



November, 2024

Campus Chronicles

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From the desk...

In today's interconnected world, cultural fusion is not merely an ideal; it is a necessity for thriving in diverse environments. At our organization in a country like UAE, where students and staff hail from various corners of the globe, cultural fusion plays a pivotal role in creating a harmonious, innovative, and inclusive campus. Working in the Human Resource Department in our organization is a privilege that constantly enriches my perspective. Every day, I witness the incredible interplay of cultures that breathe life into our campus, reminding me of the profound beauty and importance of cultural fusion.

Cultural fusion is the blending of diverse cultural values, practices, and traditions to create a unified yet dynamic community. It celebrates individuality while fostering a sense of belonging. This process is particularly vital in environments like ours, where diversity is not just a characteristic but a core strength. When I first joined, I was awestruck by the sheer diversity of the community. In one meeting, I sat with colleagues from India, Sri Lanka, France, and Lebanon, all contributing unique perspectives to our discussion about student well-being. It was a revelation to see how diverse cultural values informed their ideas. As an HR professional, I have

found cultural fusion to be more than just a professional ideal—it's deeply personal. Coming from a background where cultural homogeneity was the norm, stepping into this melting pot was transformative.

The true power of cultural fusion lies in its ability to build bridges. In the UAE, a nation celebrated for its diversity, our university mirrors the country's spirit by embracing differences and fostering unity. This fusion is evident in how students collaborate on group projects, blending their unique cultural strengths. Such moments reaffirm the importance of cultural fusion. It's not just about coexistence—it's about thriving together. When we blend diverse ideas, we unlock creativity and innovation that would be impossible in isolation.

Fostering Inclusivity through cultural fusion ensures that no individual feels like an outsider. By celebrating differences, we create an environment where everyone feels respected and included, leading to higher engagement and satisfaction among students and staff. When diverse perspectives meet, innovation flourishes. A mix of cultural viewpoints enriches problem-solving approaches and sparks creative solutions, making our university a hub of intellectual growth.

In a world that values cross-cultural understanding, our university equips students and staff with the skills needed to succeed globally. Exposure to diverse cultures fosters empathy, adaptability, and effective communication. Cultural fusion enhances teamwork by bridging cultural gaps. It encourages open dialogue and mutual respect, ensuring that collaborative efforts are productive and meaningful. Cultural fusion is the heart of our organization. It enriches our academic and social fabric, making us a beacon of diversity and inclusion. As we continue to nurture this spirit, we reaffirm our commitment to building a community that thrives on unity in diversity, preparing our students and staff for a world that is beautifully interconnected. Together, let's celebrate and embrace the fusion that defines us.

Ms. Ayushi Shah
Assistant Manager
-Human Resources Department



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My Orientation Day Experience at Nest Academy

For the first time, I stepped out of my home country, leaving behind my family and the familiar comfort of home. It was a mix of nervousness and excitement—a new chapter in my life awaited me abroad. However, the initial days were marked by a sense of loneliness as I adjusted to this unfamiliar environment. On the day of orientation, as I left my school accommodation for the , I met a fellow Nepali fellow mates. Her warm company immediately uplifted my spirits. Together, we headed to Nest Academy of Management, located in the vibrant Dubai.

When I arrived at the academy, I was struck by its grandeur. The campus, with its elegant design and modern architecture, was awe-inspiring. The welcoming behaviour of the administrative and academic staff made the experience even more special. It was heartening to learn that Nest Academy had recently celebrated five years of excellence in education. Meeting the academic team, including professors, was a delightful experience. They treated us with kindness and

respect, making us feel valued and included, regardless of our backgrounds. Additionally, the opportunity to make new friends from countries like India, the Philippines, and beyond added a global dimension to my journey.

I was particularly encouraged by the academy's commitment to academic excellence through scholarship opportunities for high achievers. The inclusion of educational workshops and sports events in the academic calendar further demonstrated the institution's holistic approach to learning.

The orientation day not only introduced me to this incredible institution but also ignited a sense of enthusiasm and motivation to excel in my studies. It marked the beginning of an exciting journey, one that I am eager to embrace with dedication and optimism. Recalling, my first day at Nest Academy was more than just an introduction—it was a warm welcome into a nurturing and vibrant academic community.



Ms. Pramila Pokhrel

- ATHE Level 4 Extended Diploma
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International day: A reminder of Global unity

The United Nations designates specific days, weeks, years and decades as occasions to mark events or topics in order to promote, through awareness and action, the objectives of the Organization. These are occasions to educate the public on issues of concern, to mobilize political will and resources to address global problems, and to celebrate and reinforce achievements of humanity. This day not only celebrates the establishment of the United Nations (UN) in 1945 but also serves as an important reminder of the importance of global unity, cooperation, and the collective efforts required to face the myriad challenges that humanity encounters. As we reflect on the significance of this day, we find ourselves grappling with questions about our shared future, our commitment to peace, and our responsibility to promote human rights and sustainable development. The UN organization set forth a mission to maintain international peace and security, promote human rights and foster social and economic development. The UN serves as a platform to share their voices and influence decision-making processes.

most importantly governments, civil society, the public and private sectors, schools, universities and more generally citizens make an international day a springboard for awareness-raising actions. These days shine a light on global problems, like depleting water resources and memorializing unthinkable tragedies, like the Chernobyl Nuclear Disaster. But they also celebrate human achievements from the vital role rural women play in society to scientific contributions transforming countless lives. Above all, international days are reminders that we are all members of a global family with a shared past, present and future. The UN also celebrates international years and decades with ongoing events to spread awareness and build momentum around an issue. Right now, we are in the UN Decade of Family Farming (2019–2028) which celebrates the small-scale farmers who safeguard our food systems, economies and natural resources.

Each international day offers many people the opportunity to organize activities related to the theme of the day. Organizations and offices of the United Nations system and



Mr. Sushant Patil

- Manager - Accounts & Finance.



Celebrating International Day: Embracing Cultural Diversity in Dubai

International Day is a vibrant celebration of culture, unity, and diversity. For me, an Ethiopian international student in Dubai, this day is more than an event—it is a journey of self-discovery and an opportunity to share my heritage while exploring the rich tapestry of other cultures around me. Dubai, with its dazzling skyscrapers and dynamic spirit, is a melting pot of nationalities. On International Day, the city transforms into a living canvas of global traditions. As students, we are the artists, each contributing our unique cultural brushstrokes to this masterpiece.

In preparation for the event, I imagine myself carefully folding my traditional *habesha kemis*, its white fabric adorned with intricate patterns, a reflection of Ethiopia’s ancient artistry. Alongside it, I pack aromatic coffee beans, the centerpiece of our Ethiopian coffee ceremony—a tradition that embodies hospitality, connection, and storytelling. The day begins with a parade of nations at our university. Flags from around the world flutter in the breeze as students, dressed in their traditional attire, proudly represent their countries. The air buzzes with excitement and the melodies of diverse languages blend harmoniously.

At the Ethiopian booth, I stand ready to welcome curious visitors. The aroma of freshly brewed coffee wafts through the air as I explain the significance of our coffee ceremony. I show them how the beans are roasted, ground, and brewed—a ritual that connects generations back home. Guests savor the rich, dark coffee, often with a slice of *dabo*, our traditional bread. The booth next to ours belongs to friends from India, and the vibrant colors of their saris and the tantalizing scent of spices remind me of how much we all have to share. Across the room, there’s a Korean booth, where students demonstrate *handbook* and calligraphy, and a Mexican stand alive with mariachi music and vibrant papel picado decorations. International Day is a sensory

experience, but its impact goes far deeper. It is a space where stories are exchanged, stereotypes are shattered, and friendships are formed. As an Ethiopian, I take pride in sharing my country’s legacy of resilience, history, and vibrant traditions.

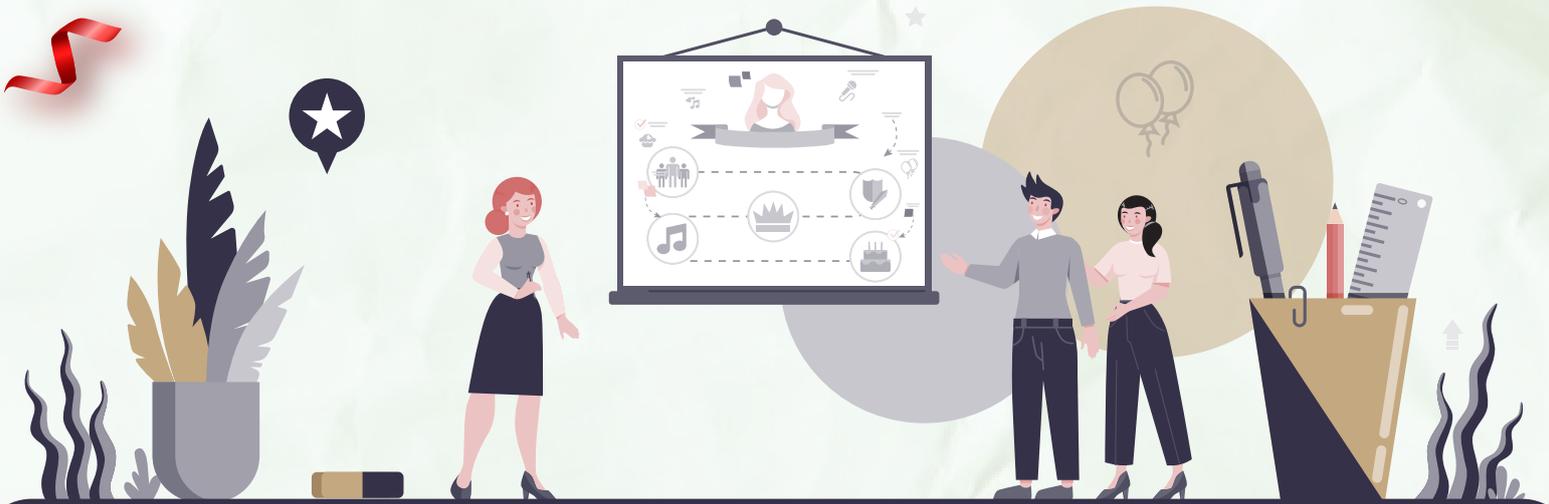
Through these interactions, I’ve learned to see the world through the eyes of others. I’ve danced to rhythms I had never heard before, tasted dishes that have expanded my culinary horizons, and listened to stories that have inspired me. As one visitor to our Ethiopian booth remarked, *“Every culture is like a thread, and together, we weave a tapestry that tells the story of humanity.”*

In a world that can often feel divided, International Day is a powerful reminder of what binds us. It celebrates the beauty of our differences while emphasizing our shared humanity. Standing in Dubai, surrounded by students from every corner of the globe, I am reminded of a simple truth: diversity is our greatest strength. This day is a dream come to life—a vivid representation of what the world could be if we chose to embrace understanding and respect above all else. It is a moment when the boundaries of nationality blur, and we are simply global citizens sharing our heritage and celebrating each other.

As the celebrations wind down, I feel a sense of pride and gratitude. International Day has shown me that our identities are not isolated stories but chapters in a greater narrative of human connection. For an Ethiopian student in Dubai, this day is a reminder of home, a bridge to new friendships, and a testament to the power of diversity in shaping a brighter future. After all, *“The world’s beauty lies not in its uniformity, but in its infinite variety.”* This isn’t just a celebration—it’s a glimpse of what the world can become when we embrace cultural diversity wholeheartedly.



Ms. Fenet Solomon Abebe
- ATHE Level 4 Computing



Event Spotlight



Global Village field Trip

A trip to remember... Global Village trip dated 24th October 2024 introduced our students to cultural entertainment showcasing diverse cultures and showcased various handicrafts, rides and attractions from all over the world.



Orientation

The beginning of our new academic intake marks an exciting transition for incoming students, as they took their first step into college life. For many, this was a momentous change, filled with anticipation, challenges, and opportunities. It was much more than just an introduction to a new campus; rather an essential first step in their journey of personal and academic growth.



Session on tips & tricks to crack Interview by

Mr Jahanzeb Khan

Cluster Director of Talent and Culture

Novotel & Ibis Gate Hotels, Abu Dhabi & Pullman Jumeirah Lakes Towers Dubai shared his insights with our students over a session dated 30th Oct 2024, on how to crack a job interview successfully. His contributions were commendable and helped our students understand the key factors determining success in an interview.



HALLOWEEN

Halloween event included a lot of fun, filled with activities like costume, haunted houses, horror themed decor. Students came together to showcase their creativity in costumes, and it was a great opportunity for everyone to enjoy themselves amidst the pressures of academic life.



Celebrating World Events

International Men's day

Honouring Positive Masculinity and Men's Contributions on International Men's Day In order to acknowledge and address the various concerns that impact men's lives and well-being, International Men's Day (IMD) is celebrated on November 19th each year. The day provides a forum for promoting awareness of important issues like gender equality, positive masculinity, and men's health.

History and Origins Dr. Jerome Teelucksingh, a physician and supporter of gender equality from Trinidad and Tobago, established IMD in 1999. Since its inception in Trinidad and Tobago, the celebration has expanded to more than 60 nations throughout the globe, including China, South Africa, Australia, Canada, and the United States.

Male Role Models Who Are Positive Promoting strong male role models who make significant contributions to their families, communities, and society is one of IMD's main goals. These role models inspire others to follow in their footsteps by exhibiting virtues like

accountability, empathy, and compassion. The Role of Men in the Environment In order to preserve the environment and advance sustainability, men are essential. IMD urges males to actively contribute to pollution reduction, environmental preservation, and the advancement of eco-friendly behaviours. Men can help create a more sustainable future and a healthier earth by doing this.

In summary, men's contributions to society and positive masculinity are celebrated on International Men's Day. Through addressing men's health concerns, fostering strong male role models, and motivating men to participate in environmental conservation, IMD seeks to make the world more sustainable and equitable for everybody.



Mr. Nicholas Anotida Mukarati
- ATHE Level 4 - Diploma in Sports Management

International Students' Day

International Students' Day is a global celebration dedicated to recognizing and honoring the experiences, contributions, and challenges faced by students around the world. Observed annually on November 17, this day serves as a platform to promote education, international collaboration, and solidarity among students of diverse backgrounds. It also highlights the importance of student activism and the role students play in shaping a more inclusive and equitable world. The day is particularly significant for international students, as it acknowledges their efforts to adapt to new cultures, overcome barriers, and contribute to their host communities. The origins of International Students' Day date back to 1939. On October 28, 1939, Czech students held a demonstration in Prague to commemorate the anniversary of the founding of Czechoslovakia. The peaceful protest was met with violent repression, leading to the death of a student named Jan Opletal and the subsequent crackdown on student organizations. In 1941, the International Students' Council, based in London, declared November 17 as International Students' Day to honor the memory of those who stood against oppression and to celebrate the resilience of student movements worldwide. Today, the day serves as a reminder of the importance of freedom, equality, and the right to education.

Many universities and colleges around the world organize a variety of events and activities to celebrate International Students' Day. These events often aim to foster cultural exchange, community building, and the

celebration of diversity on campus. Some common activities include: Cultural Festivals where students showcase their heritage through traditional music, dance, food, and art, creating an opportunity to learn about and appreciate different cultures. Discussions on topics are held such as student rights, mental health, adapting to new environments, and the value of international education provide valuable insights and support for students. International students on this day connect with local students, alumni, and community organizations to build relationships and expand their support networks. Many institutions organize community service initiatives, encouraging students to give back and engage with their host communities. Friendly tournaments or games are also organized to allow students to bond and relieve stress while promoting teamwork and inclusiveness. It is on such platforms that students share their personal experiences, challenges, and triumphs as international students, fostering empathy and understanding.

By participating in these events, students not only celebrate their unique identities but also contribute to a more inclusive and interconnected global community. International Students' Day is a powerful reminder of the role students play in shaping a better future through education, activism, and cultural exchange.



Mr. Ablene Yilkal Yenesew
- ATHE Level 4 - Business Management

Country-Culture Highlight of the Month

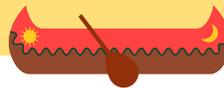


Ethiopia is a federal democratic republic composed of 9 National Regional states. Ethiopia is a place of ancient culture that is around 3 million years old and it's the largest and most populated country in the Horn of AFRICA. Generally outside of Ethiopia, the country was historically known as Abyssinia. This name was taken from the Latinized form of the ancient Habash. The most important event in Ethiopian history is the Battle of Adwa, fought on March 1, 1896, and is one of the most significant events in African history preserving Ethiopia's sovereignty and making it one of the few African nations to resist colonization during the Scramble for Africa.

Since ancient times, Ethiopian traders exchanged gold, ivory, musk, and wild animal skins for salt and luxury goods, such as silk and velvet. By the late nineteenth century, coffee had become one of Ethiopia's more important cash crops. Finally, Ethiopia means love peace, and unity. Afan Oromo is part of the Lowland East Cushitic branch of the Cushitic languages, which also includes Somali, Sidamo, and Afar and are believed to have originated in the Horn of Africa thousands of years ago, evolving from a common Afro-Asiatic ancestral language. Currently, Oromo is spoken in many countries which is the language of the Oromo people and is spoken in Northeast Africa primarily Ethiopia and Kenya, as well as parts of Somalia and Egypt.



Mr. Nimona Belay Olani
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A COUNTRY OF FESTIVALS, FLAVORS, AND FAMOUS LANDMARKS !

Ethiopia located in the Horn of Africa, is a land of ancient heritage, vibrant traditions, and breathtaking landscapes. As the only African nation that successfully resisted colonization and the site of one of the world's oldest civilizations, Ethiopia is a treasure trove of cultural, historical, and natural wonders. From its lively festivals and mouthwatering cuisine to its renowned landmarks, Ethiopia offers an unforgettable experience for visitors.

Ethiopia's festivals are deeply rooted in religious and cultural traditions, bringing people together in joyous celebrations that highlight the country's rich spiritual heritage.

1. Timket (Epiphany)

Timket is one of Ethiopia's most celebrated festivals, held every January to commemorate the baptism of Jesus Christ in the Jordan River. The festival is marked by vibrant processions, prayers, and blessings. Priests carry Tabots (replicas of the Ark of the Covenant) on their heads to nearby water sources, where participants gather for spiritual renewal. The colorful attire, traditional music, and the sacred atmosphere make it an unforgettable experience.

2. Meskel (Finding of the True Cross)

Meskel, celebrated every September, commemorates Queen Helena's discovery of the True Cross in the 4th century. The festival is best known for its bonfire ceremony, symbolizing the light that guided her. Recognized by UNESCO as an intangible cultural heritage, Meskel features joyful dancing, chanting, and the wearing of traditional Ethiopian clothing.

3. Enkutatash (Ethiopian New Year)

Falling in September, Enkutatash marks the Ethiopian New Year, signaling the end of the rainy season. Fields bloom with yellow daisies, symbolizing renewal. Families celebrate with feasts, music, and gatherings, reflecting Ethiopia's unique calendar system, which is seven to eight years behind the Gregorian calendar.

Cuisine: A Feast of Flavors

Ethiopian Cuisine is as diverse as its culture. At the heart of Ethiopian cuisine is injera, a sourdough flatbread made from teff is made from nutrient rich grain. Injera serves as both a plate and utensil, used to scoop up various dishes and stews. Popular accompaniments includes Doro Wat, a spicy chicken stew, Misir Wat, a lentil dish. vegetarian and vegan dishes are cornerstone of Ethiopian cuisine. Dishes like Shiro Wat (a chickpea stew) and Gomen(a seasoned collard greens) are flavourful and packed with nutrients. In addition to this, Ethiopia is birthplace of coffee and coffee ceremonies are cultural hallmark.

There are various tourist sports like Lalibela's rock-hewn Churches built in 12th century were carved out of solid rock. It has made to UNESCO's World Heritage Site. The Simien Mountains known as the "Roof of Africa," is a haven for nature enthusiast and trekkers and is home to rare wildlife



Ms. Hermela Alemu Tolcha
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Contactless Technology in Hospitality

The advancement of technology, like in any other industry has made hospitality also to digitalise guest services contactless. It has received wide acceptance and became common ever since the COVID-19 pandemic pushed the world into the increased risk of contracting with the infected people! Hospitality industry too had to adjust to the changing reality and embrace contactless services. On top of that the ever changing customer and their needs accelerated the adoption of the new-gen technology. Contactless hospitality is now the new normal and enables hospitality establishments to reduce physical contact completely or minimise the need of it.

In the long run these services remained as the convenient and effortless way of interactions with the guest. Guests are now used to minimized personal interactions and prefer hands-free experiences who demand efficiency and hasslefree services. Contactless hospitality has opened a new era in hotels, restaurants, etc., empowering guests to conduct simple transactions with a few taps on their smartphones instead of relying on the staff or waiting in queues.

Almost for all the guest services in hotels viz., reservations, check-ins, check-outs, ordering food in restaurants, room service, concierge services, etc., contactless solutions are available while ensuring the guest safety and privacy. As a means of safety and convenience, customers expect such technology in most hospitality services they avail and this has forced establishments to upgrade their systems and services at regular intervals.

Benefits:

- **Safety:** When the guest interact through an app, or a voice command, contamination risks are considerably reduced. Thus, the frontline staff is less subjected to the risk of epidemics.
- **Convenience:** Many guest find miscommunications due to language and cultural differences. Contactless technology is helpful to such guests who find communicating with hotel staff with difficulty.
- **Automation:** Contactless technology eliminate human error while processing guest registrations, bill payments, etc. It streamlines and automate the process that normally require the effort of several departments/staff.
- **Data analysis:** Using contactless digital solutions hotels can analyse guest data and prepare reports easily. These tools collect data at every stage of the guest cycle.
- **Customized services:** Using the guest's personal data, hoteliers customize their services to guest preferences. In this highly competitive industry, the personalization of services is a major selling point and key to achieving guest loyalty.
- **Competitive advantage:** With the growing number of travelers, the demand for digital hospitality solutions is increasing, and it's early adopters will surely gain a competitive edge.



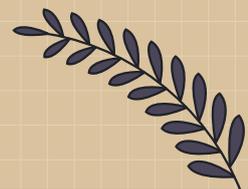
Examples:

1. **Digital concierge apps:** Helps from check-ins to contactless payments.
2. **Self check-in:** Contactless check-in is enabled by technologies like Near Field Communication (NFC), face and voice recognition.
3. **Keyless room access:** No requirement of keys whatsoever. Guests can use smartphone apps to unlock the room doors. Other keyless entry options use a small chip embedded in a bracelet and tied to a guest's credit card. By pressing the bracelet to the door, the chip unlocks a hotel room in a contactless way.
4. **Automated in-room services:** Guests can request for services via an app, or by voice command.
5. **Automated assistance:** Modern hotels are equipped with AI-based chatbots to answer frequently asked questions by guests. This technology also act as mediators and forward guest requests to the staff.
6. **Voice-command devices:** For ultimate comfort and convenience, hoteliers are equipping the guest rooms and facilities with voice-command devices, such as lights, blinds, airconditioners, TVs, etc.
7. **Contactless payments:** Contactless payment technology enables guests to make payments faster, secure and in a hygienic manner. Guests can also pay using their devices, such as smartphones, watches, and wristbands.
8. **Robots:** These are extremely efficient during social distancing. Robots perform a range of functions like front desk concierge, luggage carriers, food service, cleaning, etc.

Contactless technology and AI have become an integral part of modern hotel services and is changing 21-century hospitality rapidly.



Mr. Chandrabhanu G. Nair
- Faculty in Tourism & Hospitality
Management



The Importance of Hydration for Health and Wellness !

Water is the essence of life. From boosting energy levels to maintaining healthy skin, proper hydration plays a pivotal role in overall well-being. Understanding its importance and recognizing the signs of dehydration can empower us to make healthier choices daily. Our bodies are approximately 60% water, making it essential for almost every bodily function. Proper hydration supports transporting nutrients to cells, Sweating helps cool the body, but without adequate fluid intake, this mechanism falters. Staying hydrated reduces joint pain by maintaining the fluid between joints. Water aids in digestion and prevents constipation by keeping the digestive tract smooth and functional. It



can significantly impact energy levels and mental performance. Even mild dehydration (a fluid loss of 1-2%) can lead to Fatigue and lethargy, reducing rational function of the brain and difficulty in concentrating causing mood swings and irritability. Additionally it helps maintain skin elasticity, reducing the appearance of fine lines and wrinkles.

Tips for Staying Hydrated:

1. **Carry a reusable water bottle:** Keeping

water on hand makes it easier to sip throughout the day.

2. **Set reminders:** Use your phone or an app to remind yourself to drink water regularly.
3. **Infuse your water:** Add slices of lemon, cucumber, or mint for flavor without added sugars.
4. **Monitor your urine:** Light yellow urine usually indicates good hydration, while darker shades suggest you need more fluids.
5. **Eat hydrating foods:** Incorporate water-rich foods like watermelon, cucumbers, and oranges into your diet.

Conclusion:

Hydration is more than just drinking water—it's a foundational component of good health. By understanding its benefits and recognizing the signs of dehydration, you can take proactive steps toward better well-being. Stay hydrated, stay healthy!



Mr. Mohammed Hicham Deghar
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Hospitality Management

The Healing Power of Health and Humour!

Health and humor are two powerful forces that contribute significantly to our overall well-being. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Humor refers to possessing, indicating, or expressing an ability to be funny or to be amused by things that are funny. Together, they create a mechanism that can improve both our mental and physical health.

The combination of health and humor creates a way to heal, addressing both body and mind.

When we nourish our physical health while embracing the joy of laughter, we unlock a powerful tool for improving quality of life and enhancing overall happiness. In times of struggle, humor reminds us of the lighter side of life, promoting hope and healing on both a psychological and physiological level.

The next time you feel down, consider this prompt from Sultanoff: "Tell me about three times you laughed so hard you fell down," he

instructs. "Maybe you laughed so hard you had tears rolling down your cheek." Visualizing a favorite funny moment is like a form of meditation. It's convenient—you can do it anywhere—and it's almost guaranteed to boost your mood.

When faced with challenges, humor can offer a temporary escape, allowing individuals to laugh at the absurdity or difficulty of a situation. This detachment makes the problem feel more manageable and less overwhelming. By viewing a problem through a humorous lens, individuals often gain a fresh perspective, helping them approach it with renewed energy and optimism, enhancing your intake of oxygen-rich air, stimulating your heart, lungs and muscles, and increasing the endorphins that are released by your brain.



Mr. Mickle George Tewelde
- ATHE Level 4 Extended Diploma
in Business and Management

Alumni Anecdotes

My Transformative Journey at Nest Academy: Shaping a Future in Hospitality!

My journey at Nest Academy as a hospitality student has been an enriching and transformative experience. From the very beginning, I was introduced to the diverse world of hospitality through a hands-on approach that emphasized practical skills and industry knowledge. The academy's curriculum provided a perfect balance of theory and real-world application, covering everything from customer service and event management to hotel operations and culinary arts.

The faculty members, with their vast industry experience, guided me through every step, encouraging growth and professionalism. My time at Nest Academy also allowed me to connect with peers who share the same passion for hospitality, fostering a collaborative learning environment. The academy's focus on internships gave me invaluable exposure to the industry, further boosting my confidence and preparing me for a successful career. Today, I feel equipped with the skills, knowledge, and mindset necessary to thrive in the dynamic hospitality field.



- **MD Takbir Hasan Rafi**
CTH Level 5 Hospitality Management





Cultural Fusion!

Cultural fusion is the blending of diverse cultural elements that strikes naturally through the interaction between people from different backgrounds and is visible in the way people dress, eat, listen to music, which all create an environment that is more enriching and diverse. When students travel to study abroad, they bring with them their unique traditions, languages, and perspectives, which enrich the academic and social environments of their host countries. At the same time, they are exposed to new cultures, promoting a vibrant exchange that leads to cultural fusion. This shared educational experience can promote social unity in multicultural societies, where cultural fusion leads to unity despite diversity. While this offers the opportunity to learn from different cultures and integrate new perspectives, it can also lead to confusion, cultural clashes, or feelings of isolation. Adapting to a new cultural environment requires students to reconcile their own cultural norms with those of their host country.

International students may face difficulties adjusting to the educational system in a foreign country. For example, grading systems, teaching methods, and classroom interactions may be quite different from what they are accustomed to. In many countries, there is a greater emphasis on student participation and independent learning, which can be unfamiliar and challenging for students from educational systems that are more rigid or instructor-led. Additionally, language barriers can hinder academic performance, especially in courses that require extensive reading, writing, and verbal communication. Education exposes students to different languages, traditions, histories, and worldviews, helping them appreciate diversity. Understanding the values and customs of others reduces stereotypes and fosters respect, leading to more harmonious interactions in multicultural societies. Education plays a significant role in promoting cultural fusion. By introducing intercultural education that focuses on literature, art, history, and customs from around the world and by facilitating teacher and student exchange programs that includes organizing and attending festivals and cultural fairs, honoring many cultures on special occasions can provide insight into diverse cultures.

International students benefit a lot from this cultural fusion. By living in a different cultural context, they develop greater adaptability and global awareness. They learn new languages, customs, and social norms, which enhance their ability to communicate and collaborate in an increasingly interconnected world. This exposure to different cultures prepares them to become global citizens, equipped with the skills needed to navigate and contribute to a multicultural society. Briefly, international students play a vital role in cultural fusion by bringing their heritage and perspectives into the academic and social structure of their host



Ms. Ruhama Wendwosen Alemayehu

ATHE Level 4 – Business & Management

countries. Through their presence, they encourage mutual understanding, and the exchange of ideas, creating a dynamic global community. Driven by the experiences of international students, helps build bridges between cultures, promoting unity in diversity.

One of the major hurdles international students face is managing attendance and academic responsibilities. They are far from home and away from their usual support systems. This emotional distance can result in feelings of homesickness which can affect their ability to focus on their studies. One of the most effective ways for international students to manage their studies and attendance is through effective time management. Creating a detailed study schedule, setting realistic goals, and breaking down tasks into manageable portions can help prevent the overwhelming sense of falling behind. For international students, attending classes regularly and engaging in them actively is essential. Engaging in discussions, asking questions, and building relationships with professors and peers help students feel more integrated into their learning environment as well as they can develop a sense of belonging.

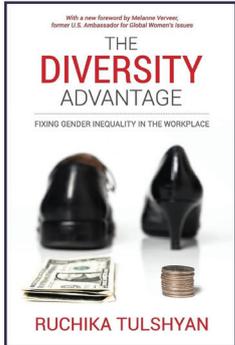
The experience of cultural fusion and managing attendance and studies as an international student is challenging. However, experiences also provide opportunities for personal and academic growth. International students can navigate these challenges by developing strong time management skills, and engaging in their studies. In the end, cultural fusion and academic success are not mutually exclusive but can complement each other, leading to a more well-rounded, globally aware, and competent individual.

Book Review



The Diversity Advantage :

Fixing Gender Inequality In The Workplace by Rania H. Anderson



As an international student in Dubai, I've had the opportunity to witness firsthand the power and challenges of cultural diversity. Dubai is a vibrant city where people from all over the world decide to relocate for work, live, and study. This diversity is not just a characteristic of the city but a driving force behind its development and success throughout its years. From my experience, "The Diversity

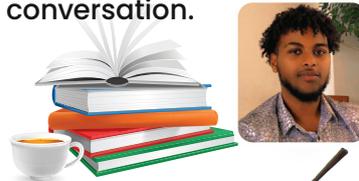
Advantage" by Rania H. Anderson offers valuable insights into the importance of diversity in the workplace, which is directly applicable to life in Dubai even as a student. The book focuses on how a diverse workforce, especially one that balances gender equality, brings fresh perspectives through the diverse thought processes of different like-minded individuals and boosts innovation. In Dubai, this concept extends beyond gender and encompasses ethnic, cultural, and educational diversity, creating a dynamic environment where ideas from various corners of the world meet and work together.



As a colored student in Dubai, I've encountered both the advantages and complexities of being part of such a multicultural landscape. On one hand, I feel

empowered by the opportunity to interact with peers, teachers, mentors, and generally good humans from various countries in my school like the student's academic affairs who played a big part in helping and guiding us students to settle in ease and learning from their unique cultural backgrounds to say the few. Dubai's inclusive attitude allows me to contribute my own experiences and bring new ideas while gaining insights that broaden my worldview. especially as a colored person that I am.

However, navigating a multicultural city can also be challenging. There are moments when I feel like an outsider, especially in situations where cultural misunderstandings arise. Yet, this is precisely where the value of cultural diversity becomes clear—by working through these differences, I learn to communicate better and become more adaptable, a skill that will serve me in any global setting. In conclusion, Dubai's cultural diversity is a source of strength. The blending of different perspectives leads to innovation and greater creativity. For international students like me, it offers a unique opportunity to grow, both personally and professionally, while contributing to the global conversation.



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Movie Review

Lessons in Life & Karate :

Watching The Karate Kid with My Siblings

I first watched The Karate Kid when I was six, and recently, I rewatched the 2010 version with my siblings. This modern take, starring Jaden Smith and Jackie Chan, still delivers the same timeless lessons of perseverance and personal growth. The movie follows Dre Parker (Jaden Smith), who moves to China and faces bullying. He meets Mr. Han (Jackie Chan), a kung fu master who teaches Dre more than just martial arts—he teaches him life lessons about patience, respect, and balance. Instead of traditional training, Mr. Han has Dre do simple tasks like hanging up his jacket, which ultimately teach him the core principles of kung fu.

The film inspired me to start practicing martial arts myself. Watching Dre overcome challenges, not just in the kung fu tournament but in life, made me realize that martial arts isn't just about physical strength—it's about mental discipline and personal growth. While the movie is inspiring, some parts feel



predictable, especially the classic underdog story and intense bullying. But despite these clichés, the movie's message stands strong: true strength comes from within, and success is built on dedication and guidance. Watching it with my siblings reminded me that The Karate Kid is about much more than fighting—it's about facing life's challenges with patience and perseverance. It's a lesson I'll carry with me as I start my own journey into martial arts.



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Flavourful Finds

Here's a simple and quick **Veg One-Pot Pasta** recipe, perfect for college students who need a filling meal with minimal effort!



Ingredients:

- > 1 cup pasta (penne, fusilli, or any pasta you like)
- > 1 tablespoon olive oil (or any cooking oil)
- > 1 small onion, chopped
- > 1 bell pepper, chopped
- > 1 small zucchini, chopped (optional)
- > 1/2 cup cherry tomatoes, halved (or 1 regular tomato, chopped)
- > 2-3 cloves garlic, minced
- > 1 teaspoon dried oregano (optional)
- > 1 teaspoon chili flakes (optional, for spice)
- > 2 cups vegetable broth or water
- > 1/2 cup cream or milk (optional, for a creamy texture)
- > Salt and pepper to taste
- > Fresh basil or parsley (for garnish, optional)



Sauté Vegetables:

In a large pot, heat the olive oil over medium heat. Add the chopped onion, bell pepper, zucchini, and garlic. Sauté for about 3-5 minutes, until the veggies start to soften.

Cook Pasta:

Add the pasta to the pot and stir well. Pour in the vegetable broth (or water) and add oregano, chili flakes, salt, and pepper. Stir everything together.

Simmer:

Bring the mixture to a boil, then reduce the heat to low. Cover the pot and let it simmer for about 10-12 minutes, stirring occasionally, until the pasta is cooked and most of the liquid has been absorbed.

Finish the Dish:

Once the pasta is cooked, add the cream (if using) and halved cherry tomatoes. Stir well and cook for an additional 2 minutes to combine everything. Adjust seasoning if needed.

Serve:

Garnish with fresh basil or parsley and serve hot!

Tips:

You can customize the veggies based on what you have available (spinach, mushrooms, or peas work well).

For extra protein, you can add beans (like chickpeas or black beans) or paneer cubes.

If you prefer a vegan version, skip the cream or use coconut milk. This one-pot pasta is quick, nutritious, and doesn't require many dishes to clean afterward, making it a perfect choice for busy college students!



Ms. Amruta Thakkar

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