

Ines Reis

Osmosis x Futures Skills Award

Dream. Live Osmotically. Study. Do What you like. Work Hard. Meet NEW people. Stand Out. So....APPLY for The Futures Skills Award. \m/ #BeOriginal #BeYou #NOcOpY \m/

Me

Olá! Hi!

My name is Inês and last year I came from Portugal and settled in Bolton, Manchester with my mother.

I started my studies in Marketing at the Manchester Metropolitan University and every time, literally every time I walk to the university, I feel I'm in a real movie.

The reason I travelled to another country (or The Island as I call it), is because I want a future that I can control. I want to get a degree, get a cool job, be able to travel and become, just me. My home country wasn't allowing me to do that so the bubble had to burst.

And now here I am!

Skills



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Why Applying

Since I can remember I have always seen awards and competitions as a way of standing out of normality.

I have always wanted to be one of the best in classes (I was an honour student from the age of 10 to 16 and class president from 15 to 17 years old) and help my classmates to be better (I organised a school trip to Futuralia- an Education and Training fair).

One of my hobbies is the ancient art of drawing and sometimes writing in an abstract way. With these two skills, I have already entered and won many competitions via a national youth magazine.

During my teenage years, I have played chess, where I participated in a chess tournament and had swimming lessons, where I also participated in swimming tournaments.

When I was younger, I belonged to a Scouts group, which did lots of fundraising, and to an independent school club.

I remember in the very first week of University- the International Welcome Week to Freshers at MMU I attended a lecture about an award. I was really surprised about we just had to follow some simple steps to achieve it. However, with a giant world of activities and connections behind them. And when I saw it I just knew I had to participate in it!

Skill: Language Learning

In order to be an MMU student, I had to take the IELTS exam to measure my English level. I started to learn English when I was around 8 years old. It was in school through simple exercises like translating animal's names. Later, with films, music and books the knowledge has gradually been built.

I have been developing this skill since I have moved to the UK a few months ago. English is now the "universal" requirement for anyone of us who wants to know what is happening in the world.

However, other languages cannot be forgotten. So I participated in the Futures 10hour language course, getting my first contact with Mandarin. In a week, basic lines such as greetings ("Ni hao!" that means "Hello!") and order food, in mandarin Chinese were thought to us. I found it interesting and not quite difficult because many of the sounds are actually similar to Portuguese. The challenge is keeping the discipline and practise the language.

The best part of having participated in my first language course was the people I met. This was also my first experience in enrolling in something without knowing what to expect. I made friends who are studying, working, and even participating in the FSA. I even become to know that some of them speak 5 languages! That fact really impressed me and made me want to learn more.

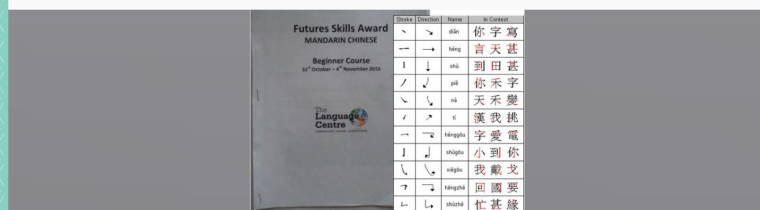
As a result, I have now started to explore the Spanish language with a friend who lives in Brazil. Together we communicate in another language learning freely and on our own rhythm with the help of online sites.

Study Abroad



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Mandarin



Ni hao!

Hello!

Skill: Analytical Thinking

Solving problems quickly and effectively was the main challenge when I moved to another country whether by gathering documents needed or just booking an event according to my timetable.

I started to develop this skill a few years ago while being a member of my secondary school chess club. Chess is a brain game where good decisions are imperative in order to play well. I find it very interesting and cool to play in free times because it makes us see beyond, this is, we need to almost visualise the future just looking at the board pieces. And this is also a synonym of broadening our horizons.

To continue opening my perspectives, I joined the Leadership Programme where every session examines a particular theme. Until now I attended 4 workshops related to building ourselves as leaders, better decision making and build confidence for success. This programme makes me think twice about how things work and how can I act better in the future.

Reading is another way of developing this skill and a few weeks ago I started to read an interesting travel book called "The Old Patagonian Express".

Moreover, I am now involved in a project that helps young people with loneliness in partnership with @EdLabs and 42nd Street. This is my first volunteering experience in the UK and I believe it is a very actual and important subject to be analysed since today we live almost 24/7 with our eyes on our phone screen without really connecting with others.

Leadership Programme

Context	Technique	INTELLIGENCE
Preparation before an activity where confidence is required	Platform of E	IQ and exam results measure Academic intelligence
Increased confidence about working with/meeting etc another person	Walking Time	This is not a reliable predictor of who will succeed in life – it contributes just 20%
Rehearsing scenario(s) where confidence is required	Meta Mirror	Emotional Intelligence- desire and motivation contributes 80%

Are your decisions really your decisions?

Mark Crowder

Leaders who want to show sensitivity should listen often and long and talk short and seldom. Many so-called leaders are too busy to listen. True leaders know that time spent listening is well invested.

— J. Oswald Sanders —

Find yourself as a leader.

Skill: Sustainability Awareness

Sustainability has always awakened my interest since I can remember. So when I saw this skill in the Futures skills Bank I immediately knew I had to explore it.

Having one module called The Responsible Marketer, sustainability is an essential part of every lectures and seminar. The first activity I made towards to it, it was the Sustainability Walk with Jack Christian useful for this discipline assignment, and where I and a few other students saw the impacts of industrialisation in Manchester, making us think what can we do? How can we help?

Sustainability is often defined as the "development which meets the needs of the present without compromising the ability of future generations to meet their own needs" (United Nations, n.d). But in this walk, I learned another thing: sustainability is not just a 'green' concept. It is too and mainly, a social responsibility: educate people first for after, they act in the environment.

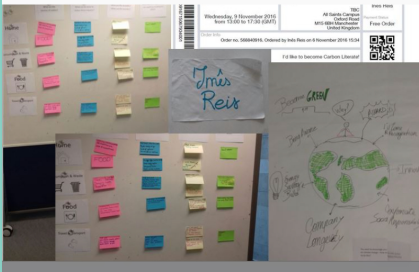
On November 9th, I participated in the Carbon Literacy Project and received a certificate as Carbon Literate. It was an interactive afternoon session where I become more aware of the real impacts of carbon in our lives and that Manchester aims to reduce 41% in CO2 emissions by 2020.

Since sustainability is also being conscious of ethical and community problems, this made me, even more, wanted to join volunteering, through an event with @EdLabs MMU Reporters.

Sustainability Walk with Jack Christian

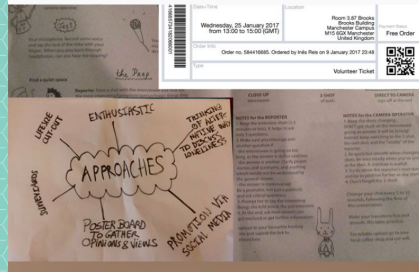
See Manchester as you don't see it.

Carbon Literacy Training



Create a good impact.

@EdLab MMU Reporters



Fighting Youth Loneliness.

Futures Skills Award Reflection



Reflect to Continue to Improve Yourself.

Futures Skills Award Badge



Manchester Metropolitan U...

Date issued: 02 March 2017

Issued by: Manchester Metropolitan University

Description Issuer Criteria

Digital badge for the Futures Skills Award.

Badge

