

creative

LCCA Student Magazine

2

LCCA

London College of
Contemporary Arts

FREE

FRESHERS ISSUE

EXCLUSIVE INFORMATION AND ENTERTAINMENTS IN A NUTSHELL

HYPER JAPAN

Discover a London based event which celebrates both modern and traditional Japanese culture

RICHARD BOLL: IN THE FRAME

Exclusive interview with the acclaimed photographer

COMING SOON

FIND OUT WHICH FILMS TO WATCH IN THE NEXT FEW MONTHS

FASHION

FASHION SPECIAL
FEATURING LONDON
FASHION WEEK & AFRICA
FASHION WEEK

LIFESTYLE

ABS: FROM FLAB TO FAB
BASIC CONTOURING &
HIGHLIGHTING



Launch of the publication **THE FASHION SESSIONS** and fashion exhibition **THE INDISCIPLINE OF FASHION**

4 November - 4 December 2014
**Opening Tuesday 4 November from
18:30 - 20:30.**

LCCA Gallery
Sheraton House
15-19 Great Chapel Street
London, W1F 8FN

Courtesy of Marcus Tomlinson

This autumn, LCCA will be hosting a new interdisciplinary fashion exhibition, an academic seminar programme, and launching The Fashion Sessions: a bespoke series of themed fashion publications. The exhibition, named 'The Indiscipline of Fashion', will be opened to the public on 4 November. There will be a two-part opening event, featuring a daytime discussion in the LCCA cinema space with speakers from the fashion industries and academia. In the evening, the accompanying exhibition will be launched with a private viewing in the LCCA gallery.

The Indiscipline of Fashion will focus on fashion rule breakers and creative protagonists. The show will present concepts from the provocative edge of fashion design, fashion culture, creative image-making, moving image, spatial design, research, graphics, entrepreneurship, activism and other areas which merge with fashion in a thought-provoking, rebellious or intellectually innovative way. It will feature collaborative project work from LCCA Fashion Design and Photography students, exhibited alongside the work of interdisciplinary designers and multi-media image-makers working at the experimental boundaries of fashion.

All students and staff are invited to join us to celebrate the launch of this event on Tuesday 4 November from 18:30 - 20:30.

If you would like to know more, please contact Claire Ritchie, Director of International Fashion Studies at critchier@lcca.org.uk

"THE GREATEST 90 MINUTE MOVIES EVER MADE"

(according to Bevan)

8th Oct
15th Oct
22nd Oct
29th Oct
5th Nov
12th Nov

Rope
Animal House
Annie Hall
Halloween
Badlands
Martha Marcy May
Marlene
Blazing Saddles
Catfish (doc)
Elephant
Bad Santa
When Harry Met Sally

19th Nov
26th Nov
3rd Dec
10th Dec
17th Dec
Subject to change

THE BEST OF FILM AT LCCA

Every Wednesday, 18:15 - 20:15, FREE to attend
Location: "The Cinema", Room 201
Subscribe: film@lcca.org.uk

CONTENTS Issue #2

Features

- 3** Head of Student Council welcomes freshers
- 4** Freshers special
- 8** Snapshot
- 22** Hyper Japan



Sweet Lolita Style



London Fashion Week

Fashion

- 10** Africa Fashion Week
- 12** Fashion print design development
- 13** London Fashion Week

Entertainment

- 16** What's on in London?
- 18** Films: Coming soon
- 20** Six must-have apps



The Big Draw



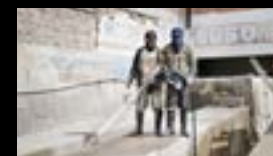
Biryani-style baked chicken and rice recipe

Lifestyle

- 14** Make-up tips: Basic Contouring & Highlighting
- 24** Meal for a fiver
Abs: from flab to fab
Interview: Charity run

Careers

- 21** Exclusive interview with Richard Boll
Upcoming guest speaker events



Marcelo and Vladimir, Richard Boll



Cover picture by Gustavo Gallo, Photography Student

CONTRIBUTORS

Editor Jackson Netto
Sub editors Emmanuel Dapaah, Helen Gould
Graphic Designers Maëlle Christien, Oscar Leighton
Contributors Carmen Andreica, Gustavo Gallo, Jennifer Keelson, Bryony Sansome, Jelena Bote, Monica Mardare, Emily Faulder, Silvia Dos Santos, Pais Lopes, Sandy Sohal, Dhvel Patel, Bevan Walsh.
Contact email editor@lcca.org.uk

October 2014



A word from the editor

Welcome to the fresher's issue of Creative! I hope you had a fantastic summer and are ready for the year ahead - whether you are embarking on a new chapter, starting a new year in college or entering LCCA as a fresher. So, a warm welcome to our new students - and a warm welcome back to those who are returning.

To our freshers, congratulations on starting at LCCA! If you're new to the city, you have a lot to discover: London is packed with culture, excitement and opportunities, and LCCA is right at its heart. With that in mind, our team has put together all the information you need to make the most of what's on offer - not least our freshers week activities and events. Organised by the student council, freshers week is a great opportunity to get out there and meet new people.

This issue of Creative is packed with a great line-up of student features, from Elena Bote's London Fashion Week stills to Emily Faulder's 'Hyper Japan' article, which celebrates both modern and traditional Japanese culture.

Have fun during freshers week - and enjoy the rest of your time at the London College of Contemporary Arts.

Follow LCCA

www.lcca.org.uk



@lccarts



www.facebook.com/LCCAUK



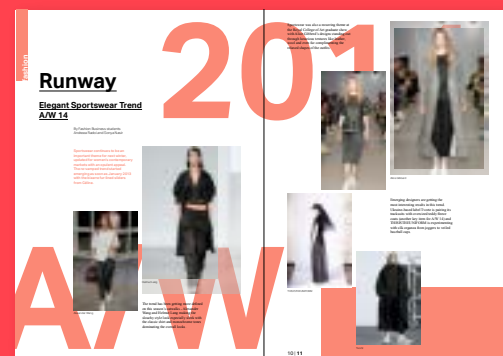
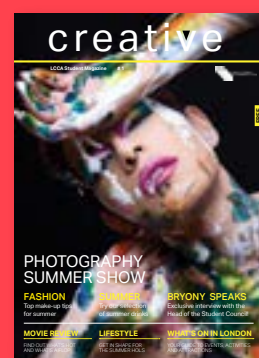
www.twitter.com/LCCAUK



G+LCCA

Creative: your student magazine

Be part of the student magazine team. We are searching for creative writers, photographers, reporters, designers, illustrators, and many more to be part of the student magazine team. Contact us at editor@lcca.org.uk and let us welcome you on board to bring out your Creative side! Check out the first edition online at <http://www.lcca.org.uk>



Freshers welcome message from the Head of the Student Council



I would like to wish a warm welcome to all our new students at LCCA, from myself and the Student Council. I would also like to welcome you to Creative magazine, which I hope will give you insight into student life with LCCA and inspiration for your upcoming studies.

Creative is a great platform for you all to share your passion and talent, as we welcome student input and showcase your works within it. This is a great opportunity for you to share your work with other like-minded creative people, and in turn inspire your fellow students.

The Student Council's aim is to make your lives here as students as enjoyable as possible. I hope you find your time here at LCCA as fun as it is inspiring, and informative. The Student Council and I are here to help with this in any way we can. You can find our contact details around all LCCA campuses, so please do not hesitate to contact us regarding any problems, suggestions or requests you may have.

I look forward to meeting you all in person at our various freshers soirees and events next month. Good luck and best wishes,

Bryony

LCCA
London College of
Contemporary Arts

STUDENTS COUNCIL
PRESENTS

FRESHERS SOIREEES 2014

COMING SOON
STAY TUNED FOR INFO AND EVENT UPDATES



LCCA ON INSTAGRAM

We are calling on all LCCA students to showcase your best moments at LCCA on our Instagram platform. Send your unique photos to editor@lcca.org.uk, and we will make sure we get them out there. Please only send pictures that are relevant to the college or to your courses.

<http://instagram.com/lccaphotos>



LCCA ON FACEBOOK

With over 22,000 likes and a steadily increasing number of followers we want you to get proactive with posts and topics of interest on your LCCA Facebook page. Spark debates and conversations on course relevant topics of interest and get your fellow students and friends involved. 'Like' the page and start commenting.

<https://www.facebook.com/LCCAUK>



LCCA ON TWITTER

Follow LCCA on Twitter and keep up-to-date with the most current news from your college with new course announcements, events and plenty more.

<https://twitter.com/LCCAUK>

L O N D O N N I G H T L I F E



DESPITE ITS EXPENSIVE REPUTATION, THERE ARE PLENTY OF THINGS FOR STUDENTS TO DO IN LONDON WITHOUT BLOWING THE OVERDRAFT – CHECK OUT OUR TIPS FOR HAVING A GREAT TIME ON A BUDGET!

Central

The trick to a cheap night out in Central London is timing: you can save a fortune if you pay attention to the weekday special offers. On Monday, [Tiger Tiger](#) provides Red Bull vodkas for only £2.50; the following night, [Madame Jojo's](#) presents White Heat, where you can get shots for £1. Wednesday brings Soho's [Cheap\\$kes](#), as well as Covent Garden's [Los Locos](#) student night. To keep up to date with entry discounts, make sure you join as many mailing lists and Facebook pages as possible.

North and East

North London is the perfect place if you want to discover new music, with the [Lexington](#), [Scala](#), and [O2 Academy Islington](#) all in the same area. Meanwhile, the east is the best place to be for an affordable night, with plenty of excellent Indian restaurants on Brick Lane to line your stomach before your night out. You can visit the [Truman Brewery](#) (two beers for £5), the [Rhythm Factory](#) in Whitechapel, or the bustling roads of Shoreditch – particularly [Bar Cocomo](#), which has 2 for 1 deals from 4pm to 8pm.

South and West

New Cross is a goldmine if you're into the more indie side of things, with venues like [Gold Smiths](#), [Jam Sessions](#) and [New Cross Inn](#) offering cheap drinks and great acts. In the west, [Nottinghill Arts Club](#) gives you the chance to catch both local and international bands for a pittance – but get there early to beat the queue!

Clubs

You're in the right city for clubbing hotspots! One of the biggest dance music brands in the world, [Ministry of Sound](#), regularly hosts big names like Judge Jules, Ferry Corsten, Laidback Luke and Mauro Picatto. London Warehouse Events is another big name to check out for the biggest and best raves in unique venues. Other clubs well worth a visit are [Egg London](#), [Pacha](#), [Electric Brixton](#), [Lock N Load](#), and [Trance Sanctuary](#).



F R E S H E R S A T T R A C T I O N S



WITH SO MUCH HISTORY IN LONDON, YOU'LL NEVER BE SHORT OF INTERESTING PLACES TO VISIT. MUST-SEE ATTRACTIONS INCLUDE: THE LONDON EYE, THE HOUSES OF PARLIAMENT, BUCKINGHAM PALACE, THE CHANGING OF THE GUARD, AND ST PAUL'S CATHEDRAL – PLUS MUCH MORE!

Arts and Culture

There's a huge number of museums and galleries in the centre of London. Get inspired by the [Tate Britain](#), the [Tate Modern](#), the [National Portrait Gallery](#), the [Barbican Gallery](#), the [Serpentine Gallery](#), [The Photographers' Gallery](#) and the [British History Museum](#).

Theatre

If you're interested in theatre, make sure to check out the "A Night Less Ordinary" scheme to nab free tickets to live events in over 200 London venues. Plus, the [Globe theatre](#) often offers £5 tickets to iconic Shakespeare plays – so if you don't mind standing, snap them up!

Film

The [Roxy Bar and Screen](#) holds free film screenings from Sunday through to Wednesday, but seats are first come first served – so get there as early as possible! If you're a real film buff, sign up to the [London Secret Cinema](#) to get monthly emails to find out where their next secret showing will be. If you have an Orange or EE phone, you can also take advantage of Orange Wednesdays' 2 for 1 cinema tickets. If you don't, just ask a friend who does to forward you the discount code. Bargain!



L O N D O N T R A V E L



DESPITE LONDON'S HUGE SCALE, THE PUBLIC TRANSPORT SYSTEM IS RELIABLE AND FAST, ESPECIALLY WITH AN OYSTER CARD AND STUDENT PHOTO CARD.

Public Transport

To get the 30% student discount for all forms of transport, apply online or at a tube ticket office. You can pick up a tube map from any tube station to figure out how to get where you're going, or visit the TfL website for their journey planner, bus timetables, and everything else you'll need.

Cycle Hire

If you're lucky enough to get a sunny day, you can use the Barclays Cycle Hire Scheme. There is a one-off bike access fee, but journeys under half an hour are free. If you're travelling further, extra ride charges will apply. There are docking stations to pick up or drop off your bike all over London – cycling in the city has never been easier.



F R E S H E R ' S S H O P P I N G

LONDON IS RENOWNED FOR BEING ONE OF THE WORLD'S GREATEST SHOPPING DESTINATIONS: HERE, YOU CAN FIND CLOTHES TO SUIT ANY STYLE!



Independent

For quirky items, you need to visit East London. Brick Lane in particular is notable for the number of independent shops selling clothes from all over the world, and Shoreditch hosts local and international designers offering one-off pieces. In north London, Camden Passage in Angel has vintage clothing shops like Shock N Soul, as well as antique sellers if you're after a unique accessory.

High Street

The obvious place to go is Oxford Circus, the haven of the high street shop. Many of the flagship brands started out here, including Topshop, Selfridges, John Lewis, and H&M; it's easy to spend all day here in the huge shops.

Westfield Shopping Centres

If you don't fancy walking up and down outside, why not visit one of the Westfield Shopping Centres? There are two in London: one in Shepherd's Bush, and the other in Stratford. Both have over 300 shops, as well as plenty of places to eat and drink. Westfield Stratford boasts a cinema, casino, and bowling alley – so if you want to spend a day out, it's an excellent place to be.

Markets

London is full of weekly markets, and there's something special to be found in all of them. Camden Market has the best Asian food and affordable leather, Borough Market offers amazing fresh organic food, and if you've got green fingers make sure you visit Columbia Flower Market. If you're after clothes bargains, check out Petticoat Lane, Old Spitalfields Market, and The Wick in Hackney.



Should I buy an NUS Extra card for £12?



Save £60



Save £20

That's £80 saved already! What else?



10% OFF



FREE FOOD



25% OFF



25% OFF

PLUS MORE THAN 100 OTHER OFFERS!
Head to nus.org.uk to check out all the offers available

Amazing, where can I get the card?

**SIMPLY HEAD TO THE
SUSHOP OR NUS.ORG.UK**



Snapshot

“The band I took this image for are called Night Flowers. They had approached me to do some promotional shots for their new album release and asked if I could observe them practicing and just shoot away. I wanted to try and be creative with my approach and do it all in camera rather than post production. I took this shot through a window and you can see the reflection from one side of

the room then through to the room where the band are playing. I love the effect this gave as I had my flash on too and it added to the overall creative effect.”

Instagram: @soulrebel1986

Twitter: @SandySoulRebel

Facebook: Soul Rebel Photography

Send your photos to editor@lcca.org.uk

Ten striking looks from Africa Fashion Week London 2014

August saw Africa Fashion Week return to London in a celebration of African design, talent and diverse ethnic influences that contribute to fashion in the UK. 47 new and emerging designers showcased contemporary collections inspired by Africa's rich culture. While it was hard to narrow it down from so many stunning shows, we've rounded up some of the most striking looks from Africa Fashion Week London 2014.



Alabi Couture

This Lagos-based luxury brand served up beautiful modern, androgynous pieces with plenty of big cat inspiration. Tiger prints and colours were a clear influence, as can be seen with this floaty, psychedelic '70s-esque jumpsuit.



Alisha

There were endless clashing colours and loud botanical prints in Alisha's collection, including this beautiful layered dress that combines bright and pastel shades to create a bold, graphic look.



Raaah

It's hard to choose just one piece from such a fun-filled collection of fierce prints, flashes of hot pink and innovative shapes, but this beautifully simple wraparound maxi dress just pips the others to the post! The delicate pale peach chiffon is peppered with a bold pattern of solid black hearts, lending an edge to what would otherwise be a very soft and feminine bohemian look.



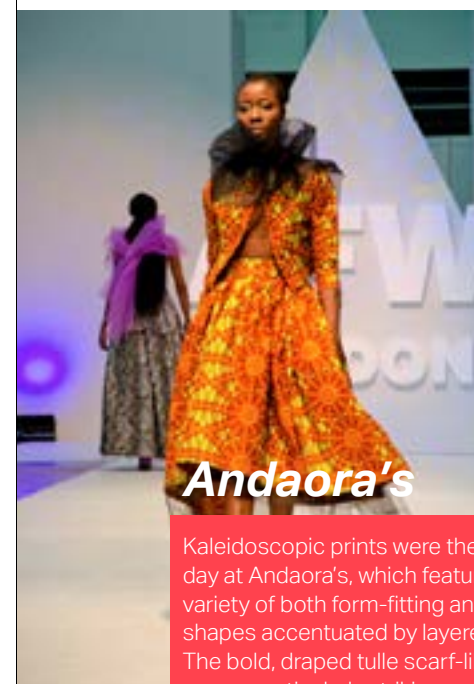
Ije Shop

Ije Shop brought the party to the catwalk with its fun beach collection. Music, dancing and even food made this brand the life and soul of the AFWL party, as models made their way down the runway draped in peppers, bananas and sweet potatoes!



Needlepoint

Needlepoint's 'Travel Collection' fused linen and Ankara fabrics to create a range of comfortable and eye-catching pieces. This stunning evening dress features Needlepoint's signature embellishment as well as a teal, purple and white print which definitely commands attention – no accessories needed!



Andaora's

Kaleidoscopic prints were the order of the day at Andaora's, which featured across a variety of both form-fitting and voluminous shapes accentuated by layered underskirts. The bold, draped tulle scarf-like accessories were a particularly striking accessory, as seen here paired with a ladylike co-ordinated skirt and jacket set in beautifully sunny shades of orange and yellow.



VK Wise

There was a real 1960s vibe at VK Wise, where models strutted down the catwalk in busy printed capes and shift dresses. Long sleeves and short hemlines were key details, but this slightly sporty, elongated cape was a real head-turner; teamed with a simple navy jumpsuit, VK Wise let this statement blue and gold print stand for itself.



Glamelle Boutik

Glamelle Boutik's collection of loud, colourful prints and playful shapes demonstrated a stunning fusion of ethnic and Western styles. The unusual combination of purple and yellow particularly stood out, as seen on this smart, layered ensemble, as well as retro-looking catsuits and high-necked, puff-sleeved peplum blouses.



Design by Prelim

Design by Prelim's collection of African cotton prints showcased an array of bold, rich patterns in a palette of red, yellow, black and white. Fun, feminine shapes featured across this brand's AFWL range, including this sleek but daring jumpsuit in a striking signature print.

Fashion print design development

by fashion student
Monica Mardare



In my second year of studying Research and Development in Fashion and Design and CAD/CAM, I have chosen to make my collection based on words like dark, minimal, oval, uneven and smooth throughout the modules of the first term. I found my inspiration through primary research in nature and architecture, and also in magazines or on the Internet.

During the CAD/CAM module, I have developed a passion for graphic design programs. They give me a large range of possibilities to represent my collection in a professional manner and create patterns and prints ready to use in production. These prints represented in my collection are extracted from architecture, animals and ink brushes.

I really like to play with ink brushes. Here, I have used them to create prints similar to animal print or tree leaves. I have mainly used Photoshop to create my prints, and Illustrator to generate my designs.

I get my designs through design development from collages and mannequin tasks, as is reflected in my portfolio.

You can visit my website www.monicamardare.com to view my portfolio and more print design development.



LCCA photographer student and designer Roger Diaquiesse at Somerset House



2010 graduated designer Duong Nguyen and model Moon M.



Freelance stylist and fashion blogger Arian Humirang.

London Fashion Week

by photography student Elena Boté



Stylist Maria Estarlik Sanchez from Borderline Apparel Limited.



Fashion LCF students Mariam Yusuf and Nawal Ahmab.



Marvellous Ramario Chevoy, model from Vauhaus agency.

Basic contouring & highlighting



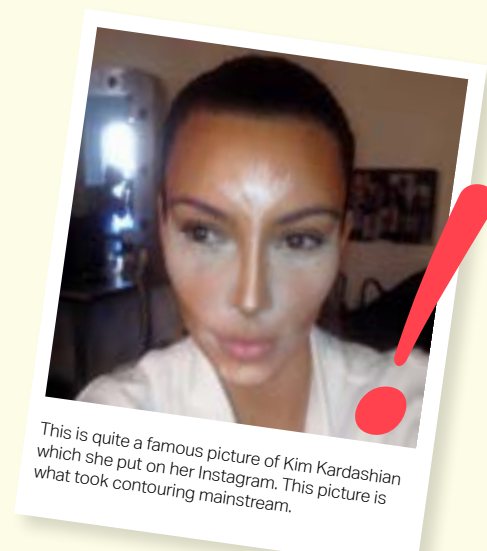
by
Jennifer Keelson

IF YOU HAVEN'T BEEN LIVING UNDER A ROCK FOR THE PAST YEAR, THEN I'M SURE YOU'RE QUITE FAMILIAR WITH WHAT CONTOURING AND HIGHLIGHTING ARE. IF NOT, THEN YOU ONLY HAVE TO LOOK AS FAR AS KIM KARDASHIAN'S INSTAGRAM TO SEE THE POWERFUL EFFECTS OF THIS MAKEUP TECHNIQUE.

In simple terms, 'contour' means to give something shape or to make it look slimmer. If you wear a high coverage foundation, you might have noticed that after you've applied it your face looks very one dimensional (and sometimes a little rounder and wider). If you typically have high cheek bones, you might notice that they don't look quite as high when your foundation is on. So, the way to get around this is to contour, meaning to add shape to your face.

You can **CONTOUR** with anything at least two shades darker than your skin tone. This can be in a powder or liquid form; if you're going to go for a powder, opt for something matte. The reason why your choice of contour has to be darker than your skin is because (as we all know) darker colours make things appear slimmer. The most common places to contour are: just along the cheekbones, around the outside of the nose, and the forehead.

In order to make your face look a bit more natural, it's best to follow your contour with a **HIGHLIGHT**. To highlight you'll need to use something that will attract light, a shade or two lighter than your skin tone. This can be a concealer, a lighter foundation, or a highlighter. The purpose of highlighting after contouring is to bring out the features on your face that you want to catch the light. These are usually the slimmer parts of the face (or the parts of the face that you want to accentuate to make it look slimmer), such as the top of the cheek bones and the bridge of the nose.



This is quite a famous picture of Kim Kardashian which she put on her Instagram. This picture is what took contouring mainstream.



96354 likes
kimkardashian During & After



DO IT IN 4 STEPS

THESE STEPS WILL SHOW YOU EXACTLY WHAT YOU NEED TO DO:



1 Apply foundation as normal

2 Contour using an eyeshadow or a darker foundation. To do this, make a "fish face" (suck your cheeks in) and put a brown line just under your cheek bones and down the sides of your nose - remembering to blend, blend, blend! This brown line should be quite subtle.

3 Using a highlighter of your choice, highlight the areas that you want to get the most attention on your face such as the bridge of your nose, around the eyes and chin, and above the brown line you created in step 2.

4 To make it look seamless, blend the dark line with the highlighter using a blusher or a bronzer of your choice, and voila!

BOBBI BROWN
EYESHADOW, BLACK PLUM
£15.75



SLEEK MAKEUP
FACE CONTOUR KIT
£6.49



M.A.C
MINERALIZE SKINFINISH
£23



BENEFIT
HIGH BEAM LUMINESCENT
COMPLEXION ENHANCER
£17.55





Yellow Chalk #1 & 2 from the series Dalston Anatomy, 2013
© Lorenzo Vitturi

LORENZO VITTURI: DALSTON ANATOMY AT THE PHOTOGRAPHERS' GALLERY

1 August — 19 October

Free

16–18 Ramillies Street
London W1F 7LW

www.thephotographersgallery.org.uk

Lorenzo Vitturi is known for his vibrant still life pictures, often combining them with street scenes or local characters. This installation is inspired by the temporary nature of the market, using raw materials, sculptures and photographs to explore ideas about creation, consumption, and preservation.

What's on in London?



SIR CHARLIE DARWIN FILM FESTIVAL

15 October, 7.30pm

Free

The Backyard Bar
231 Cambridge Heath Rd
Bethnal Green
London E2 0EL
<http://sircharliedarwin.com>

Take part in the Sir Charlie Darwin Film Festival and pick what you want to watch (or not!). This is a movie battle, where you can choose from a selection of world premieres covering all genres. This is a live talent show for new cinema.

WORLDWIDE INSTAMEET 10

4 October

Free

Queen Elizabeth Olympic Park
Join in as thousands of instagramers meet simultaneously in cities all over the world. Connect with hundreds of London-based instagramers for an exciting day out and lots of photo opportunities to get your creative juices flowing! Register at www.meetup.com/london-instagram

OPEN HOUSE ART AND SOCIAL AT ST PATRICK'S CHURCH

First Saturday of every month
11am - 3pm

Free

21A Soho Square
London W1D 4NR
<http://stpatricksoho.org/blog/2014/09/02/open-house-art-and-social-this-saturday/>

The Open House Art and Social at St Patrick's takes place on the first Saturday of every month. This is a fantastic opportunity to socialize while painting, drawing, or just reading the paper. Lunch is provided along with art and craft supplies.

HIDEAWAY JAZZ WORKSHOPS

6 October

Free to audience

Hideaway
Stanthorpe Road
London SW16 2ED
www.hideawaylive.co.uk

If you're into your music, check out the Monday night Jam Session and Jazz Workshop at Hideaway jazz club.

Doors open 7pm, workshops at 7.30pm, jam session at 9pm.

Price £10 per week for performing musicians; free for audience.



THE BIG DRAW

1 October – 2 November

Free

Various venues
<http://www.thebigdraw.org/>

The Big Draw is an annual festival which provides opportunities for people of all ages to discover the pleasure of drawing; visit the website to find out how you can participate.

HYDE PARK WINTER WONDERLAND

21 November — 4 January

Free

Hyde Park
London W2 4RU

Hyde Park's annual Christmas event Winter Wonderland is one of the world's great festive attractions. Make sure you visit this year to enjoy a wide range of attractions, including a huge ice rink, Christmas circus, a snow and ice sculpture experience, a traditional German Christmas market, and much more.

YOUR GUIDE TO THE EVENTS, ACTIVITIES AND ATTRACTIONS IN LONDON.

VOLUNTEERING

St Patrick's Catholic Church
21a Soho Square
London W1D 4NR
<http://stpatricksoho.org/outreach/open-house/>

St Patrick's Catholic Church
welcomes volunteers to help serve food to the 60 – 70 guests on Tuesday and Thursday evenings.

NINA BEIER AT DRAF

12 September — 13 December

Free

David Roberts Art Foundation
Symes Mews
London NW1 7JE
davidrobertsartfoundation.com

This exhibition from artist Nina Beier presents new sculptures that explores the relationship between objects and images.



Nina Beier, Scheme, 2014. Courtesy Croy Nielsen, Berlin. Photo: Matthew Bootht



DON'T MISS

THE BABADOOK

Horror/Thriller • Released 24 October • 95 min

Babadook is a slow-building film directed by Jennifer Kent, thankfully departing from the recent slew of found-footage horror films. Beneath the surface layer of a child's nightmare monster coming to life, the film interrogates how to keep a broken family together in the wake of a terrible tragedy, and how it can sometimes seem like a malevolent presence. Amelia (Essie Davis) is struggling to take care of her six year old son, Samuel

(Noah Wiseman), alone after her husband died in a car accident whilst taking her to the maternity ward. One day, she discovers the book "Mister Babadook" in her son's room, and Samuel latches onto the idea of the monster with disturbing tenacity. Events begin to spiral out of control as Mister Babadook seems to manifest, leading to Amelia questioning her sanity and, eventually, reality itself.

Coming Soon

FIND OUT WHAT'S HOT
AND WHAT'S A FLOP



HORRIBLE BOSSES 2

Comedy • Released 26 November • 98 min

Fed up with answering to higher-ups, Nick, Dale and Kurt decide to become their own bosses by launching their own business - but a slick investor soon pulls the rug out from under them. Outplayed and desperate, and with no legal recourse, the three would-be entrepreneurs hatch a misguided plan to kidnap the investor's adult son and ransom him to regain control of their company.



GONE GIRL

Drama • Released 3 October • 145 min

On his fifth wedding anniversary, Nick Dunne (Ben Affleck) reports that his beautiful wife, Amy (Rosamund Pike), has gone missing. Under pressure from the police and a growing media frenzy, Nick's portrait of a blissful union begins to crumble. Soon his lies, deceptions, and strange behaviour have everyone asking the same dark question: did Nick Dunne kill his wife?



NIGHTCRAWLER

Crime/Drama • Released 31 October • 117 min

Nightcrawler stars Jake Gyllenhaal as Lou Bloom, a driven young man desperate for work who discovers the high-speed world of L.A. crime journalism. Finding a group of freelance camera crews who film crashes, fires, murder and other mayhem, Lou muscles into the cut-throat, dangerous realm of nightcrawling: where each police siren wail equals a possible windfall and victims are converted into dollars and cents. Aided by Rene Russo as Nina, a veteran of the blood-sport that is local TV news, Lou blurs the line between observer and participant to become the star of his own story.



INTERSTELLAR

Action/Sci-fi • Released 5 November • 115 min

This is a sci-fi film that delves into Caltech physicist Kip Thorne's theories of gravity fields, as well as a space travel story about a group of explorers who travel through a worm hole and into another dimension. Based on real science, the film explores the mind-bending territory of black holes and gravity waves, and touches on some of the hypotheses that Albert Einstein chased but never could prove.

UNBROKEN

Biography • Released 25 December • 128 min

The chronicle of the life of Louis Zamperini (Jack O'Connell), an Olympic runner who was taken prisoner by Japanese forces during World War II. John Magaro will play Frank A. Tinker, an Air Force dive bomb pilot and opera singer who befriends Zamperini en route to a Japanese POW camp.

THE HUNGER GAMES: MOCKINGJAY – PART 1

Adventure • Released 19 November • 146 min

The worldwide phenomenon of "The Hunger Games" continues to set the world on fire. This instalment follows Katniss Everdeen (Jennifer Lawrence) in District 13 after she shatters the games forever. Under the leadership of President Coin (Julianne Moore) and the advice of her trusted friends, Katniss spreads her wings as she fights to save Peeta (Josh Hutcherson) and a nation moved by her courage.

THE HOBBIT: THE BATTLE OF THE FIVE ARMIES

Fantasy • Released 12 December • 168 min

COMING SOON



The Hobbit: The Battle of the Five Armies brings to an epic conclusion the adventures of Bilbo Baggins (Martin Freeman), Thorin Oakenshield (Richard Armitage) and the Company of Dwarves. Having reclaimed their homeland from the dragon Smaug, the Company has unwittingly unleashed a deadly force into the world. Enraged, Smaug rains his fiery wrath down upon the defenceless men, women and children of Lake-town. However, obsessed with his reclaimed treasure, Thorin sacrifices friendship and honour to hoard it as Bilbo's frantic attempts to make him see reason drive the hobbit towards a desperate and dangerous choice. But there are even greater dangers ahead. Unseen by any but the wizard Gandalf (Ian McKellen), the great enemy Sauron has sent forth legions of Orcs in a stealth attack upon the Lonely Mountain. As darkness converges on their escalating conflict, the races of Dwarves, Elves and Men must decide: unite, or be destroyed.

Six free apps for arts students

THE INVASION OF MOBILE DEVICES INTO OUR DAILY LIVES HAS COMPLETELY CHANGED HOW WE AMUSE OURSELVES. FORGET SNAKE AND TETRIS; NOW YOU HAVE HUNDREDS OF APPS TO DO EVERYTHING FROM CHECKING YOUR BANK BALANCE TO CONQUERING AN EMPIRE.

SOME OF THE BEST AND MOST INGENUOUS APPS OUT THERE HAVE BEEN CREATED FOR THOSE WITH A MORE ARTISTIC MIND – FIND OUR FAVOURITES BELOW!



1 ARTSY

This app is similar to a music-sharing program, giving you access to images and collections that can be searched by artist or keywords. This is a great resource to discover new art and find inspiration when your muse fails you.



2 BRUSHES

Brushes is a mobile painting app that can be used with or without a stylus. It's a mobile canvas and easel, so you can start working on whatever's caught your eye straight away.



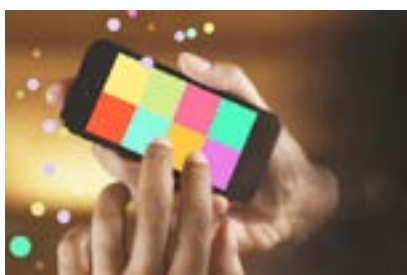
3 TOUCH VAN GOGH

Flying in the face of the "don't touch the art" catchphrase of museums and galleries, this app lets you use your fingers to discover the background behind Van Gogh's famous works and find out about the latest research on his paintings.



4 TYPENDIUM

If you find yourself often geeking out over fonts, this is definitely the app for you. Typendium gives you the history behind how a range of fonts came to be, complete with examples.



5 KEEZY

For those into music, Keezy lets you easily record music and sounds on your mobile device, with soundboards included. Now when you hear an amazing busker while you're out and about, you can sample them for your next piece!



6 GARAGE MAGAZINE'S APP

Garage Magazine is a great source for contemporary art and fashion news and keeping up with the latest trends – with their app, it's even easier to make sure you know what's going on in the creative world.

What's on in LCCA?

OUR CAREERS DEPARTMENT ORGANISES A WIDE RANGE OF GUEST SPEAKER EVENTS TO HELP YOU LEARN WHAT THE ART WORLD IS REALLY LIKE - DON'T MISS THEM.

UPCOMING EVENTS

JUAN CARLOS QUINTANA FASHION DESIGNER

30 October, 6PM
LCCA Gallery
Quintana Presentation: The Importance of Couture Craftsmanship

CELSA EFRONI MANAGING DIRECTOR AT S7INS LTD

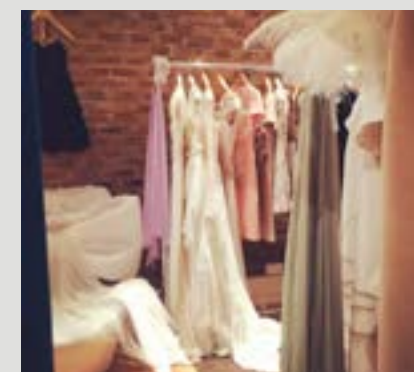
13 November, 6PM
LCCA Gallery
Find out what it's like to work in the fashion industry, what challenges there are, and how to launch your career in fashion.

LOUIS SEGAL MEDIA PRODUCER

17 November, 6PM
LCCA Cinema Room
Gain insight into animation production, stop-motion, and C.G.I.

KAMAL MOSTOFI PROFESSIONAL PHOTOGRAPHER

4 December, 6PM
LCCA Gallery
Don't miss this talk about becoming a professional photographer.



Studio Wall, Juan Carlos Quintana

NEXT
UP



RICHARD BOLL

22 October, 6 PM
LCCA Gallery

Acclaimed photographer Richard Boll shares his life as a freelance commercial photographer, including advice about equipment, shooting, image delivery, stock photography, and marketing, stock photography and marketing.

INTERVIEW WITH RICHARD BOLL

Richard Boll, an editorial and advertising photographer based in London, is our first honoured guest speaker in October. His awards and commissions include a commission from the National Portrait Gallery to photograph Sir David Attenborough in 2007, first prize in the 2006 National Portrait Gallery Photographic Prize, a selected winner of the Magenta Foundation's Flash Forward Exchange, and received various awards in the Prix de la Photographie Paris and the International Photography Awards.

How did you get your first job in the photography industry?

The first photographic job I got was probably taking some portraits for some trade journals in Edinburgh where I was a student. Very dull magazines like "Catering in Scotland" but you learn a lot from the early jobs you get.

What is the main thing you would recommend to students looking to secure their first job?

Don't charge too much to start with, and be honest about your level of experience.

Is there any particular photographer that inspired you to get into this creative field?

There are many; a few to mention might be Joel Sternfeld, Andre Kertesz and Richard Avedon.

What is the first object you ever photographed and thought "Yes, this is for me"?

It didn't really work like that. I photographed a very wide range of subject matter, and still do. I guess I knew I wanted to be a photographer since about the age of 16, but felt for a long time that it was too difficult a profession get into.

If you had one piece of advice for LCCA students, what would it be?

Learn to trust your own instincts about your work. Sure, ask for advice and input, but ultimately it has to be you that decides if an image works.

Which one person, dead or alive, would you love to photograph?

My favourite painter is Helen Frankenthaler, who died a few years ago. I would have liked to take her portrait a great deal.

What advice do you have for students looking to find a placement or internship within the photography industry?

It's not easy, but just keep pushing. Emails are good (which you must follow up), or post letters - they seem archaic, but they get people's attention in a way that emails might not. And if it's assisting work that you're looking for then a mobile phone that you answer, often at short notice, is a must.



A Cosplayer dresses up as 'The Executioner' from the video game Resident Evil



Model wearing a traditional Japanese Kimono during a Hyper Japan fashion show



A Kendo demonstration takes place on the Martial Arts Stage



Cupcakes from a Japanese style bakery

Hyper Japan

LCCA PHOTOGRAPHY STUDENT EMILY FAULDER WRITES ABOUT 'HYPER JAPAN', A LONDON BASED EVENT, WHICH CELEBRATES BOTH MODERN AND TRADITIONAL JAPANESE CULTURE.

www.emilyfaulderphotos.com/

When I tell people I'm obsessed with Japan, they often ask me what it is that fascinates me so much about it. My usual reply is 'everything'. When I was in primary school, my aunt and uncle moved to Yokohama, a port town just outside Tokyo. My sister and I used to receive amazing parcels from them in the post, filled with Japanese treasures. The obsession started there, and for the next 25 years I would dream about the day that I'd finally touch down in Tokyo and get to explore Japan. It's a country that's steeped in culture and tradition, as well as being at the cutting edge of technology and innovation, and it's this diversity that makes Japan so appealing to me. I've visited twice now, and am already planning my next trip. In between visits I get my Japan 'fix' by going to Japanese events in the UK, for a chance to immerse myself in Japanese culture, eat Japanese food, and meet like-minded people who share the same passion.



Kawaii (cute) style jewellery

Yun-Chi



Sweet Lolita Style

Hyper Japan is an event held in London once or twice a year, and is the biggest, and arguably best, celebration of Japanese culture in the UK. Being a huge fan of just about everything connected to Japan, it's always an exciting event for me, but it's also great to see that so many people, perhaps intrigued by the wonders that Japan has to offer, venture into the event as well.

There's a huge array of things to do and see, usually spread over three days, from martial arts demonstrations, sushi making and Japanese writing lessons, to video games demonstrations, fashion shows and technology talks. The Martial Arts stage is one of the most popular attractions featuring Karate, Kendo, Shorinji Kempo and traditional Japanese dancing. Japanese pop artists perform cutesy J-Pop on the main stage, and the cosplay and fashion shows features professionals and enthusiasts alike, dressed as their favourite characters from Japanese film, cartoons and video games, or in Japanese street style. The event also hosts the Eat Japan Sushi awards, which gives people the opportunity to sample sushi prepared by top chefs from Japanese restaurants around the UK. From food and fashion to books and artwork, there's also a huge selection of Japanese and Japan inspired items available to buy.

Hyper Japan is an explosion of interesting sights, sounds, and the smell of sizzling yakitori, and is essentially a showcase for Japanese culture, both modern and traditional. Whether you are a dedicated Japan-Fan or just curious as to what the fuss is about, you won't be disappointed by what the event has to offer.

Hyper Japan took place from 24 — 26 July 2014, but the next Hyper Japan event (which takes the form of a Christmas Market where you can purchase Japanese and Japan inspired products, and sample Japanese food and drink) is from 14 — 16 November at Olympia. More information can be found at: www.hyperjapan.co.uk/



One of the members of Japanese girl group Yanakiku meets with fans

DINNER FOR A FIVER



Serves: 4
Takes 20 minutes to make and about 30 minutes in the oven

Nutritional info per serving: 632kcal, 19g fat (4.3g saturated), 48.5g protein, 68.5g carbs, 3.2g sugar, 1.2g salt

BIRYANI-STYLE BAKED CHICKEN AND RICE RECIPE

A SATISFYING INDIAN-INSPIRED MEAL THAT SERVES FOUR PEOPLE FOR UNDER £5.

INGREDIENTS

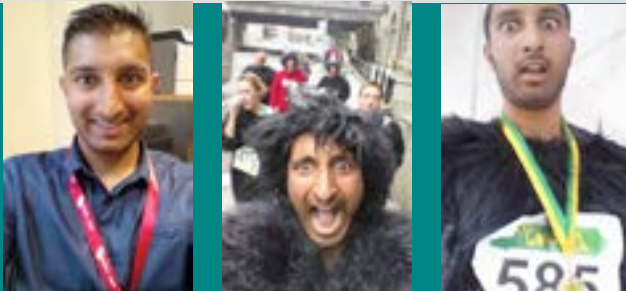
- 2 tbsp olive oil
- 8 bone-in chicken thighs, with skin
- 1 large onion, finely chopped
- 3 garlic cloves, sliced
- 2 tsp garam masala
- 1 tsp ground ginger
- 1 green chilli, finely sliced
- 300g basmati rice
- 650ml chicken stock, hot
- 200g frozen mixed green vegetables
- 2 tbsp chopped fresh flatleaf parsley

METHOD

- Preheat the oven to 190°C/fan170°C/gas 5. Heat the oil in a large roasting tin on the hob. Add the chicken and fry over a high heat until golden brown all over. Remove and set aside.
- Add the onion and cook gently for 6-8 minutes. Stir in the garlic, garam masala, ginger and chilli. Stir in the rice and cook for 1 minute. Top with the chicken and pour over the stock.
- Cover with foil and bake for 20 minutes, until the rice has nearly absorbed all of the stock. Add a dash of hot water if the rice looks dry. Uncover and stir in the frozen vegetables. Re-cover and bake for 8-10 minutes, until everything is cooked. Scatter with parsley to serve.

Dhvel Patel, an LCCA Student Support Officer, joined hundreds of people on 20 September to raise money for a good cause. He ran 8km through the city of London, passing some of London's well-known landmarks, including the Tower of London and St Paul's Cathedral. The fun part of the event? Everyone was wearing a gorilla costume! The charity Dhvel was supporting, The Gorilla Organisation, aims to prevent the extinction of the gorilla species.

LCCA for charity



What inspired you to take part in the Great Gorilla Run?

The movie Planet of the Apes. No, I was inspired by the work done by The Gorilla Organisation. Conservation may sound like a piece of cake, but it has its demands. I believe that education is the best tool we have.

How was the experience?

It was fantastic! There was a parade of people dressed in creative and colourful gorilla outfits running through the streets of London. We caught a lot of smiles from the public who took many pictures and videos.

What was your favourite moment?

My favourite moment would be posing for photographs with the public. Whilst running, I would make the calls of a gorilla, and call out 'Caesar!' (The leader in the Planet of the Apes)

What were the challenges?

Firstly, the suit was boiling. It was like a moving sauna! Secondly, it was indeed a challenge to fundraise. People asked 'why should we save the gorillas?' I asked 'why not?'

Why do you think it is important for people to engage in such humanitarian causes?

As humans, we think that we are the superior species, with highly developed brains. So clearly, 'with great power comes great responsibility'. And thus, we must look after the rest of our planet and its other habitants.

Would you be keen to take part in such humanitarian causes in the future?

I most definitely will. Previously, I have skydived for the Alzheimer's Society and now this 8km run. Next on my bucket list is either a bungee jump or swimming with the sharks.

Anything else you would like to add?

I'd like to thank everyone who supported me along the way. And next time, I promise to be more creative with my costume.

3 SIMPLE TIPS FOR WASHBOARD ABS

YOU MIGHT THINK: "NOT ANOTHER ARTICLE ABOUT WASHBOARD ABS!" TRUST ME, FOLLOW THE STEPS AND YOU WILL SEE RESULTS YOU'VE ALWAYS BEEN LONGING FOR.

Incorporate both weight and cardio training

Abs exercises alone are not going to help you loss fat in the desired areas. Implementing both weight and cardio training into your fitness regime will help you to burn more calories, thus reducing body fat.

Diet

Getting your body-fat levels low is the key, so a healthy diet is a must: cut back on foods that are high in fat and sugar. No matter how many sit-ups you do a day, if your body fat level isn't low, the abs are not going to shine through. Add plenty of vegetables, lean proteins, healthy fats, whole grains and pulses to your diet.

Vary Your Exercises

Change your abs routine every other week. Constantly challenging yourself is necessary if you want to see results you've never seen before. Leg raises, sit-ups, planks and leg lifts are some effective abs exercises you can implement. Perform the exercise steadily in order to feel the abs muscle contracting. If you don't feel it, you probably aren't doing the exercise right.



LCCA
London College of Contemporary Arts

Foundation Course in

contemporary contexts final exhibition 2014

Private view
2nd October 2014, 5-8pm
Open 2nd October
Until 8th October 2014

LCCA Gallery
Sheraton House
15-19 Great Chapel Street,
London, W1F 8FN

