluwa na hin comfort me"
- d) "Still got your things here, And they stare at me like souvenirs, Don't wanna let you out my head"
- e) "It could've been right, but I was wrong (Uh), Only think 'bout you when I'm alone (Yeah), The part of me that cared is almost gone, And I know that I can't get caught up"
- f) "One time three gbosa for the two person wey born you, I no go wan to try lose you chai they no born me well, I no fit tire for your matter, lai lai say I no do, Suddenly man ah calm down, man down for only you, yeah"
- g) "Because the rhythm e plenty gani, Please give me plenty money, Hypocrite plenty gan, Wey dey pretendi gan ni, No to defend them from me"

### **GUESS THE SONG**

And if you don't know some (or any) of these lyrics, they could serve as new music suggestions!

- h) "So when you gonna tell her, That we did that too? She thinks it's special, But it's all reused. That was our place, I found it first, I made the jokes you tell to her when she's with you"
- i) "In the dead of the night I have these dreams, What'll happen to me? Will I burn out? Have I been wrong? What does it mean? All these things, can't understand why"
- j) "How dare you? And how could you? Will you only feel bad when they find out? If you could take it all back, would you?"
- k) "I miss the days when, I had a smile on my face and, Wasn't so caught up in all of the small things, Wasn't so adamant that I could handle everything alone, And wasn't so cautious and always exhausted"
- I) "Shining through the city with a little funk and soul So I'ma light it up like dynamite, whoa (light it up like dynamite)"
- m) "I don't cook, I don't clean, but let me tell you how I got this ring"

### **Answer Key**

- a) Dancing With The Devil (Demi Lovato) b) Call Me By Your Name (Lil Nas X) c) Godly (Omah Lay)
- d) Heartbreak Anniversary (Gideon) e) H.E.R (Bryson Tiller) f) Jowo (Davido) g) 23 (Burna Boy)
- h) deja vu (Olivia Rodrigo) i) Sound Soul (Kid Cudi)
- j) Your Power (Billie Eilish) k) I Miss The Days (NF) I) Dynamite (BTS) m) WAP (Megan Thee Stallion / NIcki Minaj

## A NEW LEADER



# SHIP IS BORN



Confusion tore through Arusha Campus in November 2020. Zillions of thoughts whizzed past the students' minds and their brains stewed in confusion as they failed to fathom why the school was implementing certain policies.

It was that time of desperation, bewilderment that saw a young leader, compelled to take positive action and impelled by the deplorable situation which the boarders found themselves in, took her concerns to the head of boarding.

A few days later, all the students would be gathered together after dinner and this issue would be. It was this discussion that then gave birth to what is now known as "The Boma Council". I would have surely committed a huge profacity if I do not begin by expressing the students' heartfelt gratitude to the Boma Council for their unrelenting spirits and unparalleled drive and zeal during their period of jurisdiction.

The time they sacrificed, which they could dedicate to doing some academic work and trying to defeat this raging monster called the IB. They endeavoured to speak out for the students and possibly lead to change in the school. Whilst all their sweat, blood and tears are appreciated, one question remains sowed and growing in most students' minds, Did the Boma Council bring about change?

It is imperative to acknowledge that due to the diversity of the student body and the uniqueness of the students, this question might conceive a myriad of responses and differing points of view. As the Journalism Club, we therefore thought it best to go back to the person who conceived this brilliant notion of having a Boam Council and ask her to go back in time and ponder on what the Boma Council was.

Here are Ida's thoughts on the Boma Council:

"The Boma Council was originally started to create better communication between boarding parents and students, to ensure that the student's voice was heard when implementing new initiatives and to raise our concerns about several issues that we as students experience. Personally, my journey with the boma council has been a long learning experience.

Starting with the ideas and visions, and then trying to carry them out and adapt them to a community with many different interests and point of views, has been really interesting and at times difficult. A real UWC experience, I'd say. It wasn't always easy to change things, but I guess Rome wasn't built in one day, and I am happy to see the D1s carry on what has been started. I wish you the best of luck!"



he Boma Council put in scads and oodles of effort into advocacy but the meetings they had with the responsible authority in some cases bore no fruits at all. Contrariwise, when most students suffered from stomach problems, the Boma Council assumed an active role in helping bring this problem to an end. Their action saw different steps being taken by the administration to send that problem to the grave. The water was tested and the pool water was changed.

Meeting with the cooking staff was held. This foe was attacked from all the angles and when we look back we can say that we defeated it. There have been fewer incidents of tummy aches in the school.

Taking that into account, we can give the Boma Council a pat on the shoulders for a job well done. But come to think of it, one of the prime grievances of the students was the food and we would like to hear from you and we will convey this message to the current Boma Council and the school authorities if you think the food has changed. Click on the link and simply answer yes or no to the two questions there.

So a few months ago, the students voted to elect new members of the Boma Council, to replace the D2s as they approach one of the most stressful times in their lives. So here are the new members of the council.

So a few months ago, the students voted to elect new members of the Boma Council, to replace the D2s as they approached one of the most stressful times in their lives so far - The IB exams. Here are the new members of the council.



THIS COUNCIL, having come to power a few months ago, already has certain plans and goals. They have certain issues they want to solve and want the student body to know them. Though I can't help but wonder ever since they have come into power, what issue have they tackled. Have there been any hurdles along their way as a new body? As I tried to answer these questions, I then began to ask myself, What issues do they need to address at the present? Have there been any new problems that they need to address?

I then went on to ask a current member of the Boma Council to elucidate on the vision of the current Boma Council and how they would like the student body to help them and here is what Beeri thought on the Boma Council.

Beeri (Haïti, '22) mentioned during our interview that he was driven to join the Boma Council by his desire to make change. He kept on reiterating that he wanted the power to make change and to be a voice to defend his family members. He said he wants to be part of a revolution. When asked what things he thought needed to change, he thought some rules were supposed to be reinforced. He was deeply concerned about the cleanliness in the boma and the lack of things to do during the weekend. When I asked Beeeri about why the Boma Council has been slow in taking action to solve the food issue as well as seemingly no action to solve other problems, he mentioned that change takes time.

> "Even God took his time to create the Earth"

Beeri did say that they are not the Almighty and they do not perform miracles and thus they will bring about effective change and all that they ask from the students is for them to effectively participate and to be honest about the problems they are facing.

Having heard all these different viewpoints, the question I had still troubles me and I would like to open it to the students. Is the Boma Council an effective body? Answer in the box below

Owing to UWC East Africa being largely a residential student, oftentimes, the problems that day students face are often overlooked. Their pleas and requests are often not heard or should I say they are not given a platform to speak out. We thought it extremely important to have their voice heard and speak out as they are an integral part of the school, just as the borders are. Having spoken to a few day students, many did not have as many problems but they also mentioned they could appreciate it if the food situation would change and they would be more involved in school activities.





INTERACT WITH GRASS!



PREMIUM MEDITATION!

Peace & quiet,
plenty of available
rooms and a warm,
welcoming
neighbourhood!

### **DESTINATION ARUSHA**

If you're looking for ideas on where to go next time you have a free weekend or day, here a few places you could go:

### Tanzanite Experience Museum

his is a must visit. Here you can learn more about the rare gem and Tanzania's national treasure, Tanzanite. Did you know that the only source of Tanzanite is Tanzania, specifically Arusha?



### Old Boma Museum

Here you can learn about Arusha's history, wildlife, culture and human evolution(including finding from the famed Olduvai Gorge and the Laetoli sites)



### **DESTINATION ARUSHA**

If you're looking for ideas on where to go next time you have a free weekend or day, here a few places you could go:

### Shanga

Shanga is swahili for bead(s). It started with local fabrics and bead necklace at one merry christmas fair and sold out within hours to now becoming a respected establishment that helps generate more income for the disabled. With having employed over 60 disabled people they produce creative products like weavings, glass blowing, beading, papermaking and metal work using the most sustainable(and recyclable) material in Arusha.



### **Snake Park**

this park offers guided tours of some of the most dangerous snakes in the WORLD! Famously known for its 3+ meter crocodiles (and a chance to touch the children) snake park has a host of snakes ranging from the green/black mambas to puff adders; you might even see the Egyptian Cobra.



### **PODCASTS**

Some varied recommendations of fascinating audio experiences!

### Stuff You Should Know

If you've ever wanted to know about champagne, satanism, the Stonewall Uprising, chaos theory, LSD, El Nino, true crime and Rosa Parks then look no further. Stuff you should know's got you covered.

### The Michelle Obama Podcast

Join former first lady as she dives deep into conversion with loved ones- friends, family, colleagues on the relationships in our lives that makes us who we are.

### Teenager Therapy

Are you stressed? Are you sleep deprived? But yet somehow energetic? Tune in and listen to these 5 super relatable teens on struggles of being a teenager and help them help you to try to answer the question is high really as bad as everyone says?



## **PODCASTS**

Some varied recommendations of fascinating audio experiences!



#### **Inside Yale Admissions**

Admissions Officers Hannah and Mark share the complex and dynamic work happening inside the Yale Office of Undergraduate Admissions. The podcast gives firsthand accounts of how officers read applications, make decisions within the Admissions Committee, and collaborate with other offices and resource centers. A true insight on how top tier universities CHOOSE YOU!

#### The Journal

Don't have time to read the newspaper? Well they've (wall street journal) got you covered. The most important stories, explained through the lens of business. A podcast about money, business and power. Get your daily dose of new through the most relaxing way possible-Through your ears.

### **MUSIC**

### A few pickings of musical brilliance

# l Can't Breathe - H.E.R

this won R&B singer H.E.R a Grammy for the song of the year category during the 63 Annual Grammy Awards ceremony. I Can't breathe was inspired by the slogan (with a similar name) associated with the black live matter movement; H.E.R wrote this song in direct relation to the protests which swept America after the death of unarmed black man George Floyd. "That fight we had in us the summer of 2020, keep that same energy"-H.E.R

# Level Up - Burna Boy

African Giant Burna Boy shows us all of his insecurities and anxieties in a single song. He tries 'leveling up' without being Twice as Tall. In the second verse express that he is finally able to afford weed when he starts selling out venues; this verse could be a metaphor of him and other African Artists being able to afford the finer things in life.

# Dancing with the Devil - Demi Lovato

former Disney star Demi Lovato opens up in the song and a documentary titled the same about her struggle with drug addiction, she opens up about what led to her near-fatal overdose in 2018, as well as her personal and musical journey over the past three years.



## **MOVIES**

Movie picks from all around the world!





### BIG FISH BEGONIA / 大鱼海棠

A 16-year-old girl embarks on a fantastical and dangerous adventure after transforming into a dolphin. When a boy sacrifices himself to save her, she uses magic to bring him back to life -- only to learn that this power comes at a serious price. A beautiful animation and story of friendship (and friendzone)



### THE WEDDING PARTY

The Wedding Party is a 2016 Nigerian romantic comedy drama film directed by Kemi Adetiba. As their big day arrives, a couple's lavish wedding plans turn into a nightmare that includes exes, fighting parents and uninvited guests.

A hilarious movie that showcases the best of Nollywood and West African cinema.

### **VOCES INOCENTES / INNOCENT VOICES**



The movie is a 2004 Salvadoran-war film directed by Luis Mandoki. The plot is set during the Salvadoran Civil War, and is based on writer Óscar Torres's childhood. The film serves as a general commentary on the military use of children. The movie also shows injustice against innocent people who are forced to fight in the war. It follows the story of the narrator, a boy named Chava.



### **PROMISING YOUNG WOMAN**

Nothing in Cassie's life is what it appears to be -- she's wickedly smart, tantalizingly cunning, and she's living a secret double life by night. Now, an unexpected encounter is about to give Cassie a chance to right the wrongs from the past.





A group of mercenaries, all centuries-old immortals with the ability to heal themselves, discover someone is onto their secret, and they must fight to protect their freedom.'

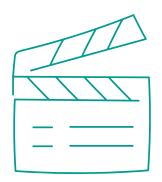
### I CARE A LOT



A shady legal guardian lands in hot water when she tries to bilk a woman who has ties to a powerful gangster.

# **TV SERIES**

Movie picks from all around the world!



### **LMAY DESTROY YOU**



After being sexually assaulted in a nightclub, Arabella's life changes irreversibly and she is forced to reassess everything, including her career, friends and family.

### WHEN THEY SEE US



In 1989 a jogger was assaulted and raped in New York's Central Park, and five young people were subsequently charged with the crime. The quintet, labeled the Central Park Five, maintained its innocence and spent years fighting the convictions, hoping to be exonerated. This limited series spans a quarter of a century, from when the teens are first questioned about the incident in the spring of 1989, going through their exoneration in 2002 and ultimately the settlement reached with the city of New York in 2014'



### **JUJUTSU KAISEN AND VINLAND SAGA**



Any anime fans out there or people starting to watch anime should really try these two out. Two of the best new gen action animes that are only 24 episodes long and full of surprises.

#### **BLOOD AND WATER**



After crossing paths at a party, a Cape Town teen (Phuleng) sets out to prove whether a private-school swimming star is her sister who was abducted at birth.



### **EXTRACURRICULAR**



Oh Ji-soo is a top student in his class. He runs an illegal business to earn money since he lives separately from his father. Bae Gyu-ri comes from a wealthy family. She is pressured by her parents who want her to take over the family business. When Gyu-ri learns about Ji-soo's secret, he has no choice but to let her join in. Everything is going well until Seo Min-hee, one of their classmates who is also in the business, gets caught by the police.



# Jacaranda, the best Boma?



**ONE** question which I believe remains unanswered amongst the residential students is that of which the boma has the right to be called the best.

If the criteria solely relied on the number of trophies a boma has, Jacaranda would surely be at the top as it has by far the most trophies, which is one. Had it been this simple, this question would have long been answered. As much as I may wish this was the only criterion used, being from Jacaranda, it is not the case. There are a myriad of factors to take into account. Whilst the three bomas appear structurally the same, when you examine them with a microscopic eye, you will find that Acacia bears a secret weapon which could give it an advantage in this fight to be the best boma.

Acacia's back doors are their most coveted treasure. The ability to be able to move out of your boma through a somewhat secret door is one thing that students drool over. Acacia not only has these but it also boasts of lush green lawn, allowing its residents to bathe themselves in the sun there or simply host picnics or take a gaze at the stars whilst they try to gather their thoughts.

Considering all these treasures that Acacia has, which I'm sure they are most grateful they are immovable otherwise they would have to guard them against a particular boma which has built a very strong reputation for "borrowing utensils from other bomas without permission", Acacia can be accorded the title for being the best boma. Baobab is however not willing to throw in the towel just yet.

When the above information was divulged to a "Barbarian" they quickly pointed out that because of its relatively isolated position which they prefer it to be termed strategic, the Boma is relatively quiet and noise levels are generally low in the Boma.

This allows them to be able to focus on their school work and get their assignments done. Surely some quiet is all an IB student can ever ask for and Baobab bearing that could possibly mean it is the best.

Jacarandas however argue that Baobab is simply too boring thus the reason why hordes of residential students flock to their Boma, making it crystal clear that they are deserving of their second trophy, that of being the Best Boma. I had no right whatsoever to accord Jacaranda or Baobab or Acacia, the title of being the best boma. As a single residential student, I most certainly cannot speak for all of the students. I therefore had to ask some students what qualities they think are important in looking at a boma and whether it is the best boma.

From Mihranush (Armenia, '22), Jacaranda is the best boma. After having had a terrible day at school, her spirit is uplifted as she thinks about going back to Jacaranda which feels more like home and not just an extension of school. She said the game nights they have in Jacaranda as well as the Boarding Parents, Ms Coralie and Mr Niels make the boma a very special one. She concluded with the following words:

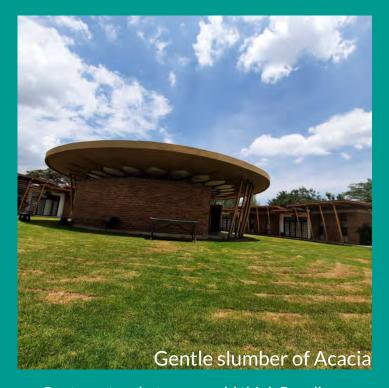
"Acacia is known for being The City, one where crazy things happen. Baobab is simply a ghost town but Jacaranda is not too much like Acacia nor "dead" like Baobab. It is a home that is the perfect balance and for that I am beyond proud to be part of the boma"

Fisiola (Indonesia, '22), however, was quick to disagree.

She mentioned that for her, cleanliness, collaboration Between residents and supportiveness are what makes a boma good and for her, Baobab offers just that.

One other thing that sets her Boma apart from the other two is the quiet and homey feeling. Fisiola painted Jacaranda and Acacia as noisy with Acacia being not very clean for the most part. As a result, she only has eyes for one Boma and that is Baobab which she believes is the Best Boma.

In the end, I realised that this question will simply be a battle of opinion. There are no clear facts that we can base a judgement on. So to answer the question in the title, Is Jacaranda the best boma? Perhaps it is but we can not say conclusively and the same can be said if the question was asking about Acacia or Baobab. All bomas appear to be like two peas in a pod on the outside, they are both different and possess different qualities that distinguish them and set them apart from others. They are all the best in many different aspects and in the end, it would be mistaken to accord only one boma the title.



Contrary to what you would think Rosalia from Acacia would say, she believes that Jacaranda is the best boma and this is not because she detests Acacia. She mentioned that Acacia is her home which she wouldn't not leave and her mentioning Jacaranda is the best doesn't mean she wishes as she lived there, iit is just an appreciation. She lauded Jacaranda for the harmony they have and the sense of community they have, how they help each other in class and also how they excel in sport.

### A message from the boarding Papa

# Watoto Wangu,

"The most stressful time in my life is when you are not feeling well. It troubles me and brings me a great deal of anxiety and heartache. We have you on loan from your parents and it is our priority to make sure that you are fine at all times"

This is what the Head of Boarding, Mr Chris, said, as I interviewed him with regards to residential life and how it affects him as a boarding parent.

Mr Chris described his experience as a boarding parent as 'terrific'. He expressed bliss at going from a house with only forty children to about seventy and to more than a hundred next year. Mr Chris said he felt extremely favoured to have gotten the opportunity to work with the students both at school and at home.

What most people may not know is that this was Mr Chris's first time working as a residential parent and I'm sure everyone will agree with me when I say he has done an incredibly good job. Yes, there are times when we have exasperated him but he has never quit.

#### As he puts it:

"Some days being a boarding parent drives me crazy, having to deal with a lot of issues and people flocking to my backyard for various reasons. However amidst it all, I remind myself these are all my children and I have to take care of each and everyone of them"

Mr Chris sang Acacians' praises throughout the interview. He says whenever he comes to lock in the boma at curfew time, students welcome him with open arms and some help him with the checking in process. Even though he is going to people's spaces, he Mr Chris went on to say the common area feels like a big living room with his youngest son spending some time there.

"Acacians are the best, perhaps they were born that way"

One of the questions I asked Mr Chris was what is the most exciting thing about being a boarding parent and he responded that he enjoys seeing people respond to different situations as we are all living in a situation different from their own. He did say that they as the boarding parents have no idea of what happens when they lock the door but it is an experiment, an experiment worth doing. "We hope we are all living the UWC values, even behind the closed doors" he concluded his answer to the question.

Mr Chris stressed that not everyday is perfect, and that it is an ongoing discussion when faced with the question of whether boarding students adhere to regulations. He touched upon the notion that rules work if the students feel they have ownership of the rules. He did state that the concept of rules is a work in progress and in five to ten years, it does not mean we will not have a situation where rules are not broken. He said that the agreements we live under are clear and they have become who we are and that they are open for healthy discussions with students on these.

### A message from the boarding Papa

The most important part of the interview with Mr Chris was to get to understand how his life is as a residential parent and more importantly to learn more about how we can help him as well as other residential parents. When asked this question, Mr Chris only had a single answer and that was dialogue. He said that if we communicate any problems and issues that we have to him and the other residential parents, it will make this journey smooth and an unforgettable one. He also requested that the Boma Council be a bit more proactive rather than reactive and that he is eager to see how the body grows as time goes on.

#### Did you know, Mr Chris:

- Has summited Kilimanjaro
- Is a fourth generation Californian
- · Loves playing the Guitar and Guitar Based Rock and Roll

Oh, and one last advice - Mr Chris says everyone should develop a limerick and as he puts it, "It's good for you"



# UNIVERSITY AND PSYCHOLOGICAL COUNSELORS

# **Managing IB Stress**

It's the exam season, and everyone is stressed.

A few things that you might like to know:

#### Stress affects everyone.

Routine stress is felt in work, school, family and other daily situations, and is often underestimated – everyone has it, but it doesn't mean it is easy. When the pressure is on to perform well in a difficult situation, like exams, it can be overwhelming.

Stress is sometimes related to a sudden negative change, such as losing a friend, a parent, becoming ill, or a relationship breakup.

Traumatic stress is when a person feels that their life is threatened, or people they care about are threatened in war, assault, or natural disasters.

#### Not all stress is bad.

Your mind and body respond to stress in ways that are intended to keep you safe and at your best in order to answer to the threat with survival mode chemicals and hormones. It can motivate you to be prepared and 'on your game' when you need to take a test.

#### Long term stress can harm your health.

Those same chemical reactions can be harmful to your health over the long term. They wear out the immune system, disturb sleep patterns, as well as cardiovascular and reproductive systems. Emotional responses and physical responses can include irritability, sadness, anger, and headaches, stomach aches and a lack of focus and concentration.

#### **Managing Stress**

**OBSERVE:** is your body responding to stress? Difficulty sleeping, increased use of substances like alcohol and drugs can bring more stress in the long term. If you are easily angered, feeling depressed, and having low energy you need better coping strategies.

TALK ABOUT IT: There are ways to share and solve difficulties with stress, by sharing the burden with friends or professionals who have some ideas about effective treatments. Your Peer Support Group are skilled in this area, and are available to you, as well as teachers, your counsellor, and boarding parents with whom you can talk.

**EXERCISE:** Getting out and taking even a short walk in a natural environment can relieve your stress, change your perspective, and give you a break. Sometimes breaks are important part of studying, and can improve your health and your mood.

**RELAX:** From time to time, you need to have a break to do something that you enjoy and which benefits your study. Explore some meditation, muscle relations, mindfulness exercises and breathing exercises to calm the body and the mind.

**SET GOALS:** Decide what to do now, and what can wait. Oprah Winfrey once said that "NO is a complete sentence" so learn to use it. Be mindful of what you have accomplished every day instead of concentrating on what you did not complete.

**CONNECT:** You are not alone, and it is important to stay in touch with people who can provide emotional and practical support as well as comic relief. Laughing is healthy, and boosts your immune system and your mood.

# UNIVERSITY AND PSYCHOLOGICAL COUNSELORS

# Arusha's own peer counselors!

The brand-new Peer Mentor Support Program is up and running! Eighteen of your student colleagues spent 12 weeks, two hours per week, in training in order to become skilled listeners and problem-solving strategists. The new program will give these students service opportunities within the school community, and are available to all of us as a resource for confidential conversations and approaches to resolving relationship and academic concerns with skill in trustworthy and intentional discussions.

In the next months and years ahead, we look forward to developing the program further. The Peer Mentors have ideas about SIPs in D2 that will serve the school community in innovative ways, improving life in the boarding programs, in anti-bullying efforts, and mentoring peers and younger students as opportunities arise.

These are the people to call if you need help dealing with anxiety and stress, getting organized, or just needing a safe place to vent...

Jennifer Gatheca Noemie Meyr Amr Al Dayek Mohammedhi Hasan

Gavin Wensel Harry Taylor Mahen Godha Mihranush Varzhapetyan

Lazar Tripinovič Emma Lawson Grecia López Magnus Fischer Alissa Lapenti Amitis Hamidi Ali Saber Fisiola Nugraha Zahra Jaffer

# **University Spotlight**

Journalism Club members interviewed different US universities' admissions spotlight about a range of questions related to the application process in the US. Read on to get comprehensive and useful tips for applying to university!

#### **APPLYING TO UNIVERSITY**

#### Kindly describe how the past admissions cycle looked for you?

- Was there an increase or decrease in the number of students who applied, in particular international students
- Was it more competitive?
- How did the Covid-19 pandemic affect the admissions?
- How different was the 2020-21 cycle from past cycles?

#### **Macalester**

More students applied and it was definitely very competitive, The introduction of Early Action also made the pool more competitive. It is also important to note that the International Pool is more competitive. In the end it comes down to financial aid through a lot of other factors are taken into account such as the IB Diploma, Essay as well as the Teacher Recommendations. Your Ifie before UWC is also taken into account

#### St Olaf

In the past admissions cycle, more virtual opportunities were availed to students. Connections with students were definitely made easier. Many schools went test optional and that was a huge advantage for students, especially if they would face a challenge paying for them. Test-optionality made it easier for students to apply and also to more places. It is however important to note that at St Olaf, we have been experiencing a steady increase in general in the number of applications we receive and not just because of the pandemic.

#### **Cornell University**

Cornell went test-optional for admission in Fall 2021. As admissions officers we had to read applications differently because students had faced a number of challenges owing to the pandemic. We received a lot of applications and the selection process was by far the most competitive. Admission rate decreased further, below 9%. There were a total of 67394 applications in total for admission in the fall.

Cornell has seven colleges and when you apply, you apply to one colleges. Some of the colleges had a lower acceptance rate than that of the university as a whole. Cornell now has new residence halls and these allowed it to increase the number of students admitted from 3278 to 3601.

#### **Brandeis University**

This application pool was certainly more competitive but with that, Brandeis also managed to give more scholarships to students. The number of applications received did rise and this therefore meant more students requiring financial aid and at Brandeis we are still committed to meeting the needs of every student admitted to Brandeis. There were a lot of virtual events and virtual group travel and as a result we got to connect with more schools. On a sad note, the pandemic did affect interview dates for the embassy including financial aid options.

# 2. The UWCEA class of 2022 will begin their applications soon and they would like to seek advice on the personal statement. What tips would you like to give the students? What are the do's and don'ts? Where do most students go wrong?

Macalester: You have the list of the David Partener Schools. Go to their websites and look into the mind of information they have. A number of schools have more general workshops, Macalester being one of them where we talk about general things such as asking for recommendations. Take advantage of such sessions. Trust your counsellors. We have been chatting with them and they are there to support you. I can't stress enough how important that you listen to the counsellors ad be trusting with them. US Schools also tend to be keen on what kind of a community member you are. Your CAS definitely counts and things you are committed to outside of class do count a lot. Organisation also helps and is not afraid of admissions officers. If you can not find the information on the website or are confused, feel free to reach out to me. You are never bothering me. I'd rather you ask a question then be uncomfortable with the application.

#### **APPLYING TO UNIVERSITY**

#### St Olaf

It is important to note that some schools have rolling admissions thus do take time to look at the school you are applying to. Do start taking a look at the essay prompts and see which ones pique your interest. Think about them early on and see how you might respond. Jot down ideas and write a draft during the summer and definitely put some ideas down. It's also important that your personal statement is personal to you. There is no right or wrong essay. Recommendations are based on someone else's words. The common app essay is when you are telling me a story. It is a chance for me to know more about you and learn who you are.

If you are concerned about your English Level, don't hesitate to have someone read your drafts BUT never let an editor change your words such that they are no longer your words anymore. There is another person putting much time and reading your essay as much time as you will read it. You should not be working on your application all summer. If you do have some extra time, take a look at the application and some prompts. When you get back to campus, you will have the support of your counselor. Spread it out. If you have a little extra time in the summer, do it because DP2 is quite challenging.

#### **Cornell University**

In your common app essay, communicate who you are and what your intentions are. The essay writing is becoming more and more important. Activities are paused and Schools have gone test-optional. We therefore can not count on testing and also involvement outside of class has changed. Behind the transcript and the recommendations, grades and classes are super important in a test-optional environment. The trajectory of your grades is important and thus make sure it is always growing. Getting better is extremely important. As admission officers, we are spending more time on the writing. Make sure the essay mentions who you are and why you want to attend Cornell and why you want the major you have chosen.

Also recommendations from teachers are super important. We want to know what kind of person you will be in our classroom.

#### **Brandeis**

We read a thousand applications each year. We know when a student tells us what they think we want to hear.

Brandeis is very focused on its values and some of those are duversity, inclusion as well as social justice. Look into the particular universities you are applying to and what values you bring to the university. It does not have to be extravagant.

We want to see some dedication, even the smallest of extra-curriculars with a lot of dedication, means a lot more than climbing Kilimanjaro. Community Engagement is also important.

We are also wary of any inconsistencies in your application. The extracurriculars mentioned in your application must reflect on the teacher recommendations.

3. Most schools have gone test-optional, including your school. Are you still seeing many students submitting SATs? In your opinion, are SATs a good representation of a students' capabilities and should they be scrapped?

**St Olaf** - The majority of students applying for admission in Fall 2020, did not take the SAT. Just because you take the SAT it does not mean you have a better chance of admission in test-optional conditions otherwise that would be a disservice. SATs are just an indicator of college preparations. Students who excel are simply not smarter, they just have more preparation. SATs are a less important factor than anything else. Most times when students are preparing for their national exams, SATs just become another test, a less important test.



#### **APPLYING TO UNIVERSITY**

**Cornell University** - Even though Cornell was test-optional there were many applicants still submitting it. If you send them through we will consider them. If your scores are not that high, it will be a disadvantage if you send them. Consider your scores carefully. 700 or higher would be great for Cornell and no lower than 650.

**Brandeis** - We have been test-optional for the past seven years and we are more est0 flexible. If you do not have access to IB or A Levels,we can do a graded paper and you can take that instead of the SAT. The SAT has no impact on financial aid. If you do not have SATs, you are not at any disadvantage. More than half of the students which received fully funded did not have any SATs.

4. Some of the students applying this fall are undecided about what they want to do for college. How can you help them or what advice can you give them to guide them on their journey of discovering what they like or what suits them?

#### **Macalester**

I would say undecided is the best way to enter a liberal arts college. We give students the spact to explore their options. Most students arrive undeclared because they want to get to know their faculty. Students have up to the end of the first year to declare their major and we do give students a lot of advising. Ask the school you are applying to, to connect you with a current student and ask them what it is like. Other ways of exploring what you may possibly like include CAS, talking to professionals as well as asking the supervisor of that CAS experience what their job is like.

Being Undecided is one of the biggest advantages.

#### St Olaf

If you have a finalised list at the moment, be willing to add a school or two between now and November. Think about what you have liked or not prior to your UWC Education. Ask yourself some questions such as, Would you thrive in a rural or more urban community?

Be open to multiple countries. If you will need any financial assistance, start with the Davis List. <u>Don't cross schools because of cost at this point.</u>

Applying undecided is no disadvantage at all in most liberal arts schools. You have the first two years to declare your major. You can still put an intended major if you are still thinking of it. It does not lock you into a decision. You should not put something as a major because you think it will give you more chances. It is important to note though that when you are applying to a large school and they admit in specific schools, then that might be very important. The general advice I can pass on is know your favourite subjects, have an open mind and that your major might be a class you never took!

#### Cornell

There is a difference between selecting an undecided major and being undecided. Also one other thing involved is not wanting a major. Cornell is a liberal arts school based on the experience but when applying we would prefer you to at least have a major. An undecided major within one of the colleges is available. When you select undecided in that college, that cannot mean you do not want to make a choice. It needs to mean that you have multiple areas from which you might choose. It is important that you do talk about those areas which you might choose from. When it comes to being completely undecided, Cornell wants a more specific anwer. We need you to be more direct in your preparation and decision making before applying to Cornell. You have to make some choices.



#### **APPLYING TO UNIVERSITY**

You will find that the less you insert yourself in the college preparation process, the less positive the returns will be.

Some applicants chose to opt for the interviews and this is a great way of showing engagement. Sometimes your engagement plays a huge role in the quality of your interest. Students in some colleges, except for one, offer a double major. Advising is available at Cornell. Find a great way to shape your Cornell experience. You know more about yourself. Going to College is a choice. Getting the grades is a choice. You have to start making choices. As you go on, the choices have to be made by you. You have to be the director of your own things. Step out a little bit on faith and trust yourself. Do your research. College Preparation is like another class!

#### **Brandeis**

You do not have to decide right away. You have your first and second year to experiment with what you want to take. At Brandeis, you take almost the same classes as your final year of the IB. The Brandeis Core also helps students be more successful once they graduate. There is a Career Centre available for students in their first year and they can do internships and research.

6. What do you think of a double-major? Would you advise students to go for it? How about a scenario where a student wants to do a double major in two fields which are different, say Engineering and Hospitality? What piece of advice can you give for such students?

#### Macalester

Depending on the structure of the university, or what program you are doing, they will inform you how easy it will be to do both.

One of the nice things about Macalester, which is more of a liberal arts and science university, is that it tends to be easier to have different combinations. Majors at Macalester tend to be a bit more general. We do have something called concentrations and these are not in a major but are interdisciplinary. I would imagine a lot of students coming in, with the pandemic, we could have a lot of students interested in International Studies major with a concentration in Community and Global Health. For many careers, graduate school is becoming more of a necessity. Specialisation happens at graduate school mostly. We did have a student at our school who majored in Biology and Studio Art and her senior art profile was an artwork inspired by what she had done in her biology lab.

It is important that people's ways of thinking and ways of adapting are very nimble as new markets change. I was in college when Facebook was invented. There was no emphasis on computer science but now my friend is working there. Computer Science has grown as a field thus it is important to go where the marker moves on the ability to adapt will future proof you.

#### St Olaf

In a liberal arts school you can major in two different things, be it Chemistry and Art or other things. I would say a double major is not harder, it's just how you plan things. You will have a professor and faculty advisors that can help you with the planning. A third of our students at St Olaf have double majors. What is less common at St Olaf is the Honors Program.

#### **Brandeis**

A double major is possible at Brandeis. In fact, 60% of our class population double majors.

A triple major is also possible at Brandeis. Support is provided to help you manage your double major. Faculty advisors can help you organise and manage your double major. Upperclassmen can also help you with university.



#### **APPLYING TO UNIVERSITY**

7. What myths do you think students have about admissions and can you debunk them? In your own opinion, what causes these myths to spread and get to be believed by so many students?

#### Macalester

"Schools Ranked Higher in US News Report Ranking must be the better school"

Ranking glasses over deeper research and as a result students assume that the school ranked number one must be the best school. Just because a school has a higher ranking, that doesn't mean it will be the best school for you. Self reflection is important as you start to do your college search. Ask yourself some questions such as, What kind of community do you want to be a part of? How do you want to be assessed? Answer these questions and start to match your responses with certain schools. Try not to get hung up on ranking. That number 40 school could be the best school for you!

"There is a specific list of extracurriculars that college admissions counselors look for"

There is no specific list of extracurriculars. We don't look at two students and be like, this one did Poetry and this one did MUN and MUN is more important so we admit the student who took MUN. I would advise you to make the most of the opportunity you have. Get involved in the activities and the things that speak to you. You should not be taking activities because you think they will look better on your CV.

#### St. Olaf

"In a need-blind process, students with high financial need have a higher chance of getting in"

In the US, perhaps there are few schools that are both need-blind and meet 100% of the need. Most schools will be need-sensitive. For UWC Students, I can be need-blind. I don't care what your financial aid information is. I will not make my decision based on your financial need.

#### Cornell

"Since Cornell is a big school, they do not read everything you send"

That is one of the biggest myths students have about Cornell and other big schools like us. Yes we are a big school and we receive a lot of applications each year but we do read all the applications and we read applications in the context of the school and the individual.

"Cornell doesn't understand students when their grades are not as good as they should be based on other information"

This is one of the myths I think students have and to debunk it I would say, in a process as selective as Cornell, if grades are not as strong as they should be and if classes are not as rigorous as they should be based on other information we do get a bit concerned because our main concern is for students to be prepared for the education they will receive at Cornell. Our concern is for students to be engaged.

"High test scores mean counselors will overlook low grades"

Test scores do not allow for us to overlook underperformance.

"There is no time to rest at Cornell, it is all about academics"

Students here actually work hard and play hard. We have more than 1400 student created clubs. There is always something created and there are ways activities and speakers and things to be engaged in. These activities bring students together.

#### **Brandeis**

"There are no sciences and research opportunities at liberal arts institutions"

You can major in a Science field in a liberal arts institution such as Brandeis and also get access to plenty of research opportunities. In fact Brandeis, is a tier 1 research institution with Nobel Laureate Professors.

#### **APPLYING TO UNIVERSITY**

#### "Brandeis is a Jewish Institution"

Whilst Brandeis was founded by Jewish values and on Jewish heritage and roots, we do not adhere to that and we have students from diverse religions.

#### "Universities primarily look at grades"

Students get caught up on grades and a lot of universities will look at grades but they are as important as extracurriculars as well as essays and interest. We want you to be interested in the values of the school. Interest can be demonstrated through the optional interviews as an example. When we say something is optional, we simply mean you should do it.

# 8. What piece of advice can you give to the students applying this fall that can help them get admissions into the school they dream of getting into?

- Community Engagement is very important
- Make your application as unique as possible
- Commitment and Dedication is important in activities
- Start working on common app early
- You have the power, what you do will affect you and thus get prepared early
- Aim for a direct balance between answering the common app essay and telling more about yourself
- Listen to stories from DP2s and ask them where they are going
- Work closely with your college counsellors
- Be kind to yourself, self-care



### SINGAPORE, STARS & SUPER EXPECTATIONS

By Luanga Kasanga ('21 GCC/Congo)

Have you ever been disappointed? I mean, REALLY disappointed, as in: "This is not what I expected, I made a disastrous choice". Okay, okay, let me elaborate. Sometimes you can think you made the wrong decision, persevere through, and realize you were wrong, and that's okay.

Eleven years ago, I went to watch my older sister play basketball against a school called UWCSEA, in Dover, Singapore. Evidently, I didn't think this event would have any connection later on in my life. Well, they did. Years later, my sister recommended me to apply to UWC back in December 2018, which was at the time (unbeknownst to me) a movement consisting of 17 schools across the world!

I did it, thankfully getting nominated by the Gulf Cooperation Council (GCC) National Committee to attend a UWC, with no idea where in the world I would end up. I was ecstatic. I am someone who yearns to be super prepared about something new, so I researched even more intensively than during the application period. I spent hours every week looking up alumni, reading donor reports of the colleges, and especially reading about current and past UWCers' thoughts on UWC blogs. I learned about their regional evenings, about their challenges, their Project Weeks. UWCs were different, they were special. I was getting giddy with excitement about UWC knowing that I was soon going to be like the people I had read about! I was then selected for UWC East Africa, which had just become the 18th UWC at the time. Groupchats were joined and UWC blog reading continued over the summer.

I really wanted to take this chance with both hands, do the most that I could to build upon my community, take advantage of whatever experiences I could, make a positive chance in my community and everyone else I met would have the exact same goals. After all, I felt like I would be wasting such a golden opportunity if I didn't. Some of the people I knew from my selection process (who I'm still friends with today) had been rejected,

and I felt a bit guilty that I had been the one selected and not them. Already in my life, I had been privileged enough to get a fantastic education, housing, family, compared to millions of other youth from my country. I wanted to live it to the fullest, make it mostly perfect.

Arriving in Arusha, my optimism was at a super high level. Orientation and the rest of the first month went fantastically! This is where I belonged. And then in my eyes, the cracks started showing, for various reasons. I had remembered my vow and went about my experiences with brightness, trying to do this and that, as if everything was normal. I thought: "Don't complain too much, try and do something about it. After all, that's what UWC is about, right?" September went, then October, then November, then December. Speaking with my coyears at other colleges, my best friends, this was "not UWC", like the ones I had read about in the blogs. My own UWC blog didn't look like theirs. Of course, my belief wasn't objectively true, but it was just how strongly I felt, you know? Sometimes I can be unrealistically, and stubbornly ambitious. But maybe it's a good thing every now and then? At the end of 2019, that was it. I was too disappointed. To be candid, like E.Bledsoe: "I don't wanna be here". I was lucky I had best friends who convinced me otherwise. So what were these cracks?.



### SINGAPORE, STARS AND SUPER-EXPECTATIONS

By Luanga Kasanga ('21 GCC/Congo)

I felt like there wasn't a true sense of community, a sense of the "UWC Spirit" and values. Reflecting last summer during the first lockdowns, I realized why I was a bit misguided. I had only been open minded towards one sort of experience, the one that I had seen in the blogs, rather than being open to a new one. The other UWCs had been operating longer, for decades in some cases, and so these things were already there. It was a bit overidealistic to expect this from the very start. To use a Congolese cliché: the city of Goma was not waiting for us, we had to build it up. It almost speaks to the real world, how we should be agents of change in our own communities instead of waiting for others.

And of course, despite the pandemic this past year I made so many wonderful memories that I treasure. Exploring northern Tanzania during the winter break, meeting so many great community members, reading badly written fan fiction with dear friends at Sables, playing football on Fridays, failed projects, trying to pronounce Amharic words, spending way too much time laughing and debating in the evenings, camping and roasting marshmallows, exploring a more realistic view of the continent's exploited history in History class. exploring intersectionality, laughing with roommates, long Saturday walks with friends in the countryside, dancing poorly to Congolese music with one of my firsties... and many more to properly list here.

So what am I trying to say here?
It's okay to make mistakes, to be annoyed, be wrong, lose here and there, be who you want to be (in a good way, obviously) and not what others want you to be or take what they think to heart (within reason). I am glad that I took full advantage of my opportunities and took part in new and different experiences, and most importantly contributed.

That's just my opinion, what I say holds no special value, of course. UWCs are special and different, and they're not the same for everyone, and that's okay. I am unapologetically proud to be a Congolese graduate of UWCEA, representing Bahrain (and the GCC NC). I feel bliss and confidence about myself, and my future. I am super thankful for the opportunity that I received, and to have graduated.

Of course I will miss it, but I am really eager for my next adventure, to move on and keep on smiling. Regardless, an aura of UWC is always with me wherever I go.

Everything will be fineeeee.



### **TEACHER ANECDOTES**

Fun and fascinating stories from your teachers!

# "A Bee Story"

### By Ms Amanda Bowen

Whilst on a Game Drive in Kafue National Park, we stopped for some refreshments under a tree. Our youngest daughter jumped down from the Game Viewer and began to climb the nearest tree. Unfortunately she bumped straight into a bees nest. Chaos then ensued, the bees swarmed and attacked us, stinging everyone in sight. To start with we were uncertain what was really happening.

We began flailing our arms and batting the bees away. (We later learned that this is not the best method!) We lay on the ground hoping they would fly over us but this didn't work. We then ran away from the bees. Bees aren't fast fliers as their wings are small in comparison with their body size so we managed to outrun them but a few caught us up when we stopped to rest. So we lit a fire to smoke them out. Eventually, a lot of bee stings later, the bees flew to a new resting place and a member of our party returned to the car to drive us back to the camp. We learned that you should run into the wind as this makes it even harder for the bees to catch up with you.

## **Uphill the hard way**

### By Ms Amanda Bowen

A number of years ago we decided to explore a little used road from Mikumi to Selous. It was a beautiful drive down a dirt road through pristine forest. However, the road became narrower and more and more overgrown. As nightfall was approaching we decided it would be a good idea to return to Mukumi. The return journey was apparently not going to be so easy.

Our car could not get back up the hill. We unloaded all the heavy items from the car: 2 x 20 litre jerry cans of diesel, 3 x 20 litre jerry cans of water, 2 spare tyres, we were well prepared! Mr Bowen drove the Landrover up the hill and returned to me. We proceeded to carry all the items up the hill to the car. Finally having carried everything up we reloaded the car and set off again exhausted but relieved to have got going.

Oh no another hill!

This one is even longer. Obviously we tried to drive up but as the car stalled we realised that this wasn't going to work. We unloaded the car again. By now night had fallen. Mr Bowen left me at the bottom of the hill with a wheel spanner for protection to fend off any wild animals that might appear and off he went. I could hear the car getting further and further away. He had to drive up the hill in reverse to get more tractionas the hill was so steep. At last he shouted down to me that he had got up the Z-shaped hill. We began the thankless task of carrying everything up another hill. Adrenaline kicked in and we succeeded in our efforts. Exhausted, we checked into a hotel in Mukumi for a much needed shower.

Ahh - No water!

### **TEACHER ANECDOTES**

Fun and fascinating stories from your teachers!

# Manza, Gunma, Japan. 1998

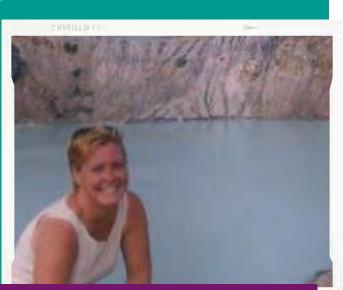
### By Ms Christy

I once took a job cooking at an *onsen* (hot springs) resort in the remote mountains of Japan. I was there for 4 months, living and working in Gunma prefecture. It is an area of the country that is famous for hot springs and ski hills. Because of the volcanic activity that feeds the amazing hot springs, the area is pretty smelly - rotten eggs anyone?! One day, I went for a hike with a friend. There was a trail leading up the mountain from the resort's parking lot. As you may know, I'm not the best hiker these days, but this was a long time ago and I was much more fit! On the trail there were these little shrines cut into the mountain and the views were incredible!

At one point, we got to a plateau and suddenly there was a busy road. We couldn't tell where the trail continued but weren't ready to head back down the mountain yet - it was such a lovely day - so, intrepid explorers that we were, we simply crossed the road and kept going. The terrain had changed considerably, it was much more flat, but the views and the weather were still lovely so we kept going. It did smell pretty bad, but we were used to that smell from the hot springs at work. At some point, we started seeing signs posted in the area. They were in Japanese, so we just ignored them and kept going...we could see a lovely lake up ahead and wanted to check it out.

Eventually we came to this amazing lookout over a beautiful green lake surrounded by high cliffs. Yes, there were more signs around, sometimes with red lettering and exclamation points, but they were still in Japanese and we still couldn't read them, so we continued to ignore them. We took a lot of photos and sat to have a drink and a snack. As we looked around, we finally noticed something strange. Around the other side of the lake there appeared to be a glassed-in enclosure full of people looking at the lake and taking photos! When we finished our snack, we casually walked toward the enclosure and the people started acting very strangely. They were jumping up and waving at us and taking our photos. Now, not all of this was unusual. We were two white people in a remote part of Japan, people often took our photo (or wanted a photo with us).

However, suddenly a number of people in security uniforms started yelling at us and banging on the glass walls to get our attention! Of course, we couldn't understand what they were saying, but we definitely got the message we were not supposed to be where we were. My friend and I found it quite funny so we (still taking photos of the lake and each other) made our way over to the enclosure. There was a door in the enclosure, which it took the security people quite a while to open, and we finally joined the rest of the people inside struggling to take nice photos from behind a glass wall that too many people had smudged. The security people escorted us out of the enclosure to what was actually quite a developed and busy tourist area - huge parking lots, stores and restaurants.



It was 1998. Digital photos didn't really exist yet so this is the only photo I have left.

### **TEACHER ANECDOTES**

Fun and interesting stories from your teachers!

## Manza, Gunma, Japan. 1998

### By Ms Christy

They didn't speak English and we didn't speak Japanese so we had no idea what the problem was. Eventually we found a supervisor who spoke English and asked us how we had come to be at the lake. We told them about our hike and they were horrified.

Apparently, since the time we crossed the busy road, our hike over the plateau to the lake (which took over an hour) was through a very dangerous active volcanic area with toxic sulphur pockets!! Apparently that's what the signs were trying to warn us about! A bit scary...but we did get much better photos than everyone else!

Someone kindly offered us a safe ride back to the hotel, which by winding mountain roads rather than hiking turned out to be only about 15 minutes away. It was a great day!

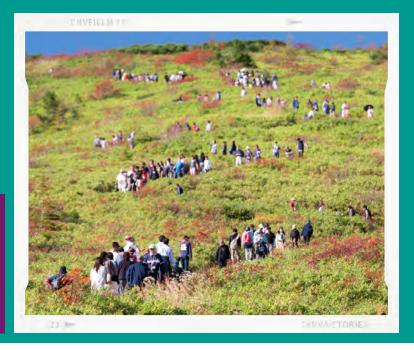


This is a smaller pond at the tourist rest stop. You have to hike from there to the main lake - many Japanese women do this in high heels.

(https://www.japan-guide.com/e/e7406.html)

This is a photo (not my photo) of how visitors are supposed to get to the crater lake viewpoint - a long and regulated trail of tourists.

https://offbeatjapan.org/mount-shirane/



### **TEACHER ANECDOTES**

Fun and fascinating stories from your teachers!

### Sunk In The Mud

### By Mr Adam

In 2013, I moved with my wife and daughter to Tanzania from the U.S. to do mission work. Our work was primarily in rural villages, and some of them were 1.5-2 hours away from where we lived in Tabora town.

Back in 2015, my friend and I were driving through the bush on our way to meet some folks in one of these villages that expressed interest in learning more about God. It was rainy season, and so many of the roads—er, cattle paths—were filled with water. It was often difficult to gauge how deep some of the puddles were, and in one spot I elected to drive around the flooded path on the grass that was dry...or appeared to be.

We immediately sunk, with the front tire submerged almost completely in the soggy ground. There was absolutely no driving out of there (we tried). Luckily, we weren't too far from the tiny village we had just passed, and before too long people passed by and saw our predicament. They went back to the village to grab some young lads who'd be more than happy to take advantage of the unexpected work opportunity.

Within a half hour, we had about 8 guys arrive who were eager to take on the challenge of getting the car unstuck. After agreeing on a price for their services, we started brainstorming ideas. Many of them, quite optimistically, figured they could just lift the car out. Once they tried, however, they quickly discovered that this would be no small task which required more brains than brawn.

Our thoughts shifted to what we had at our disposal: 2 jacks, 2 spare tires, a shovel, and various small tools. If there'd be any hope of using a jack, we needed to be able to actually see under the vehicle, so some digging was necessary.



How much digging was required revealed just how far we actually sunk. The more we (they) dug, the more embarassed I became at the thought that just a couple hours ago I figured driving over this was a good idea.

After much digging, we managed to fit the factory-issued jack under a jack point, not far from the front tire, and for the first time shared a sense of hope that this ordeal could soon be over and we'd be back on our way. But once we saw the result of twisting the jack, our hope quickly dissipated. Rather than jacking the car up, the jack simply sunk further into the ground. The ground was just too soggy to have enough of a foundation for the jack. Having never been in a stuck situation where the jack was rendered useless, I started wondering about local accommodation for the night.

### **TEACHER ANECDOTES**

Fun and fascinating stories from your teachers!

### Sunk In The Mud

### By Mr Adam

But, with money on the line, our new village friends would not be defeated, and they began fashioning a plan that was quite ingenious. They cut down a nearby tree to use the log as a bar and removed the spare tire off the back for a fulcrum, and soon enough we had ourselves a real-life lesson in applied sciences. The lever worked just well enough for the tire to lift and for someone to slide some branches under the tire to provide some traction, and rekindle some hope.

The process was repeated on the back tire, and I was sent back to the driver's seat to see if we had enough traction for our escape. On the first few attempts, the car was no longer sinking, but we didn't quite have enough oomph to pull the car out. Since we already had the method, we decided to employ it on the remaining two tires. Getting branches under all four tires would surely do the trick.

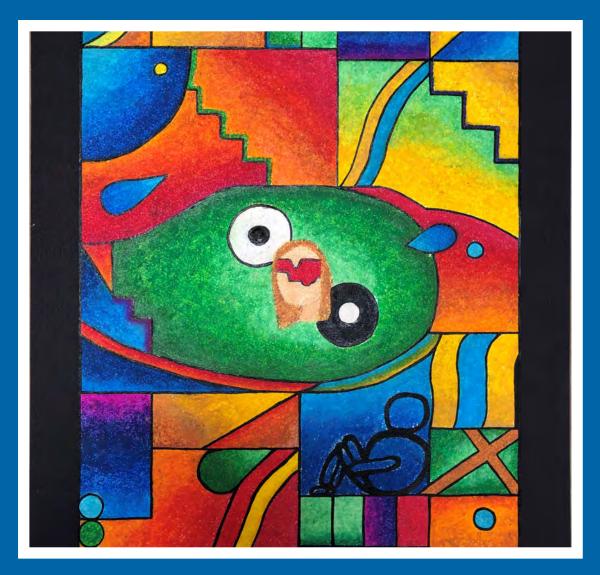
The cheers that went out when I finally escaped the rut...you would've thought Tanzania had just won the World Cup. If not for the matter of picking up my friend (and paying our debt), I would've never stopped that vehicle, and I certainly didn't until I got to a place where I could see the road. The water, it turns out, wasn't very deep at all.

We happily paid our new friends and bid farewell, still determined to make it to our destination. After all, we had only lost 5 hours. 2 km later, we reached the next part of the road that looked more like a lake, reevaluated our ambition, and decided that waiting for rainy season to end before trying again wouldn't be so bad.

However, it wasn't all for naught. On our way back we stopped in the village of good Samaritans (or, at the very least, opportunistic vijana) to ask for permission to meet with the ones who said they'd be interested in having further conversations about God. The leaders agreed, and we ended up returning to that village many times in the weeks, months, and years after.







Artwork by Fernanda Hernandez (El Salvador '21)





Artwork by Ali Slayie (Syria '21)





# Farewell Class of 2021!















young aurora winners!



















"c'est la vie"



















Nature!

# Jacaranda Village!



Fly\* with JackieJourneys from only 45,000 TZS!

Family & Love!

Success!

\*Please note, due to large distances, only flight options are available. Visit jackie.tz for more details, or contact us at +255 01

# On the front and back cover

Picnic benches strewn across the late afternoon Arusha Campus

Photo by Atkins Dube



