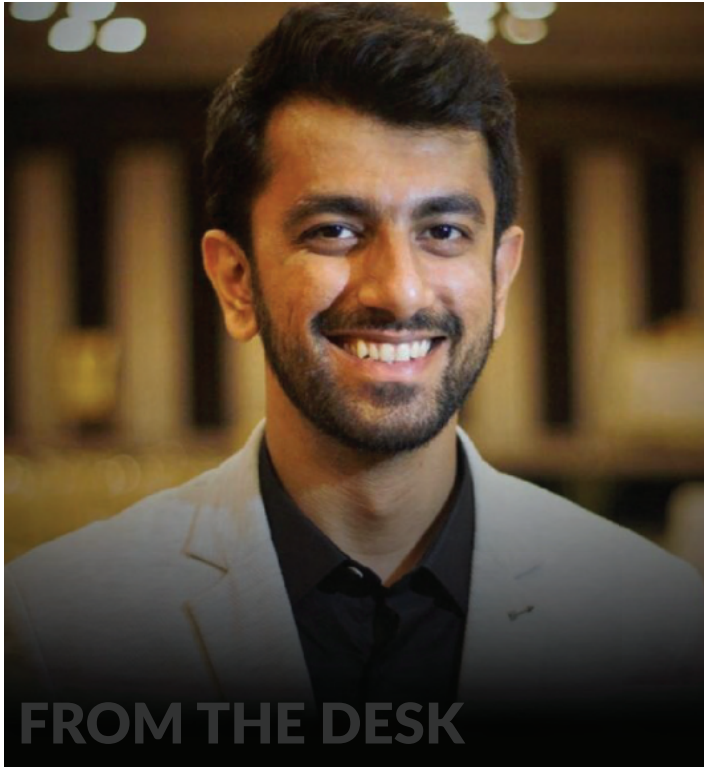




Campus Chronicles

Read. Live. Inspire.

DECEMBER, 2021



FROM THE DESK

Education is vital for children's upbringing to get them the start in life, which they need for their journey towards a successful future. It is the key that unlocks the potential of the next generation of doctors, engineers, teachers, entrepreneurs, leaders, and change-makers. We strongly believe it is important to provide good quality educational opportunities outside the comfort zone in new countries to students worldwide. Hence here at Nest Academy, we provide a very open space for learning and a safe environment while studying at DUBAI.

Elon Musk says "When something is important enough, you do it even if the odds are not in your favour." With this thought, we help our students to grow and to enhance their abilities and make a better future. Our educational programs give the right direction to individuals to achieve their goals. This helps our students to improve their skills and fulfil their dreams.

As a part of the education industry for many years, I have had the joy of witnessing the positive impact that education has on young students daily. It informs who they are as adults - their success in their careers and how they adapt to challenging situations. It shapes their lives and teaches them to grab innumerable career opportunities across the world.

Our highly qualified and professional staff are supported by excellent facilities and provide a warm and supportive learning environment to enable students to thrive. Discovery is at the heart of the Nest Academy and our teaching and non-teaching staff are faithfully committed to the holistic development of each student. Importantly, we recognize that at the heart of happiness is knowing yourself, understanding others, and being a good human being. We aim to develop the unique qualities of our students while encouraging them to strive for personal excellence. With a rich curriculum, the program provides outstanding opportunities for students to engage in a better future. These activities assist in developing essential 21st Century skills such as critical thinking, creativity, collaboration, communication, and self-confidence, and we encourage our students to engage and actively participate in these opportunities.

We focus on global engagement by identifying internationalization opportunities, establishing new strategic partnerships, and maintaining strong relationships with key players in the education industry. We humbly welcome and support all the international students from various countries and diverse cultures as well. We provide a very generous environment so that each student feels they are very safe with other nationality students. We aim and look forward to our students achieving their goals in their life and making a difference with flying colours, so their family and country are proud of them and we, in turn, can proudly say that they are our students.

That being said, I do remember 2 quotes that will surely help you in this journey you have chosen with us.

"No matter how talented you are, your talent will fail you, if you're not skilled. Skill is achieved through practice. Work Hard and dedicate yourself to being better every single day." - Will Smith.

"Talents are Important but it is not the key point. Talent without working hard is nothing." - Cristiano Ronaldo.

So I wish All The Best to all our students for a successful future.

**Mr. Jackin Kedia,
Head - International Partnerships Department**

SNEAK PEAK

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| 02 UAE NATIONAL DAY | 03 COUNTRY IN FOCUS | 04 CHRISTMAS RECOMMENDATIONS AND TRADITIONS | 05 CHRISTMAS AROUND THE WORLD |
| 06 MENTORS' ADVICE | 07 FUN CORNER | 08 NEST WALL OF MEMORIES | |

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UAE National Day!

The UAE was founded in 1971 on December 2nd. It consists of seven emirates. Six of the seven emirates (Abu Dhabi, Dubai, Sharjah, Ajman, Umm Al Quwain and Fujairah) combined on that date. The seventh, Ras al Khaimah, joined on 10 February 1972.

Today, the UAE is an extraordinarily growing country. It is known for oil exports, incredible natural beauty, a diversified economy, a man-made tourism hub, and a popular destination for business, shopping, and travel alike.



UAE is not only a destination for opportunities but is also a home for people around the world. The UAE has always maintained unity and peace among all. Also, it has preserved its culture while carrying development along. Even though several people from different cultures and religions have settled in the UAE, the interesting thing is that the UAE still has its own culture and didn't try to adapt to anyone else's. From being a small desert country, UAE

has evolved and is now one of the most beautiful and expensive countries in the world. Several people come to the UAE in search of employment and to settle here for a long time. Once you visit UAE you will see that there's so much more to witness here.

On this occasion, I would like to wish everyone a Happy Independence Day!



Sudesh Gautam
 Events Management Level 4

WE IN THE UAE HAVE NO SUCH WORD AS "IMPOSSIBLE".

We, in the UAE, have no such word as "impossible"; it does not exist in our lexicon. Such a word is used by the lazy and the weak, who fear challenges and progress. When one doubts his potential and capabilities as well as his confidence, he will lose the compass that leads him to success and excellence, thus failing to achieve his goal. I require you, youth, to insist on number one.

"What makes us proud of our nation is not the height of our buildings, the breadth of our streets, or the magnitude of our shopping malls, but rather the openness and tolerance of our nation. Our pride stems from the fact that we are a country where everyone thrives equally regardless of their differences."

Quotes By:
 Sheikh Mohammed bin Rashid Al Maktoum

السَّلَامُ عَلَيْكُمْ

A ceaselessly progressing country, the UAE is known all over the world for its innovation, futuristic approach to development, and scenic tourist destinations.

UAE NATIONAL DAY

UAE celebrates its National Day on the 2nd of December every year. The UAE National Day has been combined recently with the Emirati Martyr's day that is on the 30th of November. This day marks the nationalisation of the British Protectorate Treaties and also falls on the anniversary of the federal unification of the six emirates.

LANGUAGE

English is a widely spoken language in the United Arab Emirates, but the official language is Arabic. Most natives speak a dialect of Gulf Arabic that is similar to the one spoken in surrounding countries. Several other languages are also spoken among the expatriate community, including Pashto, Hindi, Balochi, and Persian.

CLOTHES

The traditional attire for women in the UAE is the Abbaya. It is a loose-fitting black cloak that covers the body except for palms and feet. The women wear a variety of clothing, including western clothes, underneath the Abbaya. Men in the UAE traditionally wear a Dishdasha or Kandura and Gutras or Shemaghs. The Kandura is an ankle-length garment, while the Gutras or Shemaghs are traditional head-dresses for men.

FOOD

Meat, fish, and rice are the staple foods of Emirati cuisine. Kabsa is the national dish of the UAE. Dates are usually consumed with meals. The most popular beverages of the United Arab Emirates are coffee and tea.

PLACES TO VISIT

The UAE has various tourist attractions for all types of tourists. From architectural genius at the Burj Al Arab and the Burj Khalifa, art galleries like the Louvre in Abu Dhabi, historic places like the Heritage Village and forts like the Al Bithnah Fort and Al Maqtaa Fort, pristine beaches, shopping, and theme parks, the UAE has something for everyone to enjoy.

DANCE

The traditional dance of the UAE is the Al Ayyala dance which sees male performers holding thin bamboo canes and moving to a steady rhythm of drums. Al Ayyala is performed by men and boys at weddings, national holidays and other celebrations.



Christmas Traditions at Home

On the 24th just before midnight, we cook many meals including 'attiéké', that is cassava treated, fries, baked fish and chicken. Then we all go to church for Christmas Eve, we come back after midnight, the kids can then open their surprise gifts and play for some hours before going to bed, we take pictures and videos. In the morning, we celebrate with music, drinks and food then some of us go to church for the 25th celebrations. After that we continue celebrating by cooking more meals, delivering food to family and receiving some. The children play with their gifts until night while adults exchange stories and jokes from the year. Christmas is a time for families to reunite, to exchange and share memories that will last until the next one, to celebrate Jesus, and for children to get gifts just like Jesus before us when he was born.

A book that I would recommend is "A Christmas Carol" This book shows the past, the present and the future of an old man to finally make him understand his mistakes and like Christmas again.



Ossey Elsa Yapo
Diploma in International Business Management

Office Christmas Party

Christmas has always been a fun festival for all of us, as we get to spend some time with our friends and families. Many Christmas movies are famous and are loved by many, but, for me, the one Christmas movie that I would like to recommend to all of my friends would be Office Christmas Party. The movie is about an epic Christmas party thrown by a branch manager to land a big client after his sister threatens to shut his branch. But the twist is the Christmas party goes way out of hand. In my opinion, it is a really fun movie to watch with friends during this festive time. This fun and cheerful movie should be a must-watch for you during this Christmas with your friends.



Casmiro Mwape Mulenga
Sports Management Level 4

CHRISTMAS MOVIE RECOMMENDATIONS

There are several great Christmas movies that people love watching during the holiday season.



CHRISTMAS CELEBRATIONS IN NIGERIA



Nigeria is the most ethnically diverse country in Africa. About 60 per cent of Nigerians are Christians. Christmas in Nigeria is very fun and is a great place to enjoy the merry season. During this time families get together and celebrate the festival with great joy. Christmas shopping starts in early December. During Christmas, children receive a new cloth, called the "Christmas cloth". People either receive money or materials during the festive season. They visit the church on Christmas Eve and begin the celebrations immediately.

In Nigerian households, the traditional food is prepared by the woman of the house or the first daughter due to ancient traditions. Chicken is the traditional food for celebrating Christmas here. However, many Igbos, kill goats for Christmas. The goat meat is used to cook a special dish called "nkwobi." In most villages, Christmas meals are exchanged to show affection.

In some villages, masquerades dance around in traditional regalia and move from house to house to get gifts. In the cities, families usually go to fairs, amusement parks, the beach, or street carnivals on Christmas Day. Various popular comedians organize shows in major hotels on Christmas nights, and street carnivals are on almost every major street in the cities. Setting up Christmas trees is not a significant part of Nigerian culture; however, it is becoming more common in malls and larger cities.

Christmas in Nigeria is a reminder of the rich heritage of African tradition. Whether to enjoy the cheer at the Idumota Market or to know the deep legendary sagas of the Emir's Palace, Christmas in Nigeria is the best time to be in Africa. Nigeria, with its traditions, glamour, and extravaganza, adds to the Yuletide spirit during the end of December.



Anyanwu Chukwuemeka Oluwatomisin
Computing Level 4



SOUTH AFRICA



Christmas in South Africa is like no other. There is no snow at all. Christmas is a very warm day. The sun is out shining, and the sky is crystal blue. On a day like this, there is nothing else South Africans do best. We eat, we love our food and so, Christmas day for a South African is all about the food. And not just any food but rather the best food you can imagine. On the top of our list of the most favourite food to eat on Christmas day has to be "Braai" meat without any doubt. Since we are Africans, you must know where there is food there will always be a community. So if you wish to experience a SA Christmas, some fun in the sun and a whole lot of food and community, South Africa is the best place to be on the 25th of December. As a South African would say "awe, have a LAKKA Christmas."



David Machika
Sports Management Level 4

RWANDA



In Rwanda, everyone celebrates Christmas in a uniquely festive way based on traditional or religious beliefs where we come together with family and friends to celebrate Jesus' birthday by singing, praying and enjoying unconditional love. The preparation starts the day before the event. At the same time, we put the decorations in the house or the outside garden to make the place look good. Some people decide to go to church the night before the festival and others decide to start the

festivals in their homes with their families around them. Families give Christmas gifts to their kids on the day of the occasion or before the occasion as a surprise to them. Showing the act of love and care to them as Jesus Our Savior did. So it is the unconditional love and feelings these days that we get from church families and friends.



Ashley Jean Kahenga
Business Management Level 3

Prioritize Your Mental Health

During the pandemic, we all have not just fought with the virus but also many different things – mental health, the pain of losing loved ones, business, jobs, education, etc. It is important not only to focus on physical health but also your mental health. We don't know which of our near and dear ones are going through depression or anxiety. The reason why it is caused is a competitive life, fear and most importantly our comparison of life with what others have. "The grass is always greener on the other side!" The best way to overcome these issues is to talk to people, avoid negative

thinking, listen to good music, practice yoga and read books. It is OK to take a break and go for a walk, watch your favourite movie, and do some meditation. Let me highlight to you that I too faced a lot of mental health issues in the past 2 years. One of the ways that helped me personally was the book 'Life's Amazing Secrets by Gaur Gopal Das'. Be yourself, do what you can, with what you have, and you will be able to see yourself in a place where you want to be. The way we need to visit a doctor to cure our physical health, we need to pay attention to cure our mental health too.



Rashida Nalwala
Business Development Executive



Ms Lara Bouty
Language Studies

Make a Difference

Everyone was born in a different place in the world, and people are spread across all continents and countries on earth. Some people say that a person is only useful and beneficial in his own place or hometown, but, I personally don't believe in that. Because you can make a difference in everything you do, wherever you are, whatever you do, whether among your people or among different ones from other nationalities and countries. Not only this but also if you're abroad, miles away from your native home. What proves my opinion is my own experience at Nest Academy, whereas a part of this educational academy, I'm part of a great example of gathering more

than 124 nationalities and hundreds of people from the entire world. It's obvious that we are all different in traditions, cultures, religions and colours, with different concepts also, however, each one of us is making an effort and adapting to the common life, especially in the field of education which is the first common point that gathers all of us. In a nutshell, everyone can make a difference in whatever they do, even in small things, whether at work or in class, even in sports and other skills. Literally, it's not up to the place, neither time nor age, it's all about being productive with a strong willingness.

10 HABITS OF SUCCESSFUL STUDENTS

STUDY

Review your material several days ahead of time, in small chunks, and in different manners (for example, write flashcards one day and take practise tests the next).

MANAGE YOUR STUDY SPACE

Find a place that will maximize your productivity. Look for places away from the television and other distractions. Whether it's your local library or just the desk in your bedroom, set aside a study space that you'll want to spend time in.

GET ORGANIZED

Making a plan for what you're going to do and when you're going to do it will make sure you're always ahead of the curve.

DIVIDE IT UP

Dividing your work into manageable chunks and rewarding yourself when you finish each chunk will make studying fun.

SET A SCHEDULE

Do you work better right after class or after you've eaten dinner? Are you more productive in 90-minute blocks or half-hour spurts? Find a schedule that works for you, and stick to it.

FIND A STUDY GROUP

Sitting down with a group of people who are learning the same things as you is a great way to go over confusing class material. You can quiz each other, reteach material, and make sure that everyone is on the same page.

DON'T MULTITASK

Multitasking reduces your efficiency and performance because your brain can only focus on one thing at a time.

TAKE NOTES

Taking notes will not only keep you more engaged during class but will also help you narrow down what you need to study.

SLEEP

Don't underestimate the importance of those eight hours of zzz's every night! Getting a good night's rest will sharpen your focus and improve your working memory.

ASK QUESTIONS

You're in class to learn, so don't be afraid to do just that! Asking for help from a professor or your friends is a good way to make sure you truly understand the material.



Vishwas Shetty
Counsellor - Student Affairs



Recommendations



DEAD POETS SOCIETY MOVIE

Watch this classic, inspiring, and award-winning movie during your Christmas break. It encourages us to break free from all the norms, follow our dreams, and live an unapologetic life. It is a must-watch for all college students before stepping into a new world or starting the new year.



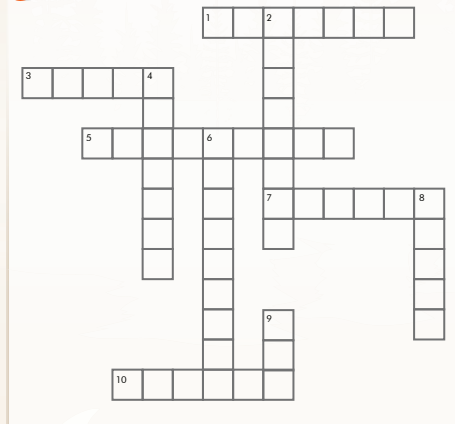
BECOMING BOOK

Becoming (Michelle Obama) - Becoming is a memoir by the former First Lady of the United States. It is the story of a woman of colour creating history. She discusses her life and role in the private and public spheres. It is a story of growth and strength. Read for a renewed appreciation for everything that women can do.

Wellbeing Tips

- Be active and present. The cold and the good food can make it easy to stay wrapped up indoors. Keeping the body moving and the mind engaged during this season is important to avoid fatigue and tiredness from overtaking the holiday.
- Christmas food tastes like magic, no doubt about that! Take care of yourself even as you indulge.
- Plan ahead. The to-do list for Christmas is never-ending. Take time out of your day early on to shop, prepare and decorate. Remember, well-being is the best gift you can give yourself this and every Christmas.

Crossword



Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is ____
7. Christmas Drink
10. The name of a popular snowman

Down

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney
8. On Christmas morning we unwrap our ____
9. ____ to the world!

Fun Fact



The Dubai Fountain is the world's largest choreographed fountain system.

Events in Dubai



Riddle

Q. What does a snowman like to do on the weekend?
Answer: Just chill out.



Your warm, cosy homemade hot choc is ready!

Easy Christmas Recipe

Homemade Hot Chocolate Ingredients:

- 1/4 tsp vanilla extract
- 1 cup milk
- 2 to 3 tsp Cocoa powder
- Pinch of salt
- 2 Tbsps sugar

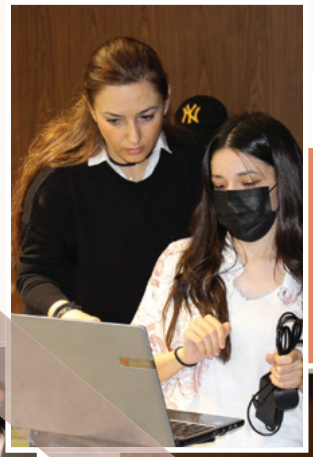
Step-by-Step:

1. Mix sugar, cocoa and salt in a large mug.
2. Heat milk in the microwave at high (100%) 1-1/2 minutes or until hot.
3. Gradually add hot milk to the cocoa mixture in a mug, stirring until well blended.
4. Stir in the vanilla.



Mid term English exam at NEST ACADEMY

Testing time! Students take up the English exam to test their knowledge at NEST.



Orientation day at NEST ACADEMY NOV 2021

Welcoming the new batch of students into our Academy.



UCA- Transfer to the UK from DUBAI!

Students take the next step in their educational journey.

