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CONTRIBUTORS
PROFESSOR DANNY QUAH
Former LSE Professor and current Li Ka Shing Professor of Economics, Lee Kuan Yew School of Public Policy, National University of Singapore.

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An author of crime and horror fiction, the hidden history of London has always fascinated Benedict and played an important part in his work.

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Editor: Lisa Pierre
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A ROUND-UP OF HOW THE UNIVERSITY OF LONDON AND OUR ALUMNI ARE INVOLVED IN MAKING WORLD-CLASS EDUCATION AVAILABLE TO EVERYONE VIA THE INTERNET, SPREADING AWARENESS OF IMPORTANT SYNDROMES, OFFERING THEIR EXPERTISE ON A WORLDWIDE EPIDEMIC, AND LUNCHING WITH THE QUEEN.

NEWS

University staff attend Patron’s Lunch

On Sunday 12 June 2016, The Mall in St James’s Park was transformed for its largest ever street party to celebrate Her Majesty The Queen’s patronage of over 600 charities and organisations on the occasion of The Queen’s 90th birthday. The Patron’s Lunch recognizes the unrelenting support and service our Monarch has given to the community over her 63 year reign. And it is this commitment to helping others that is cause for a National and Commonwealth wide celebration, with the very people she has helped over the decades being at the centre of this event. The University of London had a table mid-way down The Mall. The day started off a bit soggy but the sunshine came out to allow staff to enjoy the rest of the day. Regardless of the weather a fabulous time was had by all. Richard Clark recalls ‘It was a fantastic day and although it was raining at the start, good old British spirit prevailed and we enjoyed our ice creams, teas and M&S hampers whilst wearing our ponchos! There was also a wonderful parade down The Mall and eventually the rain stopped and the sunshine came out just in time for the appearance of the Queen. Many thanks to all the organisers for a superb day.’

It was a fantastic day and although it was raining at the start, good old British spirit prevailed and we enjoyed our ice creams, teas and M&S hampers whilst wearing our ponchos!

First Destinations Survey

As the number of students recommending the University of London International Programmes increases, so does student satisfaction. Undertaken by The Careers Group, University of London, the First Destinations Survey (2013–2014) invited University of London International Programmes graduates to give their feedback. This is the second year running that the full survey has been undertaken. Survey highlights include the following:

- 8.1 out of 10 students on average recommend the University of London International Programmes, increased from 7.8 out of 10 the previous year.
- 7.8 percent of our graduates who studied maths/computer science or social studies are likely to be in employment or further study compared to a national average of 71% for maths and computer science graduates and 68% for social studies graduates of selected UK universities.
- 93 percent of International Programmes Law graduates are as likely to be in employment or further study as other UK university graduates studying law.
- The average score for overall satisfaction increased from 7.5 the previous year.
- 70 percent of the graduating cohort of 2013/14 were in work or study six months after graduation, compared to 86% the previous year.

Growing with MOOCS

More than a million people have now enrolled on the University of London’s Massive Open Online Courses (MOOCs) since it joined the Coursera online platform four years ago. The courses developed by the University of London in collaboration with its member institutions, including SOAS, Goldsmiths and the London Business School, continue to contribute towards making higher education accessible for aspiring learners anywhere in the world.

Since the launch of its first four MOOCs, the University of London has delivered 23 courses in total. A more recent addition to the suite is ‘How to Grow and Finance Your Startup – without VC.’ This course has been delivered in collaboration with John Mullins, from the London Business School. This, like other MOOCs, provide a taste of what a full degree programme might offer them.

Further information is available at:
- coursera.org/london
- bit.ly/uolip-coursera
Architectural gem

Architectural gem, literary landmark, urban myth Senate House to feature in Open House. London Open House started as a small not-for-profit organisation, to promote public awareness of the capital’s building and design architecture. The movement is acknowledged as a champion of architecture, ‘good design and public engagement. It provides a unique opportunity to see, explore and learn about London’s amazing architecture and design over one weekend.

The University of London’s Grade II* listed landmark Portland stone building, Senate House will feature in London’s largest annual festival of architecture and design, Open House London.

On Saturday, 17 September 2016, Senate House will host informal tours between 10am and 2pm. It will provide visitors with an insight into the construction of the 1930s building, its use over the years and its future.

The concept has become so successful it has spread to 30 cities worldwide. All cities are part of the Open House Worldwide Family, which strongly holds that the ethos behind the original event remains consistent. For more information visit openhousetheoriginal.org.uk.

Building futures

The University of London is one of the oldest, largest and most diverse universities in the UK; it is the original international university. The Development Office was established to act as a link between the University and our alumni, supporters and friends.

Our goal is to ensure that the University of London can continue to fulfil our mission to make a unique contribution to learning and research-led scholarship through an unrivalled network of member institutions, global reach and reputation, and the breadth of our high-quality innovative academic services and infrastructure.

Our alumni play a vital role in helping us achieve this, for example by acting as ambassadors and mentors, and by providing work placements and financial support. It is only with the support of individuals and organisations like you that the University can deliver the world-class research and teaching which has characterised the University for nearly 200 years.

To learn more about how you can get involved, visit our website: london.ac.uk/alumni

Business as usual

In view of the results of the EU Referendum in the UK, and the majority vote to leave the EU, we appreciate that many of our students all over the world may have questions. We would like to personally assure these students that we intend to continue to deliver all our activity as normal through the University of London International Programmes.

Fees for EU students will remain the same as those for other students across the world. Fees will remain subject to the usual considerations in delivering these programmes, and not specific to EU considerations.

We hope that this statement is helpful but if you have any questions please contact the student advice centre: londoninternational.ac.uk/contact-us.

Speaking Zika

Professor Peter Piot, Director of the London School of Hygiene & Tropical Medicine and one of the discoverers of Ebola, says the global health community should focus on sharing information if we are to uncover more about the Zika virus.

‘We know we’re dealing with mosquitoes and the infection is a mild disease, or like a bad flu with a bit of a rash. But vector controlled science is not very well developed,’ he says. ‘Nearly every day there’s new information about the virus. Now you find it in breast milk, now there’s sexual transmission, and now it can lead to temporary paralysis, for example.’ (bit.ly/zika-PP)

Jimmy Whitworth, Professor of International Public Health, says the virus is edging into Central America but that we shouldn’t sensationalise the risks.

‘Four in five of those infected experience no illness, and in those that do, symptoms are usually limited to fever and mild joint pain,’ he says. ‘If you are not pregnant or not thinking of getting pregnant, then Zika is not something to overly worry about.’ (bit.ly/zika-JW)

Source: LSHTM

Room 101

If you are planning to attend Open House make sure you try and get a look at room 101. Sound artist in residence at Hannah Thompson has been capturing the ambient noise of the building, as well as specifically recording staff recitals of Shakespearean sonnets and scenes from the plays. The recordings will be played during Open House, interjected with ‘curator’s room’ sessions – where one of the curators talks about some of the holdings on display, focused primarily on Othello. bit.ly/shakespeare_gallery

To celebrate World Autism Awareness Week in April, the UCL Institute of Education released a short film called ‘Seeing the World Differently’ to provide insight into children’s experience of autism.

The condition can make subjects experience sights, sounds and activities very differently to others.

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Source: LSHTM

Robyn Steward, a trainer in Autism and Asperger’s Syndrome, says it’s important to treat everyone as individuals. ‘When you’ve met one person on the autism spectrum, you’ve met one person on the autism spectrum,’ she said. ‘Everybody is different.’
It was a wonderful evening! I have met a lot of very nice and inspiring alumni. Thank you so much for making this event possible!
Sussan Kröger, Germany

Ministers with:
BLOOMSBURY

What was the last country you visited?
I went to Pakistan in April. I nearly didn't go as had a problem with my visa. Luckily it was sorted and I managed to go. It was a great trip! We had our first alumni event there. It was the biggest one we have ever held. I met some really nice students and alumni. That's why I started travelling. To meet them. It is always nice to meet so many of them at the alumni events.

Shayyan Qaiser, Pakistan

What is the best and worst thing about travel?
Well, some of the best things are going to new countries and meeting new people. I like tasting all the local dishes, and I have time taking in a sight or two. I have started collecting shots at major landmarks for my photo album. Occasionally, I get to do things I would normally never do, like go for a redshirts ride or meet a pop star or politician. I like catching up on my movies when I’m on the plane too. The worst thing I guess is the actual travel. People often ask how long the flight is, but that doesn't make up the whole journey, I count door to door and that makes it all so much longer. Also adjusting to the time difference can be quite hard.

Faryal Mazhar, Pakistan

Describe yourself in 10 words
Small, furry, fun-loving, caring, funny, impartial, inquisitive, understanding, honest, and cute (if I do say so myself!).

Shayyan Qaiser, Pakistan

What three things would you take with you on a desert island?
A Swiss army knife, the Bear Grylls book 'Man Vs. Wild', Survival Techniques from the Most Dangerous Places on Earth' and sunscreen.

Susanne Kröger, Germany

What is your favourite place, London?
My favourite place, London! At an alumni event in my country. The sunshine in Sri Lanka; a short break to enjoy the sunshine in Sri Lanka; in front of Saint Basil's Cathedral in Moscow; fun on the Alumni Association photo booth at the UK graduation, and at an alumni event in my favourite place London.

Bilal Kiani, Pakistan

Who is your favorite, Prince or Prince, because I still can't believe that he's gone and he would be the best entertainment I could wish for. Salvador Dalí as I have always found him an intriguing, illusive character. I love his work and think he would be a fun guest. Lastly, I'd have to go with Paddington Bear. It would be nice to have someone around who gets you. Also, I'd like to get some tips on how to cope with attention. I got photographed quite a lot and it's quite daunting. Hopefully he can help us, and maybe he would bring some of his lovely sandwiches!

Amit Khanzode, India

What is your favorite book of all time?
I guess I would say The Unbearable Lightness of Being by Milan Kundera.

Dwight McKenzie, UK

What is your favorite song?
Just one? That's so hard! I love so many. And no, it’s not the ‘Bare Necessities’. I’ll go with ‘Liquid Spirit’ by Gregory Porter.

Faryal Mazhar, Pakistan

Tell us one thing you love about London?
I love the combination of new and old. Some things are steeped in history but there’s always lovely new things, springing up as well. This helps keep my beloved city one of the best in the world!

Somya Goyal, India

How often do you think about London?
A lot. Keep doing more events like these. Got a chance to meet new friends.

Somya Goyal, India

Your Voice

It was a wonderful evening! I have met a lot of very nice and inspiring alumni. Thank you so much for making this event possible!

It was a fantastic opportunity for the alumni and UoL representatives to interact and share each other's experiences. I feel immense pride in being a part of the UoL family

Shayyan Qaiser, Pakistan

Thank you Saad Wasim and Lisa Pierre for hosting dinner with the Alumni Ambassadors, launching of Professional Accountancy MSC and hosting the best & first ever Alumni Dinner in Pakistan. I had the most amazing 3 days. Simon Askey & Dr Mary, it was an honor meeting you guys. Insh Allah we will meet soon!!!

Askey & Dr. Mary, Pakistan

Thank you Saad Wasim & Lisa Pierre for hosting dinner with the Alumni Ambassadors, launching of Professional Accountancy MSC and hosting the best & first ever Alumni Dinner in Pakistan.

Dwight McKenzie, UK

And what a good event it was! UoL's first ever Pakistan Alumni Event, with the British High Commissioner and University of London's Pro-Vice Chancellor (if I'm not forgetting), and Ali Azmat, the delight of the event.

Faraz Khan Yousafzai, Pakistan

It was nice to meet many more - next should be in Karachi :)

Somya Goyal, India

Thank you Saad Wasim and Lisa Pierre for organising this fantastic event! Looking forward to many more -

Susanne Kröger, Germany

It is always nice to meet so many of them at the alumni events.

Bilal Kiani, Pakistan
But London is what you want it to be. And its only when you leave that you really appreciate how amazing the city is. Someone once told me I live like a tourist in London. And why not? There is so much to see. I think I could live out the rest of my days here and still have museums left unvisited, plays and ballets yet to be seen, and restaurants yet to be dined in.

As a tourist though, I personally do not like crowds; hordes of people queuing up for a quick glimpse of something only to get close and see a swarm of cameras and mobile phones blocking your view. So if you are coming to London then please, have a whistle stop tour of the big sights, take your selfies in front of the landmarks, and then step away from Oxford Street and enjoy all the other amazing things that the capital has to offer. And the best part is, most of it is free!

Every morning as I hear the rumble of the tube, and I run, just making it down the station stairs almost getting my hair caught as the doors shut, I wonder why do I live in London? As my work playlist kicks in, I daydream of beaches and a life that is chilled and relaxed – sipping cocktails. And in the summer months, I just wish we had a summer!
These streets were made for walking
First tip, always, always carry an umbrella! Do not let the weather stop you from seeing the city as you should – on foot. Yes, you can get a one-day travel card, but you will miss so many beautiful buildings that will just appear out of nowhere. Go for a walk in the city at the weekend when the streets are empty. From Smithfield market to Leadenhall market, walk and wander in peace, taking in the Gherkin, St Paul’s Cathedral and a number of other iconic buildings up close.

Walk the waterways
Fancy being close to the water? There is more than the Thames on offer. Head for a walk by the Regent’s Canal. Little Venice is a beautiful part of London with pretty narrow-boats and places to relax and eat by the canal. King’s Cross has had a facelift and the area by the canal is a trendy, peaceful place to enjoy a walk or dinner. You could get adventurous and walk all the way from King’s Cross to Little Venice. But if not, pay for the stress free trip on a barge down the canal.

Hidden London
If you want to see something historical but do not fancy the long lines and the heaving masses, then Highgate Cemetery is a good idea. You may roam freely on the east side of the cemetery for a small charge. The west cemetery can only be accessed by booking a tour, but it is well worth seeing. As its website states: ‘Highgate Cemetery has some of the finest funerary architecture in the country. It is a place of peace and contemplation where a romantic profusion of trees, memorials and wildlife flourish.’ If that sounds a bit morbid, although I guarantee you it is not, perhaps booking a visit to see one of London’s hidden Underground stations might be your thing. Step back in time to see some of the disused stations. Old wooden lifts and ticket machines, with posters highlighting how long ago they were in use. Many are now used as film sets, but they were once places that saved Londoners during the Blitz, and even Winston Churchill had a bunker in the old Down Street station. Close to the University of London the former British Museum station has many stories to tell.

Highgate Cemetery has some of the finest funerary architecture in the country. It is a place of peace and contemplation where a romantic profusion of trees, memorials and wildlife flourish.

Did you know?...
• There are more than 300 languages spoken in London, more than any other city in the world.
• 84% of Londoners think that the city’s cultural scene is important in ensuring a high quality of life.
• London has over 170 museums with 11 national museums.
• There are over 4,000 trees in Hyde Park.
• There are over 19,000 listed structures in the British capital, including Senate House.
• Some 80,000 umbrellas are lost annually on the London Underground.

There are hidden gems at every turn, from a 100-year-old statue of Peter Pan, a muster of peacocks, to Memorials of love and bandstands of all sizes.

If you see a church, don’t just walk past it, please go on in. There are so many lovely church courtyards, like the one on Mount Street or the maze like streets of Middle Temple. All offering benches to rest those tired feet. Walking by the Thames? Don’t just stick to the path. Walk into Bermondsey and hit one of London’s trendiest High Streets for a refreshing drink and wander in peace, taking in the Gherkin, St Paul’s Cathedral and a number of other iconic buildings up close.
To commemorate the 400th anniversary of William Shakespeare’s death, Dr Keith McDonald asked a panel of experts why we still celebrate his life and works.

While it may seem surprising to us now, William Shakespeare wasn’t necessarily the most celebrated playwright during his own lifetime. His contemporary Ben Jonson was arguably more influential among fellow writers, while the celebrated partnership of Francis Beaumont and John Fletcher steadily eclipsed Shakespeare’s prominence throughout the course of the seventeenth century. Yet, 400 years on, it is Shakespeare’s legacy that has prevailed. He has become a truly global cultural phenomenon, perhaps even the world’s greatest writer of all time. His plays have been translated into many languages and adapted widely for stage and screen around the world.

Writing wasn’t Shakespeare’s sole concern, of course. He was also an actor and an investor, managing property and owning shares in London theatres. He may also have been a money-lender. Such diverse entrepreneurial interests kept Shakespeare self-sufficient during a time when writers were fortunate to survive through the proceeds of literary patronage alone. But naturally, he is celebrated for remarkable literary achievements that have managed to withstand centuries of critical appraisal.

Why is it, then, that we continue to celebrate him as a global icon 400 years on?

Do we even like Shakespeare?

Ironically, first impressions of Shakespeare are not always positive. The venerated Bard may even be more popular outside of Britain than he is on home soil. Often, it’s the influence of teachers that determine whether or not we grow up to become lovers of Shakespeare. Maybe we even grow to enjoy him in spite of, rather than because of, those who teach us. That was the experience of Philadelphia-based actor and playwright Mark Knight, who spent time as a resident teacher at the Globe Theatre’s Education Department, educating and entertaining others about the Bard.

‘My first Shakespeare experience was at the hands of a crabby teacher who forced my entire class of inner-city north London kids to read Julius Caesar out loud. Any inattention, sniggering, or other schoolboy crimes meant severe knuckle-raps. In spite of this I went on to become an actor and playwright.’

It was years later and a move to south London that brought Mark’s attention to the regeneration project for Shakespeare’s Globe, which opened in 1997 under the artistic direction of Mark Rylance.

‘Across Southwark Bridge, an American, Sam Wanamaker, had set up shop in an old tea warehouse,’ he said. ‘I wandered into that warehouse one day and spent the next decade learning about plays and playgoing in Shakespeare’s London.’

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Sonnet 23

To hear with eyes belongs to love’s fine wit.
O, learn to read what silent love hath writ:

The find has brought renewed scrutiny to
2012 of the remains of King Richard III in Leicester.

Folios exist and where they might be hiding.
new round of speculation as to how many more
weeks ahead of the big anniversary, prompting a
discoveries that keep rising to the surface.

Another reason why Shakespeare’s legacy has
History and rediscovery
the full impact of his plays to be realised.

to Shakespeare should expect to be entertained for
merits of text and performance as educational vehicles.

History and rediscovery
Another reason why Shakespeare’s legacy has

Continued to prosper is the number of new
discoveries that keep rising to the surface.

By astonishing coincidence, a new First Folio was
authenticated in the Scottish isle of Bute just two
weeks ahead of the big anniversary, prompting a
new round of speculation as to how many more
Folios exist and where they might be hiding.

More remarkable still, however, was the discovery in
2012 of the remains of King Richard III in Leicester.
The find has brought renewed scrutiny to
Shakespeare’s eponymous play and the role that
dramatists have played in shaping our view of this
divine figure in British history.

The character of Richard was one that evolved
through the Tudor period until Shakespeare took
it up from a leading historian of the age, Raphael
Holinshed, to make it his own.

Shakespeare built up the character gradually
through the Henry V trilogy, culminating in Richard
III, says Sarah Knight, Professor of Renaissance
Literature at the University of Leicester.

‘But it had already appeared on the Elizabethan
stage in a 1579 Latin play, Richardus Irmus, written by the
Cambridge scholar Thomas Legge, and in the
anonymous True Tragedie of Richard II (1594).’

Shakespeare’s Richard presents with clear physical
imperfections. He regards himself as ‘deformed’, ‘unfinished’, and ‘scarce half made up’. This is despite
the likelihood that the king masked the symptoms of
his scoliosis during his lifetime.

The stunning discovery of Richard III’s remains has
given us material evidence about his physique and
the manner of his death at Bosworth in 1485, says Dr
Mary Ann Lund, Lecturer in Renaissance Literature at the University of Leicester.

‘With the wealth of new knowledge we now have,
we must reinterpret how and why Shakespeare portrayed Richard in the way he did. Why, for example, did he emphasise that he had a wiry
arm, a feature for which there’s no evidence, and
even give him a limp?’

The discovery offers a strong reminder of how
Renaissance drama, enthralling and entertaining as it
is, can walk a dangerous line between fact and fiction.

‘These plays all show how history and drama vividly
overlapped during the Renaissance,’ adds Professor
Knight. ‘It’s a moment when historians used literary
tricks to animate their writing and playwrights
borrowed from historians.’

Remembering the Bard in London

To mark the anniversary on 23 April, much of the
commemorative activity took place in London,
including the launch of ‘Shakespeare: Metamorphosis’,
the University of London’s first major exhibition. This has
a certain propriety to it, since Shakespeare’s theatrical
career was predominantly based in the capital. Indeed,
it was London that inspired many of his dynamic
settings, says Dr Hannah Crawforth, Senior Lecturer
in Shakespeare Studies at King’s College London.

‘The sights, sounds and smells of London underwrite
every crowd scene, inform every jostling commercial
interaction, inform the political dealings that occupy
his plays, be they in Rome, Verona, Elsinore or Athens,’ she explains. ‘The Capulets’ mansion,
into which Romeo steals to visit Juliet, is a replica of
the grand houses Shakespeare saw on the early
modern Strand.

‘The disguise of the Bedlam beggar and the
depictions of mental illness so unflinchingly staged
in Lear suggest the Bethlehem Hospital, famed
tourist attraction in Shakespeare’s London. Hamlet’s
world of witty repartee mirrors the rhetorical sparring
of the Inns of Court students and the buzzing
atmosphere around St Paul’s Cathedral,’ she adds. ‘As
we commemorate his death London has a right to
claim Shakespeare as her own.

But institutions in Stratford-upon-Avon have been
equally keen to claim the picturesque Warwickshire
town as the spiritual heart of Shakespearean
commemoration. To Anjna Chouhan, Lecturer at the
Shakespeare Birthplace Trust, no celebrations are
quite like those held in his home town.

‘The tradition of marking Shakespeare’s birthday in
Stratford began in the 18th century and continues to
flourish,’ she says. ‘Ambassadors, throngs, tourists
and enthusiasts from around the world descend on
the town for the street parties, parades, theatres, gala
concerts and Shakespeare properties to champion
his life, works and legacy.

To mark the anniversary, the Birthplace Trust is set to
open a new site recreating Shakespeare’s family
home. New Place invites visitors to stand on the
ground where Shakespeare chose to raise his family,
to tend to his personal and financial affairs and where
he passed away in April 1616,’ Dr Chouhan explains.

‘The anniversary of his death seems the right time.
The world can now enjoy the site of his actual family
dwelling in the town that he loved and called home.’

With a thriving legacy on stage and page, in
performance and adaptation, in discovering old
relics and re-imagining new ones, the cultural value
of Shakespeare shows little sign of drifting.

If anything, we’re finding ourselves brought closer
and closer to the illustrious Bard, and perhaps more
enamoured with his memory than ever before.

By Anjna Chouhan

The free ‘Shakespeare: Metamorphosis’ exhibition
is open until 17 September 2016 in Senate House
Library. Details of the programme of events and
the texts on display is available at shakespeare.
senatohouselibrary.ac.uk
encountering something new, and fresh, and fun. It genuinely has exceeded my highest hopes. Everyone seems to have really gotten into the spirit of the novel, and of the era, in an historically accurate, scholarly, but not po-faced, way.’

Based on the model of immersive theatre – and focusing on F. Scott Fitzgerald’s classic novel, The Great Gatsby – this was the first in a series of ‘Living Literature’ events produced by the School of Advanced Study, University of London, the branchchild of SAS’s Chair in Public Understanding of the Humanities (and Fitzgerald expert), Professor Sarah Churchwell.

It’s something I’ve wanted to do for years, in one sense, while researching my book Careless People, Professor Churchwell tells me. ‘Then as Gatsby became back in vogue, and people started throwing Gatsby parties, I kept thinking how much fun it would be to do one right, that used all of the research I’d been doing for years about how Fitzgerald’s world really looked, smelled, tasted, and felt. I thought it would be fun to try to get into the spirit of the novel, and of the era, in an historically accurate, scholarly, but not po-faced, way.’

reaching my book, a recipe written in Scott Fitzgerald’s hand for bathtub gin. I thought it would be an amazing experience to recreate it exactly and know what it really tasted like. Of course, we didn’t make it as strong as Fitzgerald’s recipe called for!’

Guests including historians Simon Schama and Suzannah Lipscomb, journalist and author Lionel Shriver and academic Dr Hannah Dawson, were treated to pop-up talks on Scott Fitzgerald and prohibition, roaming experts offering insights into the novel’s history and context, silent movie reels of New York in the 1920s, and sound recordings. ‘The feedback has really been tremendous,’ Churchwell notes. ‘It genuinely has exceeded my highest hopes. Everyone seems to have really gotten into the spirit of it, and felt that they were encountering something new, and fresh, and fun.’

The immersive effect included a live jazz trio plus parfumier Sarah McCartney who created a bespoke fragrance inspired by the novel. Drinking, of course, is one of the novel’s important themes – so how was it not hard to imagine a barrier hanging down the cold grey exterior of Senate House and goose stepping SS crossing the yard from Malet Street before taking the stairs to get to their desks near the library. It all seems very plausible – except that it isn’t true. Not in the slightest. Senate House isn’t the only building to have been mooted as having had an interest taken in it by the Nazi regime. D Cane Court in Balham, one of the largest apartment blocks in London, was also thought to be getting special treatment as the Germans wanted it as accommodation for their Officers.

It shares one thing in common with Senate House that probably fuelled this myth – the Luftwaffe didn’t drop a bomb on either of them. Although it’s hard not to think that the German fly boys gave it a good try as they hit Russell Square several times; the area opposite Stewart House, the British Museum, and Montague Place. The same reasoning was applied to Whiteleys department store on Queensway during the Blitz – those SS Officers would need somewhere to buy their sweethearts nylons and fur coats. The myth about Whiteleys lasted until October 1940 when a bomb landed on the store. How would the Luftwaffe know not to bomb these buildings? Well, they’re in the shape of swastikas aren’t they? This was another urban legend at the time of the Blitz and yet another myth that is incorrect as any aerial map shows. A more mundane reason may be that they were very useful to the German air force as navigational landmarks for bombarding other parts of London – road signs of the sky that directed the bombers towards the docks and factories that were their real targets.

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It is an oft repeated story that Hitler wanted Senate House as his base of operations once Operation Sea Lion, the plan to invade and occupy Britain, was successful. Indeed, new staff members were told of this in their inductions when they joined the University.
I reviewed the prospectus and selected the BSc in Sociology degree, recalls Yvonne. So there they were: both studying for University of London Degrees. “We studied with the University of London International Programmes because it gave us flexibility to study from any place at any time.”

Cleveland wanted to get into business hence deciding to an MBA, and Yvonne went with Sociology due to the volunteer work that she does with children. She thought the degree would allow her to better understand the environments that shape them.

Disciplined study
Since Cleveland’s job as an IT engineer required a lot of travel, studying called for discipline, schedules, and for everyone in the family to offer a helping hand— even the little hands got involved.

Working and studying needs balance. Cleveland works full-time and travels frequently, so he studied mainly at weekends. I studied Monday to Thursday, from 6am to 7am, and then spent the next two hours getting the children to school. 9am to 1pm was further study time. Our children helped us tremendously. Our son helped with snow cleaning and lawn maintenance, while all three of them made us delectable desserts at the weekends to give me a break from cooking duties. Studying together was helpful for both of us.

With all the family pulling together, Cleveland finished both his degrees in seven years and Yvonne finished hers in six years. As luck would have it, this allowed them to graduate together in March 2016. How perfect that the whole family came over from Canada for the ceremony. Each of them walked up the steps to the main hall and heard their names announced.

“Best of both worlds.”

So what now for the Class of 2015 couple? Both have been serving as volunteer teachers for over 10 years, Yvonne in the elementary reading programme, and Cleveland in the financial literacy programme. “We do it because the need exists and we can provide the help needed.”

Yvonne sees herself doing more volunteering within her local community, and hopefully when her daughter passes another health milestone will give herself back into the corporate world. With more time on her hands, she can enjoy some ‘me-time’ doing puzzles, reading and baking.

Cleveland has been inspired by his thesis and has just had a paper based on it published. The paper entitled ‘The Use of Cloud Computing by Small Business Service in Canada: An Exploratory Study’ was co-authored by Prof. Harindranath, a Senior Lecturer in Information Systems in the School of Management, Royal Holloway, University of London. He will continue to do further research on how enterprises use cloud computing and its advantages when aligned with business strategies. “If he has any down time he can be found listening to smooth jazz, or better still, playing it on his piano or drum kit at home.”

It is sheer joy to hear about how much people enjoy the programmes, but an even greater feeling to see it change lives or provide new opportunities. “Yvonne sums up her experience as the following: ‘The University of London International Programmes has given us so much knowledge to share and is a key that has already opened doors that were previously closed. I graduated with Honours and can now do a master’s degree at any university in the world. Cleveland’s Merit MBA allowed him to get published, and is a stepping stone to considering a PhD in the future at any university.”

Family ties
With this part of their lives completed will this be the end of their relationship with the University of London? I doubt it very much! “We are delighted with our University of London International Programmes experience and are dedicated to attending the alumni events. We think that we should share actively in community and to play our role in strengthening it.”

As their lifecycle transfers from student to alumni, another Stanberry has decided that that famous ‘word of mouth’ is worth listening too. Their son Clive-Anthony enrolled last year to study BSc Mathematics and Economics with the University of London International Programmes. Cleveland comments ‘a quote we privately share among the family is ‘use knowledge gained anywhere... everywhere’.” I hope there is enough wall space for all the University of London degrees to have pride of place.

I recall meeting Cleveland and Yvonne Stanberry some years back at an alumni event in Canada. They truly were very nice, lovely and fun people and it has been my good fortune to watch their academic journey unfold. Seeing all the family smile and pose at the graduation was a truly memorable moment. I always hope that alumni will have a fascinating story for me to share. I think I struck gold with the Stanberrys!
Professor Danny Quah asks if the days of a world order led by a single nation state are now over.

Should basic economic principles determine world order?

Put simply, a world order measures two things: the distribution of power across individual nation states and the relationships between those states. In a specific world order, each nation state must understand its status in the world and learn to deal with other nation states that matter to it.

World order also defines the choices available to nation states and sets the rules of the game. These understandings and arrangements help to determine expectations and set patterns of global priority and regional authority.

Among the principal outcomes of a world order are global governance and implicated issues such as security agreements. How does a group of nation states and sets the rules of the game. These understandings and arrangements help to manage a peaceful transition, and how small states should respond to specific world order? If we draw on insights provided from economics, we could then ask the question: what feasible world order most efficiently serves the collective needs of all humanity?

What, we might ask, is a rational world order?

Supply and Demand

Conventional narratives concerning world order tend to ask which nation occupies the number one position. They ask how rising powers should manage a peaceful transition, and how small states with less power should respond to specific international proposals.

In other words, they focus on the supply of world order. They ask who can provide it and what form it will take. Under these terms, a global power shift represents a switch between providers when a nation becomes better equipped to supply world order than the existing one.

But what of the demand for world order? What do the seven billion people on earth want from it? Which nation states benefit most from being able to dictate the rules of the game? Which states are disadvantaged?

The reason for asking this set of questions is not idle curiosity. From economics we know that, under appropriate conditions, when demand meets supply, the result is efficient – i.e. it provides the greatest good to all at minimum cost.

Could this approach provide a different way for us to consider world order? If we draw on insights provided from economics, we could then ask the question: what feasible world order most efficiently serves the collective needs of all humanity?

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The Merits of East and West

For critics of the current world order, the supply-side alone provides enough powerful reasons for seeking a different system.

In the last 15 years, the world’s economic centre of gravity has shifted eastwards by 50,000km – away from the transatlantic axis between Washington DC and Western Europe, and closer to Asia. Some reasons for this are as follows:

- **Emerging Economies** have combined GDP (at market exchange rates) at 99% of the G7.
- **Exports:** for countries such as Germany, exports to developing Asia have grown to more than one-and-a-half times those to the US.

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**CHINA:** despite weaker 7% growth in 2015, it still generated US$790bn of GDP growth (at inflation-adjusted market exchange rates) – almost three times what it did ten years ago.

**JOBS:** at average productivity trends, China’s labour market generates 53 million new jobs.

Such observations suggest that the capacity for world power is no longer the sole preserve of the developed West.

At the same time, it is certainly legitimate to claim that the West remains the repository of soft power. US military power, US information technology, and the West’s history of science Nobel Prizes still remain unchallenged.

There is an interesting debate to conduct on these measurements and counter-measurements. But is it by combining demand and supply – asking what world order best serves all humanity – that provides the most compelling motivation for, and the best guide to, reshaping world order?

 Obviously, such a view will not sit easily with those nations that gain clear advantages from a current or incipient world order. It certainly does not explain the existing one. But it is a compelling framework for observers who wish to stand apart and argue passionately for change.

**Why America warranted 20th century dominance**

The current world order has worked well in the past. During the latter part of the 20th century, the US was an undisputed world leader, harnessing liberal democracy and free market economics to great success. Over the course of what became known as the American Century, the US crafted a world order that was transparent, inclusive, democratic, and rules-based.

Charles Kindleberger, the great economic historian, reckoned that having a global leader such as the US helped to secure economic prosperity for all the world. The stability and leadership it provided opened the space for policy coordination across nation states. This idea became known as hegemonic stability theory, and helped to explain the need for a unipolar world order.

For its adherents, the power of this concept is shown when the US has asserted its dominance, and also when it has not. Following the 2008 Global Financial Crisis, the US seemed to retreat from world leadership, and the global economy saw stagnation when there should have been recovery.

**Why should just one nation dictate world order?**

According to the supply-side narrative, the US remains the nation state with the most powerful military, the most compelling soft-power discourse, and the largest economy – still twice the size of the next-largest. No other nation shows anything remotely close to the powers that America has held for the last 50 years.

But the demand-side narrative demands that we ask, is the US still the most suitable global hegemon? Two critical observations arise.

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But the demand-side narrative demands that we ask, is the US still the most suitable global hegemon? Two critical observations arise.
First, when the US began its stewardship at the head of the world order, it was more mindful of how it would serve the needs of the world. The American people sought to share their Constitution as well as the products and skills of their nation. Advocates like Henry Luce saw the best features of a US-style governance extended towards a complete world order.

In current narratives, however, these sentiments have ceded to one which says that the US should dictate the rules of the game simply because it remains the world’s most powerful nation.

Second, why should only one nation-state be the service provider? Why not specialise by sector? Perhaps the US can be military and security officer, China can design the global architecture for transport and energy, Singapore and the UK can provide the financial engineering framework, select small states could design systems of global public housing, and so on?

Only an accident of history provides the idea that one nation state must rule on every single front. Why would we ordinarily think that the parts of our society best at combative defence should also be most suitable for the design of new technologies, for example, or cybersecurity to safeguard our internet infrastructure?

**What else might work?**

To be clear: the demand and supply language here simply provides a metaphor, not a paradigm to be taken literally. A rational world order needs to focus on providing global public goods. Economic theory would suggest an optimisation programme that internalises the spill-overs and externalities of production. In reality, this is curtailed by the primacy of self-seeking action. The complexities of world order make the impact of this optimisation subtle, but it is worth considering.

Asking nation states to provide frameworks in a globally coherent way would not undermine the private marketplace. The scheme I envisage, which would deal only with global public goods (i.e. whatever private enterprise has no incentive to provide), would still be driven by private businesses. There would be no new encroachment on individual liberties or national sovereignties.

**Conclusion**

The historical trajectory that has formed our current view of world order has produced many positive, beneficial outcomes. But if we were to question seriously whether our world order is still fit for purpose, we need to add more rational design principles into the architecture.

Above, I have described in broad terms how simple economic principles can help. Such a design would mean we rely less on simple measurements such as who has the best guns or the most robust economy, and could provide a fresh perspective on what modern world order might work best for the world.

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*Only an accident of history provides the idea that one nation state must rule on every single front.*
September will mark 100 years since the birth of one of the most beloved authors of the 20th Century, Roald Dahl, a man responsible for instilling a lifelong passion for reading in millions of children. But what was it about his writing that achieved such remarkable popularity? And how can his classic story Matilda inspire you as a distance learner? His stories, such as Charlie and the Chocolate Factory, James and the Giant Peach and The Witches, are known to adults and children all over the world. From his first published work in 1943 Roald Dahl would go on to sell over 200 million copies of his books. They have seen phenomenal success as stage and screen adaptations, with a Stephen Spielberg-directed blockbuster version of The BFG released this summer shortly before Dahl’s centenary.

Ordinary to absurd
So what is it about Roald Dahl’s storytelling that still resonates today? We see similar themes emerge in his tales; he does not shy away from the grotesque and they are permeated with a dark sense of humour. He was an adult writer of vast imagination. While so many of us lose touch with the fantastical world we lived in as children when we grow up, Roald Dahl did not. He was able to create the absurd out of the ordinary and had an innate understanding of what children find funny. It is almost impossible to think of the works of Roald Dahl without remembering the iconic illustrations created to accompany them by Sir Quentin Blake, who you may not know was a University of London alumnus! Their partnership began in 1975 and lasted until Dahl’s death in 1990. He has illustrated over 300 books so far in his career, 18 of which were written by Roald Dahl. Blake seemed the perfect choice as illustrative partner to Dahl because of his quirky style, simultaneously simplistic and sophisticated, which appeals to both children and adults. His illustrations perfectly encapsulate Dahl’s own amusingly absurd characters and whimsical stories.

Heroes and villains
Nearly all of Roald Dahl’s stories feature a child protagonist pitted against adult villains. He is able to tap into a childhood misunderstanding of the adult world, and the sympathy for this can cause. In The Witches, the titular creatures have such an all-consuming loathing for children that they concoct a plan to wipe out every child in England! Luckily for both the protagonist (as well as our reputations, adults!) Dahl does balance these villains with adult heroes, in this case the witch hunting Grandmother. The ensuing vengeance wrought upon the witches is all the more enjoyable to the reader, young and old alike, because we know how much they deserve it.

Books shouldn’t be daunting, they should be funny, exciting and wonderful, and learning to be a reader gives a terrific advantage.

He spoke often of his ambition to make reading enjoyable and accessible from a young age. “Books shouldn’t be daunting, they should be funny, exciting and wonderful, and learning to be a reader gives a terrific advantage.” We can clearly see this passion of Dahl’s in one of his most popular novels, Matilda. This is the story of a very young girl who finds escapism from her cruel, neglectful and comically ignorant parents through reading. In the cult classic film adaptation, directed by and starring Danny DeVito, her parents scorn Matilda because she would rather read than slob out in front of the television with them. The books she discovers at her local library and the far-off lands they describe allow her to “travel” all over the world while sitting in her little room in an English village.

Rediscover reading
As alumni of distance learning programmes you may feel a certain affinity with Matilda. Her intellect is all the more impressive because she gains it through self-study, and it is through this that a world of understanding opens up to her. Matilda excels because she enjoys the learning experience and hopefully many of you felt the same way. The comparisons with Matilda only go so far and – to be clear – we are not making any bold claims that a University of London degree will allow you to develop telekinesis! It can open doors to employment worldwide, however, which is most definitely a rather wonderful feat in itself!

“I will leave you with this ditty, sung by the Oompa-Loompas in Charlie and the Chocolate Factory, which in a world full of tablets, smartphones and TV on demand, we may have even more need to reflect on than when originally written:

“So please, oh please, we beg, we pray
Go throw your TV set away
And in its place you can install
A lovely bookshelf on the wall...”

Perhaps we should all try to take a leaf out of Matilda’s book and rediscover the possibilities for enjoyment and development reading can bring us.

By Liam Kelly

13th September 2016 will see the biggest ever global celebration of Roald Dahl’s birthday!
What attracted you to studying law?
My mum said it’s a solid job and I liked the idea of wearing suits. Well ok, I think it was more the fact that I always liked solving conflicts and the exchange of arguments. Therefore, I was pretty happy when my high school offered ‘Legal Basics’ as a subject. It gave me the chance to test my assumptions of fairness and right/wrong against the real-world laws for the first time. After these initial impressions of the law and a lawyer’s work, I decided that it’s a good idea to steer into this direction.

You say you ‘got hooked on alternative dispute resolution (ADR).’ Did this steer your career path?
Definitely. I believe my first contact with ADR was during my participation in the Willem C. Vis Moot Court, following which I developed a huge interest in this field (ok, I admit it, also a tiny bit because the promise of wearing suits came through). This lead to me participating in various negotiation and mediation competitions, first as a team member and later as a coach. A couple of years ago I co-founded an international boot camp for the Vis moot court, called Moot Clinic. It has been extremely satisfying to encourage young law students to get in touch with ADR themselves.

You must be a good mediator as you were awarded ‘1st Prize Mediation’ at the first Consensual Dispute Resolution Competition 2015 in Vienna co-hosted by the International Bar Association. What skills do you think someone needs to be a good mediator?
Aside from a solid educational foundation and practical experience, I believe the main skills a business mediator has to combine are analytical thinking, emotional intelligence, a strong cultural understanding and effective communication skills. A good business mediator should also bring a deep understanding of the economic challenges and corporate cultures of the parties to the table. Finally, he or she should continuously reflect on the current status of the proceedings and simultaneously adopt his or her mediation style therein. Only then can the mediator lead the dispute resolution process where needed, but more importantly, assist the parties in settling their disputes in a personally and economically sustainable way.

You currently have two jobs, both tackling a lack in negotiation capacities. Tell us about your roles.
I am a co-founder and director of preptime. Preptime tackles the lack in negotiation capacities many students and young professionals face due to conservative educational backgrounds. Our customers are universities aiming to enrich their curriculum and companies that want to offer their younger employees an easy onboarding process into the business world. Furthermore, companies and law firms like to offer our negotiation workshops as part of their recruiting events. The students and job starters value this skillset not only on the job, but also during the hiring process. For example, we observe that many young professionals – without negotiation education – do not structure their negotiations well enough and open their interview with a potential option (‘in case the framework conditions are right’). The problem with this is that they often do not have enough information themselves and give away all their negotiation power – it would be like saying ‘We’ll eventually go home together’ at the beginning of a date.

Furthermore, I am a Negotiation Advisor with PFROMM NEGOTIATIONS, a boutique firm that advises and works with leading international companies and law firms to achieve better negotiation outcomes and strengthen their teams’ negotiation capacities. Negotiations on a professional level are becoming increasingly complex leading to suboptimal results, more management-time spent, and in case of disputes, even higher costs. Our clients value our skills development workshops and consulting services. Besides my involvement in these workshops, I innovate new coaching formats such as our recently implemented face-to-face video analysis. It allows our customers to see their actions and their opponent’s counteractions directly next to each other, which is very helpful in their debriefs and refreshment sessions.

Tackle new processes openly and start with the premise that they exist for a reason – often they might seem overly complicated in the beginning but turn out to be a well-established best practice.

Lisa Pierre interviews current LLM student Marc Ohrendorf, a passionate mediator, mentor, world traveler, and suit enthusiast.
Would you say that your skill set crosses over for the different roles? How do you balance having two jobs?

Even though the challenges of young professionals differ from those of seasoned lawyers and executives, I feel that some of the skills needed overlap. For example, analytical thinking, being able to truly listen, dealing with a lot of information in little time and creativity are always helpful when advising in these environments. I also like the challenge that everyone’s negotiation environment is different from one another’s and therefore needs a custom-fit solution.

Working with so many new graduates what do you see is a common theme as they enter the world of work?

I think many graduates seek the balance between traditional methods and innovative improvements that can lead to a more effective and efficient work results. This self-optimization process might cause a lot of stress and distract from getting the really important tasks done. Tackle new processes openly and start with the premise that they exist for a reason – often they might seem overly complicated in the beginning but turn out to be a well-established best practice.

On the other hand, I believe that new law graduates also face challenges on more layers than previous generations. Their work environments are faster, more complex and increasingly international. Therefore, they should not only rely on traditional values like hard work and diligence, but also open up to the concept of lifelong learning. This holds especially true in many sectors that do not belong to the traditional legal education – such as developing your own business case. For example, I think it will be very interesting to see what impact industry-specific mobile apps, which are often not as practical as they could be, will have on the legal sector.

With such a busy professional life, what attracted you to study the LLM with the University of London International Programmes?

I am travelling a lot in my job and could not continuously stay in one place for my LLM, which is why the LLM with the University of London International Programme was a great match. Another reason was the reputation of the programme and the variety of subjects, especially in the field of ADR and its surrounding topics. This allows for an LLM that fits my personal profile and legal interests better than at other universities with a curriculum set in stone. Furthermore, coming from a civil law background, I liked the idea of learning more about the common law system.

How do you find the time to fit it into your life?

It’s all about making a plan and sticking to it. The good part is however, that with the flexibility of the distance studying at UoL, this plan can easily be adapted to the challenges of your professional and private life – if need be.

In your free time you like to travel. What have been some of your travel highlights so far?

Because of my family background I have a strong connection with Italy and I enjoy the beautiful landscape and way of living in Tuscany. On the other hand, I cherish Scandinavia and its gorgeous countryside. Recently I have been to India with some good friends. The nature and diversity made it an outstanding trip. Generally, I am very fascinated by Asia and would like to learn more about South Korea. Another place that I would love to visit one day is Madagascar.

Calling all aspiring photographers...

The University of London is running its fifth photo competition, imagination5. Following on from the success of our past competitions, we’re back, bigger and better for 2016. Are you a University of London International Programmes student or alumni? If so, we’d like you to get involved!

This year we’re asking you to join the World Class, and show us your corner of the globe. Your photo can feature people, places or things – shots that celebrate the beauty and diversity of our planet.

The competition will run from 5 September – 28 October 2016. Full details, with more on how to enter and the official rules and guidelines will be available on our website soon.

londoninternational.ac.uk/imagenation5

Copyright: Each entrant will retain copyright to their submitted photo. However, you grant the University of London a non-exclusive, royalty-free worldwide licence to publish the photo as desired, either in print or online. All images will become part of the University of London online Media Library.

£500 Amazon Gift Card
£300 Amazon Gift Card
£200 Amazon Gift Card
£100 Amazon Gift Card

Left to right: Marc in front of the Taj Mahal in Agra, India; Marc in New York City; Marc on a flight to Vienna.
Matters ‘in’ and ‘of’ the mind

Mental imbalance is often dealt with ‘in the dark’. Less stigma is attached to conditions such as diabetes or cancer than to mental illness, and there is a stark ‘modification of the truth’ when it comes to issues of the brain.

This may be due to the fact that mental imbalance not only poses a threat to one’s physical well-being but also to society. The gravity of its impact depends on the following factors, which can vary from person to person:

- The severity of the imbalance;
- How permanent it is in an acute form;
- The responsiveness of the individual towards treatment;
- How the individual grapples with the imbalance.

The emotional weight – of hoping that you will not be room for relapse if I discontinue the treatment and bi-annually as a precautionary measure, as there could still take a dose of treatment and visit the psychiatrist followed by clinical depression. According to the clinical depression I experienced was characterized by apathy and an inability to focus on concentrate. It took me around a year to come out of depression, even with consistent medication. I was treated initially for psychosis and later for both conditions, as depression followed after I commenced treatment for psychosis.

...to positive growth

When I look back, I remember vividly the emotional struggle I went through during this difficulty and after the diagnosis. It is one that has undoubtedly led to personal growth in a positive sense. Even today, despite the advances in western medicine, there exists a stigma associated with any mental disorder. This is perhaps due to the scarcity of the ‘right’ kind of education, which invariably results in those people leading an unproductive life and being a burden to their families.

The support of loved ones can be deepened properly only when one is in remission. When one is totally imbalanced, support is viewed in the negative sense due to loss of touch with reality. The resulting thought is ‘they have conspired to kill/poison me’.

Now that I am asymptomatic, I can accurately interpret the reinforcement given to me by my family. This reassurance has given me the will to empower myself and not be overpowered by the ‘imbalance’ that I went through.

It is this affection and care that plays a major role in generating the enthusiasm to stay recovered, propelling me to remain on medication and visit the psychiatrist bi-annually. This is therapy in itself.

There is no better way to come out of the closet than to write about one’s own experience. It serves two purposes. First, it enables the victim to self-analyse and to gain confidence in himself/herself, thereby getting a kind of therapeutic relief. Second, it helps in trying to lift the stigmatic veil surrounding this subject. Therefore, I have chosen to ‘come out’.

Victims who remain silent metaphorically act as ‘steers’ in perpetuating the socially cultivated unwholesome attitude towards this subject. It is your duty to enlighten those around you, as it is mine.

Denisha T. Jayawardene is a Sri Lankan LLB (Hons) graduate, an Attorney-at-law, and an Artist.

My journey...

I consider myself lucky enough to be able to remember what actually took place in my mind at that time, and also to be able to relate to others with similar journeys. I use the word, ‘journey’ because the ‘mental imbalance’ has its ups and downs. ‘Schizophrenia’ is comprised of two terms. One, ‘Schizo’, suggests symptoms of Schizophrenia but not the condition itself, which could be brought on by an episode of psychosis. The other, ‘Affect’, relates to mood. Psychosis encompasses the symptoms of Schizophrenia and thus influences how one thinks and feels, thereby altering the mood.

The psychiatrist who made the initial diagnosis told me to lead a normal life, irrespective of this disorder. Those words of wisdom ring in my mind even today, a few years down the line.

Today, I am proud to say that I have fully recovered. I still take a dose of treatment and visit the psychiatrist bi-annually as a precautionary measure, as there could be room for relapse if I discontinue the treatment and check-ups altogether.

The psychiatrist who made the initial diagnosis told me to lead a normal life, irrespective of this disorder. Those words of wisdom ring in my mind even today, a few years down the line. According to the Oxford English Dictionary, psychosis is a condition that impairs thought so that contact with external reality gets lost. My personal experience was that I hadn’t totally crossed the line – I was bordering. My mind was like a television set,– I was bordering. My mind was like a television set, with the channels being changed by a remote at a riveting pace. A sense of ‘divine’ intervention felt real at given moments of elevated mood. In clinical terms, it is called a ‘delusion’.

I could see numbers and colours of all sorts in my mind, flashing back and forth. Though this belief of ‘divine intervention’ I would try to make connections between those thoughts and the psychiatrist. I could not sleep at night and had severe insomnia in this intense state of ‘madness’. I experienced hallucinations pertaining to all five senses.

Becoming aware of what goes on in my mind, trying to decipher it, and learning to cope with the ‘realm vs. unreality’ dialogue was very much part of my recovery.

The clinical depression I experienced was characterized by apathy and an inability to focus on concentrate. It took me around a year to come out of depression, even with consistent medication. I was treated initially for psychosis and later for both conditions, as depression followed after I commenced treatment for psychosis.

The gravity of its impact depends on the following factors, which can vary from person to person:

- How the individual grapples with the imbalance.
- The responsiveness of the individual towards treatment;
- How permanent it is in an acute form;
- The severity of the imbalance;
On Saturday 30 January in Berlin, Students and Alumni gathered for a fun night at Qiu bar, Mandala Hotel. Not wanting to leave indicates a good time was had by all at the first event of 2016!

On Friday 19 February current students and alumni met at the Lodhi Hotel in Delhi. This was followed by another event on Sunday 21 February, where students and alumni met at the beautiful and historic Taj Mahal Palace Hotel in Mumbai.

On Saturday 27 February, Sri Lankan alumni met for another successful event in Colombo at Flamingo House, a venue with a tale of love.
On Tuesday 8 March, we welcomed hundreds of new graduates into the Alumni Association at the London Graduation, at the Barbican. Congratulations to the Class of 2015! Thank you to all of you who came to visit us at the alumni stand. Welcome to the World Class.

On Friday 1 July, with a beautiful rainbow over the London skyline, students and alumni gathered for a spectacular event at Tower Bridge. This marked the end of an amazing year of meeting students and alumni, and was the final alumni event for 2016.

On Friday 29 April, the first ever alumni event was held in Pakistan at The Serena Hotel in Islamabad. With over 100 alumni and 100 guests in Islamabad, it turned out to be the biggest alumni event ever held by the University of London International Programmes.
Me in Bangladesh
April 2015

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