

## **Bowland College JCR Exec**

**RON** will be a candidate for all positions. Re Open Nominations – allows voters state they do not feel any of the current candidates standing are suitable for the role and would like to re-open nominations.

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### **Socials and Events Representatives**

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#### **Leanne Antido**

##### **Manifesto**

If you've met me before you probably know one or two things about me; first I'm a bartender that makes fantastic cocktails, and second I love any reason to get dressed up! However, if I haven't had the chance to introduce myself to you, I am Leanne Antido. I'm a first year Biochemistry student, which gives me the unique ability to have breaking bad style parties (absolutely kidding). These facts, as well as my inability to stop talking and want for positive change, lead me to believe that I am the Social and Events Representative for you!

- I want to keep an open line of communication with you to plan and execute memorable events that everyone can take part and relish in.
- It is crucial to me that everyone gets a tangible response to any questions they ask or requests they make rather than being left without a reply.
- I care deeply about creating a sense of joy in a safe and inclusive environment which I intend to achieve by making safeguarding that is in place more known and accessible, as well as through gaining and taking action from feedback from you.
- But in particular, I want to put together fun and unforgettable nights such as themed Karaoke nights and murder mystery parties, just to name a couple!

Thank you so much for reading and I hope I've convinced you to vote for me! If you wish to contact me my instagram is @cyj\_815 and, once again, I am Leanne Antido. If we met during welcome week, there's a good chance that I offered you red face paint during the bar crawls!

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#### **Zaid Alhourani**

##### **Manifesto**

Being almost 4000 km away from my home country of Jordan, Lancaster University is slowly becoming my new home, and its people my family. Over the past week I have gotten to know so many remarkable individuals from my fellow freshers to my new teachers. After seeing what the current JCR Exec accomplished within just the first week, I felt the need to do as much if not more for students like me who are just beginning to acclimate to this new life. To

further immerse myself in the universities culture and society I want to take on more responsibilities and make this place truly something I am part of rather than just my place of study.

The fact that I chose this role is, is no coincidence either as it is an area which I already have a diverse experience in. I ran a local Instagram account of a multinational organization with hundreds of thousands of cumulative followers. I am also part of my schools "Secretariat Team" who organize a yearly nationwide conference that brings over 200 students from all over the country. The personal tools that I have accumulated by leading projects and events as a volunteer in a international charity, the same events which amassed hundreds of participants from over 50 countries; make me a perfect fit for this position.

Being a perfectionist, I will dedicate all my efforts to ensure that every event organized by my colleagues and I, will be something we can all be proud of. For this year I want to plan a variety of inclusive events which aim to accommodate for everyone's interests.

#### Yearly Events:

- First on my list is a **multicultural food feast**, where students of different cultural backgrounds can introduce us to their culture by preparing some foods for everyone to enjoy.
- Another proposal would be a **Bowland Ball** where everyone can dress up, listen to some amazing music and party!
- **Themed Bar Crawls, Movie and TV show Trivia nights, Board Game nights, city tours,** and a **Video Game Tournament.**
- An upcoming **Halloween Party** and **pumpkin carving event.**
- **Valentine's Day** themed night out for the couples in Bowland
- An amazing end of year **Extrav**

These are just a few of the ideas which I have prepared to make this year an unforgettable one.

The values I hold play a vital role in the way I conduct my work. Therefore, I would like to lay out some of the core values I strongly believe in and how they will relate to my work.

#### Values:

- **Transparency** is a value I believe is crucial to making sure everything goes as planned.
- **Open-Mindedness and inclusivity** play an essential role to ensure that nobody ever feels left out; I will be conducting Biweekly Meetups to answer any questions, take suggestions, and listen to how I can make every event suitable for you.
- **Accountability** being held accountable is the backbone of any successful leader.
- **Communication** you can contact at my email or instagram and will I aim to respond within 2 days, this allows me to stay connected with the people I represent.

So, to formally introduce myself; I'm Zaid and I am a fresher studying software engineering and economics alongside every other one of you. I am dedicated and passionate in my work and I am sure I won't disappoint.

**Eden Wong**

## **Manifesto**

It is always important to be able to articulate an idea to others, no matter if you are a person, or an organization. Communication is crucial to the success of any activity, without it, there would be no audience.

I could have gone paragraph after paragraph on why you should vote for me, but that is not effective communication. In most cases it is being straight to the point, short and simple if you will. As such, I will keep my manifesto short.

My whole shtick is responsibility:

- I will do all that is asked of me, to promote an event, to forward an announcement...
- I will (and must) adhere to the college social media policy, so as to not do harm to anyone
- I will do my job on time, no one wants to be notified of an event last week

And I suit this role as:

- I have previous experience with website upkeep, and is a current CS student
- I have previously participated in supporting role in my secondary school
- I have an attention to detail, and definitely not overthinking stuff ;)

I want to support the work of others in Bowland, and I feel that I can do it best under this role.

I will make your vote worth it!

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**Publicity Representative**

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**Helena Baron**

## **Manifesto**

Hi, I'm Helena and I'm applying to be your new Publicity Representative.

I'm now going into my second year studying marketing with psychology, so I believe that I would be a perfect candidate for this role as I already have experience in working in a team and creating new and exciting ideas. I am especially keen to create content for the social media, alongside the communications representative, as I am taking a module in social media marketing, so I will be able to use my knowledge effectively to create some exciting and engaging content for you.

Here are a few things I would like to do on your behalf:

- I will ensure regular updates are posted to the required social media accounts, making sure information is always up to date.
- I will take photographs of campaigns and events and post these to social media, to advertise what the college has to offer.
- I will create professional and interesting posters for organisers of events, and work with them to make sure it is suitable.
- I will follow the social media policy.
- I promise to work as hard as I can for you and with the rest of the JCR to come up with the best content to make your uni experience as good as it can be.

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**Welfare Representative (Men/Non-Binary)**

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**Max Foulds**

## Manifesto

I have previously organised charity football games, raising over £700, for the charity 'Mind', and I would like to organise similar charity events within the university. I would look into the possibility of creating other sporting events, which would unite all colleges in spreading awareness of student welfare. Adding onto this, I would like to look into ways in which the college could incorporate welfare schemes through existing events, such as Founders. Secondly, I would like to meet with deanery teams to discuss their current student welfare procedures. Through my own experience, and experiences of others I have spoke to, the deanery teams approach to problems is unsatisfactory and damaging to the mental welfare of students involved. As an ambassador for welfare, I would like to meet with deans and discuss ways to ensure that student welfare is a top priority. Myself and others believe the current procedure in dealing with complaints needs reforming as it is not transparent and is daunting for students involved.

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**Samuel May**

## Manifesto

Hey! My name is Sam and I'll be running to be *your* JCR Men's+ Welfare Exec for Bowland College.

University life is intense. The number of ways this affects our well-being is endless; most of us have experienced, at some point, the effects on our physical, mental, and emotional health. Without the support and guidance, you need throughout your degree, you may at times feel overwhelmed and that you have no place in which to turn. I feel passionately about helping you feel empowered through Bowland to thrive during your time here. I have many policies I would, with your help, like to implement to achieve this on your behalf: -

- Implementing more well-being events and mental health awareness days. This would include regular activities, such as mindfulness and yoga. I would also like to make it easier to submit ideas for events and activities you would like the JCR to do.
- Carry out more collaboration with other colleges with welfare.
- Creating greater awareness of the importance of a healthy sexual lifestyle by promoting STI tests provided by LUSU, getting more readily available contraception, and poster campaigns (and POWR) through the year which signpost how to get advice and support.
- Make Bowland the most ecological college on campus. As science student, I would love to make sure issues related to biodiversity and climate change are at the centre of all the colleges' activities. I would like to promote Green Lancaster and its projects and campaigns, such as more ECOWild trips, encouraging cycling, the Student Switch Off, and encouraging the use of the Don't Ditch It donation point in Bowland Avenue.

- · Like other colleges on campus, I would like to increase the provision for free food during exam season, like Bowland's free breakfast which happened this term.

The bottom line is that university should be an enjoyable experience and I would love to make sure this happens!

Cheers for taking to the time to read my manifesto; I hope it has convinced you to vote for me.

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**Welfare Representative (Woman/Non-Binary)**

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**Ella Aldous**

**Manifesto**

Hi, my name is Ella, I am a second year law student here at Lancaster and I would like to be the Bowland JCR's Women's+ Welfare Rep. As a second year I am well aware of the stress that comes with a university course and I would like to help support others through difficult times and organise events for stress relief and mental health awareness. As someone that struggles with their mental health I know how important it is to have an outlet nearby that will support and help you through your day to day experience without any commitment to attending regular sessions. I was a Bowland welcome week rep for 2022 so am aware of the type of activities and events that are popular and would like to incorporate many into my role on the JCR. I feel I'd be easy to approach and talk to and that I would integrate into the JCR well, working with the other members to create a welcoming and fun group of student Exec's.

I hope you choose me to be your welfare rep and I look forward to meeting many of you.

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## **Vice President Activities**

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**Kinga Kupi**

**Manifesto**

Hello, my name is Kinga, I am a 3<sup>rd</sup> year Management and Entrepreneurship student from Hungary. I consider myself a people-oriented and lively person with a passion for various things. I joined the JCR during Lent term of the 2021-2022 academic year, since then I have organised events for International Women's Day, helped with quiz and bingo nights along with this year's Fresher's Week. I enjoy being in a team that can indicate change while putting the college's values and its community first. I would like to continue my work with the JCR, also challenge myself by taking up more responsibility within the team than previously, so I would like to apply for the Vice President Activities position.

During the by-elections I was elected as VP activities, since then I have been involved in various projects; Halloween, SHAG week, Big Bowland Quiz and the organisation of Winter Ball.

I have experience in management due to past work experiences, one being a camp supervisor role I had in summer camps for primary school students for 5 consecutive summers. My duties involved recruitment, pre-camp organisational tasks, teaching different classes and organising the camp closing talent show, but most importantly engaging with the kids, making sure they get the best experience possible. This experience helped me to develop many skills and made me realise how much I enjoy working with as well as being around other people. I believe these also make me an ideal candidate.

Currently I work in the Management School as the Careers team's project assistant where my daily duties include administration and the planning, marketing and running of various events. If elected, I would aim to use the knowledge and skills gained through this opportunity, also:

- Organise events aimed at strengthening the feeling of support and belonging between the members of the Bowland community
- Back up the work of Sports and Socials/ Events representatives
- Improve engagement at college events
- Provide a safe environment during all events and socials
- Give Bowlanders the best possible college experience through the activities we create

I believe these aims would be beneficial for the community and have a positive impact on the overall college experience. Thank you for reading my manifesto as well as considering me for the position.

Yours sincerely,

Kinga Kupi