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#43

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# Dear Reader

What a semester it's been! Between surprise snowfalls and what feels like weekly train strikes, I think we've all had rather more excitement than we would have asked for. Now, as the semester draws to a close, and we are happy to present to you eMAG #43.

Like every term, I'm delighted by the range of topics in our magazine - from international exchanges to local sights, there's no doubt that every reader will find something that piques their interest.

I wish you, dear reader, all the best with your term papers and exams, and all of us a slightly less eventful summer term.

Happy reading!

*Luce*  
Editor-in-Chief



# Whole Wide World

# Gratitude Through Comparison

## Identity in an International Context

*Last November, I had the opportunity to join an International Workshop in Warsaw, Poland, on “Identity and its perception by young people from different countries and religious confes-sions. The event was sponsored by the Protestant Church. Even though it was in the middle of the beginning winter se-mester, I felt I should take that opportunity. I shouldn’t regret it.*

On Sunday 12 November at 10 pm, I arrived at Berlin station, where a hotel room was waiting for me. The next morning at 5, I took the train to Warsaw together with my two partners from Dresden and Erfurt - Marline and Miguela. Besides the quite general description of the project, all the three of us didn’t really know what to expect. We just knew there were also stu-dents from Poland, Ukraine and Belarus. Especially students from the latter nations interested me in particular.

These are people in my age, probably with common interests and struggles like anxieties, hope and love. Just as any person in their twenties. Only with the little difference that they live in countries where war (Ukraine) and limited freedom (Belarus) is reality.

How does their daily life in times of war or a dictatorship look like? Is it even possible to enjoy it? All these questions accompanied me during the 6-hour-long journey. Around noon, we arrived. Since there were still other students to come and our hotel was far outside the city center, we decided to spend lunchtime in the city. We had great “Piroggi”, typically Polish dumplings filled with mushrooms, pumpkin and other delicacies.

Few hours later we finally arrived at the hotel in Petsky, outside Warsaw. After the rest of the group checked in, we managed to all dine together. Afterwards, everybody vanished to their rooms immediately, sleepy from all the travel.

The next three days just flew by. We gathered in a big conference room where even headphones with translators were available. On the first day, we had four zoom presentations with professors from all the 4 countries present; they were about identity from different perspectives such as sociological, political and theological aspects. Next, the first student’s presentation about personal identity was given.

The major focus of the workshop was part of a project dealing with Reconciliation in Europe; the task of the church in Europe. Thus, everybody was pretty involved into church. Besides me. Still, I learned a lot about faith, attitudes and especially perspectives. I often found myself in the role of the listener, which I enjoyed quite a lot.

Every night was packed with social gatherings, far away from theological and political discussions. Music, food, even national dances from our home countries were exchanged. It was these moments that gave me profound feelings of gratitude; that grounded me.



Djulia and Diana, the two girls from Belarus, were curious about everything in our “Liberal Germany.” Their questions ranged from dancing in the famous night life of Berlin to the Oktoberfest in Munich. “And you can buy whatever you want while having a beer or two with your friends in public?”, Diana asked me with bright eyes. “Well”, I replied, “That’s a matter I am not particular proud of, but yes, you could do that.”

In Belarus it isn’t that easy. People have been silenced since the accused manipulated election in 2020, followed by the peace Ful riots where hundreds of thousands demonstrated on the streets.

Since then, the situation has worsened. Nobody is safe. A photo on your phone with the forbidden flag of the Belarusian resistance movement or just a critical post against the regime on Social Media could mean prison as a consequence. “You must always reckon with the police ringing at your doorbell. They might be coming to pick you up for the smallest suspicions”, the girls told me. That was unreal to me. Most of us Germans take our freedom for granted. We prefer complaining about the delayed train or the neighbour who listens to music we don’t like. Mihael, Kyrill and Gregory, the Ukrainian boys, were smiling all day long and reminded me of Monty Python’s classy song: Always look on the bright side of life. That was pure inspiration. “I must appreciate what was given to me”, is probably the most important message I carried home from Poland.

We rounded off the last evening solemnly, Thursday night, at a typical Bohemian restaurant in the heart of old town Warsaw. A hall with a royal dinner was prepared for us. The waiters served various starters, generous main dishes and plenty of desserts. Everything we were longing for. Ukrainian and Polish folk songs were sung. The atmosphere was just cheerful and

exuberant. Nobody wanted this beautiful night to end. Unfortunately, at around 11 pm, our bus driver who had been waiting for us crashed the party and asked us to come. That was when the happy gathering stopped. The very next morning we found ourselves already on the train back home, feeling as if the past couple of days were just a dream.

Three days of meetings were too short in order get to know each other properly; to share each other’s deepest fears and joys. Also, because we came from completely different national and ideological backgrounds. It’s just another way of approaching people, and especially strangers, than in Germany. It takes more time to build up trust.

Hopefully, we will manage to organize a meeting next summer. There, we can hopefully pick up where we left off. There are still so many questions I’d like to ask, so many stories I’d like to hear.





# Stränge Lätters

## Learning German in South Korea



### Being in Germany

*On her first day in Germany, Haeryeom, my new Buddy\* from South Korea surprised me immensely. We went to a café to get her settled in and of course coffee is always a good choice. There, I asked her if she wanted me to order for her. But she just said with a smile: "Nein." And ordered both of our coffees in perfect German! This was the moment I wondered: how do the students in South Korea learn German? Or was it just the sheer discipline of my Buddy?*

### German in South Korea

Now, that Haeryeom is back in Busan, I asked her what it's really like to study German in South Korea. She told me that she had "never seen a Korean who can communicate in German" and her goal was to be one of them. Certain institutions offer German lessons, such as the Foreign Language High School, the Goethe Institute, a private academy or even universities. Koreans are then able to learn German as a second language. In Haeryeom's case, she chose the Goethe Institute and her University, PNU (Pusan National University).

### It's all about German

But why did she want to learn German? If we look at the places where people speak German, we can narrow it down to the first three countries that come to mind: Austria, Switzerland and (of course!) Germany. Still, the reasons for people to learn a foreign language are numerous. For Haeryeom, it was just curiosity. "French couldn't stay in my heart that long, since I thought it isn't worth learning French as a major. [...] And then, I saw really unique-looking characters which I didn't even know what they're called and how to pronounce them. The letters were 'ä, ö, ü, ß'". This was the

moment when she got interested in the German language, so she chose German as her major. And she was one of the few who did because learning German is still unique in South Korea! Though some do it to pass the ZD (the Zertifikat Deutsch) for their studies in law, philosophy or classical music.

Do you remember the situation at the beginning, at the café? Haeryeom herself says: "I have never seen a Korean who can speak German fluently. [...] Maybe I could be the one!!!!!" I think we can all agree that she is slaying us with her excellent command of German.

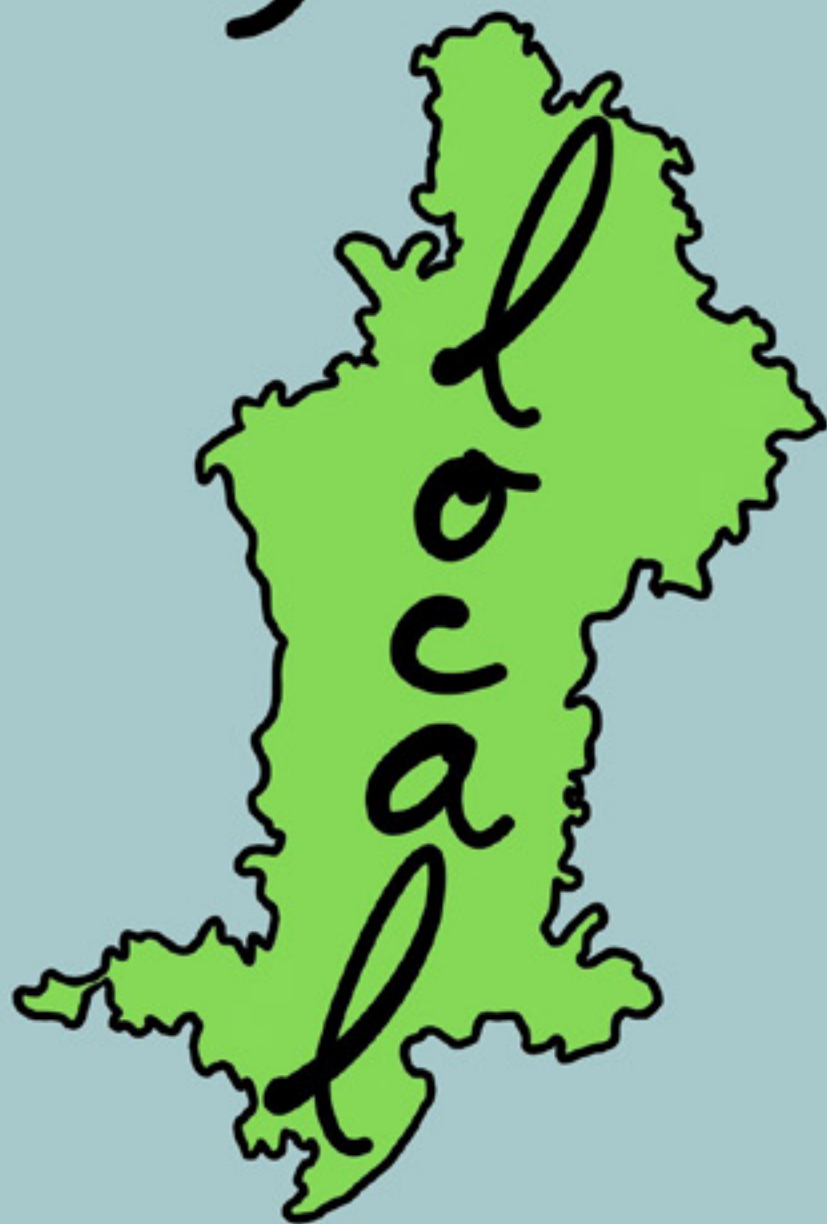


### The Buddy Program

\*The Buddy program is an official program at the University here to help exchange students when they first arrive in Germany. You guide and help them with the German bureaucracy and other cultural issues which they might encounter. Every semester you have the opportunity to get to know a new cul-



Keep it



# Lehr:werkstatt

## An Internship in the Upper Class in School

*The Lehr:werkstatt is an active internship in a school that has the character of a project. Anyone studying to become a teacher can participate in it, except the ones for teaching in the Bavarian Mittelschule. You mainly work together with a teacher, who mentors you. The internship takes one school year, but if you do it, you don't need to do two other internships. You must take part in a seminar related to this project and two competence-oriented seminars about teaching methods.*

### How do you plan the internship and your studies?

As mentioned before, the internship takes the whole school year. During the semester breaks, you go there every day for about four weeks, and only once a week during the semester. During the semester break, it shouldn't be too hard to plan the internship because you don't have to work around your studies and have enough time to prepare lessons and take care of other things. During the semester, you need to find one day in your university timetable where you can skip university before lunch or have a morning without any lectures. This can be difficult but is manageable.

### Why choose the Lehr:werkstatt instead of doing the "normal" internships?

Within the Lehr:werkstatt, you get much better support on what you're doing because you're not a normal trainee. You have to find a teacher to do the project with and you mainly

work together with this teacher. The teacher is expected to give you feedback on your lessons, and you can talk to your teacher about anything you're interested in. You can also take part in other teachers' lessons to see different styles of teaching. Another reason why you get better support is because you're there for the whole year, not just a few weeks, so you become part of the group of colleagues.

This is also why you get much deeper into the teachers' daily life. You don't only observe many lessons, but you also have to prepare and teach your own lessons. Because you're there for the whole year, you can participate in trips and all sorts of conferences, and witness the development of students over the course of the year. You can also take part in the parents' evening.

### My experiences after two months

I was able to take part in the conference at the beginning of the school year, which made me part of the group of colleagues. And with my tandem partner, I went on an excursion with our class. I've already taken over many lessons and got great feedback to improve. Even in this short time, I've already got a deeper understanding of a teacher's daily routine and had great experiences. I'm sure by the end of the year I'll know what to expect after my studies.

I want to encourage everybody who is studying to be a teacher to take the chance and participate in this project because, in my opinion, you can only profit from it and have many great experiences.

# Dancing in the Rain

## How to Start a Student Department

*Student departments are an important part of organisational structures at university. They establish a link between students and lecturers, plan get-togethers and support first semester students. Up until last semester, the University of Augsburg didn't have an active Romance languages student department because it was shut down in the middle of the pandemic and nobody took care of it afterwards. In the summer semester of 2023, a few friends and I "re-founded" the student department.*

### Why (and How) We Did It

Why would you need a student department in the first place? My friends and I were always kind of sad that our field doesn't have its own student department because others always had great parties and other events. Since we started university during the pandemic, there was also nobody to guide us through our first semester and I know some people who stopped studying because they didn't find any friends. We didn't want that to happen again, so we took matters into our own hands.

You may ask yourself: how would you do such a thing? It was fairly simple but entailed a lot of work. At first, we informed a few lecturers who were very happy about the student engagement. Then we talked with the student faculty department which made it official. We also talked to other student departments from our faculty to get advice on how to get things sorted out. They were all very kind and happy to help us. Lastly and most importantly, you have to advertise your existence! We immediately created an Instagram account and a separate email address so everyone knows how to reach us.

We went to every Romance languages class and lecture and informed students that we exist.

### Responsibilities and Future Plans

Before, I briefly touched on the tasks you have in a student department. As already mentioned, a big part is offering help and guidance to first-semester students. We help them to create their schedules and answer questions they have on modules and those kinds of things. We also give them an opportunity to get to know each other and find some friends. At the beginning of this semester, we did a bar tour for first-semester students only, which worked out great. People who are new to the city of Augsburg got to know some bars and everyone talked to each other and people exchanged numbers to keep in touch.

Added to that, there are also other events for all students of Romance languages. Last semester, we did a summer party which was planned out perfectly but still didn't go as I had imagined it. We planned to have drinks, food and live music in the backyard of the lecture hall. But the only thing you can't plan—the weather—was far from being cooperative: The rain was pouring down and our location didn't have a canopy, so we had to improvise and luckily found another place where our party could happen. We had to move all our stuff there in the rain and had to let people know that we switched locations. Everything was very stressful, but in the end it worked out and everybody loved it.



# Among the Treetops

## Working at a Climbing Park

The Waldseilgarten Wallenhausen is a climbing park in a small town in Bavaria, only about an hour away from Augsburg. It was created in 2006 thanks to the idea of two friends, who opened the park in 2007. Over the years, more and more courses were added. Today, the high ropes course consists of a total of nine courses of different difficulty levels and over 95 climbing elements in total as well as six parcours for children at the age of three or older. The Wallenhausen climbing park is still run by the two founders and their families.

The team of trainers usually consists of 35 people, three of whom are permanently employed. All of these trainers who work at the forest ropes course have the so-called IAPA certificate, which can be obtained by passing an exam in various safety-related areas. I am also a trainer myself and have been working there for five years now.

The climbing park opens every year at the beginning of April. Before that, the elements and platforms are put in place by the construction team from February to the end of March. These are subsequently inspected by TÜV. Due to the increasingly bad weather and the cold temperatures, the Waldseilgarten Wallenhausen usually closes its doors after the fall holidays every year. In the following weeks, the rooms are cleared out and course elements are renewed or removed.

### Responsibilities

During the season, the trainers are in charge of setting up and taking down the forest ropes course. This includes opening and checking the courses as well as cleaning all the facilities. They open the kiosk and toilets, prepare harnesses and helmets, and clean surfaces before the course opens. After closing, they tidy up

equipment, record the events of the day, and dispose of garbage. In between, the trainers manage the kiosk, serving guests and handling payments. They also assist climbing guests by providing equipment, conducting briefings, and offering support and performing rescues within the courses.

The ropes course is often visited by larger groups such as companies and schools, who have the option of booking team training and special challenges. For this reason, the supervision of these groups and the organization of team-building activities is often another responsibility of a trainer.

I decided to take on this part-time job five years ago for various reasons. As my everyday life as a student is largely sedentary and takes place indoors, a part-time job like this in the fresh air and with lots of exercise provides a great balance. As the job covers various different fields of work, it never gets boring, and I can already improve my social skills and practice speaking in front of people by supervising groups visiting the climbing garden. This is something, that will probably help me in my future career as a teacher. Thanks to the practical opening hours on weekends and during school vacations, I can theoretically use a lot of my free time to go to work. I also don't have a fixed number of hours that I have to work during the week—instead, I can adapt my working hours to my schedule.



# A Beagle-Guided Tour

## Exploring the secrets of the Siebentischwald highlights

*Augsburg is known for its age and its Renaissance architecture in its downtown, but it's not often remembered for the scenic beauty it offers outside of that. For lovers of nature, the obvious choice for idyllic sights and locations that get overshadowed by the city structures is the lovely Siebentischwald forest. Speaking of shadows, the tall trees create a nice home to lots of pathways that can lead you to encounter a great number of charming discoveries that must not be forgotten when thinking of Augsburg. Our travel guide will be represented in the form of my adorable beagle Snoopy, who knows the many pathways of Siebentischwald by heart. Let's imagine a long stroll with my dog on a warm Sunday afternoon in fall.*

### Starting the Tour

First, his nose will capture a variety of exotic smells at the start of his walk when he wanders past the walls of the zoo. It's not rare to be able to catch a glimpse of the elephants looking over the barrier and occasionally hear the lion's deep roar. But the sniffing continues, and the next stop offers a more attractive smell, not just for a dog, but also a hungry forest-goer. A few steps further await the scent generator in the form of a restaurant. The kitchen of the famous Parkhäusl Biergarten leads dogs to follow their noses there, but it also offers their humans the obvious choice for a quick break with delicious beer, mulled wine, friendly baristas, and the unique open-air atmosphere. After a tasty meal, you can go to the Botanical Garden and see the countless blooming flowers, or decide to play Minigolf or Tennis nearby, but the dog route would probably go differently. Indeed, a few more sight-seeing attractions are yet to come.

### Finishing the Tour

The walk continues in the not too deeply located lake called Stempfle-See, where you can feed ducks and defend their pets from the imposing swans that seem to feel obligated to defend their home at times. Finally, right behind the lake also lies the original name-giver of the forest: the real seven tables that actually exist and nowadays serve no other purpose other than providing local trivia information and being a nice-to-know fun fact. The tour is over, because the final pathway there leads to the Siebentischanlagen and the Sigma-Park, where dog owners go to attend lectures so they can one day earn a lot of money for lots of treats for their pets. Thank you to our tour guide, the loyal beagle Snoopy, for knowing where to go and showing us some of Augsburg's proudest offerings.





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# Where to Find the Best Carbomb

## Irish Pubs in Augsburg

*Welcome to the captivating land of Ireland, where history, myth and conviviality work together to create an unforgettable experience! Nestled in the heart of Europe, Ireland boasts a rich tapestry of culture, scenic landscapes and warm hospitality that reaches travellers from all across the world.*

One of the most iconic and known elements of Irish culture is without a doubt the traditional Irish pub. The cozy establishments are more than just places to grab a “pint” – they are the soul of Irish life. Stepping into an Irish Pub is like entering a portal to the heart of the country’s communal spirit. With the rustic charm, friendly locals, live music as well and hearty conversations, Irish pubs offer an authentic glimpse into the essence of Ireland’s social fabric.

Augsburg, with its rich history and individual community, also offers a taste of Irish culture through its charming Irish pubs.

One such establishment, known for its authentic atmosphere and warm hospitality, is “Murdock’s”, situated at the tram station “Rotes Tor” next to the “Augsburger Puppenkiste” (my personal favorite!). This cozy pub captures the essence of Ireland with its rustic décor, live music nights and a wide selection of Irish whiskeys and beers. Whether you are craving a perfectly poured Guinness or eager to sample some traditional Irish fare, this pub provides an inviting space.

Another pub, the “O’Sullivan’s”, nestled in “Stadtbergen”, offers a similar experience. Here, the ambiance transports you across borders with its traditional Irish music sessions and a welcoming crowd of Irish spirits. This Irish pub embraces the spirit of

Ireland in the heart of Augsburg.

Other Irish pubs in Augsburg would be “Murphy’s Law Bistro” and “Flannigan’s Post”.

One thing is certain you can’t visit an Irish pub without trying a “cARBOMB”! Here’s a short definition for what I’m talking about: “The infamous beverage includes a shot glass with equal parts Irish Whiskey and Baileys Irish cream, which is then DROPPED into a half pint of Guinness.” You have to be fast, otherwise your carbomb will flake. It’s not only surprisingly delicious, but also fun. As I mentioned, you’ve never really been to an Irish pub if you haven’t tried the carbomb. That’s why I made it my mission to find the best and cheapest (we’re students, after all) carbomb. So before you go, here’s my ranking:

### Murdock’s Irish pub

Price: ★★★★★  
Taste: ★★★★★  
Ambience: ★★★★★

### O’Sullivan’s

Price: ★★★★★  
Taste: ★★★★★  
Ambience: ★★

### Murphy’s Law Bistro

Price: ★★★★★  
Taste: ★★★★★  
Ambience: ★★

### Flannigan’s Post

Price: ★★★★★  
Taste: ★★★★★  
Ambience: ★★★★★

# Bee Supportive

## How and Why to Support Local Beekeepers

*My first encounters with bees all were the same – unpleasant. They stung me, I despised them and our relationship wasn't exactly characterized by much harmony. It wasn't until a few years ago, when I got a closer insight on them due to my father taking up beekeeping, that I realized how fascinating these little workers actually are. Fast forward five years, it's now me who's responsible for caring for our bees and I've learnt a lot about and especially from them.*

### Why we do what we do

Almost everyone has heard of the insects dying and the urgent calls to 'save the bees'. Easier said than done, when no one is really giving you any directions how to and why. Here's where your trusted local beekeeper comes into play. Beekeepers weren't always seen in the best light. The perception that all beekeepers exploit their bees with profit in mind and with large industrial honey mass-producers took a toll on small beekeepers' reputations.

The truth is we don't do it for the sake of profit. We do it because bee populations and the environment matter to us and it's our highest interest to take good care of them. Bees are incredible little creatures, working hard and still having to deal with challenges such as parasitic mites, use of insecticides and environmental changes due to global warming and climate change. It is our responsibility as beekeepers to focus on the wellbeing of the bees and sustainability in what we do.

As a small beekeeper, making lots of money with your bees is never the focus – as long as you don't focus on large scale production of honey, you won't get rich keeping bees. But luckily, that isn't the point in beekeeping anyway.

### A year of beekeeping

As a local beekeeper, you have various responsibilities that often may seem time consuming, but working with bees will provide you with so many incredible experiences. In spring, we visit our bees regularly, making sure that your bee colonies have enough space, and don't want to swarm.

With summer comes the time that the bees start bringing in the honey and we can harvest some of it – one of the most beautiful products in nature. A responsible beekeeper will make sure to not take all of it and leave honey for the bees.

As fall starts, we treat the bees for parasites and feed them additionally, so that they can start as strong as possible into the cold months and survive the hardships of winter.

### How you can help

If you want to help us with this mission, you could consider buying honey from a local beekeeper in your neighborhood to support them and their work instead of the plastic-bottled kind in the supermarkets.

Another way to help bees would be planting little wildflower strips, growing flowers and herbs such as lavender, thyme or catnip on your city balcony and, who knows, maybe you might even fall in love with beekeeping yourself.



# World Heritage Sites

## In Augsburg

*All of them are World Heritage Sites recognized by the UNESCO. In particular, the water management system in our city was deemed so special, that in 2019, the German UNESCO commission decided to submit it to the UNESCO, who promptly approved it. Among others, the famous Renaissance fountains in the city centre, the vast canal network with the water towers at the Rotes Tor, but also the whitewater route, built for the Olympics in 1972, are part of the protected heritage.*

This shows us that the current system took hundreds of years to develop. But most of the important sites were constructed during the heyday of Augsburg's economic and cultural bloom during the Renaissance. Unlike many other ancient cities, Augsburg is not situated directly next to a river on a small hill, so the water needed for the population was transported by a vast network of channels dug through the Siebentischwald to bring fresh water into the walled city. A unique feature in Augsburg was to divide drinking water and waste water. The drinking water was then raised without electric pumps, only with the help of water towers and its own pressure. In the upper part of the city it served the beautiful fountains in the Maxstraße. The water selected for industrial production was sent through the channels in the lower part of the town, many of which have been preserved to this day. Here the water was used as a source of power for artisans or mills, and later, during the industrial revolution, for generating electricity for factories. During the early modern age, the channels were also used by the locals to dispose of the waste. What would now be considered environmental destruction and a potential bio-hazard, was deemed a very advanced and hygienic way of getting rid of waste back in the day.

This advanced system of water management helped to contain the spread of disease, a very serious danger up until the 19th century. It was also very convenient for the population of the upper city to have fresh water directly outside of their door.

While there are many cities with channels in their historic old towns, this vast and intelligent network of interconnected water channels is unique to Augsburg. Especially the raising of the water on the level of the upper city, using only gravity without the help of steam or electric pumps, was considered an impressive accomplishment during this period.

I'm sure prior to the elevation to an UNESCO world heritage, many of you hadn't even heard of this marvel of Renaissance engineering. Many even more impressive feats of engineering lie directly under our feet, making our lives more comfortable, often without us even noticing. With this in mind, keep your eyes open, and you may also discover other marvels of engineering from the past or even our present day.



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# Do You Trust Your Memory?

## The Mandela Effect

*Have you ever played Monopoly? Do you remember Milburn Pennybags, the mascot of the game, wearing a monocle? In Star Wars: Episode V – The Empire Strikes Back, Darth Vader tells his son: “Luke, I am your father”, right? And I’m sure you recall the Wicked Queen in Disney’s Snow White saying “Mirror, mirror on the wall” and that Pikachu’s tail tip is black, don’t you?*

If you agreed with me on at least one of these examples, you experienced the Mandela effect. It describes the phenomenon in which many people misremember things or even recall something happening that never did. In short – the Mandela effect is a false collective memory.

It first became popular in 2013, when former South African president Nelson Mandela died to the surprise of many people. They were certain that he had died in prison in the 1980s. But the reality is, that while Mandela had indeed been imprisoned for 27 years, he was released in 1990 and only died 10 years ago. Ever since this first case of collective misremembering, many, many more so-called Mandela effects have emerged (google them for some more fun). But back to our examples. Rich Uncle Pennybags from Monopoly does not have a monocle and Darth Vader declares “No, I am your father” instead of “Luke, ...”. Similarly, the Evil Queen in *Snow White and the Seven Dwarfs* never says “Mirror, mirror”. It’s actually “Magic mirror

on the wall”. Lastly, Pikachu’s tail is entirely yellow and does, against popular belief, not have a black tip.

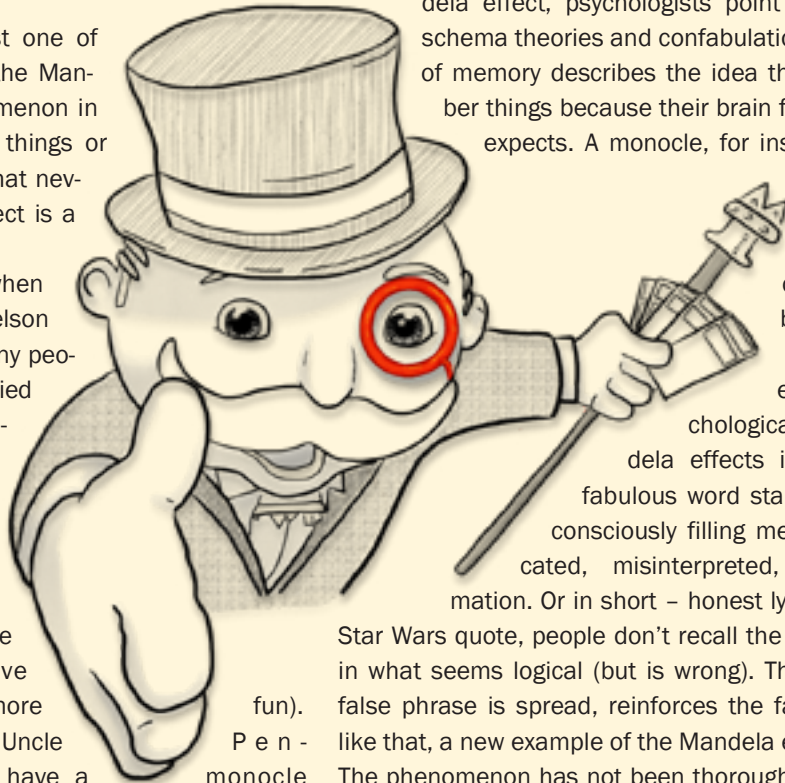
But why is it that people are so sure of their memory of these things even though it’s wrong? While some argue that parallel worlds or time travelling are possible explanations for the Mandela effect, psychologists point into the direction of schema theories and confabulation. The schema theory of memory describes the idea that people misremember things because their brain fills gaps with details it expects. A monocle, for instance, seems like an

appropriate accessory for Mr. Monopoly. And since Pikachu has black ears, a black tail tip is what one would intuitively expect. Another psychological explanation for Mandela effects is confabulation. This

fabulous word stands for the act of unconsciously filling memory gaps with fabricated, misinterpreted, or distorted information. Or in short – honest lying. In the case of the

Star Wars quote, people don’t recall the exact phrasing but fill in what seems logical (but is wrong). The internet, where the false phrase is spread, reinforces the false memory and just like that, a new example of the Mandela effect is born.

The phenomenon has not been thoroughly researched yet and there is no one explanation for all cases that I can present to you. But undoubtedly, our brain produces and supports false memories and being aware of the Mandela effect doesn’t make you immune to it. So... do you still trust your memory?





# How Does Work Become Life?

## Is Gen Z Lazy?

Gen Z doesn't want to work, and if they do, they want a four-day work week with full pay and they want sabbaticals. They are reputed to be lazy and overprivileged, right?

The labour market is changing, and employers are often frustrated with their candidates, especially with Gen Z. In Germany, we have a shortage of professionals in many fields. As a society, we need to find a solution for this shortage, but how? The first step is to understand why: How come we can't find Gen Z on the labor market?

Well, one answer may be because they have the upper hand towards their employers. "Why do I have to lower my standards when they need me more than I need the job?"

Others would say they don't want to work hard because they think they have a right to a fun and comfortable life without doing anything to earn it.

The idea of hard work as one of life's highest virtues hasn't prevailed. The increased awareness of phenomena like burnout has put off Gen Z from the traditional outlook on the work ethos. Gen Z doesn't want to step into the footsteps of their predecessors, fearing the idea of working all their lives, without really having lived it.

This is an interesting point. How does the distinction between living and working come about? If work is seen as something that is hindering to the full experience of life,

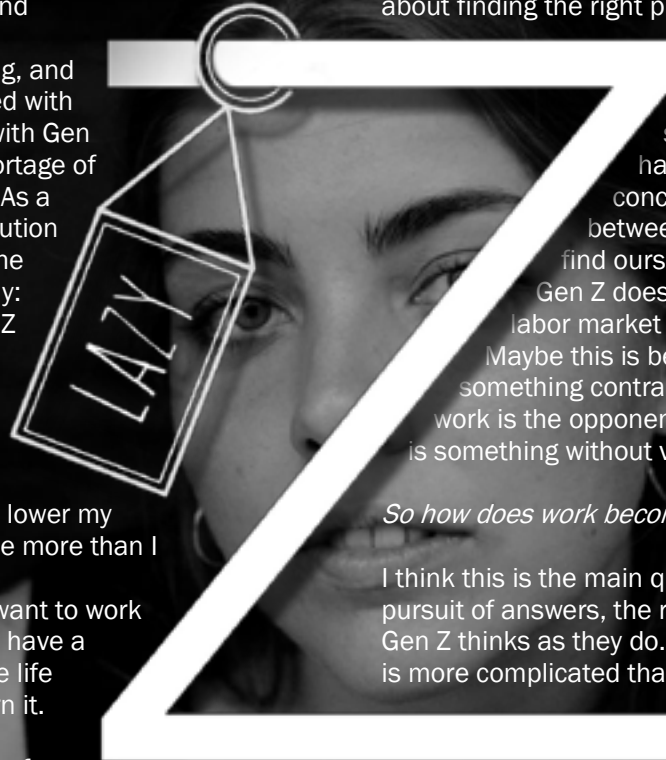
then an obvious reaction would be to keep it to a minimum. Here the idea of a work-life-balance comes into play: It's about finding the right proportion between work and one's

private life. It's a concept that has been around for quite a while already, more precisely since the 1980s. Since then, there have been many attempts to conceptualize just the right relation between work and life, but somehow, we find ourselves in a situation today where Gen Z doesn't agree with the conditions the labor market has to offer.

Maybe this is because the idea of work being something contrary to life is the problem. As soon as work is the opponent of life that must be beaten, work is something without virtue.

*So how does work become life?*

I think this is the main question in this debate and in pursuit of answers, the real motives come to light for why Gen Z thinks as they do. I think you will find that the answer is more complicated than one might have expected in the beginning, but I would argue that you will find that the voluntary avoidance of effort, which is a psychological description of laziness, is more often than not among the reasons for the high demands towards the labor market, for which we as part of Gen Z should take on responsibility, if possible. Think about it.



# Draco dormiens nunquam titillandus

## A Bavarian Legend

In a remote valley within the Bavarian Alps lies a small and cosy village named Oberstdorf. It has been there forever, perhaps even longer. That's why it has a wide variety of traditions and myths. Some of them were transmitted from ancient times before Christianisation and are still present. One of those myths shall now be told.

High up in the mountains is a large, beautiful, and deep lake called Seealpsee. The water is crystal clear, always freezing cold and the surface as smooth as a mirror's. Some say it's as deep as the valley floor itself. Deep enough for a giant creature to use it as its hideout. It houses a huge dormant dragon beneath its surface. As long as it's sleeping, it doesn't pose any threat to the villagers but if the beast wakes up and slowly starts digging its way out of the lake towards the valley floor, Oberstdorf will get hit by a giant flood that will bring death and destruction with it. The inhabitants are advised to seek shelter and protection if St. John's Day and Corpus Christi are going to be the exact same day because this will be the day the dragon will have accomplished its digging and will breach the cliff-side of the mountain.

If this story has sparked your interest in the lake or the entire village I can highly recommend paying them a visit. It looks astonishing. The lake is accessible via cable car and a short walk where you will get a wonderful view of the German, Austrian and Swiss Alps. I recommend bringing outdoor shoes and food so you may enjoy a nice picnic right next to the lake during the warm summer months. But do not forget to take your rubbish with you when you leave. It's also a great place to engage in sportive activities like hiking or biking. If you like it cosier, I would advise a visit during the winter months when heavy snowfall covers trees, mountains and houses in white and turns the entire place into a winter-wonderland. It's an awe-inspiring place if you like skiing or just generally enjoy snow.

# A Brief History of Love

## The Story of Valentine's Day

Valentine's Day has murky origins, potentially tracing back to the Roman festival of Lupercalia, a celebration welcoming spring with fertility rites and various customs. In ancient Rome, February 14 honoured Juno, the Queen of Roman Gods, also revered as the Goddess of women and marriage. Two millennia later it is still celebrated but a lot has changed in recent years

### Hearts Meet Myths

Valentine's Day has murky origins, potentially tracing back to the Roman festival of Lupercalia, a celebration welcoming spring with fertility rites and various customs. In ancient Rome, February 14 honoured Juno, the Queen of Roman Gods, also revered as the Goddess of women and marriage. The next day, February 15, marked the beginning of Lupercalia festivities. Numerous legends swirl around St. Valentine, obscuring the true identity of this saint. One tale portrays him as a Roman priest who clandestinely performed weddings against authorities' wishes in the third century. While imprisoned, he miraculously healed the blind daughter of his captor, prompting the household's conversion to Christianity and sealing his fate. On February 14, he was tortured and beheaded, leaving behind a note for the girl signed "Your Valentine," A phrase still used today. Some accounts suggest another contemporary, Bishop Valentine of Terni, similarly engaged in secret weddings and met a martyr's end through beheading on the same day. However, scholars studying Valentine's Day origins find little evidence supporting these narratives.

Numerous myths envelop Valentine's Day, including the misconception that being single on this day leads to loneliness and unhappiness. False! Valentine's Day isn't solely for couples but extends to friends, family, and self-celebration. It's an opportunity to express gratitude for important people or indulge in self-care. There are

countless ways to enjoy Valentine's Day without a partner—throwing a party with friends, watching a movie, or exploring a new hobby. Additionally, being single doesn't inherently equate to loneliness.

### Modern Love and Old Fashion

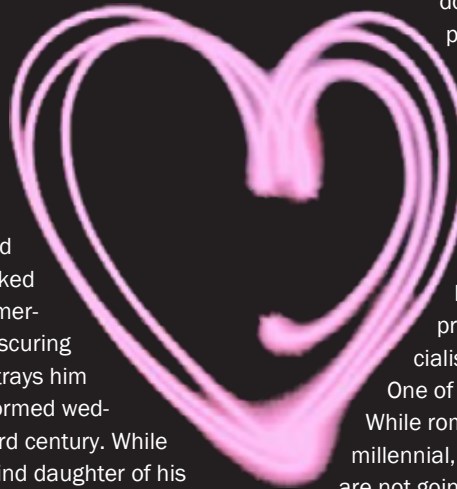
The rapper 24kGoldn once said in his famous song *VALENTINO*: "I don't want a valentine I just want Valentino." This line perfectly captures the developing trend of the commercialisation of the Valentine's Day festivities. While the day itself may be shrouded in mystery its purpose has always been as clear as day. Love, the leitmotif of this festive day has been more and more pushed to the background by the desire of big companies to make a profit. While the tradition to exchange tokens of affection dates back to the Middle Ages and the first Valentine's Day card was printed in the USA in the 1840s the trend of commercialisation has been increasingly growing in recent years.

One of most influential factors in that matter is the media.

While romantic movies have been most influential in the last millennial, the internet and with social have overtaken it and are not going anywhere soon. While Instagram YouTube and TikTok offer new ways to express love to your significant other, friends and family it does not come without its downsides. Like with everything social media raises unrealistic expectations. Something to be aware of in light of next month's Valentine's Day. Don't ruin your Valentine's Day by scrolling through your socials, watching staged or unrealistic reels, or buying expensive gifts when a thoughtful one does a way better job in expressing your affection. And if you don't have a significant other to celebrate Valentine's Day with, your friends and family will be happy to receive card, a pack of chocolate or even a hug and a compliment as well, it is the day of love after all.

I hope you all have a great Valentine's Day :)

xoxo Daniel.





# KOLONIAL



## If you like our magazine, you should check out the Anglistentheater!

This term, they're performing two shorts by Caryl Churchill. You can see their show on

Tuesday, January 30th, 8 p.m.

Thursday, February 1st, 8 p.m.

Saturday, February 3rd, 8 p.m.

in Hörsaal II, C building of the university.

Unsure? Keep an eye out for our review at [emag-augsburg.de](http://emag-augsburg.de)

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# Mental Health





# The Power of Positivity

## A Game-Changer for Well-Being, Relationships, and Success

*In a world where the daily grind can sometimes feel like an endless rollercoaster of challenges, maintaining a positive mindset might just be the secret sauce for a happier, healthier life. While it won't magically solve all your problems, embracing positivity can have a profound impact on your well-being, relationships, and overall success.*

### Breaking Free from Negativity

Let's start with well-being. Picture this: a mind liberated from the chains of negativity, stress levels akin to deflated balloon, and resilience comparable to that of a superhero. That's the power of a positive mindset at work. Studies have shown that a sunny outlook on life can do wonders for your mental health, reducing stress and increasing your ability to bounce back from setbacks. It's like having a mental shield that deflects negativity and leaves you feeling more in control of your own happiness. It's not about denying reality but choosing to focus on solutions rather than dwelling on problems. The next time life throws lemons your way, grab them and make some darn good lemonade.

### The Magnetic Pull of Positive Attitude

Now, let's talk relationships. Who wouldn't want to be around someone radiating good vibes? A positive attitude is like a magnet for positive people. When you approach life with optimism, you not only attract like-minded individuals but also build a support network that enhances your emotional well-being. It's not about faking it until you make it, but rather creating a space where genuine connections can flourish. After all, who wouldn't want a friend who sees the glass as half full?

### Game-Changer

But it's not just about feeling warm and good inside – a positive mindset is a game-changer for success too. When faced with challenges, those with a can-do attitude are more likely to find solutions and navigate obstacles with grace. Positivity breeds resilience, and resilience is the secret ingredient to achieving your goals. So, whether you're chasing that dream job or starting your own business, a positive mindset can be the wind beneath your wings.

### Building a Positive Future: Start Today

Now, you might be wondering, "How do I jump on this positivity bandwagon?" Fear not, my friend, for I've got some practical strategies up my sleeve. First off, practice gratitude like it's a daily ritual. Take a moment each day to reflect on the positive aspects of your life. It's like hitting the reset button on your mindset. Next, surround yourself with positive influences. Whether it's books, podcasts, or that motivational cat meme you found on the internet, let positivity seep into every corner of your life. And don't forget the power of laughter – it's like a mini-vacation for your soul.

While it's not claimed that a positive mindset is a cure-all, its incredible potential to enhance well-being, boost success, and improve relationships can't be denied. Adopting a positive mindset isn't about ignoring life's challenges. It's about facing them head-on with a grin, armed with the knowledge that your attitude can make all the difference. So, why not give it a shot? Start today, and who knows – a brighter, more positive future might just be a mindset away.



# Obsessive Thoughts

## What to do if you can't escape your unwanted thoughts ...

It's common to worry about whether you turned off your stove or double check if you unplugged your flat-iron before you leave the house. It's also common to worry about germs or risks of infections, especially after we all lived through a pandemic. Some people drive down a highway and start visualizing driving off the road or admire the view off a cliff and wonder what it would be like to push down the person next to them. Those are examples of intrusive thoughts. Jon Abramowitz, a professor of psychology at the University of North Carolina says, "We all have these thoughts, and for the most part, we don't really do anything with them. We just say 'Oh, that's a doozy. I don't want to do that, and I'm probably not going to do it.'" These intrusive thoughts are manageable, temporary and you can try to distract yourself to keep your mind off them. However, for some people these intrusive thoughts linger and become constant and therefore turn into obsessive ones, which means that they are persistent and have a lasting negative impact on their daily lives and routines.

Obsessive thoughts are a form of an obsessive-compulsive disorder (OCD). OCD is unfortunately very common nowadays. It was estimated by the Max Planck Institute in 2023 that around 2-3% of people suffer from obsessive thoughts, compulsive behaviour, or a combination of these at some point in their lives. OCD also occurs equally in all genders.

Many affected people engage in unhealthy coping mechanisms. Therefore, it is important to educate yourself on how to recognize and cope with these obsessions, not just for the people who are affected by them but also for everyone else to help and support the people around them.

### **Acknowledge your obsessive thoughts.**

The first step to cope with your thoughts is to acknowledge and identify them. Maybe it also helps to write them down to recognize negative thought patterns.

### **Accept that your thoughts are out of your control.**

Accept that it is out of your control and there is no point in avoiding your thought or trying to suppress them.

### **Practice mindfulness.**

Practice mindfulness through meditation, yoga, or mindful walks in nature. These techniques can help you to connect with your mind and therefore help you to cope with them. It also relieves stress and anxiety, which are common causes of OCD.

If you find yourself struggling with obsessive thoughts, don't hesitate to reach out for professional help. The "Studierendenwerk Augsburg" provides psychological counselling for every student, where the current problem situation is clarified in one-on-one counselling sessions and individual solutions are sought. If you need urgent help, contact the "Telefonseelsorge" (0800 / 111 0 111 or 0800 / 111 0 222) or the "Kriesendienst Bayern" (0800 / 655 3000) whenever and from wherever you are.

# Underweight in professional dancers

*Have you ever been to the ballet and wondered afterwards how much effort might go into it? Being a child and seeing a professional dancer for the first time can be very impressive and leave traces, even more so if you also start dancing professionally at a young age as I did. A common consequence in classical dance is underweight, a mental health issue that can already occur after a short time and remains unnoticed in most cases.*

## Anorexia athletica in professional dancing

In classical dance, the leptosome-gracile form is considered as the ideal of a female body. It describes a physique that comprises a short torso, long arms and legs as well as a rather small chest and narrow shoulders. This body type is decisive for its very low fat storage and possibly the main reason why there is a high prevalence of a possible disease, especially in female professional dancers. Anorexia athletica as a special form of underweight occurs as eating behavior disorder in professional dancers and athletes in general who attempt to lose weight to achieve improved performance.

## Reasons for underweight

Since every dancer is different, there are different reasons for underweight in professional dancing. A genetic disposition is one of the three most common reasons that might generate underweight and requires that the dancer pays attention to a healthy approach to his or her body. Although my ballet class was for students only, the pressure on some of my friends from the part of their family was extremely high. Some profes-

sional as well as non-professional dancers like us might balance the stress by withdrawing or putting their body under enormous pressure to perform if there is any form of externally or internally generated pressure. The comparison with other dancers definitely plays a greater role if the dancing is done professionally and less as a hobby. Nevertheless, there is a— sometimes unconscious—comparison among young girls in dance companies, too, that can also arise because the teacher increasingly encourages a single dancer and thus creates individual insecurity.

## Consequences of underweight

In connection with underweight, hormonal disorders such as amenorrhea, osteoporosis or performance limitations can appear. Another characteristic of an underweight body is a weakened immune system and an associated lack of concentration that both lead to a lower performance and might result in a reduced self-esteem. Underweight female dancers

are also more likely endangered to suffer from a possible menstrual cycle disturbance, which may have a detrimental effect on their fertility.

## Solution

In order to help and to support young dancers to become professional in what they do and like, it's necessary for the dance teacher to maintain regular contact with the dancers and to treat everyone equally. Another approach to a solution is a general discussion about Body Positivity for more (self-) acceptance since this topic has a huge impact on the younger generation, especially in times of social media.



# Group Therapy

## Busting *myth*conceptions

*Ever considered seeing a mental health professional? If we get sick, we all tend to seek help from a doctor to get some sort of treatment. When it comes to our mental health though people seem to be a lot less inclined to apply the same method. Going to the doctor is the most normal thing in the world, seeing a mental health specialist however is not that common. Choosing to go seek help is the best thing one can do when ill. So, if one chooses to try therapy a whole new world awaits. What therapy suits you what kind of therapy do you want? There's a whole load of different options, one of them being group therapy. Time to bust some myths and misconceptions.*

### **You need to tell strangers all your deepest secrets**

Starting group therapy can cause a lot of emotional distress for a newcomer. The biggest fear probably being that one must share all their deepest secrets with the group. This isn't really the case. As with anything you choose what to share and what you want to talk about, so if you're uncomfortable with sharing something then that is completely valid and you don't have to talk about it. Nevertheless, if it's a vital issue that needs to be addressed you should talk to your therapist about it and maybe arrange a one-on-one session if necessary. If one talks to the group about their issues, it usually opens up topics most relate too which can in turn make oneself feel better because no one is alone in their struggles. As soon as there is a basic level of connection within the group opening up is a lot less difficult as one might think and there's a lot more support than one could ever imagine.

### **Fear of being judged for past experiences / actions**

When looking at our past we are always scared of being judged for our worst actions / experiences. Going into therapy really ignites that fear of being judged or disliked for things that might have happened in the past. Here it's most important to remember that one is in a professional setting. Your therapist isn't there to judge but to provide objective input and to lift you up. Your fellow group members all share that same fear but are in most cases the least judgy people, for they wouldn't want to be judged for their past either.

### **Personal experience**

Attending group therapy had never crossed my mind before having my first conversation with my now therapist. My therapist suggested that I join a group in order to socialize and get more comfortable in social settings so I reluctantly agreed. It has been a great experience and although it's really hard and also a little awkward at first, I now have a great relationship with my entire group. So I highly recommend.





# Mindfulness

## Remember what can't be forgotten

### Living in the present moment

*Amid boring lectures, stressful exams and a social life to manage, our minds are already crammed enough without caring about some spiritual woo-woo.* However, there is a simple yet effective way to enjoy a moment of inner peace despite all the chaos – it's the art of focusing on the present moment, it's Mindfulness. Whether in line for the coffee machine, on a campus walk or while studying, one can consciously decide to attend to the here and now.

### You can't do this incorrectly

Above all, this is about momentarily slowing down our inner world of never-ending thoughts and acknowledging our surroundings. Simply put, to become aware of the present moment means to notice the things that are happening in it, without judgment.

Taking in deep and conscious breaths, integrating a brief meditation into your daily life and observing the environment or the body are some suitable anchor points. If it works for you, you'll experience a nuanced shift from the usual chatter inside your head into a more conscious perception of the 'Now'.

Not convinced? Try this: As you're reading these lines, become aware of the sensation of the soles of your feet on the ground and allow attention to rest there for a couple of seconds. Slowly move your attention upwards and choose another part of the body.

Perhaps notice how your tongue feels inside your mouth. It may be that by scanning your body like this, you'll become aware of sensations or even tensions you didn't fully know were there before.

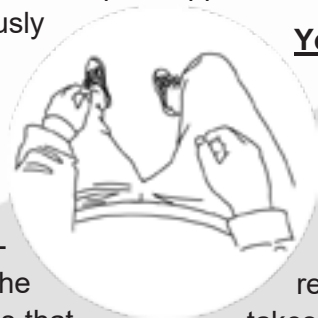
Become aware of the breath and let it find its own natural pace. Counting each inhale and exhale at a time, your body usually relaxes accordingly. It becomes apparent that thinking thoroughly is also not required.

### Your mindful journey starts now!

This was no mind-blowing information. Mindfulness doesn't give you anything in the conventional sense. It certainly doesn't give you more food for thought. But hopefully it has pointed out what's readily available here for you and how little it takes to find slightly more balance in life once continuous thoughts fade into the background.

After a while, you might find yourself having a calmer mind, more mental clarity, being less distracted and more disciplined or even more at ease with anxiety. But you will be the one to determine these benefits for yourself because, after all, the essence of Mindfulness can't actually be contained in words.

Now, dear campus-traveler, start off on your timeless journey of Mindfulness, become a full-on witness of life itself and embrace each moment, for in simplicity lies profound wisdom.



# My Hoard Is My Castle

## A Life With Compulsive Hoarding

*Hoarding has increased in recent years. Every 20<sup>th</sup> person in the UK is a hoarder, numbers rising. Age, education, intelligence and socioeconomic background don't matter when it comes to hoarding. It can affect anyone.*

*Why do people hoard? How is this phenomenon expressed and is there a way out?*

### Suffering in Secrecy

Mary is a 47-year-old nurse from Edinburgh. If you saw her on the street, you'd think she was a perfectly ordinary woman. But Mary has a secret. Her friends and relatives haven't seen the inside of her house in 12 years.

"I couldn't bear for anyone to see my home. It's embarrassing, isn't it? If I want to see people, I meet them outside, never at home." ~ Mary

And for good reason, as Mary's home is filled to the brim with stuff she can't throw away. Every room is full of knickknacks and boxes, even Mary doesn't know the inside of, but still can't help but feel attached to, and is therefore up for keeps. Hoarders like Mary have a hard time throwing things away, even those they don't need. Every item is seen as precious, be it old newspapers or grandma's favourite tea-set. They don't see rubbish piling up, but precious mementos that could one day still be of use. Most of those that start hoarding later in life do so because of the loss of a loved one. The trauma of dealing with that loss makes them want to keep things as close as possible. Having hoarders in the family may also affect one's collecting behaviour.

### Dangerous Clutter

Mary hasn't been able to use her bedroom for 6 years now. It's filled with clothes she bought from sales. Most of them she hasn't worn once. Since Mary hasn't been able to access her bedroom, she made a little nest in the living room. There isn't enough space for a mattress, but old cushions and clothes are enough to keep her comfortable.

"It's difficult getting around in the house, as I have so much. It's not rubbish, though. Everything is dear to me. I can't throw it away. I do worry about injuring myself, 'cause I won't be able to call for help if I fall." - Mary.

Hoarding bears many dangers. Many hoarders injure themselves; some even die in their hoards. Blocked ways cause injuries, because the people living in such homes fall and eventually break bones, especially if they are getting older and their mobility isn't what it used to be. Hoards are also a fire hazard, as old papers and magazines may easily

catch fire if it's either hot enough or someone lights a fire in close proximity. With the exit ways blocked, chances of getting out fast enough in case of an emergency are often low.

### An Inevitable Fate?

It's difficult to get out of that mindset. Hoarders need intensive psychological help to let go of their clutter. Even then, the rate of relapse is incredibly high and their fate seems inevitable.

It's difficult to get out of that mindset, but with intensive help, hoarders may become able to let go of their clutter.





### **WE ARE eMAG #43**

eMAG is an independent non-profit magazine published twice a year, by students, for students. It is part of a University of Augsburg Language Center course. Everything related to the production of the magazine is conducted in English. The aim of eMAG is to entertain and inform the university community about international, intercultural and local topics in the English language. We regularly publish articles on our website [emag-augsburg.de](http://emag-augsburg.de). The content of individual articles does not necessarily reflect the team's views and opinions.

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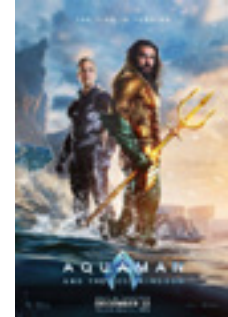
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# Watch / Read / Listen

## Aquaman: Lost Kingdom

The sequel to the 2018 film Aquaman premiered on Dec 21st 2023 and is still played in cinemas. Afterwards it should be available on Disney+. The film features Jason Momoa as Aquaman who fights against the villain Black Manta who pollutes the world's oceans to gain the power of an ancient long-lost underwater kingdom. He comes to terms with his half-brother Orm and becomes an ambassador for the United Nations representing Atlantis. Despite it being the last film of the DC Extended Universe, it didn't receive great reviews from fans. However, it is interesting how today's pressing issue of climate change and global warming is incorporated into a fictional superhero film. So maybe watch the film with a socio-critical perspective. How nice it would be if climate change could be stopped so easily.

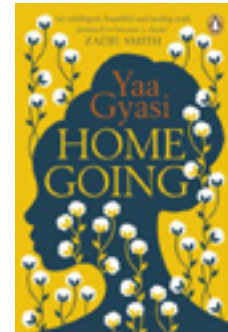


© DC Universe

## Homegoing by Yaa Gyasi

Homegoing is a story about home, about ancestry, about heritage. We follow two parallel strands of a family tree: two sisters whose lives take separate courses. How circumstances and decisions influence their lives and those of their descendants.

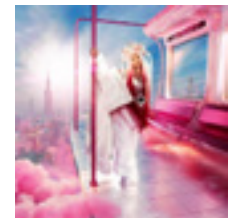
This historical fiction novel was published in 2016 and is the work of author Yaa Gyasi. It explores many historical events through the fates of the two sisters Effia and Esi – one of them a slave, the other the wife of the slave trader – and their descendants. The plot covers several generations, spanning a period of several hundred years, which makes it seem like a collection of short stories. They mainly focus on three motives: the Anglo-Asante War, the slave trade and segregation.



© Yaa Gyasi

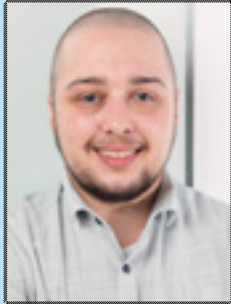
## Pink Friday 2 by Nicki Minaj

Female Rap might not be a genre for everyone. However, Nicki Minaj is one of the most influential female rappers and everybody has heard of her. Her new album Pink Friday 2 was released in November 2023 and gained a lot of popularity among fans. It combines many different styles of music, so there is actually something for everybody. There are songs as you would expect them from Nicki but there are also some slow and more serious songs. She also goes back to Trinidad (her home country) and includes the song Forward From Trini featuring Skillibeng and Skeng. Features are also basically the theme of this album as she features 14 different artists including Billie Eilish, Drake and 50 Cent. It is worth a listen since Nicki Minaj goes on Tour and comes to Europe this summer.



© Nicki Minaj

# Meet the Team!



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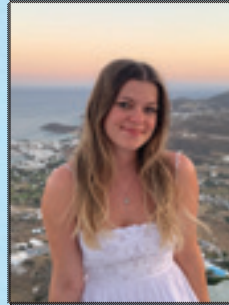
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# UniA Research to go –

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mit **Prof. Dr. Axel Tuma**  
zur Grünen Transformation,  
mit **Prof. Dr. Anna Kathrin Bleuler**  
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