

FLIGHT PATH TO SUCCESS

MAGAZINE



YOUR MAGAZINE ABOUT SIXTH FORM AND POST 16 EDUCATION

There's more to the UK than the South West and in this issue is brought to you the North of England, with a focus on the North West and Manchester Metropolitan University.

In this issue:

Mr Francis studied Food Technology and Production Management at Manchester Metropolitan University and writes about his experiences on the course and the career opportunities

Why study in the North of England?

Top 9 reasons why the North is so good

Manchester Metropolitan University

BSC in Nutritional Science can offer. MMU is not only famous for its research into food production, it is also one of the fashion centres in Europe. Read on to find more about living in the North and studying in Manchester.



NAME: **Brian**

SURNAME: **Francis**

ROLE IN SCHOOL:

Head of Languages

Where and what did you study?

Food Manufacture and Production

Manchester Metropolitan University Hoolings Faculty 1987—1990

What was your accommodation during your course?

In my first year I chose not to live in halls as I wanted to stay in Manchester over the holidays. I lived in the south of the city in Year 1, first with professionals and then moved in with people on my course. I then got my own flat in the summer and lived there until I left Manchester in 1990.

What is the funniest/best thing you did at University?

When we had baking, we had similar to a bake off where our products would be placed at the end of the tables and critiqued by everyone. Mine were always left to last as they were always the worst and my peers had to explain why they were such a disaster. I always felt that I was on a medical course, with the trainee doctors looking at my pies and trying to diagnose why they were such a disaster.

What kinds of things did you study?

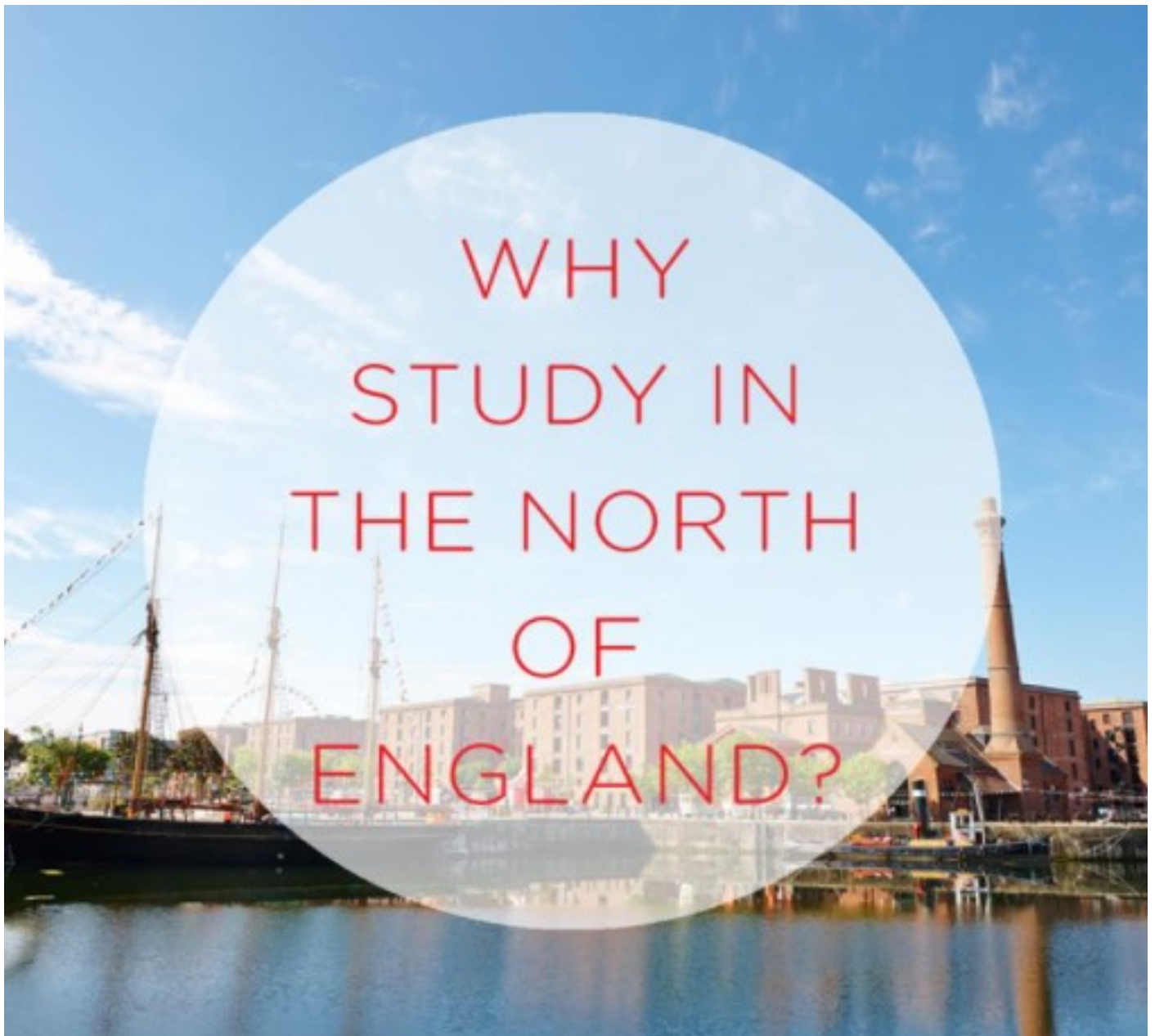
I learned about food preservation, I wrote my dissertation on freezing raw vegetables and how to maintain their nutritional content. Other processing techniques included dry foods production, making chocolate and preserves such as jam, food chemistry, brewing, management, marketing, engineering, food microbiology, taste panels meat production—I had to work in an abattoir, I especially enjoyed the baking element of the course, making breads and pastries.

What were your career steps after uni?

I had the option of working in industry where I worked for Warburton's and I introduced the gingerbread line and reduced waste in the factory by £21,000 per week. I then moved to a smaller bakery for Warburton's supplying 12 shops where I ran the pastry section, making Danish, tarts and pies as well as donuts and running the sandwich production, working 6 days per week. My salary was £21,000 in today's money. From there I worked in a bakery in Leeds and then I looked for a career change with more social hours. I retrained at Bradford Theatres as a chef. After 2 years, I had my own pub and hotel in Bradford city centre. After 6 months I went back to the theatre and was relocated to Liverpool where I became assistant manager of catering and retail at Liverpool Airport

What advice would you give to students applying to do your course at uni?

Never be afraid of failure, in fact, you learn more from failing than getting things right all the time. Always be open to opportunities that come your way, you never know where they will take you.



9 reasons why the north of England is the best place to study in the UK

The quality of education and student lifestyle on offer in northern hot spots such as Manchester and Leeds is something people from all around the world flock to take advantage of. It's no mystery as to why. Here are just some of the reasons the north is the best place to study in the UK.

1. Living costs



Students in the North should see their money going further compared to those studying in London (Picture: Getty)

One of the most attractive aspects of studying in the north of England are the lower living costs. If you compare the prices to London, it can be significantly lower. According to a recent study by HSBC the average living costs in the most desirable student locations such as Manchester, Leeds, Newcastle and Sheffield come in at about £220 a week. This includes everything from rent, food and other general expenses. Your money can go a lot further if you choose to study up north and in the long run can make student life much less stressful.

2. The universities



The University Of York is listed among the UK's top 20 (Picture: Getty)

Up north there are a variety of world-class higher education institutions including Manchester University, University of Leeds, Newcastle University among others. Durham, York, Manchester, Sheffield and Leeds universities all feature in the top 20 of TES's top universities in the UK

3. The cities

It just so happens that the locations of these institutions are in some of the biggest and best cities in the whole of the UK. Not only does a northern student have access to top-class education, but also the privilege of living in buzzing cities such as Newcastle, Liverpool, Manchester and Leeds, all of which more than cater to their large student populations. These cities provide both fantastic career opportunities during and after university, and tonnes of entertainment and activities to ensure a well-rounded quality of life for a student.



Leeds has a huge student population (Picture: Getty)

4. The nightlife



Student night at the O2 Academy, Sheffield (Picture: Gary Wolstenholme/Redferns via Getty Images)

If there's one thing northerners are good at, it's having fun. Cities with high student populations such as Leeds and Newcastle place consistently high on the best UK nightlife rankings due to their wide variety of nightclubs, bars and pubs on offer. There's something for everyone up here, no matter what your idea of a good night out entails. And remember alcohol prices remain much lower for those in the north, so you won't have to dig too deep into your pocket to have a good time.

5. The culture



Newcastle's International Centre For Life (Picture: Ian Forsyth/Getty Images)

A music festival can sometimes be the best way to wind down after the dreadful exams and deadline period, and in the north of England we have no shortage of those. Whether it be Creamfields or the mighty Leeds festival in Yorkshire, there's something for you. Northern music festivals attract some of the biggest names in music, including the likes of Eminem, Rihanna and Kasabian. Just make sure you save enough of your student loan money.

7. The transport



A tram outside Manchester Central Library (Picture: Getty)

It's no secret that the north of England is expanding economically and this is yet another benefit for any student who chooses to study up here. The amount of junior and graduate positions available in the biggest northern cities such as Manchester and Leeds are on the rise and many of these jobs cater to both students currently in higher education and recent graduates looking to get their foot in the door.

9. The people



The north of England is often given an unfair reputation of being less welcoming to strangers. After studying up north you'll quickly discover this isn't the case. Up in the north the diversity of the population, especially in our universities, is something to be celebrated. People from all around the world who study and work in a variety of fields can be found across northern towns and cities, all of whom possess that famous northern charm.

If partying until the early hours isn't your only interest as a student there's plenty more sophisticated and educational venues on offer up in the north of England. The North proudly shows off its rich culture with its fascinating museums and art galleries, such as the Newcastle International Centre For Life and the Walker Art Gallery in Liverpool.

6. The festivals



Kasabian headlined this year's Leeds Festival (Picture: Getty)

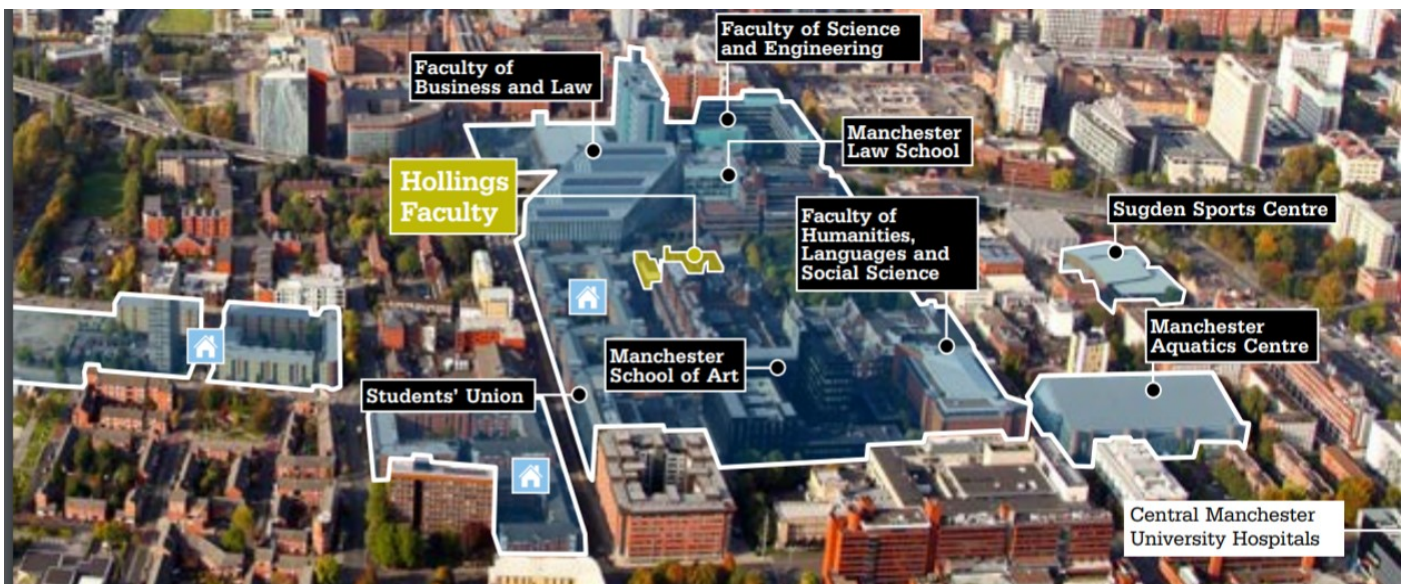
An important element in the daily life of any student will usually involve public transport and in the north of England, they've got you covered. Northern cities might not have a system as sophisticated as the London tube, but with services such as Manchester's night buses and Newcastle's Metro you won't need to worry about being late for your 9am lectures. Travelling back home to see the family isn't an issue either; every big city in the north is home to major train and bus stations linking commuters to every corner of the UK.

8. The job prospects



(Picture: Getty)

Manchester



- a great university city

BSc (Hons)

Nutritional Sciences

What food does a young pregnant woman need to eat to keep her and her unborn child well? Help them stay healthy.

COURSE INFORMATION

Nutritional sciences gives you the opportunity to gain specialist knowledge and skills in food science and manufacturing so you are able to advise on diet, evaluate treatments, write health reports and analyse food.

You won't simply learn the theory behind nutrition, you'll explore how it works through practical sessions. You'll look at the issues that make the headlines and the topics that touch our everyday lives.

While our relationship with food has an increasing significance in the public sphere, the food industry is constantly adapting to new consumer trends and developments.



"On my placement at Coop Food, I worked within the protein team as a Food Technologist. On a day-to-day basis I would make sure that foods are safe to eat, that they are compliant with our codes of practice and above all, protect the brand identity."

Kate Dines
BSc (Hons) Nutritional Sciences



112

UCAS Tariff points

112 UCAS Tariff Points at A2 (Grades BBC) or acceptable alternatives e.g. BTEC Subsidiary Diploma, Diploma, Extended Diploma at Level 3 (Grades DMM) to include a Science subject at A2/AS, we do not accept Health & Social Care. BTEC's with a significant science focus may be considered.

SPECIFIC GCSE REQUIREMENTS

GCSE grade C or grade 4 in English Language and Mathematics. Level 2 Functional Skills English also accepted.

NON TARIFFED QUALIFICATIONS

Access to HE Diploma in a **relevant subject** with a minimum of 112 UCAS Tariff Points to include a minimum of 24 credits at Merit in a hard Science i.e. Physics, Chemistry or Biology

ADDITIONAL REQUIREMENTS

Some Science knowledge is required at either A or As level. Alternatively Level 3 BTEC Extended Diploma or BTEC Diploma in Sport Science.

From September 2015, applicants undertaking A-levels in Physics, Chemistry and Biology will be expected to pass the Science Practical assessment.

PHYSIOLOGY AND HEALTH

Physiology and Health provides understanding of food safety, monitoring and controls of microbiological, physical and chemical risks of food and the relevance of human physiological systems to health and nutrition.

THE CHEMISTRY OF FOOD

This unit covers the molecules and chemical behaviour of nutrients in food. You will analyse a food of your choice and report on its composition.

NUTRITION 21

Nutrition 21 is a unit that is changeable, hybrid, interconnected to technology and social media, relevant to fast pace changing local and global food conditions, student centred, active and flexible.

CAREER PROSPECTS

Both of our nutrition courses are accredited by the Association for Nutrition. When you graduate, you'll have the right to apply for direct entry at Associate level to the UK Voluntary Register of Nutritionists.

Our nutrition courses help to prepare you for a variety of opportunities within the field of food and nutrition, from public health and product development to working with sports teams. Some of our current students have gained work experience with Nestle and Cooperative Food.

You have the option to complete a placement during year three if you choose the four-year sandwich degree route. The day-to-day demands of an industry placement are challenging and inspirational, and the experience is invaluable for both your final year of study and your employment prospects. It gives you an advantage when you begin looking for your first job upon graduating.

Manchester Metropolitan University, in particular, Hollings Faculty has more to offer.....

Welcome to the Hollings Faculty

Whether you are considering us for a postgraduate degree programme or to undertake research, you will find that our staff will support, guide and enable you to reach your full potential.

Industrial links
with over
400
organisations

The University has recently completed a huge investment programme spending in excess of £350m on new buildings, equipment and teaching and research facilities. As part of this investment, the Hollings Faculty has relocated to the central Manchester campus with superb industry-standard equipment to support your postgraduate studies.

Our Department of Food and Tourism Management features facilities including an on-site bakery, food manufacturing equipment and laboratories. Our Department of Apparel has specialist equipment including over 150 lock-stitch machines, a 3D bodyscanner, a Gerber computerised single-ply sample cutter and the latest CAD software.

You will be a part of a large and inspiring student community, surrounded by those studying a huge range of subjects which will complement and enhance your experience.

Hospitality

The hospitality industry generates billions of pounds worldwide each year and studying the subject at postgraduate level gives you a competitive edge internationally. The industry is one of the world's fastest growing and as a result the demand for qualified graduates is high. There are a range of exciting careers open to qualified postgraduates in a variety of sectors including licensed retail, entertainment and leisure, food service management, hotel management and restaurant management. Students have access to a dedicated postgraduate study suite.



Hollings Faculty

Some of the companies that our Placement students work for

Adidas | American International
some Events | Bank of America | Barbour
marché | Boohoo.com | Brecrest
the Co-operative Food | Traders
oup | Debenhams | Debenhams
Flannels Group | Footwear | George Clothing | Gleneagles | The Goring | Henry Cl
e | Ingredion | Intercontinental Hotel Group | J D Williams | Jack Wills | The J
s | Kraft | Malmaison | Manchester Central | Manchester Fayre | Margaret Howes | Mark Warner | M
atalan | McDonald's | M | entertainments | Mexx Europe | Mitchells & Butlers | Mountain Equ
orth Country Quality Foods | North Events | Park Plaza Hotels and Resorts | Poeticgem | Polo Ralph
lisson Blu Hotels | Rapha | Richards and Event Catering | River Island Clothing | Ridding Park | Sains
Soreen | Speedo | Spy Games | STA Travel | Survitec Group | Tesco Stores | Thomas Cook | U
Walt Disney World | Westmill Foods | Wise Productions | WRC

Dedicated postgraduate facilities

As well as the social learning space open to all students, our new building features a dedicated postgraduate study space with PC-equipped hot desks for research students.

Exceptional professionals

The Faculty creates an academic bridge between the arts, business and science and has an international reputation for excellence and innovation. By combining industry-standard technology with practical business experience our courses ensure you graduate ready for work.

Food and nutrition

The Faculty has a range of food manufacturing facilities, including carbohydrate and protein development kitchens, a sensory taste panel suite and food quality testing equipment. Within the food safety laboratory, all aspects of food safety testing can be carried out including food microbiology, shelf life studies, mycology, cell culturing, rtPCR, microscopy, and species identification. The well stocked laboratory has several pieces of specialist equipment such as a biosafety cabinet, -80°C cryofreezer, CO2 incubator, cooled incubators, microscopes with camera facilities and various diagnostic kits. We also have a steam autoclave for sterilisation and waste disposal.

Manchester student living

One of the UK's most popular student destinations, Manchester is a great university city with a thriving and lively student community.

The UK's
second largest
city

The most popular
student city
in the UK

Manchester campus

Just a few minutes' walk from the retail and cultural heart of the city centre, our Manchester campus is perfectly placed for you to enjoy this unforgettable city.

Manchester student life

The city has one of the liveliest and largest campus communities in the UK and Manchester truly puts student life at the heart of the city.

Well-connected

Manchester and the region are well served by motorways and reliable public transport, so other cities are within easy reach and London only a two hour train ride away. Manchester International Airport is just 10 miles (16km) south of the city centre, with flights to a huge variety of European destinations and further afield.

Students' Union

Our brand new £10m Union building, located in the heart of the Manchester campus, provides you with outstanding spaces for student events, meeting friends, catching up on your studies, or joining a student club or society.

Music

From niche and intimate venues to one of the largest arenas in Europe – Manchester is a city steeped in music. With a rich musical heritage, Manchester offers an eclectic variety of acts, often in quirky or unusual settings, not to mention a calendar packed with all day events and festivals.

Arts and culture

Manchester offers a thriving and idiosyncratic arts scene, with established galleries hosting permanent collections, critically acclaimed exhibitions and world famous artists. With a variety of contemporary arts, a fantastic independent cinema, literary festivals and more, the city offers an exhilarating hub of creativity.



Fashion

Manchester is home to a thriving fashion scene made up of independent retailers and designers, leading high street names and luxury brands. The city has a long tradition with the apparel industry and is home to the headquarters of many brands and retailers.

Outdoor pursuits

For those who want to explore beyond the confines of the city, there is a wealth of stunning landscapes just a train ride away, in the surrounding national parks. The Peak District offers unrivalled natural beauty alongside a range of outdoor sports, such as rock-climbing, mountain biking, hiking and more.

Sporting

The city is at the heart of one of the best sports regions in the UK with regional centres of excellence for cycling, aquatics, squash, tennis, hockey, gymnastics as well as well-known teams and facilities for football, rugby league, rugby union and many many more. Manchester is famous for not one, but two internationally recognised football teams, regularly playing at the equally renowned Old Trafford and Etihad stadiums. With a museum dedicated to football and smaller local teams, Manchester is great for football lovers.

Food

Manchester's food scene has accelerated over recent years and the city is now developing a reputation for its cuisine. Food innovations such as pop-up restaurants, street markets and niche cafés are adding to the vibrancy of the food scene in Manchester.

Brand new
£10m students'
union

Home to
second largest
Chinatown
in UK



Nabil El-Nayal

PhD student in the Department of Apparel

Founder of his own label, 'Nabil Nayal', Nabil was the first fashion designer to use 3D printing in 2010, juxtaposing his Elizabethan inspiration with his use of the most modern techniques. Nabil is currently researching how 3D scanning can become integral to the design process, embracing past, present and future techniques by exploring Elizabethan craft and innovative sportswear construction under the working title of 'Elizabethan Sportswear'.

In February this year, Nabil was shortlisted for the prestigious €300,000 LVMH Prize and invited to show at Paris Fashion Week. Nabil's talent and devotion to his craft were applauded by industry heavyweights such as Sarah Mower (Contributing Editor to American Vogue), Delphine Arnault (Executive Vice President, Louis Vuitton), Nicolas Ghesquiere (Creative Director, Louis Vuitton) and Karl Lagerfeld, who bought, what has since been affectionately named, 'The Karl Shirt'.