



Personal Development bulletin number 26 25.4.22



International Design Day
27 April 2022

Doubt whom you will, but never yourself.

C N Bovee

Active April 2022

MONDAY



4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try a new online exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

TUESDAY



5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

WEDNESDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

THURSDAY



7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

FRIDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

SATURDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

SUNDAY

3 Listen to your body and be grateful for what it can do

10 Have a day free from TV or screens and get moving instead

17 Be active outside. Dig up weeds or plant some seeds

24 Get active in nature. Feed the birds or go wildlife-spotting





International Design Day
27 April 2022

International Design Day

On this day, we challenge designers to reflect deeply on the well-being of people within their local environments, and to find innovative solutions to local needs by using design as a vehicle to honour diversity and transcend borders.

The theme of International Design Day 2022 is 'Suspended in Transition'. The old ways are no longer fit for purpose but the new ways have yet to be created. We find ourselves in this in-between, “liminal” space. It feels urgent to act...

<https://www.theicod.org/activities/international-design-day>

Inspirational children... Louis Braille



Access to communication in the widest sense is access to knowledge, and that is vitally important for us. We must be treated as equals, and communication is the way we can bring this about.

Louis Braille

Braille was 5 when he lost the sight in both eyes after an accident with his father's tools. Aged 12, he learned of a secret communication system used by the French Army called Night Writing. He used this idea of raised dots to create an alphabet that enabled blind people to read and write. His system of Braille is still used by blind people today, 150 years after Louis' death.

Discussion Questions

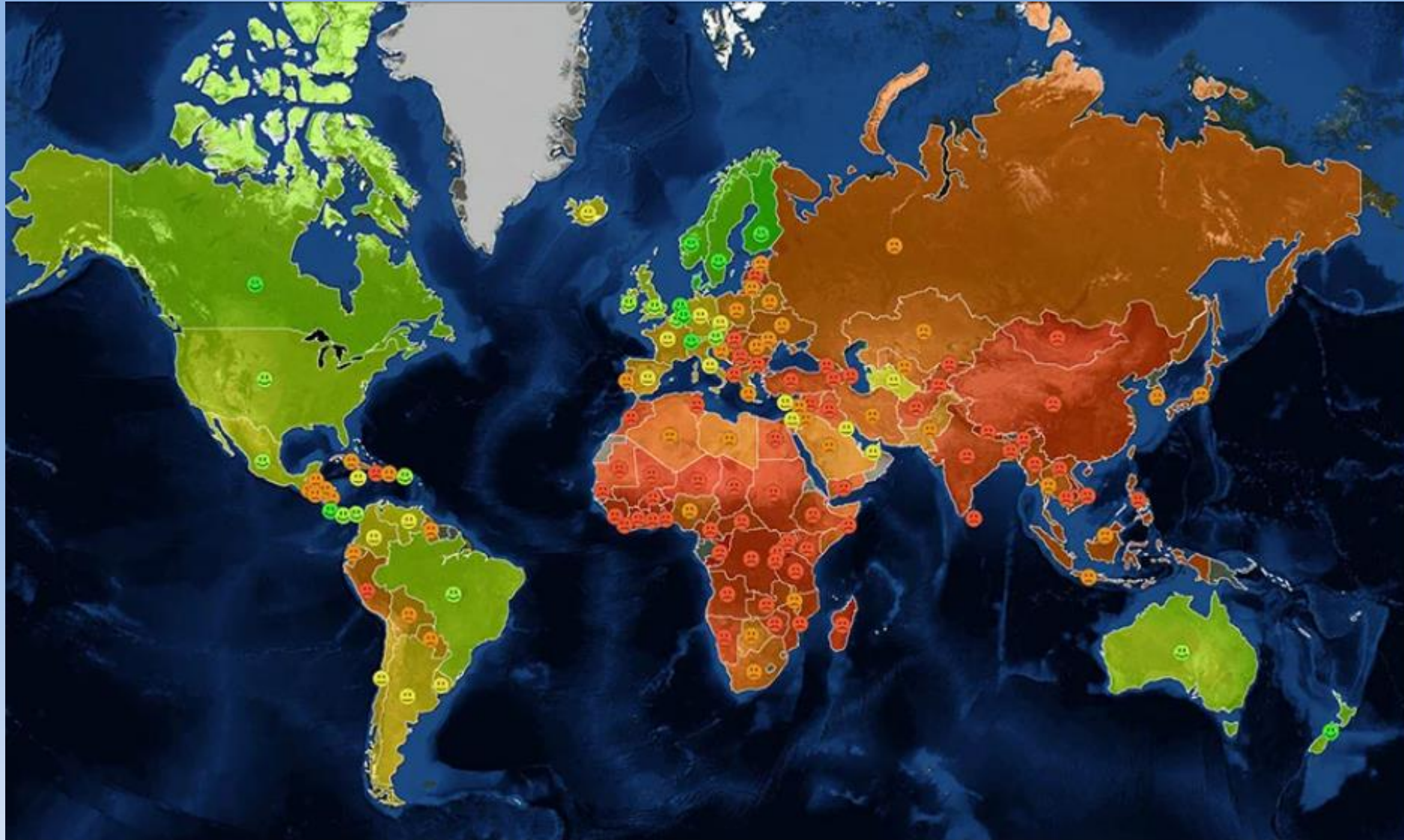
1. How do you think Louis would feel, knowing his invention is still being used to help people over 150 years after his death?
2. Which do you think would be harder to lose suddenly – sight or hearing? Explain your answer.
3. Do you think people with disabilities are treated equally today? Do you have any experience to support your opinion?

Activity

[illegible]

Can you create a coded message for somebody else to read?

Happiness Across the World



<https://natureworldtoday.com/a-selection-of-maps-is-tw/22/>



About www.themix.org.uk

The Mix is here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that people under 25 have in order to give them the best support through our digital and phone services. **Our Mission** is to become the first point of contact for any young person seeking help or information on any subject wherever and whenever they need it.

How to stay safe in online relationships



[Page of the week](#)

Navigating the creative industries' endless opportunities

Did you know the creative industries are amongst the fastest growing sectors?

Digital arts can lead to extremely exciting career opportunities. Many of our own alumni have gone on to work on blockbuster films including **The Batman**, **Venom: Let There Be Carnage**, **Avengers: Endgame** and **No Time to Die**. Whether you students enjoy Film, TV, Art, VFX, Computer Animation, IT or even Data Science, there is a place for them in this industry.

Explore Escape Studios' handy free guide to learn more:

[Download now](#)


Apprenticeships

<https://successatschool.org/jobs/courses>


Jobs & Courses

Location ▾ Career Zone ▾ Deadline ▾ Type ▾ Date Posted ▾


Search and apply for the latest work and study opportunities




IBM Business Futures Gap Year Placement
Gap Years | Nationwide
Application deadline: Ongoing




School and College Leaver programmes in Operate with PwC
School Leaver | Northern Ireland
Application deadline: Ongoing




IBM Junior DevOps Engineer...
Advanced Apprenticeship | Nati...
Application deadline: Ongoing




WTW - Insurance Apprenticeship...
Higher Apprenticeship | Greater...
Application deadline: 30/04/2022




IBM Software Developer...
Higher Apprenticeship | Notion...
Application deadline: Ongoing




WTW - Insurance Apprenticeship...
Higher Apprenticeship | North...
Application deadline: 30/04/2022




PwC School and College...
School Leaver | Nationwide
Application deadline: Ongoing




WTW - Project Management...
Higher Apprenticeship | East of ...
Application deadline: 30/04/2022




WTW - Data Analyst Apprenticeshi...
Higher Apprenticeship | East of ...
Application deadline: 29/04/2022




BT - Digital Service...
Advanced Apprenticeship | Nati...
Application deadline: Ongoing




PwC - Ada Virtual Open...
Other | North West
Application deadline: 30/04/2022



IBM Chartered Business...
Degree Apprenticeship | Nation...
Application deadline: Ongoing



PwC School and College...
School Leaver | Nationwide
Application deadline: Ongoing



BT Cyber Security Apprentice...
Degree Apprenticeship | Nation...
Application deadline: Ongoing

Study in Holland

At University College Utrecht undergraduate students compose their own curriculum by studying liberal arts and sciences

This means they combine subjects from humanities, science and/or social sciences, before committing to a multidisciplinary major.

They'll also:

- Get a globally recognised degree: University College Utrecht is one of the honours colleges of Utrecht University, an old, well-established university in the Netherlands
- Live with people from all over the world on a small American-style campus in the historic city of Utrecht

> [Watch the video to learn more](#)

From **Monday 25 – Thursday 28 April**, Middlesex University is hosting a week of virtual taster lectures, designed to help students explore their options at uni.

With over **30 lectures in a wide range of subjects** and topics, your students can take a virtual seat and discover what it's like to study at university and great to use in your personal statements, too!

You will also get the chance to chat to our lecturers and MDX staff directly, and hear from current MDX students.

Highlights of the week include:

Mon 25 April, 4-5pm: How to start a **sustainable business**

Tues 26 April, 4-5pm: The **Ukrainian crisis**: a new cold war?

Tues 26 April, 5-6pm: **Sex, gender** and the **fashioned body**

Weds 27 April, 4-5pm: How to make **Usain Bolt** faster

Weds 27 April, 5-6pm: The laws of a **pandemic**

If you are interested in attending a lecture book using the link below

[View more and book](#)