

BREWED

the unique issue

Editors Hello

Here we are again! A new year with a brand new Brewed magazine created by a brand new team! We are happy to introduce you to our new look and feel and we will guide you through our new magazine.

This issue is filled with interesting stories and amazing people. We want to celebrate every individual, even if you think you are not unique! Everyone has their own amazing features and characteristics, and you should not be afraid to show them. We hope this issue inspires you to be nothing but yourself!

We would like to thank everyone who supported us in creating this magazine. Especially a big thanks to Christine, our supervisor, who helped us a lot and to our Arnoud, to who we owe this printed magazine. Both were amazing to work with! We would also like to thank our family, friends, fans, pets and bottles of wine (or beers), for all the inspiration and support. Also, you, the readers, are really dear to us, so we want to thank you too, for reading our magazine!

We hope you are reading this magazine with pleasure! And don't forget, be yourself, you're awesome.

Big kisses,

Nathalie and Arleth

Table of contents

Lifestyle

- 4-5 Are you ready? ; a list of places you should visit right now.
- 6-7 A quick guide through Drag
- 8 What if plastic was never invented?
- 9 Unusual recipies
- 10-11 Zero Waste; Tips and Tricks
- 12 Animal Facts
- 13 Outsmart your teacher
- 14-15 Oh My Horror
- 16 Would you rather?
- 17 The list of things I love
- 18 Slang Quiz

Art

- 20-21 Barbie Evolves
- 22-25 Gallery of IGAD
- 26-27 Journey of an Artist; Nikki
- 28-29 Game Lowdowns
- 30-33 Today I'm wonder woman, but tomorrow I'll be Tracer
- 34-35 Artists that have millions of fans, that you might never heard of
- 36-38 Inclusion in Entertainment

People

- 40-43 Do you dare?; Students own businesses
- 44-45 Serious Business
- 46-49 Around the world with Nick & International with Anna
- 50-52 Lucid Dreaming
- 53 Book List
- 54-55 What makes you unique?

LIFE STYLE.

ARE YOU READY?

Written by: Michelle Chiu

Here's a list of places you should visit right now!

Flower Burger. Hoogstraat 107A, Rotterdam
Price: €7-15

Coming from Italy, the colorful burgers are making their debut in the Netherlands. Not only are they an experience to see, but to eat as well. We've personally tried them for you. The unique colors are created with natural ingredients like cherry extract and Curcuma, making the burgers 100% vegan. Furthermore, they offer unique drinks, sauces and a couple desserts to go along with it. What's even better, is that menus get a 10% discount and on Meatless Monday there's a 15% discount overall. Flower Burger also offers a limited-edition burger every season as well.



Museum Vrolik, Meibergdreef 15, Amsterdam
Price: €7,50

Last but not least, there's museum Vrolik, definitely not for the weak hearted. It possibly offers the widest collection of deformed specimens in the world. It all started as a small private collection of Gerardus Vrolik and his son 19th century. Vrolik offers a wide arrangement of deformed human, teratological and animal specimens.

Duke of Tokyo, Reguliersdwarstraat 37 Amsterdam

The Duke of Tokyo, it just feels like the small alleys of Tokyo and offers Japanese beer, sake, food, and cocktails with an Asian twist. You get to display your singing skills in private karaoke booths. Each booth comes with a unique design, inspired by the neighborhoods of Tokyo. You can rent a booth for groups of 4 to 25 people. So, take your friends to the first Japanese karaoke bar in the Netherlands.



Alexandra Ukhaneva

Tonton club, Amsterdam

Perhaps you are familiar with Gamestate, the arcade hall. Well, now there's Tonton club, located in Amsterdam, with 3 different locations, offering a wide variety of games. There's the Japanese arcade with Japanese button bashers, rhythm games or go all out on the Taiko no Tatsujin. Of course, there are the classics at the Retro arcade where you can relive your childhood. However, Tonton club offers board games and an air hockey hall as well. Once you're done playing or up for a break, there'll be snacks, beers, milkshakes and more.



N. Padalino, 1999

Electric Ladyland, Tweede Leliedwarsstraat 5, Amsterdam.

Price: €5

This otherworldly place is the first ever fluorescent art museum. All the artworks and rocks transform under different wavelengths of light. Experience this psychedelic trip for just 5 euros and learn more about the science of phosphorescence.

Excalibur, Bieksemaar 3, Bjoeks

Price: €12 daypass, subscription possible.

Are you in for a thrill? For the more adventurous people among us, there's the 'Excalibur'. Located up in the north, in a small town called Bjoeks. With its incredible length of 37 meters, it's the second largest climbing wall in the world. Excalibur offers pre-climbing courses, so you gain the experience to climb the wall safely. There's even the opportunity to set up a tent and give the wall another go the next day. If that hasn't convinced you yet, once you've reached the top, you can even spend the night there and experience the amazing view during both day and night!



Eric Kieboom



A quick guide through DRAG

Drag queens, you might heard of them before. It's when a man dresses up in woman's clothing for entertainment purposes. One of the most famous drag queens around the world is Rupaul. He has his own show called Rupaul's Drag Race, which has 10 seasons and counting. In this show, several drag queens are competing for the crown to become the next drag superstar.

Throughout the competition the contestants have to compete with each other in different challenges. The show is a huge success worldwide and more people get informed about the topic. Drag queens are most known for their make-up, fashion, wigs and flamboyant personalities.

To achieve a more feminine appearance there are several techniques to make them seem more female like. Some drag queens tape their faces to mimic a face lift without the actual plastic surgery. They also 'remove' their eyebrows to draw them on in a new shape.

A drag queen called Miss Fame for example glues them down with a Pritt stick, uses powder and either foundation or concealer to remove their eyebrows. Then they draw over them to define them differently. Other drag queens also completely shave off their eyebrows so they can experiment with them every day.

But not everything is about the make-up. Drag queens transform their body as well. They make their waist smaller to create a hourglass figure. Usually they accomplish this by using a corset and pull it real tight to get a curvy waist. The opposite of that is using padding. These are,

most of the time, foam pieces in the shape of the particular body part that they want to accentuate. They're put in their panties or costume and placed at their hips, butt and breast area. Drag queens are getting more and more influential in the modern media and the topic is more accepted these days. That was not the case a few decades ago. Drag is around longer than you might expect. Drag goes way back to the old days. In ancient Greece, women weren't allowed to perform on stage, because it was considered 'too dangerous' for them.

Therefore, when there was a woman in the story, the men would dress up as women. So crossdressing has been around for longer then you might expect. Since it's been a thing for so long, you might think that it is a well-accepted concept and that it is assumed to be normal.

Unfortunately, that is not the case. In the 1950's until the 1960's, the American public began to 'protest' against the LGBT community. Men were often arrested for doing drag in public. In order for a man to not be arrested for doing drag, he needed to be wearing no less than three items of 'male clothing' (whatever that even means). Later, in the 80's, drag became more mainstream and accepted.

These days, more people are common with the term and are more supportive towards drag. Drag is a form of art, entertainment and self-expression and should be celebrated, not kept as a secret.



What If.. What If.. What If..

Plastic was never invented

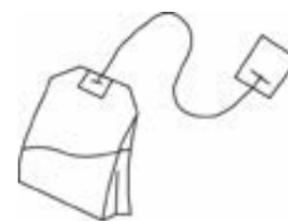
We've all heard about one of the biggest environmental problems in our society nowadays. Of course, we are talking about plastic. To be more accurate on how much damage this is to our Planet, let's implement that the plastic we throw away each year is enough to make a circle around the Earth four times. These amounts are insane and they are getting higher and higher every year. There are some basic steps to avoid plastic, as also mentioned in our "Zero-Waste" article, like taking a fabric bag to do the groceries or using a glass bottle for water. But have you ever wondered... It is not easy to imagine this situation, living in a such a progressive world, but what if plastic was never invented?

Technology

Well, how can we write this in a more peaceful manner!?

YES, if plastic was never invented you wouldn't know what uploading a picture on your social media account even is!

For example, think of the first handheld telephone Motorola DynaTAC 8000X. If this phone was not invented we would not have those smartphones we use today.



Tea Bags

Did you know that tea bags are actually heat sealed with a type of plastic called polyethylene? Sounds logical, right?

If the tea bags did not have this protection you wouldn't have the chance to enjoy your cup of tea on a cold winter day.

Safety clothes and costumes

We all know that firefighters have to be in a special uniform when doing their job, saving the little kitty from the burning house.

If plastic was never invented fire fighters would've never been able to save so many lives.



Although we are causing a lot of damage with the plastic we created back then in 1907, we invented a lot of useful stuff for our daily life out of it. People are getting more and more concerned about the environment every day. That is why many companies are now working on becoming completely plastic free.

UNUSUAL Recipes

Celebrities Actually Love

We have all heard of strange food combinations that blow your mind. But have you ever wondered what the celebrities we all know love to eat? We are sure you are going to be very surprised. In this article we will reveal the favourite food combinations of three celebrities. Easy to make but a little bit daring to eat.

Who knows, maybe it will become your favorite dish if you dare to try. In every recipe we included the price of the ingredients. They are all from the brand Jumbo and shown in the minimum amount you can buy. Quickly, run to the nearest Jumbo and start eating like your favorite celebrity now!

1 Elvis Sandwich – Yes, this one is called after the king Elvis Presley. It was his favorite sandwich and it is made from peanut butter, bacon, and banana.



Ingredients:

- > Natural peanut butter 350g €1.95
- > White bread (half) €0.59
- > Hand salted bacon 64g €1.09
- > Bananas 1kg €0.99
- Overall price: €4.62

How?

1. Fry the bacon for 10 minutes without adding any oil. Fry on medium heat for crispiness.
2. Put peanut butter on two pieces of bread.
3. Slice the banana, put it on top of the first bread slice and the bacon on the second bread slice. Now put the slices on top of each other.
4. Fry the sandwich in the bacon's oil.

2 Pickled Popcorn – This invention belongs to Selena Gomez. Apparently, she loves pickles and puts them on everything. If you are a pickle lover you would love this one.



Ingredients:

- > Popcorn 400g €0.99
- > Pickle slices 330g €0.80
- > Unsalted butter 250g €1.99
- Overall price: €3.78

How?

1. Put a medium chunk of butter in a big pot, add a little bit of pickle juice in there and the amount of popcorn you want.
2. Shake the pot when the popcorns are getting ready to prevent them from sticking.

3 Peanut Butter Scrambled Eggs – It seems like peanut butter goes with everything. In one of his Instagram videos, Scott Foley says that this recipe is a family tradition.

Ingredients:

- > Six medium eggs €1.57
- > Natural peanut butter 350g €1.95
- > Oil 1L €1.19
- Overall price: €4.71

How?

1. Preheat the pan on 200 C.
2. Whisk 3 eggs in a bowl.
3. Put a little bit of oil in the pan, pour the eggs in and start whisking them until almost done.
4. Add the peanut butter and whisk till done.



Basically, we all have a strange food combination that we secretly enjoy, but most people do not. Did you try one of them? Share this information on our Instagram page (@brewed.magazine) under the collage with the recipes.

ZERO - WASTE

Is this possible?

ZERO-WASTE is a philosophy. A life-style that was already a huge topic around 2000 and now gets more and more members as you can see throughout social media.

ZERO-WASTE IN A NUTSHELL: not sending anything you use to the landfill – TO PRODUCE NO TRASH.

Clearly, we use more resources than Mother Earth can provide.

We only produce more and more trash that lands in a giant hole of unhealthy and dangerous uselessness – that sooner or later will affect all of us!

TRASH WORLDWIDE / DAY

1900	~ 300.000 tons = 30 Eiffel Towers
2018	~ 3.500.000 tons = 350 Eiffel Towers
2025	~ 6.000.000 tons = 600 Eiffel Towers

"I want to be remembered for the things that I did while I was on this planet and not for the trash that I left behind."

-Lauren Singer

WHAT DO YOU GET?

Save money – starting today – just follow our Tips
Eat better – feel better – be happier!

ZERO-WASTE STARTER PACK

Ecosia Browser

Plant trees by surfing the web!
Free search engine.
Search-ad money used to plant trees where needed.

Stainless-steel or glass water bottles

Long lasting materials.
Healthier than plastic for you.
Sustainable.
Long-term investment.

Bamboo Toothbrush

Vegan.
Long lasting (up to 3 months).
Sustainable.
Cleans your teeth just as good as a plastic one – or even better

Menstrual cup

Sustainable.
Long-lasting (up to one year).
Convenient – can stay inside for 12 hours.
Most made-of: medical-grade silicone.
Many different versions - to fit your body best.

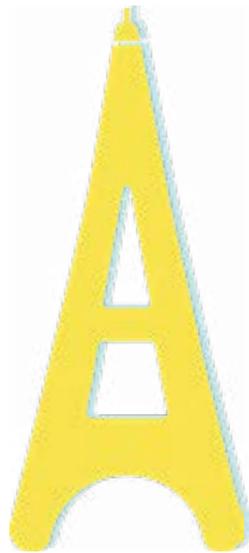
Safety razors

No plastic ingredients with plastic-free razorblades.
Long-term saving money.
Vegan and sustainable.
They are a bit sharper – but you will learn to handle them, soon!

TIPS and TRICKS

01 You can use what you already have!

By using glass or metal water-bottles, that you refill with tap-water, you can save money and stay healthy! Because there are always some chemicals in plastic bottles – whereas tap-water in the Netherlands has very good quality!



02 Are you a shopping queen?

You can use your own paper/cloth/fabric bag for your next shopping trip!

small piece – huge impact

Imagine we used only one plastic bag per week, that would make 52 per year! For every human on earth that would be a total of ~ 390 billion bags we could save in one year!

03 Planning a wardrobe change?

You can find unique pieces for less money in second-hand stores!

And you can also donate your clothes there and help others!

IN BREDA: Reshare Store Breda (<https://www.resharestore.nl>)

04 Your interior needs an update?

-You can get yourself some cheap but still good-looking second-hand furniture! Or use it to sell the stuff you want to get rid of!

-IN BREDA have a look at this Facebook group.

05 You can support our farmers

If you buy your groceries locally, you can put them in your own cloth-bag and avoid extra waste for packaging.

06 A sneak-peek at November's harvest

If you buy food in season, that comes from the Netherlands, it will cost less and probably have a more intense taste!

You can become an important part in reducing plastic. You can start your zero-waste lifestyle today! You may think it won't matter that much, but your lifestyle can make a significant change!

076 BREDA:

- General goods market, Grote Markt, 9am to 1pm
- Organic farmer's market, Veemarktstraat, 9am to 1pm
- Flea market, Grote Markt, 9:30 to 5pm.
- Local market, shopping centre Heksenwiel, 9am – 12:30pm.
- Foods market, Vijverstraat, 9am to 1pm.

Let's give mother earth something back, for all that she is providing for us!

Start your zero-waste life

TODAY!

written by Jennifer Schätzel

ANIMAL FACTS

Every person has their own personality, differences and skills. Not only humans can be unique, animals have their own special abilities and differences too. Here are some fun facts about animals that might surprise you:

1. "The heart of a shrimp is located in their heads."
2. "A snail can sleep for three years straight."
3. " Like humans, Koala's have their own unique fingerprints. They are so similar to human fingerprints, that Koala fingerprints sometimes get mixed up with those from humans at crime scenes."
4. "About 50 percent of the Orangutan population has fractured bones. This is because they fall out of trees on a regular basis."
5. "As Sea Otters are asleep, they hold hands with each other so they don't drift apart from one another."
6. "A little sea animal called an Axolotl can regenerate it's limbs."
7. "Fruit Bats are the only kind of bats that don't use echolocation. Since their 'prey' is not alive they don't need it. They do just fine depending on their smell and sight."
8. "The Nine Banded Armadillo always give birth to quadruplets."
9. "The tusk of a Narwhal is actually a really huge front left tooth that goes through their lip. It's soft and sensitive on the outside and though from the inside, unlike human teeth."
10. "Male Platypuses have a venomous tail. For humans it's not life-threatening, but it is powerful enough to impair a human."
11. "The extinct penguin species the 'Colossus Penguin' was as tall as LeBron James. That's about 2 meters."
12. "Under their fur, Polar Bears have a black skin."
13. "In the winter, the eyeballs of a Reindeer turn blue. This way, they can see better in lower light."
14. "A Sea Lion is the only nonhuman mammal that has the ability to keep a beat. They can dance along to music and keep the beat along with it."
15. "There is a jellyfish that is immortal. When in crisis, it can revert it's cells to their earliest form and grow anew. Therefore, they can live forever."

Written by: Vera Veltman

OUTSMART your teacher!

Do you think you know all the answers? We think that it is time to test your school knowledge!

1. What kind of degree do you receive after you graduate from IMEM/IGAD/CB?

- A. Master of creativeness
- B. Bachelor of arts
- C. Bachelor of creative business
- D. Master of arts

2. How many ECTS credits do you have to earn during your four years?

- A. 360 ECTS credits
- B. 260 ECTS credits
- C. 240 ECTS credits
- D. 200 ECTS credits

3. Do you have to register for exams?

- A. Yes
- B. No
- C. What are exams?

4. How fast do teachers have to give you the results from your exams?

- A. Within 14 workdays
- B. Within a week
- C. Within 10 workdays
- D. Before the end of the block

5. When is the dead-line for teachers to schedule a moment to review your exam?

- A. At least a day before the redo
- B. Within two days after you received the grade
- C. They do not have to schedule a moment at all
- D. At least three days before the redo

6. How many ECTS credits do you earn when you passed your internship correctly?

- A. 30 ECTS credits
- B. 58 ECTS credits
- C. 60 ECTS credits
- D. 28 ECTS credits

Oh.. my..

HORROR

If you're very fond of horror movies, please continue. wlf not: please don't. You've been officially warned.

What's worse than watching a terrifying horror movie at night and absolutely shitting yourselves? The tagline of the film saying it's based on a true story. Like, why would you do that to us? Now we have to hold in our pee the entire night because we're too scared to walk to the bathroom on our own. Thanks.

Even though we tell ourselves it's probably not true because it's completely ridiculous and impossible, there are actual events on which horror movies are based. Obviously the truth is a little thickened and some details were added to create extra tension but still; it is based on a true story. What are the real narratives and what really happened? Here are two of the most notorious cases.

1. Annabelle

I can hear you thinking: Please don't let that creepy doll story be true. I'm going to have to disappoint you, it very much is. To the ones who are reading this and never saw Annabelle, here is a short summary.

1. Man gives his wife an (alarmingly terrifying) doll called Annabelle as a present.
2. Scary cult woman breaks into their house and tries to steal the doll. Did not succeed.
3. Weirdly, the couple keeps Annabelle and moves into an apartment.
4. Annabelle has a demon inside her (what a surprise??) and tries to posses and take a human soul. Lovely.

According to the makers of these movies the narrative is based on a true story. The movie Annabelle is based on the experiences and cases of two paranormal investigators called Ed and Lorraine Warren.

Before Hollywood turned their experiences and cases in to incredibly successful blockbusters

the married couple was known for investigating hauntings and paranormal happenings.

For the ones who have a suicide wish, Ed and Lorraine created their very own Occult museum in their basement which you can actually visit. One of the demonic things you will find inside the museum is the locked glass box that contains the Raggedy Ann doll named Annabelle.

What was her story and why is she claimed as extremely dangerous? Annabelle was first received as a birthday gift by 28-year-old student nurse Donna (why would you give such a creepy doll to an adult? Who would like that? Like, really? Sorry, moving on).

The doll quickly began to show her true colors and soon became a real life nightmare. It all started with Annabelle moving around the house. First described as relatively small, like a change in position. As time passed the movement became more noticeable.

Annabelle would be in a completely different room when Donna and her roommate returned home. As if this wasn't scary enough already Annabelle started to leave notes on parchment paper in childish handwriting. The remarkable thing about this was that Donna had never had parchment paper in her house. Where did this come from?

Eventually Annabelle began to physically hurt people and/or her surroundings. She was able

to paralyze, cut, scratch and choke people. Such a lovely birthday gift.. Finally, Donna and her roommate figured that Annabelle wasn't a normal doll. They called for the help of the Warren's who were extremely fascinated by this case.

The Warren's told them Annabelle was possessed by an inhuman presence and that this presence was seeking a human host to latch itself onto. Shortly summarized, that is why they took Annabelle with them and locked her away.

2. The exorcism of Emily Rose

The title of this one is probably self-explainable. It is about who a girl who became possessed by a demon and needed an exorcism (banishing a demon out of a human body). I very much hate to break it to you guys but this story really happened.

The actual girl who became possessed was the 17-year-old student Anneliese Michel from Klingenberg, Germany. That something was very wrong with Anneliese was obvious, but what made it so remarkably strange that she was diagnosed as possessed?

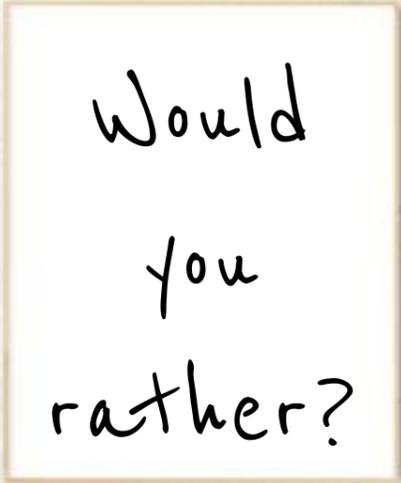
Anneliese Michel was always an extremely motivated and happy girl until her life drastically changed. She had her first epileptic attack when she was 16 years old. Some time after that event she got depressed and began to show weird behaviour such as avoiding paintings and pictures of Jesus Christ. In the years following her condition deteriorated rapidly.

She began to see the face of the devil wherever she went and said she heard demons whispering in her ear. Anneliese later confessed that she was possessed by five of the most evil spirits in history; Lucifer, Cain, Judas Iscariot, Adolf Hitler and Nero. Sound like a lovely tea party.

After a while she began to reject food and instead started drinking her own urine and eating spiders, bugs and birds she beheaded herself.

I guess you could call that a very clear sign that you should look for help, and that is indeed what her parents did.

Despite all the medical help Anneliese got, she still wouldn't recover. That is why her parents brought in the help of two priests specialized in exorcism but sadly to no avail. Anneliese Michel died due to a pneumonia and severe starvation and dehydration on the age of 23.



Would
you
rather?

written by: Berit Vreijdenberger

You smell like cheese 24/7

OR You have to **scream** every time someone yawns.

You are completely wasted after 1 drink

OR You have the voice of **Hagrid** (from the Harry Potter movies).

You never have to wipe after taking a dump

OR You never have bad **morning breath**.

You always have a seat on public transportation

OR You never get **mosquito** bites anymore.

You get bitten by mosquitos 5 times every night

OR You have to eat a **grasshopper** as dessert everyday.

You can fall asleep whenever you want

OR You can **dream** about whatever you want.

Everything you drink tastes like lukewarm beer

OR You can't **whisper**.

You have to imitate a seal every time you sneeze

OR Every time you **sneeze** you can't open your eyes for three hours.

Shower once a week for the rest of your life

OR Brush your **teeth** once a week for the rest of your life.

You win everything you participate in

OR Everyone you have a **crush** on falls in love with you.

You're always 1 hour too late

OR You're always 3 hours too **early**.

The List of Things I Love

Written by: Maxime Lawende

- ♥ Finding the last piece of clothing in your size
- ♥ When you think you missed the train but it's still there
- ♥ When you don't need to set an alarm for the next day
- ♥ Finding money in one of your pockets
- ♥ Coming home just before it starts raining
- ♥ Skinny dipping
- ♥ The first sip of your ice-cold drink on a summer day
- ♥ Warming your hands on a hot cup of coffee/hot chocolate in the winter
- ♥ When the teacher expands the deadline
- ♥ Passing a test that you did not study for
- ♥ Waking up without having a hangover after a night partying
- ♥ When school finishes early
- ♥ When the traffic light goes green before you need to stop
- ♥ The feeling after a good work out
- ♥ When the battery of your phone is 1% and you reach the charger before it is dead
- ♥ Breaking something and being able to fix it yourself
- ♥ The smell of freshly baked food
- ♥ Having a filled fridge
- ♥ When friends pick you up for food
- ♥ The feeling after you brushed your teeth
- ♥ First time putting on new clothes
- ♥ When you defeat your friend with FIFA

Slang Quiz

1. Being cool AF
 - A. AF = And Fun
 - B. AF = As Fuck
2. You are the best BAE.
 - A. BAE = Before Anyone Else
 - B. BAE = Babe

Fact: BAE in Danish means poop
3. You are a real GOAT.
 - A. GOAT = Greatest Of All Time
 - B. GOAT = Good Original And Trendy
4. Thanks for the LB! I will FB.
 - A. LB & FB = Like Back &; Follow Back
 - B. LB & FB = Love Back &; Friend Back
5. This guy is LIT!
 - A. LIT = Leaving In Time
 - B. LIT = cool / drunk / high
6. You look SNATCHED.
 - A. SNATCHED = on fleek
 - B. SNATCHED = sneaky
7. Eminem has a lot of STANS.
 - A. STANS = STalker & fAN combination
 - B. STANS = Standing Fans
8. SMH right now
 - A. SMH = So Much Hate
 - B. SMH = Shaking My Head
9. TBH I scratched your car.
 - A. TBH = Today Before Hanging-out
 - B. TBH = To Be Honest
10. What is you're ASL?
 - A. ASL = Absolute Secret Love
 - B. ASL = Age Sex Location
11. You are so SALTY these days. Yes, I know but I'm just so THIRSTY.
 - A. SALTY & THIRSTY = Passive-aggressive person &; wanting to have sex
 - B. SALTY & THIRSTY = having a low blood pressure &; being thirsty for a drink

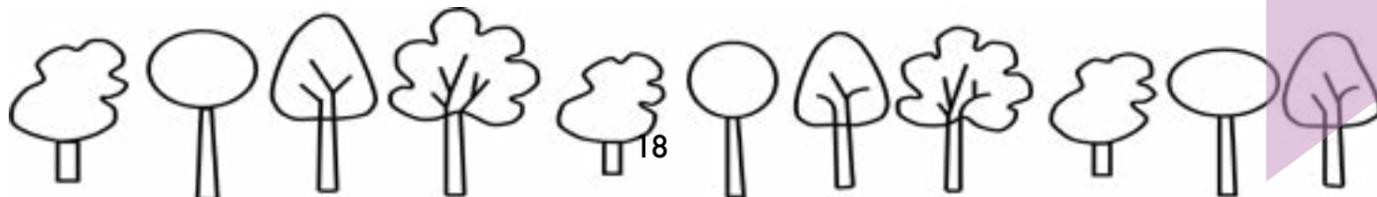


Illustration by: Julie Winegard
Written by: Maxime Lawende

ART.

Barbie *EVOLVES*

written by Jennifer Schätzel

The toy that our parents and probably many of us have played with as kids celebrates her 60th birthday next year. Therefore, we wanted to know if the “old lady” evolved with time, or if she got stuck in the fifties. In 2016 the #TheDollEvolves campaign was brought to life by Mattel, the manufacturer of the famous “Barbie” doll. While she underwent some special changes in that year, to make her appearance more realistic, they also tried to adapt Barbie’s on-and-off boyfriend “Ken” to Barbies new body-features. To explain why and if these changes made sense, we have the most important Barbie-facts summarized for you!

The first “Kenneth Sean Carson” doll – better known as Ken – was released, making him two years younger than Barbie. He came with blond to black hair and was very slim.



1961

“Christie” became a boyfriend, named “Brad”, which was also African-American.



1968

1959

Was the year “Barbie Millicent Roberts” was released. Yes, she has a full name! Back then she was supposed to reflect the glamour of the old Hollywood, that was represented by legends like Marilyn Monroe.



1967

Was the year the first African-American Barbie doll was released. In fact, her name was not Barbie, but “Christie”.

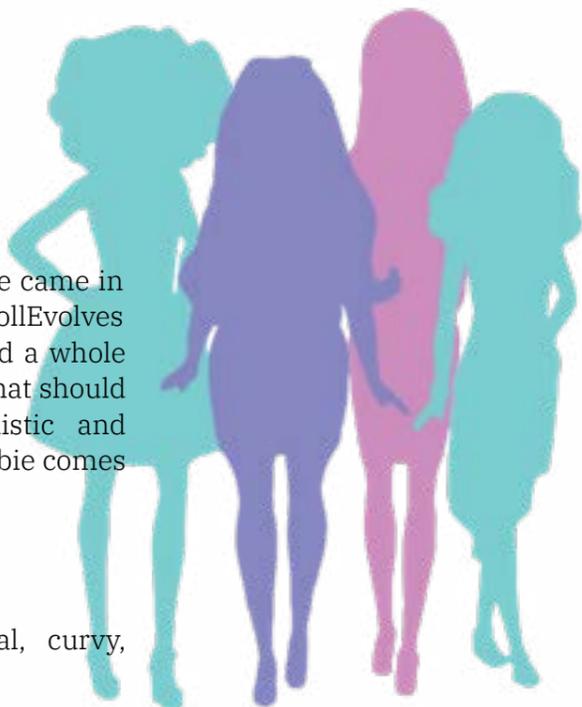


1970

Throughout the next years they worked on giving the dolls some more hair colors and changed the facial expressions, to suit modern make-up and styles and tried to include more nationalities to their set of dolls.

The by far biggest change came in 2016. With the #TheDollEvolves campaign Mattel released a whole new set of Barbie dolls, that should represent a more realistic and natural women. Now Barbie comes in/with:

- 24 hairstyles
- 22 new eye colors
- 7 skin tones
- 4 body-types: original, curvy, petite, tall



2016

2017

Ken underwent a similar transition, to make him suitable to the new Barbie. Ken can now be bought in broad, slim and original body-types, with 28 different hairstyles and some extra features, like freckles.



Body positivity and Barbie?

This transition was aimed at adapting the dolls to the modern world. A world, where it is getting more and more important to love your body and spread body-positivity! Giving Barbie and Ken the new looks, shows children – boys or girls – that not every woman/man has the shape of a supermodel! They learn that you don't need a certain body-type or skin color to be beautiful – but that everyone is special in their own way!

On the other hand, the dolls they made by now are somehow still far away from real human body-types. The broad-Ken is not broad, and the curvy Barbie could be even curvier. Nevertheless, we are getting there, and Barbie can celebrate a proud 60th birthday next year!

It was a good start and the first move into the right direction! Why?

Because all sizes and colors are beautiful! And it lays in the hands of the children to continue this belief into the future generations!

Gallery of IGAD

written by Michelle Chiu

Marnix Rekkers 2nd Year Visual Art Student

Favorite software: 3ds Max and Photoshop

Favorite game: DOOM (2016)

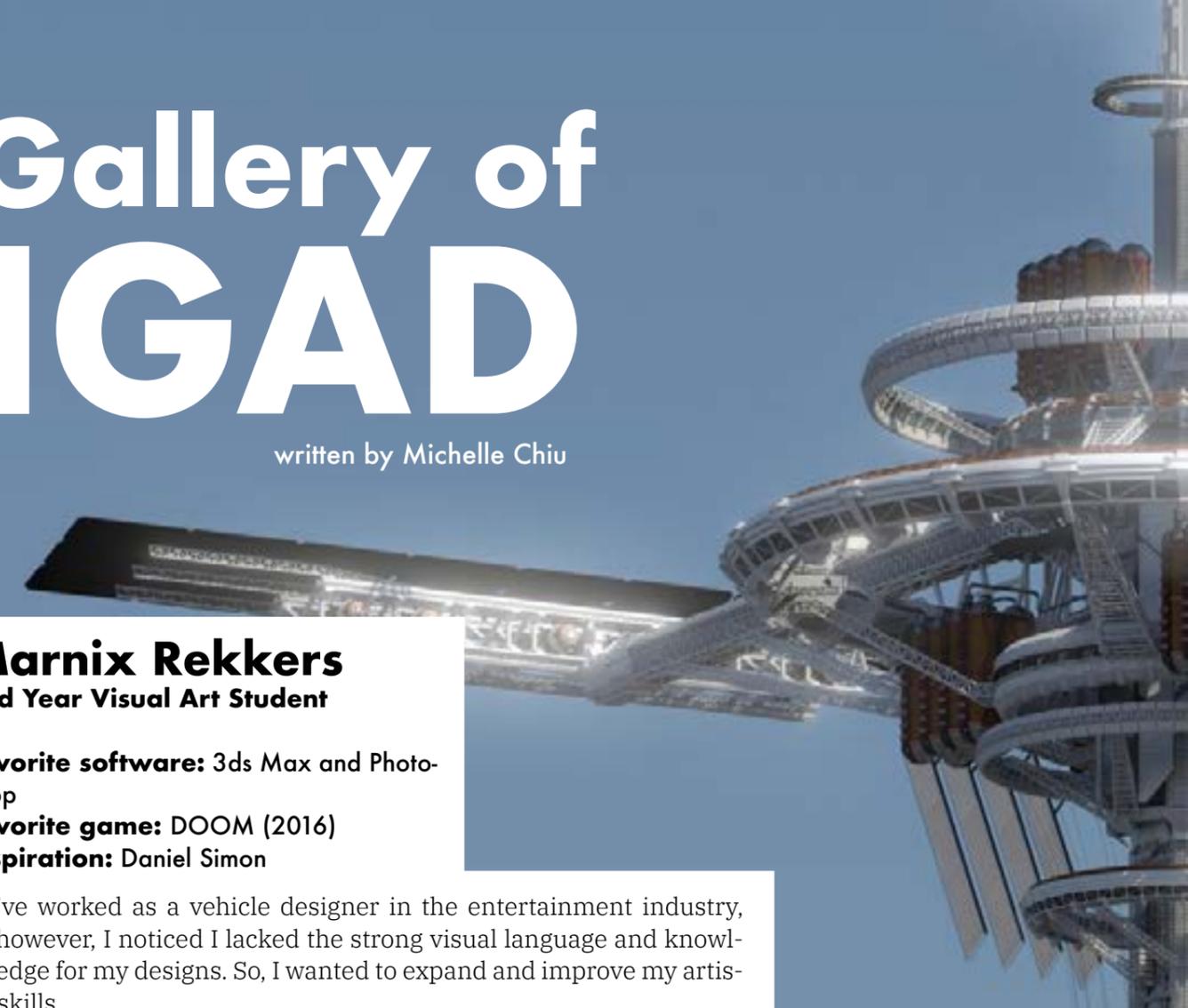
Inspiration: Daniel Simon

I've worked as a vehicle designer in the entertainment industry, however, I noticed I lacked the strong visual language and knowledge for my designs. So, I wanted to expand and improve my artistic skills.

The Archimedes project started off as part of a personal project, I was researching certain design principles for a space focused infrastructure. In particular, space stations with specialized functions, like factories and harvesters. The idea of the Archimedes originated when I noticed that the need for resources would be the main driving force behind a perfect infrastructure. The design part and applying the realistic viability of known engineering rules and knowledge was the most difficult part.

Multiple errors occurred and I researched a large number of papers about space station engineering. Thanks to 3D software it's easy to test certain aspects of what you are creating, giving insight into problems you'd encounter when you'd actually build it in real life.

The Si Chi Ying is a design I worked on while I was working at Impeller Studios, for their game 'In the Black'. This was one of the most difficult designs yet, for the both of us. I got provided with earlier designs and blueprints, which they were unable to realize. The challenge arose from the function of the design, the blueprints and the aesthetic influences from the game lore. It was a lot of pressure, however, I was able to finalize the design. The design exceeded their expectations, as well as my own expectations regarding my artistic skills. This has given me the confidence to continue in the industry and it was an amazing experience overall.





Ana Filipa "Kiriyan"

4th Year Visual Art Student

Favorite software: Photoshop, Paint Tool SAI

Favorite game: Sonic Adventure
Inspiration: Loads

I've been drawing since a young age, I would draw all the time and try all sorts of media. However, the Sega Mega Drive introduced me to games.

I started drawing characters, as well as my own characters. At this point, I still wanted to be a veterinarian, like many children. However, when I entered my teen years I realized I wanted my art to gain life, like the ones on TV. Previously, I did an animation course in my own country. However, art-wise, Portugal isn't developed enough. The teachers still believe that we should use old techniques and old software. The course was such a disappointment, that's why I came to this university to pursue my dreams.

My main inspiration at the beginning was anime. However, when I took up oil painting classes, I started to research more. I broadened my horizons and nowadays my inspiration comes a bit from everywhere. Artists like Viktoria Gravrilenko, more known artists like Artgerm and Comic Book artists like Mike Deodato inspire me. Though traditional artists like Kinuko Y. Craft, 50's pin-up art and even classical paintings, are an inspiration as well. Throughout the years my style has changed and developed a great deal and I believe it'll keep developing.

For the past two years, my art has financially supported me. Through commissions, I was able to pay for my tuitions fees. The commissions made me gain more knowledge and explore different styles. Once I graduate, I'd love to experience working within a team, under a big company. However, I'd also like to see how far I can reach with my artwork as a freelancer and travel around the world.

Jeroen Toma

3rd Year Visual Art Student

Favorite software: Maya

Favorite game: Horizon Zero Dawn

Da Vincible is an eight-week project, the creation of all the enemies, one of the weapons and a big portion of the environment were done by me. The robots were the most fun and I maybe went a bit overboard with the details. However, giving them a functional look caused a high polycount. After reworking the gameplay, a large number of times, creating more art, we managed to turn it in a quite decent game. It was quite a rollercoaster, however, we even managed to publish it and I'm proud of my contribution to the project.

During one of my 2-week projects, I was responsible for the creation of an animated robot that could function, it was something I struggled with quite a lot. The modeling, rigging, and animation went well, the difficult part came when it had to be imported into the game. This caused multiple errors and I had to reorder the hierarchy of the rig, re-skin the mesh and reanimate parts of the animation.

The Elder Games is project created in two weeks, where we got assigned to make a game with a custom controller. Our team came up with the idea of turning a desk chair into a controller. In the game, you play as an old guy in a wheelchair strapped to two fire extinguishers. The targets are sort of strapped to the backs of other elderly people, it sounds more violent and disturbing than it actually is. I opted for a colorful environment, in a stylized art style, I enjoy working in. Especially, the creation of the furniture and a fully modular kitchen were fun.



Well, that's it for this issue! We hope you enjoyed it, and do you want to get featured next time? Send an e-mail to brewed@info.nl



Danny Ivan Flu

Visual Art Graduate

Favorite software: Maya, Blender and the Quixel tools.

Favorite game: Tomb Raider, Killing Floor, and Sniper Ghost Warrior

The greatest thing about making the Photogrammetry project was going outside of the building and explore all kinds of nature. Normally, to create assets for games, all programs on a computer are used, and you basically stay inside throughout the entire project. I wanted the final scene to be something creative, not a 1:1 copy of a real-life location. Furthermore, I didn't want to use any downloaded, non-self-made resources or fully procedural methods when creating the assets.

This brought me outside, to capture the right elements. I spend an entire day in Amsterdam to photogrammetry and capture a real sized VOC ship, traveled to parks, beaches and forests on other days. The ability to create something that may be your weak point, yet still achieve a believable and realistic result. It's something that was personally a great development and learning curve to me.

Character design is where I lacked the skills, I couldn't pass the character modeling courses with good grades. However, learning how to obtain photogrammetry assets was a great step and a personal achievement. This has made it possible to create a character with ease, by applying the skills of the photogrammetry results as a base to build upon.

The game industry is not just limited to your personal environment, go explore the outside world and share your work with people around the world. You will not only develop better assets, but also grow on a personal level.



Photography by: Dave van Hout

'If you cannot make your audience feel something, it won't matter anyway.'

Journey of an artist

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Nikki is a second year IMEM student, and she loves to sing. Throughout music, she can express herself. She started singing for fun, often together with her sister. Eventually, Nikki began to enjoy singing so much, that she decided to raise the bar. She did not only want to sing for herself anymore, but also for the world around her. Singing became much more than a hobby and she wanted to gain more professional experience. She hopes that one day singing will be her career.

Nikki not only sings, but also writes her own songs. Putting her feeling on paper helps her clear her head. Writing helps Nikki overcome the problems that she faces, but also helps celebrating the good things. She loves to put her feelings onto paper. Creating songs that touch her audience are of high value for her.

Sharing her music with others is something Nikki has been actively doing last year. Through one of her friends, she auditioned for 'Kunstbende', which is a contest for young talented people. She was invited for the prerounds and made it to the next round. In that round, she sung a cover, showing her vocal abilities, and one of her own songs, going more in depth. 'I think singing my own song was the most important part, because one's vocal abilities may be perfect, but if you cannot make your audience feel something, it won't matter anyway.' Unfortunately, she did not make it to the national finale, but she gained a lot from the experience.

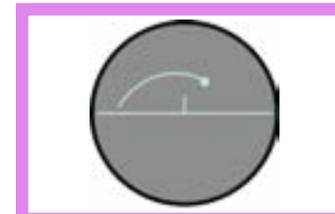
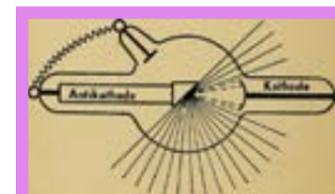
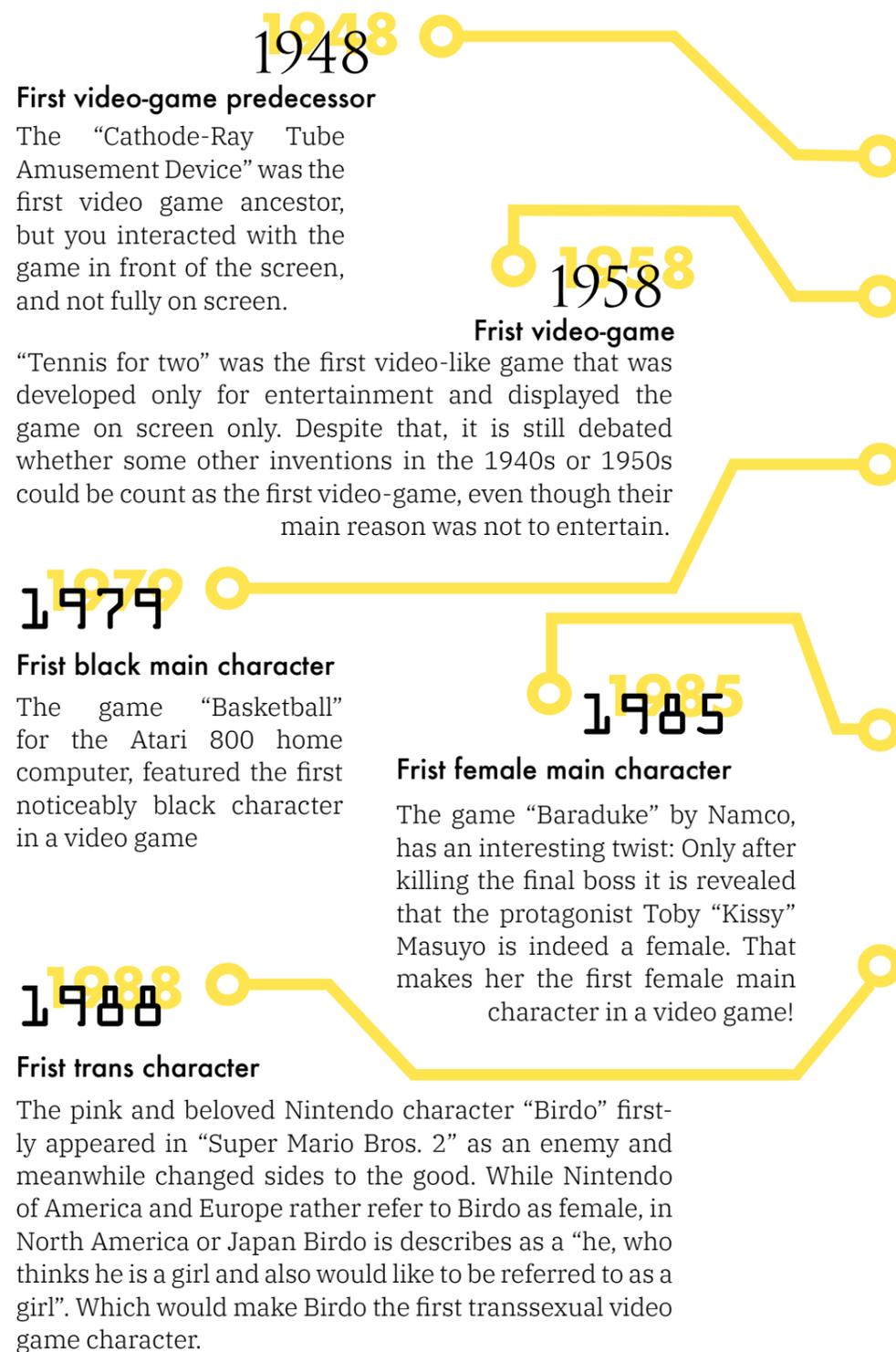
Her participation in Kunstbende gave Nikki the opportunity to go on a 'Kunstbende tour' last summer. She performed on festivals and had small gigs, together with other artists from the competition. She gained a lot of experience from the tour and started getting connections. Now, Nikki plays paid gigs, which makes her dream come through; being able to live from making music.

However, her journey doesn't end here, In the future, she hopes to record her own songs. She hasn't had the chance yet to record in desired quality. 'If I'm doing it, I want it to be good!'

written by: Nathalie van den Linden

Game Lowdowns

written by Jennifer Schätzel

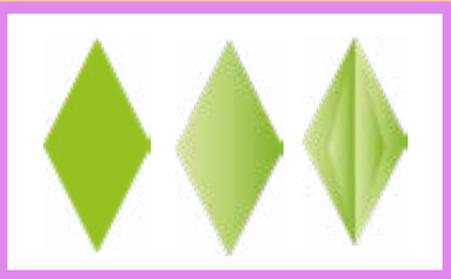
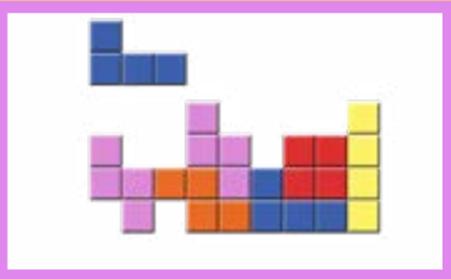


Illustrated by Michelle Chiu

1993

Best distributed game played in outer space

“Tetris”, released in 1984, was the first game that was played in outer space, by a russian cosmonaut. Tetris, with roughly 425 million copies sold – and an uncountable number of many more that spread through e.g. piracy – it will most likely stay the best distributed game ever.



1996

Best known female character

With “Tomb Raider” the best-known female main character “Lara Croft” was born – and with “Shadow of the Tomb Raider”, which was just published in September 2018, the legacy continues. Apart from getting rid of Lara’s edges and pointy parts and giving her more realistic body-features, also more depth got added to her character with every game. Nevertheless, Lara remains a brave young woman and a role-model for every woman out there!

2000

**First possible homosexual interaction in games
Best-selling game of all time**

With “The Sims” by EA Games and Maxis it all started and “The Sims 4” is currently the newest on the market. “The Sims” was the first game in which it is possible to let your “Sims” be in a same-sex relationship, adopt kids and even marry! Even though including homosexuality in the game is said to having been a mistake (regarding that this was a sensitive subject back then), it might have been the best mistake they ever made: after roughly two years it became the best-selling PC game in history, with 11.3 million copies

2004

Most succesfull MMORPG

“WOW” (World of Warcraft) is the most successful Massively Multiplayer Online Role-Playing Game, distributed by Blizzard Entertainment. With partly 12 Million players worldwide, it has a massive fanbase – of which the core is faithful ever since the beginning 14 years ago.

Today I’m Wonder Woman, but tomorrow I’ll be Tracer.

Have you always dreamed of being your favorite movie or game character? Meet Sakuraflo, who cosplays for a living. she creates her own costumes and dresses up like Wonder Woman, Nidalee from League of Legends, Lara Croft and more.

The beginning of “Sakuraflo”

I used to be active in the gaming community and I wanted a feminine nickname. I thought the Japanese cherry blossom, Sakura, was beautiful. Obviously, this was already taken, so I decided to give it a personal touch. I’m half Spanish, so I added “Flor” to it, which mean “flower” in Spanish.



Once during class, there was a girl, who was talking about cosplay and I thought it was crazy. It was so interesting and different, I decided to contact her and that’s kind of where it all began. That was in 2014 and now I’m here.

What do you family and friends think of your job?

They all love it, they think it’s great that I leave the house as a different character every time. My family has always been supportive, despite being strict Catholic. Although, at the beginning, they just thought this was just another phase. But, I’ve always been a bit crazy, artistic and creative girl. So, they already knew that I would do something different.



How do you distinguish yourself?

Social media is extremely important to me and I’m very active on it. I love my fans and I try to connect and interact with them as much as possible. Besides, I’m an outgoing and positive person and I like to share my positivity with others. Like “Muscal.ly Monday”, where I post a Musical.ly from myself, to start the week positive. I enjoy making Musical.ly’s and TikToks, this way my fans get to know me better as well.

Favorite character, cosplay, and cosplayer

Game, movie, but also anime characters, I don’t have a favorite genre regarding cosplay. I try to vary and reach all different kind of audiences with my cosplays.

My favorite character all time though is, Tracer, from Overwatch. Her personality matches so well with mine, I love to cosplay as her. Often, when I cosplay as her, people say that I’m really like Tracer, they say we’ve got similar personalities, which is great to hear.

There’s not a specific cosplayer that I look up to, rather than looking at specific cosplayers, I look at all the incredible cosplays people create. Although, it would be amazing to one day collaborate with the likes of Alison Tabita or Alex and Leah DeBerry

“Nowadays, cosplaying is more than just dressing up, you’re a crafter, model, actor, idol and influencer.”

Behind the cosplay

Some cosplays can be created within several days, but there also cosplays that take weeks, months even. When I started cosplaying and creating them, I struggled a lot. Not only financially, creating cosplays costs a lot of time and effort. I used to have several part-time jobs, however, I was determined to continue. Now, I’m proud to say cosplay has become my full-time job. I believe, if you really have the passion for it, you’ll be able to make it.

When the trailer of “Overwatch”, by Blizzard, was released, I was hooked. That’s how I was introduced to the character “Tracer”. Together with a good friend, we made the first Overwatch cosplays in the Benelux, Tracer and Reaper. Later, when Ana’s trailer was released from Overwatch, I wanted to cosplay her as well. So, I worked on it and became the first “Ana” in the world, which was amazing.

This has helped my career grow incredibly, Blizzard even asked me to represent and promote their game on conventions. This has helped me gain more cosplay jobs for companies, where I create cosplays specifically for them or a specific event. Along the way with jobs from companies and conventions, sponsors can offer a great help as well. Especially web shops that provide the materials needed to create a cosplay, the amount. I spend on materials ranges from 400 to 1000 euro, so it’s a huge help.

There’s also competitions during many conventions, like ComiCon. Where you can compete for huge prices and showcase your skills. Back in the day, I was part of Team chaos, we won a large number of competitions. However, nowadays the team disbanded, and I focus on myself. I don’t only want to focus on making cosplays, interaction with fans through social media is where a big part of my joy comes from. Furthermore, competitions require you to literally create everything yourself. This takes up a lot of time and effort, that’s why I stick to two competitions a year.



The best and worst about being a cosplayer?

My fans, my community, the love I receive from them and the interaction with them. When I get to meet my fans, see their faces full emotion, it’s indescribable. The feeling is incredibly rewarding, and I look forward to meeting my fans. Unfortunately, being known online and exposing yourself to the world has its downsides too. However, I’m lucky to have such a positive community, so I don’t receive a lot of hate. Besides that, I don’t mind being in the spotlight at all.

Additionally, being a cosplayer has given me the opportunity to travel around the world. Which is something I’ve always loved and I’m grateful for it. I’ve been able to go to places such as Japan, Egypt, the United States, Scandinavia and more.

What’s something important you learned?

Receiving and dealing with hate through cosplaying has taught an important lesson. Obviously, you would never want to receive hate, however, it happens. Throughout the years, I’ve really learned how to deal with it and stay positive. By trying to look at the positive comments and gain joy from those, I try to not pay attention to the hateful ones. Despite that, I admit that it’s sometimes still difficult.



The future

There’s still a huge list of characters I would love to cosplay someday. However, it’s my dream to one day create and cosplay, Auriel and Thyrel from Diablo, together with my boyfriend.

Furthermore, cosplay is something I’d like to do and involve myself with for my whole life. In the future, I’d love to teach the art of cosplay and give workshops. And perhaps, when I get to an older age, cosplay with my own family.

Advise to aspiring cosplayers

Just do it, if you have the passion, why shouldn’t you. Start with a character you love and feel comfortable with. You might not know where to start, it may be difficult, nevertheless, don’t give up. However, most importantly, enjoy it and have fun.



Artists that have millions of fans, who you might never heard of

Due to the internet, we get more and more exposed to new kinds of music and artist that we weren't common with before. Terms like K-pop (= Korean Pop), Bollywood songs, and C-pop are genres that have become more popular in the western music industry. Here are some artist that have millions of fans, even though you might have never heard of them.

Kris Wu

Twenty-eight year old Canadian/Chinese Kris Wu is an artist, actor, and songwriter. Despite his roots, he got famous as one of the rappers of the Kpop boy group: EXO. In this group there are Korean as well as Chinese members. To attract both countries, they were mutually divided in the subunits: EXO-M (M for Mandarin) and EXO-K (K for Korean). They produce one song and make two versions out of it: one sang in Korean, one in Mandarin. After a few years of success in EXO, Kris left and started for himself. He made a song called 'Juice' for the movie 'xXx: Return of Xander Cage' starring Vin Diesel in which Kris also played the role of 'Nicks'. Later he starred in another American movie called: 'Valerian and the City of a Thousands Planets'. In 2017 he made a song together with Travis Scott that made him more well known in the western music industry. He currently has 897.000 listeners on Spotify every month and has roughly 6,2 million followers on his Instagram.





BABYMETAL

The next artist, or actually artists are in a group called Baby Metal. Now, the name 'BabyMetal' might look a bit unclear but it perfectly describes what their genre is. It's heavy metal music with a cute and innocent edge. Baby Metal is a band formed by three girls from Japan. The girl group consist of the members Su-metal, Yuimetal, and Moametal. When the group debuted in 2010 they were 12 and 13 years old. One of their most famous songs is called 'Gimme Chocolate!!' and that video definitely deserves to be checked out. It already has been viewed over 93 million times on Youtube and still counting.



Asha Bhosle

Moving on from Baby Metal to Asha Bhosle. Asha is a 85-year-old singer who is extremely popular in India. She got famous for her roles in Bollywood films. She is known for her different and playful voice. Asha Bhosle has a spot in the Guinness Book of Records for recording the most songs in history. You might wonder, how many songs did Asha Bhosle record then? Well, she has recorded up to a total of 11,000 solo, duet and chorus backed songs, in over 20 Indian Languages since 1947. Still, you might have never even heard of her.

Written by: Vera Veltman

Inclusion Is Entertaining

Breaking the box

In the past few years a lot has changed in the game, fashion and movie industry. The movie industry started slowly breaking down the traditions that they had, the fashion world is changing their ideal image of a standard fashion model and in the game industry feminism is getting the upper hand for main characters. Brewed looked into what's more to find about breaking these traditions.

Beauty and the Beast

The remake of the Disney movie 'Beauty and the Beast' was very successful according to the box office, however there was a lot of commotion about some parts in the movie.

In one of the scenes there was a short moment where Gaston's friend; Lefou was dancing with another man. In another scene there was a man who got dressed by the enchanted closet, he was put in a dress and liked his outfit.



Credits: Julie Winegard

"IN THEIR COUNTRY YOU ARE NOT ALLOWED TO SEE THE DISNEY MOVIE UNDER THE AGE OF 16"

These small parts from the scenes were Disney's first steps in breaking old traditions. Unfortunately, not everyone appreciated this. In some countries the movie is not even allowed to be broadcasted.

In Malaysia they wanted to cut the scene of Lefou's dancing out, however Disney did not agree with that. Another country that took some measures is Russia, in their country you are not allowed to see the Disney movie under the age of 16.

BLACK PANTHER

A lot of people were waiting for a movie with a black (dark skinned) hero and Black Panther beats all expectations. The decoration in the movie is based on clothing pieces, textures, hairdo's and tattoos from real African cultures. The movie shows a lot of ethnic diversity by having a black (dark skinned) cast and crew. It is also a good representative for the afro-futurism.



Credits: Julie Winegard

Black Panther had a record of being the highest-grossing solo superhero movie and also for highest-grossing movie by a black (dark skinned) director. Black Panther is another good example for breaking traditions.

Written by: Maxime Lawende

GAMES

Grand Theft Auto

GTA started in 2001 with the first gay characters, this were construction workers and the characters Asuka and Maria. This developed more throughout the years.

In 2005 for example they introduced the first genderqueer character named Remi Wassulmaier. She was assigned female at birth, but then decided to have four sex surgeries; from female to male, male to female. Female to male and finally from male to female again.

"ASIGNED FEMALE AT BIRTH, BUT THEN DECIDED TO HAVE FOUR SEX SURGERIES"



Sims

Since 1999 it is possible in the game Sims to be directed to fall in love with other Sims character from both genders. The characters of Sims can be potentially gay, lesbian or bisexual.

Sims characters are now even more developed, for example you can choose if they need to stand or can sit while peeing. Not only woman can be pregnant at Sims now also man can be pregnant as well.

*You can read more about it in article Game lowdown.

These and many more games are the games supporting the LGBTQ+ society. They want to support you as a player to be yourself and create the style that you want!

Super Mario Bros

Super Mario Bros was one of the earliest games with a LGBT character (1988). There is a trans woman character called Birdo (Birdetta).

Birdo always want to look the best he can and likes to wear make-up, a massive diamond ring and pink bow on his head. Birdo developed himself during the Super Mario Bros games from villain to the good guy.



FASHION

Desmond Napoles

Desmond Napoles is a 10-year-old child with a big influence. Desmond just broke through on the runway and is a LGTB+ activist. Besides that, Desmond is also the youngest member of house of Ultraomni. Being a member of Ultraomni is very exclusive, you can only become a member when you are a big influencer and dedicate yourself for the LGBT community.

Desmond calls himself a drag kid. Having an influence at this young age is really amazing. Desmond supports all his fans and followers by keeping them up to date on the experiences in his life. Later this year Desmond is launching a drag house for drag kids what is called "Haus of Amazing".



Winnie Harlow

Winnie Harlow Is a 24-year-old Canadian Fashion model and public spokesperson with a skin condition called vitiligo. Winnie was being bullied during her school time. This bullying had a big impact on her; she changed schools numerous times, dropped out of high school and she even became suicidal.

A few years ago, she was discovered by Tyra Banks on Instagram and auditioned for America's Next Top Model. Now she is a worldwide known top model and a role model for a lot of people. She really stands for being proud of who you are and accept yourself. She believes that everybody is beautiful in their own way.



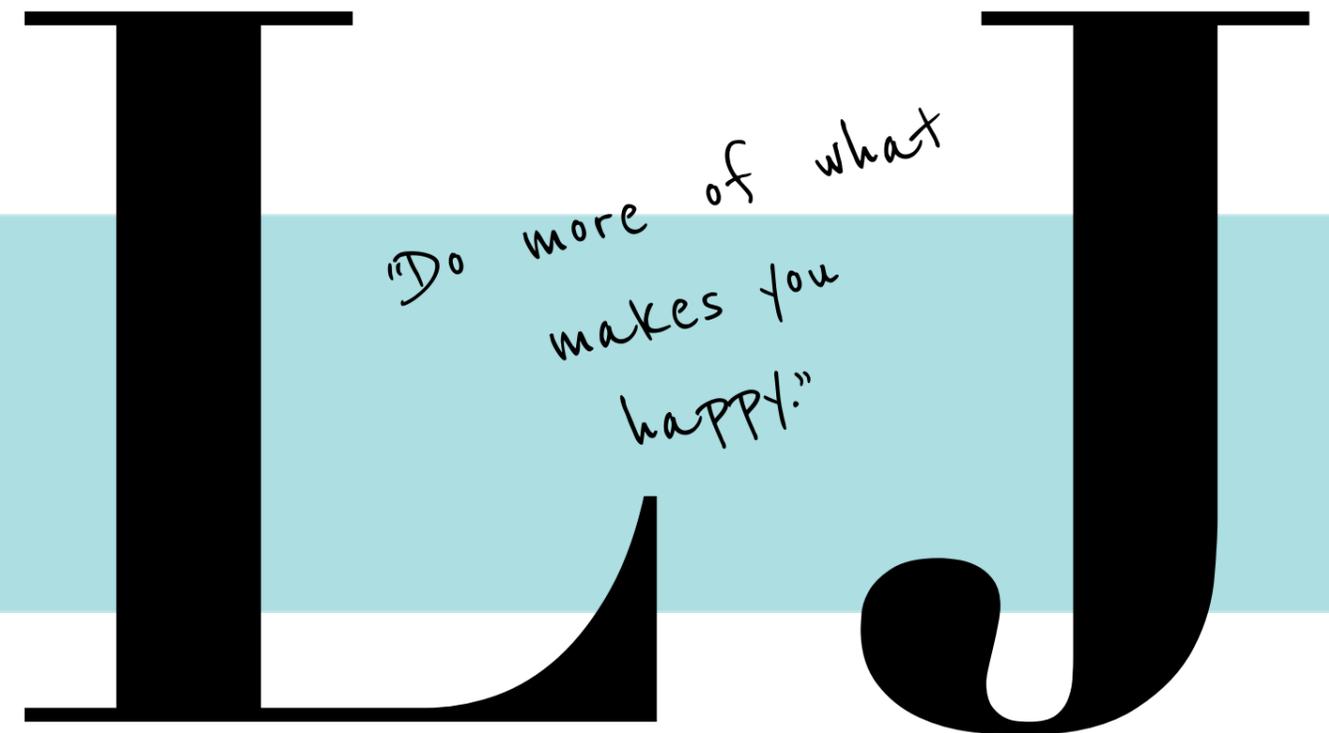
"SHE WAS DISCOVERED BY TYRA BANKS ON INSTAGRAM"

PEOPLE.

LET'S GET DOWN

At Breda University of applied sciences there are several students who already started their own business. We interviewed two of them about their business, why they started it and we asked them for tips that could help you!

Maike van Hooft is one of the students we interviewed. She has her own handmade jewelry business called Lots of Jewels, where she sells Bracelets, rings, earrings, sunglass cords and hair bands. You can purchase her jewelry online at her web shop www.lotsofjewels.nl or at one of the two shops where her jewelry is being sold.



How did you come up with the idea of your own business?

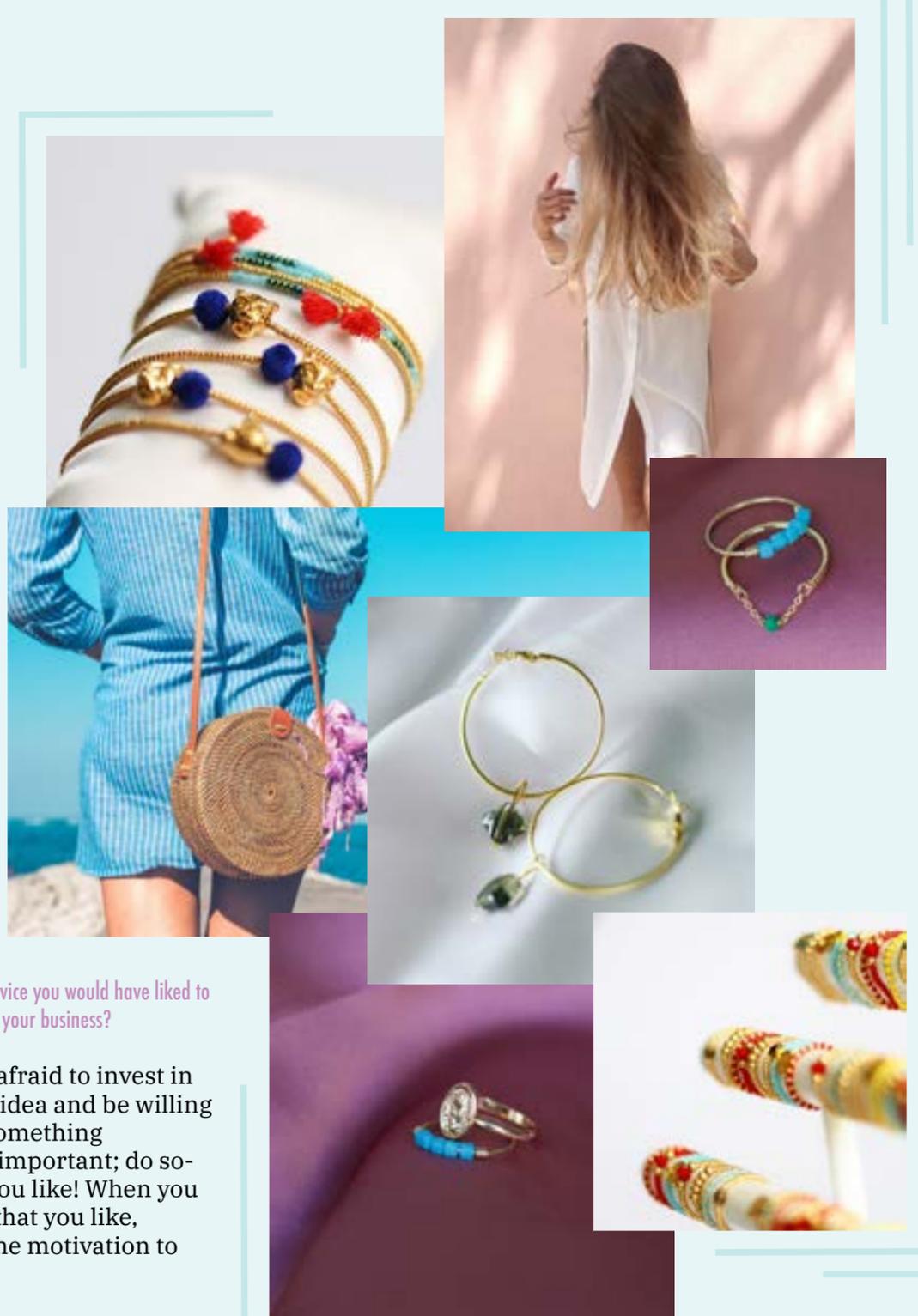
"When I started at BUAS I decided to start my own business since I had a lot of free time after school. I have always loved jewelry and clothes, and wanted to do something creative. Clothes are really hard to sell (different sizing and the needed craftsmanship). Jewelry is something you can make in small amounts and something you can make yourself. That is why I started making and selling my own jewelry. I first started selling my jewelry on Instagram when I was 18 years old. In the mean time I developed my own website. At the 26 th of February 2018 my business was officially registered as a company and in August 2018 my very own website was launched!"

How do you combine school with your business?

"Making jewelry is a hobby of mine. It is a relaxing thing for me to do which is mostly why I love doing it. I usually work during my evenings and weekends, during the day I go to school."

What are your future plans with your business?

"As a business I really want to grow! My main goal is to create more brand awareness which means an increasing amount of people recognizing my brand. In the near future I want to focus more on marketing. Later when my company is big enough, I also want to start designing and selling clothes."



Do you have tips or advice you would have liked to get before you started your business?

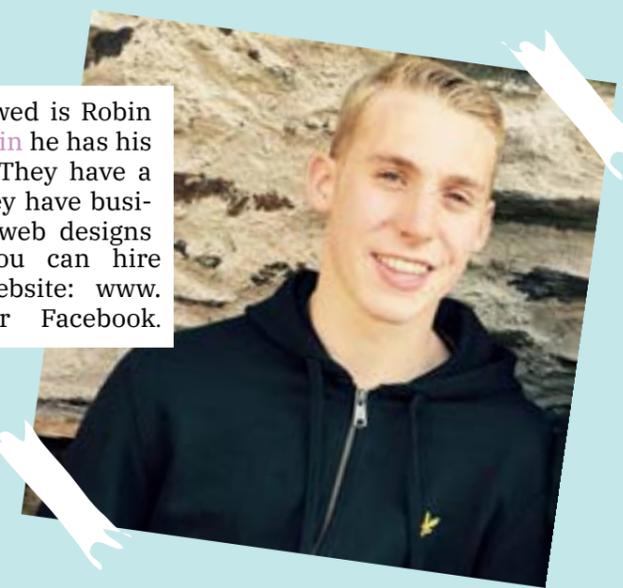
“Well don’t be afraid to invest in your business/idea and be willing to take risks. something that is equally important; do something that you like! When you do something that you like, you will have the motivation to work for it!”

What are things that people think about your business that are not true?

“Something that people tend to think it that there are more people working for this business, when it actually is just me. They think it is bigger than it is.”

“Don’t let school stand in the way of your education.”

Another student that we have interviewed is Robin Swaanen. Together with his friend Kevin he has his own company called ProduK Media. They have a business that makes video productions, web designs and do online marketing for businesses. You can hire them for all of these services via their website: www.produkmedia.nl or contact them on their Facebook.



Robin Swaanen



How did you come up with the idea of your own business?

“When I was 14, me and my friend, worked at the local broadcaster of Kempen online. After a while we got the opportunity to work with their video equipment and we got the change to actually film items for them. During that time we learned a lot and also gained a lot of interest towards that industry. That is why we started our own business almost a year ago in January 2018.”

How do you combine school with your business?

“My business is my priority, which means school comes at a second place for me. I am not at school most of the times because I am working for a

client. It is very challenging, but I do want to achieve my bachelor of arts.”

What are your future plans with your business?

“Like any other company we want to grow. Eventually we want to hire employees and hire an actual office. This way we would be able to do more than one video production a day. We also want to focus more on marketing. However I find it hard to give things out of hand.” Another thing we want to do is make our own short film. If there are students who want to work with us on a short film project or if there are students who have a great script; we are looking for you!

Are you interested?

Send an email to: robin@produkmedia.nl with your motivation and portfolio.

Do you have tips or advice you would have liked to get before you started your business?

“My only tip would be to just start. Failing is part of the process, you learn and move on.”

“My only tip would be to just start.”

What are things that people think about your business that are not true?

“We often get underestimated because of our age, but once people start talking with us, that quickly disappears!”

written by: Elke de Hees



Serious Business

Written by: Berit Vreijdenberger

The time has finally come. It's knocking on our door. At first we tried to ignore it. We're all postponing it, but we definitely can't do that forever. The knocking gets louder every day. It's slowly but surely time to grow up. (dramatic music playing in the background). You can't be a student forever. Ouch, reality kicks in. Especially with our internships waiting for us around the corner. But no despair, we have gathered some tips and tricks to help you slay your internship/job interview to make it all go a little bit more smoothly. To the ones who are extremely excited to start with their future career (like myself), keep up the good work, you're almost there!

Ps. These tips are really useful whether you're confident or not. Just saying.

#1 Do your research

Research the company, the job you're applying for and the one(s) interviewing you. The people who are going to hire you will know that you are truly serious about the position if you are prepared with relevant data. Know the industry, their competitors and use their products if possible or available.

#2 Visualize and rehearse

Visualize the interview and prepare yourself for the challenging questions hirers might ask. They will test you to see if you are able to cope with tough questions under pressure and whether you fit the company yes or no. Rehearse the way you are going to represent yourself and try to practice answers to questions that could be important for your particular field. The more you practice, the more comfortable you will be.

#3 Be conscious of your body language

Appearance counts during your interview not only the way you dress, but also how you come across. You don't get a second chance on your first impression. What should one do to make the interviewer not feel dubious about your candidacy?

- Practice and have a firm handshake. Not bone crushing nor like giving a handshake to a dead fish. Somewhere in between.

- Think of your posture (very important)! Keep your back straight and slightly lean in forward to indicate interest. Avoid crossing your arms or placing things on your lap. These things indicate defensiveness and nerves.

- Suppress Restless Habits. If you are likely to bite nails, twirl your hair, crack your knuckles or tap your legs try to not allow these habits to show themselves during your interview.

Around the world with Nick



Nick is a twenty-three-year old IMEM student in his fourth year. Last year, Nick went on an exchange to America. He was dreaming about going there since he was a little boy, but he never thought he would make it.

'Going on an exchange is really expensive, especially when you are thinking about going to America. That is why I initially decided not to go.'

Considering all the up- and downsides, Nick made the decision to go. His main reason being the experience. He thought to himself: 'what other time would I be able to go?' He took the chance he had been given. Due to the school being internationally orientated, he thought it would be stupid not to go. Nick has never lived on his own before, so it would also be a 'first time' for him.

At first, Nick wanted to go to Portugal, with his second choice being America. He chose Portugal over America because of the price. 'I actually hoped I would be going to America,

even though I had Portugal as my first choice.' The good news came, Nick was allowed to go to America. 'I think it was fate.'

Nick was really happy that he went to America instead of Portugal. 'I wouldn't have wanted it to be any different.' He gained a lot of experience from the five months he spent in the States. He experienced what it's like to feel like a foreigner, but in a good way. He learned a lot from living in a different cultural environment.

If you are thinking about being an exchange student, Nick has some tips for you. The first would be to look for the edge. Go out of your comfort zone. Most students are trying to go on exchange with their friends, but Nick advises to go alone. 'You'll gain the most from the experience if you go alone.' Another thing that is wise to look into if you are thinking about going to America is the paperwork and the amount of money, but Nick guarantees that it will be worth it.

‘Every student should at least be an exchange student once in a lifetime.’



International with Anna

International. One of the words that defines our school. With many different nationalities in our building, we really deserve that title. You might have already heard about the internationalisation in our school, but what does it actually mean? Is speaking English enough for being an international school?

Not only the use of the English language makes us international, there is more to it. Anna Voinova is an international teacher here at the ADE and is the coordinator for the internationalisation and exchange. According to Anna, internationalisation is important. It increases the quality of education. ‘But, it won’t grow naturally, we really need to nourish it.’ That’s why she chose to be the coordinator of it.



She wants to build up a new concept for a positive international environment. The exchange programs and internships are a way to build up internationalisation on the ADE. These have been around for year. When talking about IMEM it also means going on the trip to Bournemouth or Flagstaff. Those are all forms of making international interaction and communication possible.

BUAS wants students to travel around the world. They are given the opportunity to meet other nationalities and get involved with other cultures and countries. As Anna quotes: ‘The eye needs to travel. Be open to new experiences. It helps you expose yourself and will broaden up your mindset.’

Not only outside of school, but also inside of school, internationalisation takes place. BUAS wants to create a comfortable environment for all students in which they can interact with each other and learn about each other’s countries. Students are also able to take part in creating events for internationalisation. Internationalisation is not something that only the teachers create for us. It has to come from within. Everyone in school is a part of it.

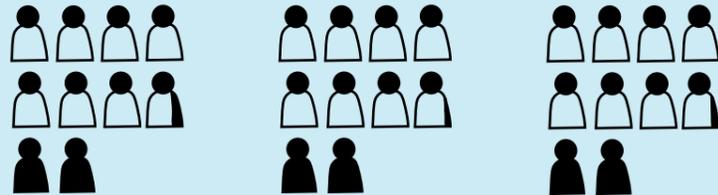
If you are having ideas, you have the possibility to email them to ADEworld@buas.nl.

ADE International Facts & Figures

Including our Dutch students, we have 42 different nationalities represented within ADE.



There are 187 international students in IMEM (21.6%) and 152 international students in IGAD (21%), making a total of 339 international students (21.3%).



The IMEM year with the most international students is currently Year 2 with 53 students (33.1%).
The IGAD year with the most international students is currently Year 1 with 58 students (31.5%).

There are 11 countries that have only 1 student in ADE.
There are 14 countries that have 5 or more students in ADE.

The country with the most international representatives is Bulgaria, with 94 students in ADE (27.7% of international students).



Top five countries within ADE are:

1. Bulgaria (94)
2. Romania (30)
3. United Kingdom (19)
4. Italy (17)
5. Spain (11)

LUCID Dreaming

Written by Stefani Stoilova

Or how can you become aware in your dream?

Is that even possible? It sounds like something extremely sensational to reach. We all want to experience things like flying or being on stage, playing the guitar along with your favorite rock band. But is this all that you can actually achieve from having control over your own dreams?

Let us introduce you to the topic a little bit more. Although, the first textual description of the phenomenon dates before 1000 BCE from the Upanishads, the first clear definition was made by Aristotle in his "On Dreams" thesis. He states that "when one is asleep, there is something in consciousness which tells us that what presents itself is but a dream." If till this point of the article this sounds like a complete nonsense for you, there is scientific evidence about being aware in your dream made by Hull University in the UK in 1975.

Our dreams are a consistency of five stages:

The first one is familiar to all of us because we are still not fully asleep and your brain is making projections, but you still feel kind of awake. It is called hypnagogia.

The second stage of your dream is very short and it's the stage in which your brain produces short periods of waves and your body temperature is dropping.

The third stage is the preparation of your body to go from light to deep sleep.

The fourth stage is a deep sleep. Usually, sleepwalking happens at the end of this stage.

The last stage is the so-called REM. Throughout the REM stage, your body is paralyzed, the brain activity is increased and your eyes are moving fast. That is the stage in which lucid dreaming happens.



In this Issue, we have a very special interview with Charlie Morley, who is a teacher of both lucid dreaming and shadow work and author of three books on the topic.



Is lucid dreaming all about being aware?

"The practice of lucid dreaming isn't just that, is now that you know that you are dreaming, intentionally interacting with the dream, forward for what I teach as a psychological description. Because once you are lucid in the dream you are in a state, not dissimilar to hypnotherapy. You are conscious in the unconscious mind. There is a lot of the stuff you can work with through hypnotherapy which you can work with through lucid dreaming too. That means working with phobias, child trauma, as well as training sports, optimizing and physical health."

Are there any negative sides of lucid dreaming?

“The only negative report I’ve seen is that lucid dreaming can lead to false memory because it’s so realistic. When you become lucid the prefrontal cortex becomes activated, so your memory senses are fully activated too. With some people is so strong, that may be a year later they think ‘Wait, was that in awaken state or in a lucid dream? Oh, it was a lucid dream’. Although, there is still that moment in time they thought of ‘Which was it?’. This for me doesn’t sound that bad, but people ask ‘What if that becomes really extreme and someone lost track of reality?’. What rather counts for me is that luciddreaming is for loving the difference of which one is lucid and which one is the reality.”

Can lucid dreaming bother your deep and recovering dream as the dream we all know?

“You have 8 hours of sleep and 5 dream periods. Even if you get lucid for once a night, 90% of your dream is still recovering the body and relaxing deeply. We don’t need to worry about that.”

Are there any devices that can help you to get into a lucid dream? How do they work?

“Yes, there are devices that help you lucid dream, certain apps, certain things you can fall asleep listening to, certain drugs like galantamine, which is like a memory drug.”

Can small children experience lucid dreaming?

“Studies show that kids from around 6 to 8 years old start having lucid dreams. Lucid dreaming is totally natural, it’s not something strange or to get and be. Lucid dreams come when the brain is growing. There are some people, who become and stay lucid dreamers.”

What is the weirdest lucid dream you ever had?

“Ah, that’s a hard question! I had a pretty funny one last week where in a lucid dream I wanted to meet my inner guides, so when I became lucid I screamed ‘INNER GUIDE!’ and something completely crazy happened. This huge war broke out and between these armies, I flew out and found another dream guide character, so I said ‘What’s going on? I thought I was going to meet an eagle or something.’ like how I called my guide ‘The Shamanic Eagle’ and he said, ‘Aah, everyone wants the eagle!’.”

What would you suggest as a calming technique in a lucid dream for stressed students?

“Yeah, meditation in a lucid dream. It is shown that meditation in a lucid dream is a thousand time more powerful. If you have one moment of meditation in lucid dreaming, you experienced the same as a one-week meditation retreat. Thus, students who are stressed... don’t have sex with movie stars, don’t waste it! It can be really helpful, and also encourages you to sleep, because you want to go into a lucid dream.”

Is there something you wanted to do in your lucid dream and still haven’t achieved? What is it?

“Yeah, at the moment in my To-Do list is to work with gravity. Why is that gravity in the lucid dream? No one experienced live without gravity, so we can only dream of a one with. If we can remove gravity from a lucid dream I think it would make a radical shift in consciousness, but I still need to contemplate the nature of reality.”

Feeling enthusiastic after reading this article? We are going to reveal three easy tricks for getting into a lucid dream.

1. Learn how to remember your dreams – To be able to know your dream is one of the essentials and first steps on your road to lucid dreaming. The most effective way to do this is to keep a dream journal. This method includes writing your dreams at the very first moment after waking up. In this way you will learn the signs of your mind and know easily what to do, so you can become aware.
2. Reality Checks - It is very common for many people to have déjà vu throughout the day. This is the moment to make a reality check. Look at your hand a couple of times and if you do this regularly while awoken, it will become something natural to do in your sleep. While sleeping, your left side of the brain sleeps and cannot make up realistically the detailed things like your hand. That’s why in a dream your hand will change and you will become aware that you are sleeping.
3. “One Mississippi, Two Mississippi..” – one of the most effective ways to get into a lucid dream is getting into it from the very first hypnagogic stage of your dream. Telling a small mantra like “One, Am I sleeping?, Two, Am I sleeping?...” is one of the ways of doing it. You just need to focus on the mantra while falling to sleep and try to not get distracted from the projections of your brain.



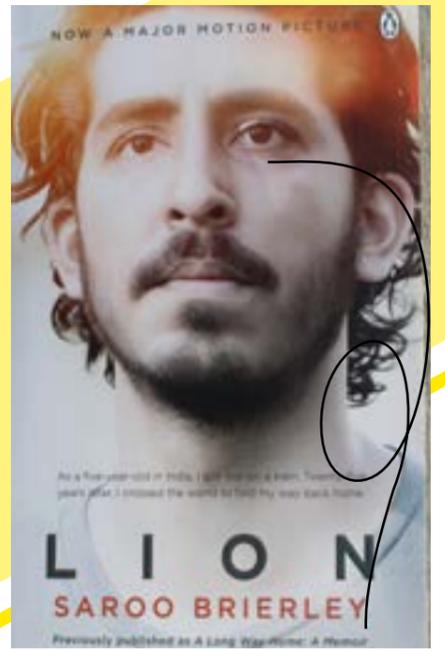
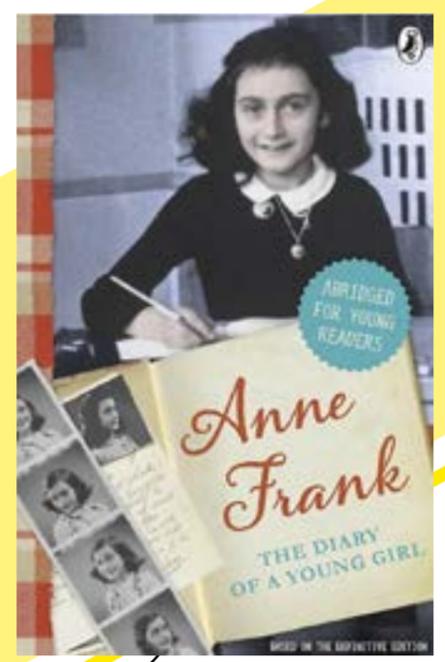
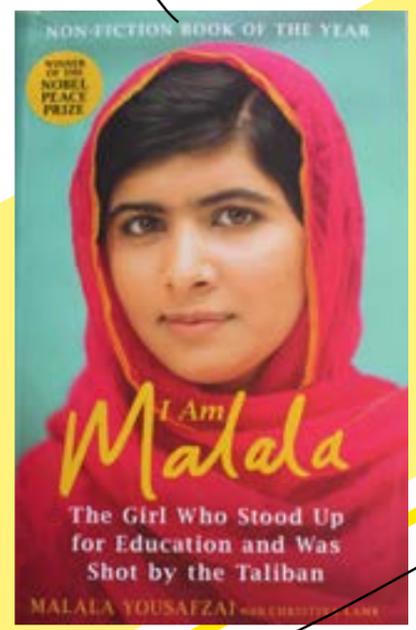
THEIR LIFE ON PAGES

Real Life Stories

1

I AM MALALA

The Girl Who Stood Up for Education and Was Shot by the Taliban. Ever since she was a young girl, Malala fought for her rights. Her rights to freedom and education. Not just for her, but for everyone around the world. In this book you can read about her life, how it all started and changed after the Taliban gained control in her Valley. In 2011 she got shot in her face and barely survived, but this doesn't stop her from fighting for her cause.



3

A LONG WAY HOME

Saroo Brierley was born in a poor village in India and lived with his three siblings and his mother in a small hut. When he was five years old, he accidentally boarded a train and ended up in Calcutta which is all the way across the country. Not knowing how to get back home he survived for weeks alone on the streets. After being put in a child home and got adopted by a Australian couple, he always kept wondering if he would ever find his family back again. In this book you will read everything about his story and if he will finally find his family back.

THE DIARY OF ANNE FRANK

This book is about Anne Frank and her family who had to hide from the Nazis during the second world war, because they were Jewish. The family hid in a house in Amsterdam for two years, together with two other families. Around a month before the family had to hide, Anne received a diary for her birthday. During the time that she was hiding, Anne wrote in her diary about daily events, her feelings, thoughts and experiences. How she felt about growing up, being locked in a small room with so many people, but also about her dreams after the war.

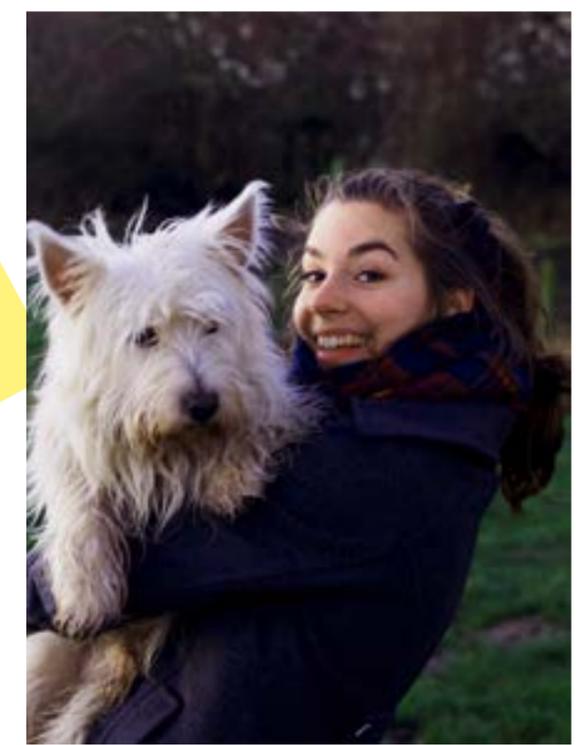
2

written by: Elke de Hees

What makes you unique?

We might study on the same academy, perhaps even the same study direction, but none of us are the same. Every single one of us has their own differences. Brewed asked our students what they think makes them unique.

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Anne Schellingerhout, IGAD, year 2

I think I have a unique character. If I had to ask my friends, they would probably answer the same. Of course, a personality is always unique, because no one is the same, but when you have to describe me, it will be the first thing to think about. I often hear from people that they quickly are comfortable around me. I am also described as creative, alternative and sometimes they'd call me a hippie, or how you'd like to say it. In some way, I am trying to be that certain way. I don't necessarily want to stand out, but I also do not want to get lost in the crowd. I mostly just do what I like and I try not to think too much about what others think of me. The fact that I am myself makes me unique.

'I dare to be myself'

Wies Haamers, IMEM, year 2

If feel like I am unique because I dare to be myself. I dare to speak my mind and I am not easily afraid of how others might react. I acknowledge that I have my imperfections, but I do not let them stand in my way of reaching my goals.



written by: Nathalie van den Linden

Kay Lemmens, IMEM, year 5

I think what makes me unique is my kindness and willingness to help other people. Whenever someone needs me, I'm there for them. It doesn't matter if I get something in return for my favours, I believe karma will help me out the day that I need help myself. The feeling you get from helping other people often makes yourself feel better as well, so my advice to you guys is to try it yourself!

'It creates a bigger world view and perspective'



Niels Scharrenberg, IGAD, year 4

I'd say that there a couple of things that make me unique. For starters. I am Queer. I don't identify with a gender. However, I acknowledge that I do have the male features. I am content with that. I accept that. I see in the world that there are a lot of people that struggle with it. I am proud so say that I have found love for myself. I don't create my identity based on my sexuality either. My character is based on who I am. Sure, sexuality is part of it. But I don't feel the need to identify or label myself as such. Queer is just an easy way to communicate my state of mind, but if someone would say: 'Hey you're Queer right?' I'd answer, 'No I'm Niels.' Secondly, a lot of people are more motivated to do what they like. However, I don't focus on learning things I like necessarily. I learn things that are needed at the time, making myself invaluable. I think that is a big part of success. Thirdly, I have a very diverse set of hobbies. Most of you have very directed interests, but I have hobbies that are very diverse. Inside outside, creative, methodical. It creates a bigger world view and perspective.



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