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SKYYE

A Guide To The Ultimate Island Adventure

In preparing for the traverse you will need to be Physically fit, Mentally fit and Technically fit.

Physically fit:

Going to the gym to jump on the treadmill once a week is not going to be enough. To be successful in the climb you have to be feeling 100% on top of your game and performing at your peak fitness. To get fit for something of this scale will require careful planning. You will need to devise a training program that suits you and your requirements. However, some things to include in your programme would be endurance. Lots of endurance. Top tips for training include getting used to wearing a medium weight rucksack (as you may be carrying some bivvi kit for a long time) on scrambling terrain. The pack has to be close fitting but offer freedom of movement so you can lift your head up and won't be restricted even with a helmet on, this is going to prevent neck strain. Make sure you get your feet used to wearing your scrambling boots all day. Basically breaking your feet in to provide maximum comfort. To save your fingertips on the sharp Cullin gabbro, purchase a cheap pair of canvas gardening gloves as this will save you hours of either taping up or blowing on your fingers in the evening.

Technically fit:

What is meant by this is two fold. One: you need to have a high level in the ability to do climbing and scrambling successfully or efficiently.

Two: you need to have good knowledge and be well practised in the rope skills that are required for rock climbing.

The technical standard of the climbing on the ridge is never more than Very Difficult, but since most of the ridge is exposed scrambling with extensive sections of Moderate and Difficult climbing, it is certainly wise to be able to show the ability or skill so that most parts of the ridge can then be comfortably scaled. To be successful on a traverse you need to be happy at soloing around almost all of the ridge. As soon as a rope is deployed, time is lost. What could take five minutes to solo may take up to an hour when using rock climbing equipment and ropes. You will need to be happy moving over moderately technical terrain wearing scrambling boots and a rucksack. You have to forget the rock shoes, it is big boots all the way. It is essential that you have the skill and knowledge to construct

sounds belays, be able to lead climb whilst placing sound runners and have the ability to abseil and retrieve the rope. You do not need a huge amount of climbing equipment, as many of the crux sections are fairly short and sharp, with the longer climbing sections requiring a cool head with fewer runners.

Mentally fit!

You are going to need to prepare body and mind for complete full body exhaustion. If you have ever taken part in some kind of marathon or endurance event then you're well on your way to understanding what you are going to experience. As there is so much ascending and descending involved it can get hugely demoralising and time will seem to quickly fall by if you are on a technical section that requires a lot of rope work.

Tips To Remember

- Whatever kit you stash at your bivvi site will need to be carried with you the next day.
- Try to stash the food you will want for day two at your bivvi site to save carrying two days worth of food on the first day.
- Stash plenty of evening food so you can munch to your hearts content all night. Remember you need the calories for the next day.
- Drink, drink, drink and drink. Most people fall on the ridge because of dehydration, and it does not have to be warm and sunny. Make sure you start the hydration process a couple of days before.

- If you wake up in the night feeling thirsty then drink, keep a water bottle with you so that even if you're feeling lazy and exhausted you can slurp away. High energy bars and gels will work great in the day, just make sure you have tried them before hand so you now whether you like them or not.
- Whatever guidebook you use, copy and laminate the sections on the ridge so you don't have to carry a full weight book with you, this also stops them getting damaged by things like the weather.

• If the weather is wall-to-wall sunshine then dump the waterproofs, make sure you have a good sun hat and take extra sun cream because you will be very exposed.

Tactics

The first choice you have to make is are you going to do it in one day or as a two-day exped? To have more chance of success and to enjoy the experience then a two-day exped is recommended. If you like to gamble, enjoy suffering and have good knowledge about the

ridge then a one-day traverse is the way. Next you need to decide when you are going to do it. The obvious times are from May to September and cross your fingers that the weather gods are with you. A high pressure holding high cloud is perfect as it gives you clear weather but the cloud protects you from some of the sun. I have seen just as many people fall through wall-to-wall sunshine as I have from rain and wind. Do not even consider an attempt if it is raining, you will be slow and never make to the end in daylight!

As long as it is dry, not too windy with fairly good visibility then you have an excellent chance.

To give yourself the best chance arrive with several days to play with, so that you can pick the best day or days for your traverse attempt. You can still use the poor weather days to scope out sections of the ridge and place equipment such as bivvi gear and food.

THE KIT LIST

- Personal clothing and equipment
- Bivvi kit
- Harness, helmet, belay device and prussik
- 35lt rucksack
- Lightweight summer sleeping bag (easy to carry long distance)
- 1 X 16ft sling with pear shaped karabiner
- Scrambling boots
- 1/2 - 3/4 length foam mat
- 2 X 8ft slings with pear shaped karabiners
- Lightweight waterproof top and bottoms
- Small lightweight gas stove with small cylinder and lighter
- 3 X 4ft slings set up as quick draws with 6 snap gate karabiners
- Map, compass, GPS, phone and guidebook
- Small pot with tin foil lid, mug and spoon
- Wires sizes 2-9
- Headtorch
- Toilet paper and plastic bag
- Roxcentric size 7-8 or a camulot 2
- Clothing that is warm lightweight and easy to vent
- Plenty of bivvi style food, such as boil in the bag etc
- Some spare abseil tat
- Sun hat, sun cream, canvas gloves and warm hat
- 45m rope
- Plenty of food and water
- 45m rope
- Plenty of food and water



MOST EXCITING ARTIST OF 2018

FUSION

Distortion

An exclusive interview
with upcoming artist
Distortion

"Don't overthink
music, you should
write what you
want and what
you feel"

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"I live in my own head and it all
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Photoshoot with Distortion following the release of his debut single 'Nights'.



THE IMPERFECT MAN

Frank talks about his struggle with substance abuse and how he wrote and created the hit song 'Nights'. Archie McEachran gets to see deeper into the life and thought process of the artist



Distortion is an upcoming alternative R&B artist out of London who has recently debuted his brand-new single 'Nights' which was a huge hit back in the summer along with an intriguing video which represents a dying relationship and how separation due to his own mistakes can be a hard pill to swallow. Once you press the play button on this video your mind is instantly captivated in the little world of Distortion.

Distortion has been influenced by music since he was young. His songs offer an alternative sound and the video replicates this perfectly. The first half of the song is Hip-Hop based and simulates a phone call,

the second half of the song takes a much slower more R&B style. At a show in London we went and visited the artist after the after party in his hotel room and asked him about his reasons behind the

"There is no perfect man"

"Nights was one of my best creations [...] I didn't really have many influences when making this song. It was about my struggle with addiction and substance abuse and I thought that I could show my problems with addiction in the form of love because what is more addictive?"

Frank then went on to talk more in depth about the meanings and feelings inside his video: "In the video it shows a relationship that has been and gone, for me to relate that to substance abuse I tried to create a world where there is no perfect man, although you don't need whatever it is you are looking for you feel compelled by it. It's a weird feeling. Which is what I wanted people to try and understand in my video."

Distortion really is ahead of his time. The emotional young man is able to perfectly represent how he is feeling across his artwork which is the sign of a true artist. The future for this artist is looks bright and we are all excited to see more from Distortion. His journey has only really just begun.

ISSUE 108 / JULY 2020

WADE

ARCHITECTURE AND INTERIOR DESIGN MAGAZINE

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INSIDE

Keeping a clear head



Nelli's demonstrated the perfect balance of outstanding architectural design in a home environment without taking away the comfort and homeliness. In this project she used glass to take a Greek style country home and transform it into a masterpiece. Due to its translucence, glass in architecture generates a pleasant and roomy spatial atmosphere. The material meets today's generation's desire for more transparency: It allows for both a view outward as well as inward and lends a sense of space. Living space

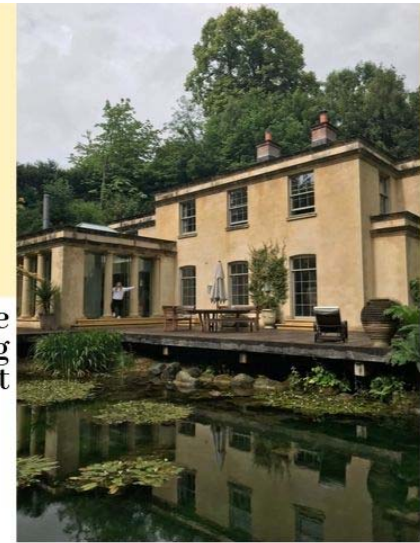
Glass is used in architecture for elevators or balcony railings to give them a modern feel. In this case, Neli pushed the limits with design and created a completely glass hallway joining the two separate upstairs sections of the house. Just below this is a natural stream flowing underground covered by a long panel of glass. In her home there is a strong sense of nature and this was a key aspect for Athena when designing and choosing the location for her one of many amazing houses.

In our interview with Athena Nelli, we delve deeper into



From the stairs to the fireplace and even the house itself, everything seems so effortlessly open and modern. This is the art of floating is a concept in architecture loved by the masses, it makes you feel at one with the space and your surroundings. Floating buildings are becoming very popular in architecture and Athena was very much inspired by these. She wanted to take her dream country home look and put her own spin on it. The house itself is not only over hanging a stunning lake but has a connecting stream running straight through the middle of it. Nelli designed the fireplace above. It's cylinder shape gives a softness to the square conservatory and doesn't interfere with the view from the glass windows and seamlessly blends in and feels naturally to the eye. One of the main features of the house is the glass hallway but let's not forget about the heavenly marble staircase. It also has that floating feel as if its just sat there peacefully

The Floating Effect



"A few years ago, I was designing a garden for clients who, like me, are big fans of ornamental grasses. We had planted grasses in abundance on their previous property. Now they were planning a garden composed of informal beds within a formal design. Stymied, I decided to visit the old garden. Like an old friend I hadn't seen in a while, it looked different to me. I realized that I had used grasses as hedges, along pathways, and as focal points and edgings. Rather than being seduced only by grasses' colors, textures, and plumes, I began to see their architectural forms. Grasses can act visually like shrubs. Some are arching, others stiff and formal. They have different weights as well. It dawned on me that grasses could be used to define space in a garden. I took this idea of using grass as a feature piece in designing the steps leading to the back entrance of mt home."



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Meryl Streep
Amal Clooney
Viola Davis

PROJECT GETAWAY!

13 Places
to visit



Blue ribbed top, £ 100
 Cotton silk black trousers, £ 325, I.A.M.G.I.A
 Brown leather belt, £ 250, BURBERRY
 Metal hoop, £ 75, SWAROSKY
 Silver cube earring, £ 95, SWAROSKY

MADE IN SPAIN

5'8FT, THE HEIGHT THAT WALKS RUNWAYS AND THE ONE ALL DESIGNERS ARE CHASING TO DRESS, BUT JUST SOME INCHES DOWN STANDS ALICIA UMBRÍA.

The 18-year-old has all of us in awe as to how she has been challenging the industry's norms for a while now as well as how she is slowly catching up to some of the biggest names in modelling at only 5' 1ft: "It is definitely quite odd and intimidating walking beside models that go up to 6ft. I feel as if I were walking besides towers. At the beginning -and even now- I would see the look of confusion on people's faces when it was my turn to go out. Some of their expressions were of anger and mainly shock. "What is she doing here? Did she sneak in from outside?" these were some of the comments I would hear. I have now got used to it and I find it's quite entertaining to watch," she tells us with a sweet smile over a cup of coffee after her Modish shoot in London.

Flying in from Milan just two days ago, we realise how hectic Alicia's schedule is: "It's been a crazy couple of months for me, I've been travelling non-stop and jet lag is really starting to be an issue for me. I didn't think it could get this intense. Guess I was wrong" she laughs.

In only eight months she has managed to take over billboards, become the face of magazine covers and work with some of the biggest brands such as Chanel, Alexander McQueen, Donatella Versace and many more. "I am working with some of the most recognised designers in the world. I don't know if I can say this but I have this project

runway at a time. This career is known for its glamour and class, but within these things comes drama as well. Unlike most jobs, this one specifically faces a lot of criticism from the public. "Modelling is based on the public opinion, but some people feel the need to point out our flaws. Models develop thicker skin not because we want to, but ▶



"The support I get from my family, my friends and my fans is more than enough for me to love what I do"

going on with Karl Lagerfeld who I was dying to meet. Working with him has definitely been an unforgettable experience." At such a young age she's already taking the industry by storm, one