

**February 2021**

IN ASSOCIATION WITH



**Why our wellbeing  
has never been  
more important**

**2021 - Four  
things to get  
excited about**

**America welcomes  
46th President of  
America: Joe Biden**



**RECOUP AND REBUILD**

# MEET THE TEAM



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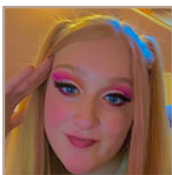
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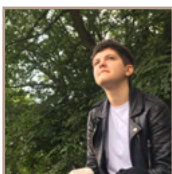
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# On Persistence

*We are what we repeatedly do. Excellence, then, is not an act, but a habit. – Aristotle*

We have seen a dramatic change in society and the level of efforts from family to strangers over the internet, comforting us with the global pandemic. February is a month that should be honoured as a 'recoup and rebuild' time.

**Recoup** means to regain what was once owned, re-establishing from a loss of something. **Rebuild** derives from restoration, the actionable provision of recovering from such losses.

University as a sole institution is tough as it is, let alone larger forces impacting our work and the levels of motivation, which is often faced with hardships. Exams and assignments are looming around these quarters and it is, to be frank, a worrying time during the academic year.

During education, I have learned, and continue to work on the idea of persistence. To be determined in all work carried out, whatever form it takes. Accepting the moment we are in and learning that nothing is permanent can be greatly liberating. The freedom to change ideas, from our dissertation topics to a whole career trajectory. There are no boundaries on what we decide to pursue, as long as it is integral and gives peace of mind. For others, but namely ourselves.

Humans by default use imagination to gain scope of what that new job would manifest, the chatter among us or the future of the industry's market. Gaining clarity of our presumptions by taking the passenger seat and re-evaluating our hidden prejudices, we can start elevating our potential by simply following what we desire to experience.

## Recouping

Determining what motivates us can be the first step into manifesting this affiliation with persistence.

This entails:

- **Negative self-talk to positive pep-talk:** Challenges ourselves such as 'being an amateur reader in sci-fi, I could never imagine writing one!', to 'one day I aim to write a sci-fi novel. I may not be there yet, but I am adaptable and open-minded'. We may build interests we'd never thought possible if we give ourselves time and acceptance of being in a rut or a novice before discovering hidden abilities.
- **Energy:** Knowing who and what inspires our

creativity, excitement and satisfaction is what our focus should revolve around.

• **Discipline and consistency:** What we choose to let in our minds and work

or personal space, is what we are sending out consequentially. If something sparks intrigue, developing further interest may be the start of something impactful.

For entertainment purposes, [taking online quizzes](#) may be enjoyable, perhaps noticing any trends in answers.

If you're signed up to LinkedIn, the platform has numerous webinars regarding motivation on the work tab on the top right-hand side, insights and then under resources. Be mindful some do charge.

Just having a peruse around the internet and maybe checking out [employee motivation websites](#), jotting down some questions can be useful for career development.

This can be written within a journal or on a word document and printing it out. Post it notes can be used alternatively adding some colour, with less chance of it getting lost amongst piles of research articles and other bits of paper lying around. Definitely relatable!

## Rebuilding

Following on, the hardest part is materialising our motivators and learning about ourselves introspectively.

For many of us this comes naturally. For others, it feels a drag and unworthy of attention. Maybe changing this idea from a negative 'this feels a waste of valuable time', to a positive 'If giving the time to present myself the emotions and innate desires I hold, I can surely use these for the wider good'.

From the practical steps in writing or typing our ideas, we can start to embrace our strengths and areas to pay some attention on. Remembering the achievements previously attained and what could flourish, we can proudly say we are on route to persistence.

Written by Kayleigh Ayriss





# 2021 – FOUR THINGS TO GET EXCITED ABOUT!

2020 is finally over, now to ignore it forever and see what we have to enjoy.

After sitting in anticipation for a month, it is safe to say that 2021 has not started with World War Three. Meaning, it is finally safe to say that the year is looking to be better than the blazing dumpster fire of the one previously.

With the worst year in human history (since literal bombs were falling from the sky) behind us, let us proceed to ignore it, like an elderly racist uncle at a family gathering, and embrace the year to follow.

2021 has so much more to offer that what 2020 did. Media events, political changes, even cinemas might make a return; at some point.

With this year being something worth feeling excited about, we are here to count down four things to get excited about in 2021.

Prepare your mask; it is going to be a fun ride.

## 1 – Vaccine injections

Even if you are scared of needles, this is the year we will finally beat Covid-19. With multiple types of vaccines being distributed from many corners of the globe, and Boris promising at least 400,000 people vaccinated each day, we should be out of the fog in no time.

While students, much like ourselves, are as low down on the vaccination list as Mount Everest is on a ranking of 'lightest objects', it will be enjoyable to watch society slowly build up and see families reunite before we can.

We will have to wait, but it will be worth it.

## 2 – The 2021 entertainment line-up

Yes, we know, James Bond has just been pushed back a couple of months again. However, from the outlook so far, it seems that 2021 will be the entertainment year of our dreams. Action film releases such as *Godzilla Vs Kong*, *The King's Man* and *The Suicide Squad* aim to keep moviegoers at the edge of their seats.

Furthermore, TV shows such as *It's a Sin*, *Bonding* series two and all the Marvel TV shows look to be

providing brilliant storytelling entertainment for all the days we will be stuck indoors (which we will be).

Finally, for the gamers, E3 looks to be going forward this year. With the expo being cancelled last year, who knows what secrets Xbox, PlayStation and Nintendo are hiding that have not been announced yet.

Prepare that popcorn; it looks to be one hell of an entertaining year.

## 3 – The 2020 Olympics

No, you are not stuck in a horrifying groundhog day style loop of 2020, the Olympic games are still being referred to as being in 2020. It is weird.

However, that does not make it any less exciting. The Olympics and Paralympics are monumental events that unite our world every four years by showcasing humanity at its peak.

That said, after the year we have just had, this Olympic game looks to be as, if not more, unifying than, once again, the one after bombs were falling out of the sky.

Instead of coming together after the war, we will be coming together after a worldwide loss. A global embrace so tight, I will be surprised if we ever let go ever again.

## 4 – Joe Biden and the pursuit of Climate Change

The United States of America, after four long years, finally has a new president: Joseph Robinette Biden Jr.

With Biden immediately re-joining the Paris agreement on tackling climate change, and with him having a history of taking the destruction of the climate seriously, we may finally have a politician who makes the world open its eyes to the harm climate change causes.

With the 2021 United Nations Climate Change Conference postponed from 2020 to November, so that Trump does not have a say in it, this year may end with the most significant turning point with tackling climate change the world has ever seen.

*We need it now more than ever.*

**Written by Harry Potton**

# IN CONVERSATION WITH: HANNAH ROBERTS AND ALICIA BARBIERI

In preparation for **Student Volunteering Week** from **February 8th – 14th**, Phantom's own Alex Wood took to Zoom so that we could get the inside scoop on all things voluntary at the University of Derby. Alongside our Raise and Give (RAG) student-led service, there are countless avenues that students make use of to enhance their university experience.

Perhaps more important than ever, utilising these opportunities may be the deciding factor in those all-important conversations that await us after graduation. We were fortunate enough to speak with two key members about their roles in the university's volunteering efforts.

## Hannah Roberts

Hannah is a third-year currently studying Education. Having been on the committee for Women's Football & Futsal in her second year, Hannah is now President of the club and a member of the Union of Student's Sports Council. As with most of the university's sports societies and competitive teams, organising face-to-face matches hasn't been an easy task and we wanted to know how they have adapted to these new restrictions.

*"So this year's been very different, because obviously it's been difficult to actually get on the pitch and recruit members but there's a lot of different things being president involves."*

*"More so than ever, risk assessments we've done a lot of. Organising training, making sure the coach and the participants know what's going on. Communicating with new members, the union and with other universities so that we've got teams and fixtures sorted."*

While the workload is demanding, it's clear that Hannah has a strong committee behind her which has enabled Women's Football & Futsal to continue running through the various stages of this pandemic. One key adaptation was to involve themselves with a new league altogether for the first time.

*"The committee and I have organised the team joining an outside league so we now play at a local league as well as a kind of replacement for Bux."*

Communication and co-operation were themes that enveloped the interview. The volunteers are willing

to match the needs of the club as demand ebbs and flows across key student dates. Setting up give-it-a-go sessions, emphasising their social media presence and being involved in Freshers Fair are all time consuming aspects that are maintained behind-the-scenes under Hannah's leadership.

Where routine can benefit these demands, the club maintains a schedule of weekly matches and weekly training which Hannah assured us makes the whole process a lot easier.

*"So it does take up a lot of time but I really enjoy it so it doesn't feel like it's taking up too much!"*

Alex went on to talk about how this academic year has been one for constant upheaval—late-night rule changes and varying levels of social restriction. Hannah took us through the year and went into how they kept the club going safely while still maintaining their sporting standards.

*"We did a lot of risk assessments and finally got on the pitch, again training was a bit different because we were limited with how many people we were allowed, but we've been taking it on a week-by-week basis. Usually, we'll have each training session build on the last but we don't know how many sessions we're going to get. Luckily, recruitment has still been quite good and we've had a lot of freshers interested."*

*"It's been a bit hit and miss whether we're gonna be able to play or not but we've been able to get lots of returning and new players in the Sunday matches so everyone's getting a chance to be involved as much as possible whenever we're allowed."*

Of course, we should recognise that we are all still looking forward to a more orthodox future for sport and these temporary accommodations are exactly that—temporary. Having been on the committee during a more traditional year of university sports, Hannah let us know what she's looking forward to and what she misses the most at this time.

*"Yeah, I definitely miss those Bux Wednesdays when all the teams and all the different sports were playing in the Sports Centre. The Sunday league has been great but that feeling of all the Team Derby teams being on all the pitches at the same time is definitely something I miss."*

It's important to remember that these voluntary members are still full-time students alongside their extracurricular ventures. Remembering the lengthy commitments as Club President, we wanted to know what it's like to juggle volunteering with a degree—especially as a third-year!

*“This year I’ve found that it’s easier to manage as it’s not as much time commitment at training. Last year it was more difficult but, for me, I really enjoy it so I always find time to do my committee work and my uni work. If it’s something you don’t want to do it’ll be hard to find that time but as long as you’ve got that commitment you’ll be able to fit it all in!”*

*“If you’re thinking of volunteering make sure it’s on something you’re passionate about. That might be your sports team, a society or a certain charity. But I do genuinely think that if you’ve got that passion, the hard work won’t feel that hard.”*

*“The more you put in, the more you get out of it. So just go for it, do what you’re passionate about and it won’t feel like hard work.”*

## Alicia Barbieri

Alicia is a first-year studying Creative Expressive Arts, Health and Wellbeing acting as the Art Society's Secretary. As part of this voluntary role, Alicia runs the society's social media channels, including Instagram and Facebook, as well as staying on top of the society's emails, messages and inquiries. Even in this lockdown world, the Art Society have managed to put on a number of events throughout the year through Alicia's dedication to attentive networking.

*“I help quite a lot with organising events, if we need to contact artists to host workshops I’m normally behind the screen trying to find them and then chatting about that.”*

Much of the society's success hinges on quality timekeeping, admin focus and communication among such a large group of students and collaborating industry professionals. Volunteering to keep all of these moving parts in motion, Alicia takes these self-proclaimed 'boring stuff' in stride.

*“I’ve always loved the, kind of, boring stuff. But I also love chatting to people and I love connecting with other people in our artistic community so the role really drew me. I’m also a bit of a social media geek, so running that kind of thing really gets me going!”*

Particularly impressed with the fact that all of this

is being managed by a first-year student, Alicia gave us an insight into how the 2020-21 committee has a particularly unique setup.

*“So funnily enough, all of our committee are first years! The previous arts committee all graduated last year and I knew someone on the foundation level for my course and they suggested we pick up the Art Society. So we’ve all kind of thrown ourselves in the deep end and got it back up and running again—it’s just been a bit of a challenge.”*

A challenge that has clearly been matched if you ask any of us at Phantom! What's particularly special about volunteering as a university student is the range of options that are so similar to the course you're studying. By taking on a voluntary role at a society or student-led-service that is intrinsically linked to your course will make the divide between academic and vocational commitments that much smaller.

*“This is really useful because my course is really aimed at the beneficial practices that come with art, for mental health and mental wellbeing. So this gives me the opportunity to host workshops with the Art Society so I get a bit of an idea what to do with my degree. It really helps to see the actual benefits we have on our members and their wellbeing so it works well with my degree.”*

Alex, having done his research, wanted to mention Alicia's other volunteering endeavours outside of the university ecosphere—yes, there's more!

*“Before I started university I worked closely with British Heart and I’ve also done a lot of work with my local community; foodbanks with my old job for example. Really, anything that impacts the people around me is something I want to get involved in.”*

*“I’ve also just started volunteering for Age UK on their telephone friends system so that’s where you’re paired up with someone in the elderly community and you just chat to them once a week on the phone.”*

Clearly an advocate for the benefits of volunteering, no matter how grand or frequent—both within and outside of the academic domain, Alicia concluded our interview with her goal as a volunteer and student at the University of Derby: **be active, be helpful and make that bit of difference.**

Written by Owen Corkin

You can find more of the 'In Conversation With' series at the [Phantom Media YouTube Channel](#).



# Tymon Talks: A Suggestion from Styles

Have you heard that new Harry Styles Song yet?

If not it's called 'Treat People With Kindness' and I think that sums up what we have to do this year.

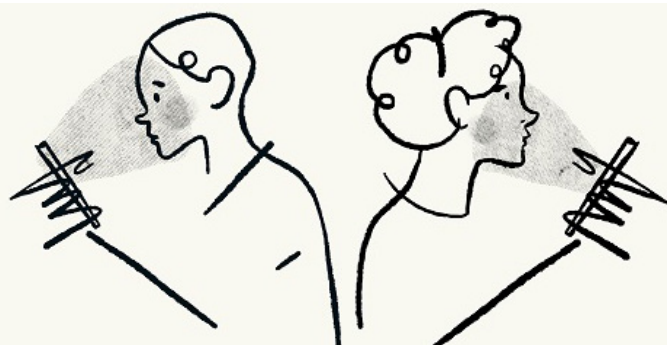
The end of the chorus sets out the definitive goal I've set for February: 'Find a place to feel good'.

It's difficult though, especially since we are living a lot of our lives digitally. One of the new words of the year that sums up my life currently is 'doomscrolling'. If you've not heard of this Orwellian sounding term, it is the act of consuming a large amount of negative online news at once. I feel it's impossible not to doomscroll. The only news that appears to be out there is purely negative!

To me, it feels like everyone on the internet is turning into a circular firing squad and relentlessly taking pot-shots at each other; everyone has a bone to pick with everyone else. And it's vicious! It's depressing how often I end up scrolling through Twitter and I see people being name-called and have vile abuse and comments thrown at them. In some cases it is because of that they wore, what they watched, who they are friends with. What is going on? What is wrong with people?

There seems to be an element of hate or anger to everything. My worry is that I feel like it's making me become more angry and frustrated at everything. I'm guilty of listening to just the news headlines and getting infuriated with the world. It just feels like we cannot catch a break.

Everywhere you turn online is a nasty little troll, lurking, ready to jump out and make you feel bad.



Illustrations by Carlos PX (via Unsplash)

Social media can make you judge yourself. It makes you question everything you do. Your anxiety can jump through the roof: "perhaps I'm not doing this or that enough". Or the news you read can just make you feel down and blue and make you question what's the point.

┌ *So it's time to stop.*

*Do this with me.* ┐

I've got my phone in my hand as I write this and I'm holding down on the Twitter app icon—now a little cross has appeared in the top right-hand corner. This is the difficult bit, I know, because occasionally you can have fun on any kind of social media but trust me it's all going to be okay. Use that finger and tap that cross. Any social media that makes you feel worse after using it, find that cross and give it a tap.

AND ONE BY ONE THEY GO.

EASY RIGHT?

I think it's about time we took a break from social media and our constant access to the news. Even if it's not a total detox and you go tee total, try and cut down how much time you spend scrolling your feed. It's important you don't bombard yourself with negativity, because if you do, how is that treating yourself with kindness?

It might not be the solution to all of your worries, but hopefully you will be able to find a place to feel good now that the ones you know are bad have gone away.



**Jack Tymon** is a 3rd Year Theatre Arts Student. He has been broadcasting on Phantom Radio for the last 2 years and is the Assistant Head of the Radio.

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# THE FALL OF 2020

Rome must've fallen at least a hundred times, and – for the most part – like any civilisation, it came back stronger. To the point where history no longer talks about it ever *having* to come back.

We're living in particularly unprecedented times. So, with any luck, at New Year's some of you shouted Jumanji – just so we could get back to normalcy quicker. I suppose that's where this whole thing starts; where do we rebuild our lives from?

## The Hero's Journey

The hero's journey is a narrative structure which usually ends with the eager-to-learn farmhand becoming the hero of the village, unable to go back to being a farmhand because they've slain the dragon. Their life has completely changed gears. Our lives will be affected for years to come. Wimbledon has a 'pandemic pot' – a fund set up to pay their players despite the tournament being cancelled – and has had one for years. Everyone probably called the person that suggested that something close to a nutbar. Enter 2020; pandemic pot guy is laughing at everyone. On a smaller scale, more events may now invest in a 'pandemic pot' of some kind. Businesses might reassess their working from home policies, opening up more job opportunities for people (particularly disabled people who struggle to get to an office), as well as being able to cut the costs of office space.

The flipside to this is *you*. How will you rebuild your life? Not just in the context of the pandemic, but new year's too. What resolutions do you have, and how are you going to achieve them? Do you want to go to the gym more? And are you paying a monthly subscription to the gym in order to motivate yourself to get your money's worth?

Do you feel unfulfilled in your current course, or even just drained in general? Consider talking to your lecturers about an Authorised Break in study, or go to an open day and see what else there is out there. It could be as simple as wanting to fit more reading into your year. In which case, Audiobook

services like Audible got you covered buddy!

## It's Not Illegal To Have Hobbies (Yet)

Maybe you found something you're passionate about during lockdown and you want to follow it and see where it leads. I play Dungeons and Dragons, and that hasn't always been enough for me. I've been designing games off and on for the better part of three years. During my lockdown – aside from playing games with my housemates – I've been designing more regularly, so I want to begin to explore that. But I am content with making no money from it. A very Kafkaesque way of thinking.

I'm going to continue doing so, because it's fun, and more opportunities for my playgroup to meet aren't a bad thing. That's kind of my goal; design and write more. Balancing that with something that actually makes me money. Though if Disney's Soul taught us anything, you can (and should) just enjoy things. You don't have to be 'born to' do something to love doing it, and just because you love it doesn't mean you should make a career of it.



## Life Is Like A... Video Game

So – what are your goals? And how do you want to achieve them? As one-track-minded as it sounds, thinking of them like skill tree progressions in video games might be a good way to go about it without feeling overwhelmed.

You can go on seeing life as levels, researching and breaking it down, so you can see them as minor

obstacles to simply step over. Rather than hurdles that anyone who isn't an Olympic athlete, or perhaps a horse, will just collide with.

**LEVEL ONE IS COMPLETED WHEN X GOALS ARE MET.**

**LEVEL TWO IS COMPLETED WHEN Y GOALS ARE MET.**

Every year you learn things, and the following year you have to relearn or alter what you know. That is the principle of personal growth. Constant adaptation to your surroundings. Learning to do what's best for you, in the best way possible.

## The Year Of Just Being Okay

To be fair, we have made it this far through somewhat backbreaking circumstances, so we all deserve a pat on the back. So when lockdown ends, what are you going to do while businesses re-evaluate everything? If you want to go back to being a farmhand, no one will fault you. Like I said, backbreaking circumstances. It might be that you just start practising self-care more regularly.

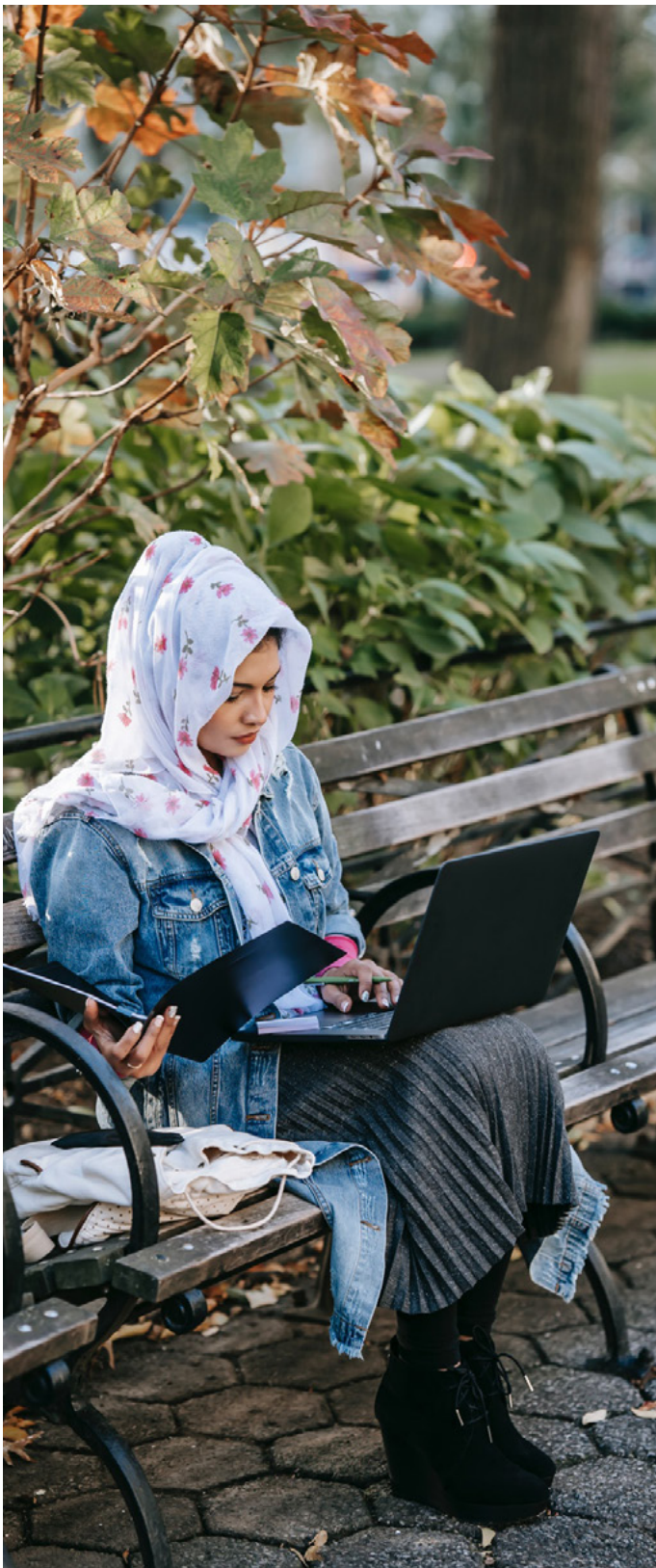
The changes you make, which make you a hero in your eyes, don't have to be ground-breaking to everyone – they just have to be ground-breaking for you. Not everyone will be expected to take on the position of hero after slaying this particular dragon; you can still return to the farm. So many of us are just desperate to return to our previous lives, and that's okay. Henry Ford said, 'The only history that is worth a damn is the history we make today.' Life comes down to a few imperative choices.

So I guess the only thing left to ask is; what choice will you make when opportunities present themselves?

What history will you make today?

How are you going to change – or simply improve – *your life*?

**Written by Connor Hewison**





# Why Our Wellbeing Has Never Been More Important

Looking after ourselves, and our wellbeing, has never been more important than during this defining period of our lives, known as the pandemic. Tested in ways we have never experienced before, it has been difficult to feel like our normal selves in such abnormal circumstances. Feeling stressed, scared, and unsure, has never been easier, which is why it's so important to take a step back and ask yourself if you are really okay, whether you could use some time to recoup and recharge.



Having poured all of my energy into my work for university, I'd managed to keep myself distracted (to a certain extent) from thinking about the madness going on. However, after submitting all my assignments for last term's modules, I was instantly reminded of everything. All of sudden, the focus of writing essays wasn't there and it was like I was pulled back into the reality of it all. This might sound strange, but it made me appreciate my work, as it had been something to focus on, and it helped to drown out everything else.

After my work is complete, and sent off, it always feels like an enormous weight has been lifted from my mind. I remember submitting my essay for English a few weeks back, and as soon as it had gone, the exhaustion struck. I remember letting myself slump on the sofa for the rest of the night, which felt like a small luxury. After having a few deadlines in quick succession, I felt drained. So, being able to rest for a while, and finally take a break, felt amazing. After that intense focus which comes with study, it was nice being able to relax.

I've told myself on many occasions, that I'm going to pull an all-nighter to make sure a piece of work is complete, and to iron out any remaining issues. But, after many attempts at this, I've come to realise that this isn't the way my body works. I've worked until about midnight before, but it's usually earlier when I lose concentration, and know my best ideas are behind me for the day. Despite my initial intentions, I

know it won't benefit me, if I carry on by this point. While I used to get annoyed about my failure to do this, I've learnt that decent rest is just as important.

Although I've tried to power through the tiredness, it's never any use, and I'm certain that the quality of my work would have suffered if I'd attempted to carry on doing that. I think I've become better at listening to my body, to the signs that it needs a rest. Rather than fighting it, I accept that it's time to stop. The next morning, I usually feel much better, and ready to get start again. Once you've taken that break, you can come back to the tasks at hand, feeling reenergised, and ready to be productive again.

We all have a limit, and there's only so much we can do, until our brain and body just can't function to their normal ability. It's a sign we need a breather, and to take some time to recover our strength. Trying to push on, and ignoring our needs, means we can quickly become drained. Taking that step back is necessary to maintain our wellbeing, to ensure sure we don't become overwhelmed, or burnt out.

A few days off, bingeing something on Netflix, eating way too much chocolate, is my idea of the perfect remedy and reward to myself. Taking a step back from the pressures of life, and focusing on ourselves is crucial, as it helps us to process any pent-up stress we might have, and declutter our heads. I know when I'm watching Netflix, usually something like Friends, that I unwind and laugh a lot. You can then start fresh, with a clear mind, and concentrate

on other things again. We can all be too hard on ourselves at times, thinking we could have done this or that differently, but, the reality is, we've done amazing to get where we are. In a period of endless uncertainty, having the strength to power through, isn't easy. It's vital to be kind to ourselves, and to take it easy when we're feeling overwhelmed. We all need time just for us, and to do something we enjoy.

### Ways to look after yourself

One way to manage our wellbeing, is by keeping our mind occupied. I know that without my work, I would have struggled much more than I have during lockdown. It's kept me busy, kept me distracted. Anything from reading a good book, to watching a film, helps to focus our mind, and sprinkle that much-needed enjoyment and pleasure into our lives.

Sometimes, if the house feels a bit too quiet, it can be too easy to focus on the negative things. Try adding a sense of a company and noise into the mix, by listening to a podcast. Something light-hearted

or funny might help you relax, and unwind from the heaviness of the day. It's also a nice way to feel part of a conversation from afar.

If, unlike me, you can work late into the night, you probably don't get much sleep. However, good quality sleep is a key part of maintaining our wellbeing, as good rest, leaves us feeling refreshed and rejuvenated. It helps us wake up, feeling more positive.

Technology in this instance, is a blessing. Whichever platform you use, from Zoom, to Skype, or Facetime, seeing people's faces (even if it is over a screen), and keeping those connections going, gives us that precious moment of normality, and sense of comfort. It gives us something to look forward to each day. Keeping in touch with friends and family can be detrimental to combating feelings of loneliness, particularly with the restrictions we live in at the moment, so it's important to keep in touch with people.

### Positivity

I admit, I've become somewhat of a couch potato, and after attempting to begin a daily walk this past week, my legs are already aching. I can tell it's been a while since I did any decent exercise. I'm no runner though, so it's safe to say I'll definitely be sticking to a walk. And while I do suffer from guilt at times about not doing more, I'm trying to endorse the idea of self-compassion, and not be too hard on myself. I'm also guilty of stressing that I haven't done enough work on certain days, and becoming annoyed at myself for it.

My aim for this year, however, is to try and be less critical of myself, and appreciate things I've done well, such as how I've dealt with a crazy third year of uni! Sometimes, the chaos around us, can make us forget how well we are doing. Our wellbeing is imperative in such difficult times, and you should be proud of how well you are doing. Always be kind to yourself.



Written by Lauren Davison



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# Ferrari 2021 Season Preview: Redemption or Foundation Building?

You can pick out a Ferrari from anywhere; city streets, the countryside and even a rare sighting in your hometown. However, look to the leading positions of any F1 race in the 2020 season and there was hardly a Ferrari in sight.

Formula 1's most prestigious team experienced their worst season since 1980 with a sixth place Constructors Championship finish as the Fédération Internationale de l'Automobile's (FIA) cranked down on engine power, which hit the Scuderia hard. There's no doubt that Ferrari will want to rebuild on the 2020 season miseries as soon as possible.

While Charles Leclerc was able to pull off miracle performances with a third place British Grand Prix finish, and a fourth place Sakhir Grand Prix qualifying result, Sebastian Vettel notably fared worse. The four-times world champion struggled to make it out of Qualifying 2, at the point where it was almost expected that Vettel would only make it as far as Q2 at some races. Belgium and Italy, the sight of Leclerc's first F1 wins just a season before, outlined the Scuderia's problems, clear for you to see. Spa's legendary Kemmel Straight was the venue to see a Ferrari easily overtaken in a straight line, and at Monza's famous Parabolica corner, Leclerc suffered a high-speed crash which he thankfully walked away from.

A team of Ferrari's stature should be targeting an immediate return to winning races but the effective freeze on the widespread rule changes that were due to come in 2021 (the pandemic resulted in the FIA pushing such changes to the 2022 season) means

that elements of 2020 will be carried into 2021. In the minds of some Tifosi, Ferrari's loyal fanbase, 2021 could be totally pointless because of this. The incoming Carlos Sainz does have everyone at Maranello encouraged about what could be achieved in the team's near future.

## Charles Leclerc – Maturing in a difficult period

Taking his post-race team radio message from the Turkish Grand Prix out of the equation, Leclerc can go into 2021 filled with ambition and experience. The re-emergence of McLaren as a team capable of achieving podiums, and the rebranding of Racing Point and Renault into Aston Martin and Alpine respectively, has moved Ferrari to the side in terms of media anticipation, meaning the door is open for Leclerc to produce shock results yet again. Tyre management during races is just one of many areas that the Monegasque has alluded to in improving his overall performances.

The midfield was incredibly tight in 2020 and Ferrari's poor car landed them right in the thick of it. In most qualifying sessions, Leclerc was always there, and races were no different, battling rivals in Sergio Perez, Lando Norris, good friend Pierre Gasly and Daniel Ricciardo in a car that was arguably slower than what his rivals had. This is where Leclerc grew the most as he made the car work for him, Silverstone being the biggest example of this. This begs the question, what could he achieve if he was back fighting for wins on a regular basis with Lewis Hamilton and Max Verstappen?





## Carlos Sainz – The perfect place to settle in?

From McLaren's Woking to Ferrari's Maranello. The Spaniard relocated from the UK to Italy to be closer to his new team's factory. An understandable decision. For a team as historic as Ferrari, what an environment to settle into. The 2020 season was an improvement for Sainz as he maintained his sixth-place championship finish while being nine points better off than in 2019. He did lose his 'Best of the Rest' claim to Sergio Perez but an improvement none-the-less.

Carlos moves to Ferrari brimming with confidence. The Spaniard has built a reputation for himself as a certified 'Smooth Operator', rarely making mistakes and achieving impressive results with relative ease. His two years at McLaren helped to further express his personality to fans as he especially gelled with teammate Norris in creating one of F1's best bromances. He may have also contributed to McLaren now becoming one of Ferrari's biggest rivals!

## My View? – Improving on 2020

Ferrari, and their fans, have never entered an F1 season with more uncertainty. Regularly fighting Mercedes is now a dream that likely won't be realised in the coming season. What will be realised then? Team Principal Mattia Binotto has outlined third in the Constructors championship as being the "minimum target" while accepting that 2020 was "inadequate for what should be the standard for Ferrari." Leclerc and Sainz is a very strong pairing based on recent seasons, despite it also being one of Ferrari's youngest ever driver pairings.

The results that fit the standard of Ferrari likely won't suffice in 2021 but Leclerc and Sainz being given the freedom by Binotto to battle on track should make for very entertaining on-track battles. For Ferrari's sake, everyone connected to the Scuderia will be hoping that it is for regular podiums rather than low-end points finishes, but for now The Tifosi might have to practice the art of patience.

**Written by Myles Campbell-Drummond**



# AMERICA WELCOMES 46<sup>TH</sup> PRESIDENT JOE BIDEN

On the 20th of January 2021, Joe Biden had his inauguration after winning the recent presidential election becoming the 46th president of the United States of America. Bringing in a Democratic president after prior Republican president Donald Trump who had won in 2016. Biden's inauguration, also, saw the new Vice President of the United States, Kamala Harris—not only the first female Vice President but also the first black and Asian Vice President of America. Setting history for sure. She replaced Republican Mike Pence the prior Vice President who worked with Donald Trump since 2016.

## HOW DOES JOE BIDEN INTEND ON TACKLING THE CORONAVIRUS PANDEMIC?

The coronavirus pandemic is being experienced across the world with millions of deaths and cases emerging—still continuing to happen as we enter 2021. Currently, America have reached over 24 million cases along with almost 405 thousand deaths. President elect Joe Biden stated he intended to bring a national test and trace programme, to provide free testing for all and hire up to 100,000 people to set this programme up; having at least 10 testing centres in every state. Hoping to have some control of this mass pandemic. Previously, in March 2020 some states had been quarantined, mass testing was in place and restrictions had been sweeping in over states. Along with other countries such as the United Kingdom, Spain and Italy they went on a national lockdown during this period. Moving forward with Biden's plans, America, like many other countries, could look at being coronavirus free in the near future.

Furthermore, to follow on from the many other impacts that the coronavirus pandemic has caused, Biden promised to spend a necessary amount to extend loans to struggling small businesses and increase direct money payments to families. Following this with monthly \$200 social security

payments and \$10,000 of student loan forgiveness for federal loans. America could be looking at better relief for their money problems and job loss as a result of the coronavirus pandemic in the upcoming months. Trump, back in March 2020, had signed a \$2 trillion Coronavirus Aid, Relief and Economic Security Act which helped towards maintaining family incomes during the pandemic, but that did contribute to a \$3.1 trillion budget deficit—said to be the largest since 1945. Along with this, Trump had begun rolling out the coronavirus vaccine to Americans with the latest number being around 11 million vaccinated.

## WHAT OTHER POLICIES DOES JOE BIDEN INTEND TO BRING TO THE UNITED STATES OF AMERICA?

Minimum wage in America is set to increase through Biden's new policies to \$15 per hour. This will make income better, particularly for younger people and those who have suffered through the pandemic in 2020 through the rising unemployment and job loss. Biden has also stated he wants a \$2 trillion investment in green energy, to boost green manufacturing that helps working class union workers involved in these jobs. In what Biden calls his 2021 plan, it calls for the federal government to invest \$300bn in US-made materials, services,





research and technology. Towards the end of 2020 the unemployment rate for Americans had elevated around 7.9% alongside the rest of the world struggling with job loss due to the pandemic.

For healthcare, Biden shows great intentions in expanding Obamacare created by the 44th president of the United States. He also intends to implement a plan that insures 97% of Americans. With further promises to give all Americans the option to enrol in a public health insurance option that is similar to Medicare (who provide medical benefits to the elderly) and lower the age of eligibility for Medicare from 65 to 60 years old. An estimation is that this plan will cost around \$2.25 trillion over the next 10 years. Prior president, Donald Trump, had worked towards changing Obamacare in a number of ways through eliminating the ACA mandate, stopping reimbursements for low-income customers and plans with fewer benefits. However, in 2017, Trump reduced the prices of medical drugs, where he

revealed the “American Patients First” plan to reform the rebates drug companies pay to pharmacy benefit managers.

### **WHERE DOES JOE BIDEN STAND ON CRIMINALS, IMMIGRATION AND EDUCATION?**

Biden believes racism in the USA should be handled with thorough broad economic and social programmes to support minorities. This includes his ‘build back’ programme that creates business support for minorities through a \$30 billion investment fund. This is in addition to creating a \$20 billion grant programme to incentivise states to invest in incarceration reduction efforts, eliminate mandatory minimum sentences, decriminalise marijuana and expunge prior cannabis convictions, and finally end the death penalty. The death penalty, of course, being a topic argued about for a number of years. Adding to this, Biden has promised to reverse policies that separate parents from their children at the US-Mexican border, rescind limits on the number of applications for asylum and end the bans on travel from several majority-Muslim countries.

In terms of education, Biden has looked towards policies involving student loan debt forgiveness, expansion of tuition-free colleges, and universal preschool access. These policies would be paid using money gained back from withdrawing the media-labelled ‘Trump Tax cuts’.



To conclude, Biden’s running party provided the suggestion of a lot of aid, recouping and re-developing on America.

Americans wait peacefully at the moment to see how his presidency will unfold and whether these policies talked of will truly help the American people as they hope to move into a more democratic America.

**Written by Bethany Parkes**





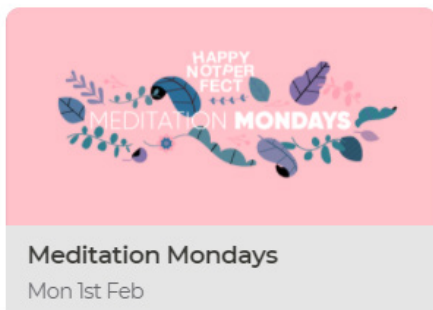
# Refreshers Virtual Lineup for February!

It's safe to say that we're all feeling somewhat fatigued by the constant lockdown measures in place at the moment. Whether you're still in halls or you're back at home, wherever home may be, there are still a plethora of virtual activities on offer for students.

Hosted by the Union of Students, this year's virtual 'Refreshers' programme started on the 25th of January — so we still have a week of events to make use of! Refreshers isn't just for new students either, there is a fantastic lineup going into February and this is only a handful of what is on offer. You can find [the full list by clicking here!](#)

## 1ST FEBRUARY: [MEDITATION MONDAY](#) 6PM

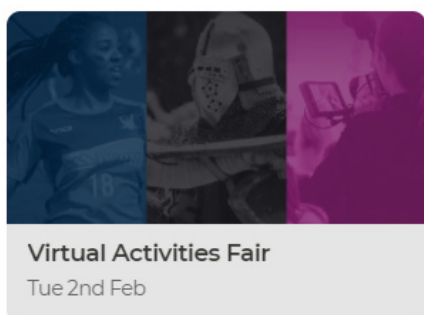
"Happy Not Perfect is your go-to place for everything you need to look after your mind in a fun new way. Now more than ever, having the tools to take care of your mental health has become a human priority. We know learning to meditate, or learning a new skill for that matter, can be stressful. That is why we are here."



## 2ND FEB: [VIRTUAL ACTIVITIES FAIR](#) 10-3PM

"There's loads of things you can join us in doing during your time at university. From fundraising and volunteering to sports and social societies."

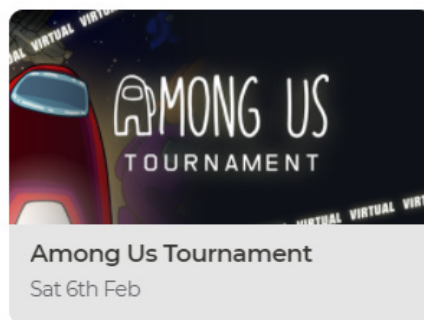
"Learn more about the opportunities our Activities team have to meet like-minded people, develop a skill or a hobby or just try something new!"



## 6TH FEB: [AMONG US TOURNAMENT](#) 5-8PM

"Try your hand at the most popular game of 2020, in an exclusive student Among Us tournament. Whether you're a seasoned player or you've never heard of the game, our team of hosts will be on hand to help you meet new people and play the game."

"Among Us is available on mobile devices (iOS / Android), Steam, and Nintendo Switch, and currently supports cross-platform play. We'll be assigning groups via Discord, and will send joining instructions before the day so that you can get yourself set up."



## LUNACINCOS: NEW MUSIC SHOWCASE I-V [4TH](#), [5TH](#), [10TH](#), [11TH](#), [18TH](#) FEBRUARY

"Lunacincos is a 5-part series of live music showcases - promoting emerging & hot talent that are on a trajectory to breakthrough. The seminal event debuted in January 2020 with over 1000 attendees; we're back with an even bigger line up."

"Hosted by KMTV, presented by Abbie McCarthy (BBC Radio 1, Match of the Day, Box Music) or Louise Schofield (BBC Sesh)."



Written by Owen Corkin

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