Lightning Bolt
Usain Bolt trains at Brunel over the summer

THE STUDENT SPECIAL
Worried about getting work after graduation? Find out what you need to do to prepare yourself for the future jobs market

EASTERN PROMISE
A sneak peak at the plans for the new Eastern Gateway building
Credits

Express is available to read on our website at: www.brunel.ac.uk/news/express

We’d love to hear from you with ideas for news items, stories or features, as well as any feedback. Please email your ideas or comments to brunelnews@brunel.ac.uk

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P4-7 News roundup

P8 Eastern promise
A look at the new Eastern Gateway building project and other future projects

P10 Lightning Bolt
Usain Bolt honed his world-beating sprinting skills at Brunel this summer

P12-17 Survival of the fittest: the student special
Whether you’re a fresher or a final year, pick up all the skills you need to recession-proof your future career.

P18-19 Brunel launches YouTube and Flickr channels

P20 Catering special offers
Brunel tops UK university chart for disabled access

In just 10 short years, Brunel has gone from having a one-man disability support ‘team’ to what is now officially the best Disability and Dyslexia Service of any university in the UK. This August, Brunel topped the University Challenge report, commissioned by Muscular Dystrophy Campaign, with an impressive score of 94% and an overall 5-out-of-5 ranking.

This is an excellent result for Brunel’s Disability and Dyslexia Service, which has worked exceptionally hard over the last 10 years to ensure the University provides the best support service possible. This isn’t the first accolade the Service has received either: last year the team won the Times Higher Education Award for Outstanding Support for Disabled Students.

The Service’s Manager, Martin Smith, who has overseen the team since its inception in 1999, said: “We are delighted with this new praise. We always planned to have a comprehensive range of services which enable disabled students to achieve their potential and to participate fully in university life. For the students to rate our services so highly is the ultimate accolade for us all.”

The report, which was carried out by a network of young campaigners for the rights of disabled people, investigated the challenges facing disabled students applying to and studying at university.
Rent a car on campus for under £4 an hour

From this September, students and staff will be able to take advantage of a new car club scheme that allows you to rent a car for as little as £3.95 an hour. Once you’re a member of the innovative ‘Connect by Hertz’ scheme, you can pick up one of three cars parked in special bays on campus – choose from a Fiat 500, a Ford Focus or a Mini – at any time of the day or night. You can even reserve a vehicle just minutes before you need it, either online or over the phone.

The scheme offers huge benefits for the University. Not only does it mean our staff and students can save money by paying for a vehicle just when they need it, it helps the University reduce the number of cars used in and around Brunel. Students living in halls of residence, who are not permitted to keep cars on campus, will especially benefit from the scheme – the car club means they can still access a car when they really need one.

Annual membership to the scheme is just £50. Once you’re signed up, you can hire a car for £3.95 (Fiat 500), £5.95 (Ford Focus) or £6.95 (Mini) per hour*. The rate covers 30 miles of fuel per day and the London congestion charge, and the membership includes insurance. If you want the car for the whole day, you only pay for a maximum of eight hours, meaning the Fiat 500 is just £31.60 a day.

* Under 21s pay a £2ph surcharge on each car.

For more information on how to join the scheme, and for special joining offers (for a limited time only!), visit the Hertz Connect website.

www.connectbyhertz.com/

GRADUATE LAUNCHES FIRST NORWICH FILM FESTIVAL

Entrepreneurial Film and TV graduate, Kellen Playford, is the brains behind the newly launched Norwich Film Festival, which ran this year from 18-26 September. We caught up with him just before the Festival kicked off to discuss his big plans.

What inspired you to set up the Festival in the first place?

I had just returned from travelling through India and found it impossible to find a job, so I started writing scripts. One day, I had the idea to launch a competition for Norwich-based youngsters to film my script – there was a lot of enthusiasm from locals and we got to talking about how good it would be if Norwich had its own film festival, so I took it upon myself to set one up. There’s a lot of creativity in the community and I thought someone should create an outlet for that.

So what do you want it to achieve?

The Festival was designed not only to give young filmmakers the chance to get their work seen alongside more established artists, but also to give audiences the opportunity to watch something other than the usual Hollywood narrative. We have a great selection on screen this year, including some wonderful animations, insightful documentaries and intelligent short films. These aren’t usually what you get to see in the cinema, and I think it benefits everyone to have access to them.
Did you hit any major obstacles getting the Festival off the ground?

Yes – apathy and money! Everyone liked the idea, but no one wanted to be the first to get behind it in case it didn’t take off. Luckily for me, I have a friend who is a successful businessman, and once he put in money and raised our profile, everything began to snowball. We’re already in talks over sponsorship with the likes of Absolut Vodka and Coca Cola for next year.

What do you plan to do once it’s over?

Ideally, the Festival will go from strength to strength. I’d like to make it a self-sustaining event, so five years from now I can pass over the reins and move on. As much as I love doing this, I want to get behind the camera and start being creative again.

So, if you’re not running festivals, what will you do instead?

I’m a bit greedy – I want to do it all! I want the Festival to be a big hit, and then I want to get back into filmmaking. I want to work in TV for a few years – the state of television in this country is pretty poor and needs a fresh approach. I also want to release an album and write a novel, so I guess you could say I’m planning a full-scale media blitz. Once I get a building at Brunel named after me I’ll know I’ve made it!

www.norwichfilmfestival.co.uk

Innovative games degree shortlisted for top award

Brunel has received a nomination for the Times Higher Education (THE) ‘Excellence and Innovation in the Arts’ Award. The University was shortlisted from over 600 entries for the highly original methods used to teach the MA in Digital Games Theory and Design, a course that equips its graduates with the theoretical and design skills needed to flourish in the games industry.

The degree programme, whose convenor is Professor Tanya Krzywinska, uses a game itself, called The Game Game, to teach students the issues involved in real-world games design. The students take the role of publisher for each other’s games and play through the process of taking them from design to market, facing industry panels and unexpected pitfalls along the way. As a learning tool it offers students a unique experience and has helped the course achieve a remarkable 70% employment rate in the digital games industry.

Tanya said: “I am delighted our course has been shortlisted for this award. Not only does it reflect the innovations we’ve developed to engage students with the challenges that games and their design present, it also affirms more generally the important role that games are increasingly playing in contemporary culture.”

The THE awards ceremony takes place on 15 October 2009.
News in Brief

Brunel stars help England reach Euro football final

No fewer than four Brunel names helped propel the England Women’s football team to the final of the 2009 European Cup in Finland in September. Current education PhD student Anita Asante played in defence, while 2008 Law graduate Eniola Aluko (pictured right), who proved to be one of England's star strikers, scored many of the goals en route to the final. Despite a valiant display, the team eventually lost 6-2 in the final to Germany.

Aside from the squad members, senior sport sciences lecturer Misia Gervis has played a very significant role in the team’s fortunes as the team’s sport psychologist for the last five years. In addition, the team’s Coach, Hope Powell, was a History and Sport Sciences student at Borough Road College.

Academics reveal our flawed attitudes to dishonesty

Two researchers from the Brunel Law School, Drs Emily Finch and Stefan Fafinski, claim the “honesty test” used in courts should be reviewed after they cast doubt on how jurors deal with suspected dishonesty. Their research, which tested over 15,000 people, revealed huge variations in ordinary people’s ideas of what constitutes dishonest behaviour, which in turn may affect a defendant’s chances of being convicted or acquitted by a jury.

The pair created a series of dramatised tests on the *Honesty Lab* website to gauge the public’s opinion on whether a person’s actions were “honest according to the standards of reasonable and honest people”. The results threw up some interesting statistics: nearly 90% of women agreed that returning a dress to the store after wearing it for a special occasion was dishonest, while only 46% thought it dishonest for a care worker to persuade an elderly patient to change a will in their favour. Surprisingly, the latter was considered only marginally more dishonest than breaking off broccoli stalks in the shop before paying for it.

Dr Finch believes our perception of dishonesty may be swayed by empathy: “We have some scenarios that are exactly the same in terms of the legal issue that they involve, but we have seen a massive difference in reaction to them. It seems to be based on whether or not the person speaking is likeable. When we like people or feel sorry for them, we are far less likely to condemn what they have done, so this has a major effect on whether or not their conduct is rated as honest or dishonest.”

Take the test yourself: www.honestylab.com

Graduate is crowned Miss England

Rachel Christie, a sociology and media studies graduate (2009) and the niece of sprinting legend, Linford Christie, has become the first black winner of Miss England. Rachel will go on to represent England in the long-standing Miss World competition in South Africa this December.

Rachel is also a keen athlete, who hopes to compete in the London 2012 Olympics. Speaking after the win she said: “One of my reasons for doing Miss England in the first place was because I wanted to show people, the younger generation especially, that you can do something positive with your life.”

Top 30 ranking for Brunel’s research grant total

According to a September edition of the Times Higher Education (THE), Brunel is one of the UK’s top 30 universities in terms of the total number of grants received from the Research Councils. Brunel is ranked 26th – out of 115 institutions – after securing 19 awards totalling £12.5 million during 2008/9.
This ranking, which is based on the amount won by Brunel staff on projects they lead, takes into account data from six of the seven Research Councils. It places Brunel above major universities such as York, Loughborough, Lancaster, Surrey, Bath and Leicester.

Frank Griffith ‘adopted’ by British jazz scene

Frank Griffith, Director of Performance at Brunel, has been awarded charter membership of British Adopted Jazz Alumni (BAJA) during the 2009 Brit-Adoptees Jazz Awards. He received the honour from highly respected musicians Sir John Dankworth and Dame Cleo Laine, who described Frank as “an invaluable asset to the British jazz scene [...] as well as a musician of formidable talents.”

Originally hailing from Oregon, USA, Frank is a stalwart of the British jazz scene, having released three albums and established his own group, the Frank Griffith Nonet. He also presents a weekly show on the online station, UK Jazz Radio. He has taught hundreds of music students since he joined Brunel in 1997.
It's official: after years of planning, Brunel finally has the green light to start work on the ‘Eastern Gateway’ project. Here we take a look at the plans for Brunel’s new flagship building, as well as other potential projects on the horizon.

Just two years from now, the University’s skyline will be marked by yet another impressive new structure. The £30 million Eastern Gateway building, which will occupy the gravel area by the Kingston Lane entrance, will provide us with much-needed new teaching, research and auditorium space.

Mirroring the contours and clean lines of the Mary Seacole building, the Eastern Gateway will consist of a looping main structure that wraps around a large auditorium and atrium. The 430-seater auditorium can be transformed for either tiered or flat seating, and can even be extended into the atrium via a moveable wall to provide over 600 seats. The building will become the new home for the Brunel Business School, the main University reception, the Beldam Gallery and a new café.

Far from being just an impressive addition to the campus, the extra space created by this new build means the Law School will gain improved teaching, research and admin capacity, while the School of Engineering and Design will gain space in the Michael Sterling building, all through the vacation of the previous Business School premises. Following the completion of the current revamp of the Heinz Wolff building, a 10-year refurbishment programme of the campus’ 1960s buildings is likely to start in 2012.

As well as repairing and updating the Lecture Centre and the Howell and Hamilton buildings, the University is considering some innovative options to either renovate or replace the Engineering and Design Towers. The aim is to revamp what is currently a rather drab corner of the campus and bring it up to the quality of the other buildings and areas modernised during the current Masterplan. Other projects in the pipeline are a new £1.5 million multi-faith centre for 2011 and an extension of the Kingston Lane sports pavilion in 2010. These projects will be formally considered for approval by the governing Council in the autumn.
Eastern Gateway fact file

Timeline

Sep 2009 Preparation begins
Feb 2010 Construction starts
Nov 2011 Building opens

Main features

Flexible 430-seater auditorium – extendable to 600+
Highest standards of environmental sustainability (BREEAM Excellent)
Large atrium housing the main reception and a café
New home to Brunel Business School and Beldam Gallery
For five weeks this summer, Brunel University was host to the fastest athlete the world has known, Usain Bolt. Seven of our athletes had the enviable job of interviewing the sprinting star in a special Q&A session.
The fact that Usain Bolt was using Brunel’s athletics facilities to fine-tune his sprinting technique was probably one of the University’s worst kept secrets.

Along with other stars of the Caribbean sprinting teams, a rather conspicuous Usain could be spotted training on the indoor and outdoor athletics tracks, relaxing in The Hub bar, or even making the occasional trip to Uxbridge KFC – in between flying off to compete in events across Europe.

But it was the 6ft 5in sprinter’s performance in the Berlin World Athletics Championships, when he demolished his own world records in the 100m and 200m, that really caught everyone’s attention. Indeed his time of 9.58s in the 100m ushered in a new, super-fast era in men’s sprinting. Bolt never looked anything other than self-assured and relaxed, despite the expectations that he might achieve something extra-special.

That laid-back style Bolt exuded at the Championships proved to be more than just an in-competition persona, as seven of Brunel’s athletes and Sports Scholars discovered during a post-training Q&A session at Brunel in July. The lucky students were Perri Shakes-Drayton (400m hurdles), Rion Pierre (100m), Dan Davis (110m hurdles), Lucy Sargent and Joey Duck (200m), and Nick Leavey and Shelayna Oskan (400m). The rising stars shared topics that ranged from mainstream athletics to more light-hearted matters such as football allegiances and Caribbean cooking.

Asked about his long-term career plans once his competition days were over, he seemed more certain of what he didn’t want to do: coaching! Would he consider moving into different disciplines? He’d toyed with the 400m as a youngster, he said, and might consider hurdles. But the most likely move might be to the long jump: “I’d be good at that!” What about getting back to Jamaica? “I go home for a vacation, to enjoy myself, not to train. Party with friends – same guys as at school. I’m a low-key guy.”

Of course, the core of the discussion related to athletics, and coping with the pressures of competition. Bolt became especially animated in talking about the importance of relaxation before a race. “I don’t get nervous. Anytime you get nervous, you start to lose. I’ve done all the hard work and the preparation, so I’m confident. That’s the key.”

He finished by repeating what is clearly his mantra: “If you don’t enjoy it, don’t do it.” The students who shared more than half an hour in his company certainly did enjoy it!
Survival of the fittest

The Express Student Special

Picture the scene: you sit down to update your CV, but find you barely have enough to fill one side of A4. You suddenly realise you have little to say about yourself beyond your education and a Saturday job at Tescos. If this sounds all-too familiar, you have company – scores of students find themselves in this situation every year.

The graduate job market is the toughest it’s been in nearly two decades, with the disappearance of a quarter of graduate vacancies and almost 50 graduates fighting for every position*. But all is not lost: one of the best ways to give yourself the edge over the competition is to work on your extra-curricular skills while at Brunel. Take advantage of work placements, volunteering and part-time jobs. Improve your writing skills, practise interview techniques and sharpen up that all-important CV.

This Student Special is dedicated to the services, facilities and people who can help you prepare for the world beyond Brunel. And remember: it’s never too early (or too late) to start...

*Council of Graduate Recruiters, July 2009

Careers, employment and placements A to Z

Whether you’re a Fresher or in your final year, you will be familiar with Brunel’s Placement and Careers Centre (PCC). But are you really taking full advantage of its services? Check out the A-Z for a round-up of what it has to offer you.

Advice It’s really easy to get guidance on any issues you might have with interviews, CV preparation, placements, careers or further study. Get personal advice from the teams of specialist careers consultants and subject-specific placement officers in person, by email or telephone.

Books The PCC has an extensive careers library covering subjects such as CVs and applications, assessment centres, interview skills, psychometric testing, job types and sector guides. Just drop in if you want to have a browse.

CVs Get help preparing your most important tool, as well as covering letters and application forms. Browse sample CVs and get tips on how to sell your skills effectively. Not sure your CV is good enough? Then meet an advisor and get individual feedback. You can even attend a workshop, or watch how-to videos on the web.
Is your essay writing up to scratch?

Being able to write clearly, concisely and effectively is an essential skill for all university students. If you think your writing skills are letting you down, you might want to take advantage of free, one-to-one support from professional writer and Royal Literary Fund Fellow, Robin Blake.

Everyone needs a little help with their writing skills from time to time. Perhaps you find it hard to argue your point clearly in essays, or your tutor has asked you to improve your grammar. Or maybe you just don’t feel you can express your thoughts on paper as well as you can in your head.

This is where Robin Blake can help. Robin, a highly experienced author, former teacher and journalist (he’s written for the FT, The Guardian and The New Statesman), offers individual writing tuition to Brunel students – undergraduate or postgraduate, from the UK or overseas, and no matter what subject they study.

“\n\n“I can help students with the nuts and bolts of writing, from simple grammar and language skills, to how best to construct sentences, paragraphs and essays," explains Robin. “Students mostly come to me either to seek advice on how to put an essay together, or to discuss a draft which they are not sure they have written as well as they can.\"
Job Shop Find work as a member of bar staff, a brand manager, or even a translator through the Job Shop, Brunel’s own student employment agency. Hundreds of high-quality vacancies are available on campus and across the region. Check out the website for the latest vacancies.

Key Skills Highlighting your most valuable assets can really help you stand out from the crowd. PCC advisors can help you identify your individual skills and express them fully in your CV.

Level Whatever level you’ve reached in your studies, the PCC team offers tailor-made careers advice and development opportunities. The earlier you start thinking about your future career, the more time you have to prepare the skills and knowledge you need.

Masterclasses Each spring, the PCC runs an invaluable programme of employer-led masterclasses on issues such as confidence building, leadership, understanding and impressing recruiters, and breaking through the glass ceiling. Don’t miss!

Non-UK Students The PCC has comprehensive information about working in the UK, including regulations, work etiquette and equivalent qualifications, and has a specialist international student careers consultant. Check out the Going Global database, reference books and web links covering opportunities in over 50 countries.

Occupations The PCC library and website hold details on hundreds of job types, sectors and career paths, and the skills they require.

Robin, who is based in the Heinz Wolff building, is a Fellow of the Royal Literary Fund, an organisation which places professional writers in universities to foster good writing practice amongst the student body. And this is an area Robin feels is in need of some attention: “The craft of essay writing is not taught as much as it once was and especially not to scientists, who in many cases aren’t used to doing continuous writing, such as is needed for things like lab reports and scientific papers.”

Having helped nearly 80 students since he joined Brunel last year, Robin is now keen to help plenty more. “[Students] have mostly come in to see me from biosciences and the health disciplines, but I want to throw my net wider – to law and arts students, for example. In fact, I am here for the whole university – even staff.”

Students can contact Robin directly to arrange an appointment. Alternatively, tutors can refer students whom they feel could benefit from further essay-writing tuition. However, he is keen to stress that this is not a ‘check and correct’ service. “I am here to help any student who is struggling with their writing, but my role is to give students the skills to help themselves.”

So if you’re interested in improving your writing skills, simply get in touch with Robin and arrange an appointment.

Email robin.blake@brunel.ac.uk
Visit HW Rm 125, Mon-Tues 10.30am-4.30pm
Click www.rlf.org.uk – follow link to ‘The Fellowship Scheme’
Postgraduates: Master’s and PhD students can take advantage of a specialist careers consultant, bespoke workshops, funding advice and career planning portfolios, alongside all the other benefits of the PCC.

Quick Queries: Sometimes you only need 10 minutes to resolve your career-related issues. A drop-in service runs throughout term-time between 11.30am and 3.30pm. You can also phone or email on the day to book a time slot.

Recruitment Agencies: With the right approach, agencies are a valuable way to find work. The PCC has a guide to getting the most from recruitment agencies, links to those most relevant to graduates and a database of specialist agencies.

Sandwich Placements: If you’re one of the 800+ students taking a placement this year, the 11 full-time Placement Officers are here to help you find and apply for the perfect role. You can find guides, video case studies and national and international vacancies on the website.

Tests: The road to graduate employment is littered with intimidating tests and questionnaires. The PCC can help you prepare for these, including psychometric and reasoning tests, personality questionnaires and even assessment centres. Get valuable practice using the PCC’s handouts, reference books and links to websites with sample questions and practice tests.

Unpaid Work: Working with Brunel Volunteers, the PCC advertises voluntary work and provides links to hundreds of voluntary agencies across the globe (see opposite article).

Volunteer your way to better job opportunities

Volunteering at Brunel just got a whole lot easier with the relaunch of the Brunel Volunteers service. Why not drop by their new office on the campus concourse and sign up?

Volunteering is one of the best ways to pick up new skills while supporting your local community, and Brunel has made doing so simpler than ever with the revamped Brunel Volunteers service. You can sign up to volunteer for an occasional hour or a one-off project, or for a special scheme called the Community Action Programme (CAP). The CAP team are looking to recruit 30 volunteers who will complete 50 hours of volunteering each in the Hillingdon Borough during the academic year. CAP volunteers will also benefit from a weekend of residential training in October.

Lindsay Topham, the CAP coordinator, is keen to mobilise the whole student community to volunteer. “Volunteering is a fantastic way to spend your time: you meet fascinating people and get opportunities to learn new skills while working with children or the elderly, or on environmental projects. This is an exciting time for Brunel students to get involved in volunteering!”

Where can I volunteer?

Brunel Volunteers has opportunities in areas including: advice and support, children and youth projects, legal and justice, mentoring, and outdoor and environmental projects. You can tailor your roles to match your future career path or lend your support to any worthwhile project and develop a more general skillset. If you sign up for CAP, you can spread the hours out over the year, work a handful of concentrated shifts, or a combination of the two.

How do I sign up?

Just drop by the campus shop, situated next to Costcutter, and put your name down, or download the CAP application form from the website. Once you’ve registered, you will receive weekly email newsletters informing you of the latest opportunities. If you are following a specific career path, Brunel Volunteers can put you in touch with organisations that match your interests. When you find something you want to get involved with, just get back in touch with the team – it’s that simple.

Click www.brunel.ac.uk/volunteers
Email cap@brunel.ac.uk
Not planning to take a sandwich placement?
Maybe it’s time to think again...

It's hard to exaggerate just how valuable a work placement can be for your future career. Graduates with relevant work experience are more likely to find a job quickly, and earn a higher starting salary. Luckily, you’re studying at a university with one of the best sandwich placement schemes in the country, so if your degree offers a placement year and you weren't planning to take advantage of it, it could be time to reconsider. After all, it's more important than ever that you enter the world of work with a good degree and as much experience as you can get.

If you originally applied for a three-year course, there may still be time to switch to a sandwich course. The Placement and Careers Centre has a large team dedicated to helping you find a high-quality placement, so visit them in the Bannerman Centre to check out your options.

Click www.brunel.ac.uk/pcc

The benefits:

- Twice as many placement students get a first class degree compared with their non-placement peers.
- The average placement salary for most subject areas is around £13-15,000pa.
- Many employers take on placement students with the aim of attracting them back after graduation.
- Placement graduates have an average starting salary advantage of £2,123, earning on average £23,017.
- Over 75% were employed as managers, professionals and associate professionals and over 72% said that their qualification was required, expected or advantageous for their job.
- They also express higher levels of job satisfaction. 61% said their job fitted into their career plan or was exactly the type of work they wanted, compared to 36% of leavers without placements.

* Statistics based on 2008 leavers survey
Brunel Catering is launching the exciting ‘I’m Not a Mug’ initiative this October to get us reusing our takeaway coffee cups and help us save money, reduce waste and be kinder to the environment.

Buy your own personal, reusable hot drinks mug (the portable, insulated type) for just £1 and, every time you use that mug to buy tea, coffee or hot chocolate in any one of the catering outlets across campus, you receive a very generous 20p discount. Mug users will recoup the initial cost within five purchases, and will continue to make savings thereafter.

If you’re a member of staff, you can buy one of the 1,000 cups, sponsored by the University and Chef in a Box (More Foodhall’s sandwich supplier) from Café Rococo, More Foodhall and the SCR from Monday 26 October. If the scheme is a success, it is hoped that sponsorship can be found to expand the scheme to even more staff and to students too.

The Catering Service has a long-term commitment to reducing the volume of disposable containers it uses in its outlets and, in order to get this particular initiative off the ground, they approached Brunel’s Design students for help. Two eco-conscious MA Design students, Muyi Liu and Sooyoung Kim, stepped up to the challenge and have helped turn the idea into what will hopefully be a big commercial success.

Brunel launches YouTube and Flickr channels

Brunel made its first forays into the Web 2.0 world this year with the launch of our official video and photo sharing channels on YouTube and Flickr, and we want you to help make them a big success by contributing your own content. Both channels are a fantastic way to showcase the best of what’s happening in and around Brunel to our students and staff, as well as to prospective students and the world at large.

The Brunel YouTube Channel, which launched in September, so far features videos about the Disability and Dyslexia Service, Placement and Careers Centre, Accommodation and Brunel International. More will be added soon, including a series of campus videos which will help create a new ‘virtual open day’.

We want to make the content as broad as possible by inviting students and staff to contribute their own videos, as long as they are original, are relevant to Brunel and do not infringe copyright of third parties. For guidance on submitting videos to the channel please email youtube@brunel.ac.uk.

www.youtube.com/bruneluniversity

Brunel has showcased images of the University on Flickr since the spring and, in that short time, our photos have attracted over 50,000 views worldwide. Although the main channel is reserved for official University images, we have also launched a ‘Group Pool’, so students, staff and visitors can share their own images of the University with the whole community. To post your photos, you just need to create a Flickr account and submit your Brunel-related pictures to the group. Terms for submission can be found on the group homepage.

www.flickr.com/bruneluniversity
www.flickr.com/groups/bruneluniversity
If you’d like to improve your fitness levels, but are not sure how to get started, then why not get involved in the new ‘First Steps to Fitness’ challenge for staff and students?

**ARE YOU READY TO TAKE YOUR FIRST STEPS TO FITNESS?**

The challenge, organised by HR, is to take part in an organised jog around a kilometre-long route every Wednesday lunchtime, from Freshers’ Week through till the end of May 2010. Starting at a marked meeting point behind the Antonin Artaud building (the Boiler House), the track follows the west perimeter of the campus and a path through the picturesque Bicentenary Gardens.

But don’t worry if you’re not quite ready for jogging yet; there will be groups for all fitness levels, so you can start by walking and build up to a faster pace as you improve over the weeks. At the simplest level, the challenge aims to get people away from their desks or their studies and out into the fresh air. Improving your fitness along the way is an added bonus! And it’s not just about getting healthier – it’s a great opportunity to socialise and meet new people from across the University too.

The Challenge is aimed at beginners and not seasoned athletes, so as long you’re healthy, you will benefit from joining. If you’re not sure you’re fit enough, ask your GP beforehand, or email tina.miller@brunel.ac.uk to make an appointment with Brunel’s Occupational Health nurse.

**WHEN AND WHERE**

1.15pm every Wednesday
Freshers’ Week – May, come rain or shine
Meet behind the Antonin Artaud building

**WALK  JOG  RUN**
£3.50 LUNCH DEAL
Buy a take away sandwich, packet of crisps and bottled water for only £3.50
Offer available only in Bar Zest and subject to availability. Offer ends 27/11/09.

FREE FRESH FRUIT
Choose an item of fresh fruit for free when you buy a bowl of salad
Offer available only in More Foodhall and subject to availability. Offer ends 27/11/09.

SAVE £ ON MEAL DEAL
Receive extra £1 discount on any meal deal in Pronto
Offer available only in Pronto and subject to availability. Offer ends 27/11/09.

£3 CAKE & DRINK COMBO
Buy any large hot drink and a slice of cake for only £3.00
Offer available only in Café Rococo and subject to availability. Offer ends 27/11/09.

FREE MINI MUFFIN
Receive a free mini muffin when you buy any sandwich with a drink
Offer available only in Café Rococo and subject to availability. Offer ends 27/11/09.

FREE SIDE ORDER
Receive free garlic/naan bread side order with any main meal ordered
Offer available only in the Hub and subject to availability. Offer ends 27/11/09.

HALF PRICE DESSERT
Enjoy a half price hot dessert when you buy any hot meal
Offer available only in More Foodhall and subject to availability. Offer ends 27/11/09.

Visit the Catering intranet >>
> To save money by downloading further copies of the latest vouchers
> To find bonus vouchers
> To see what’s on today’s menu
> To discover what’s going on via our Twitter feed

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