

UNSETTLED

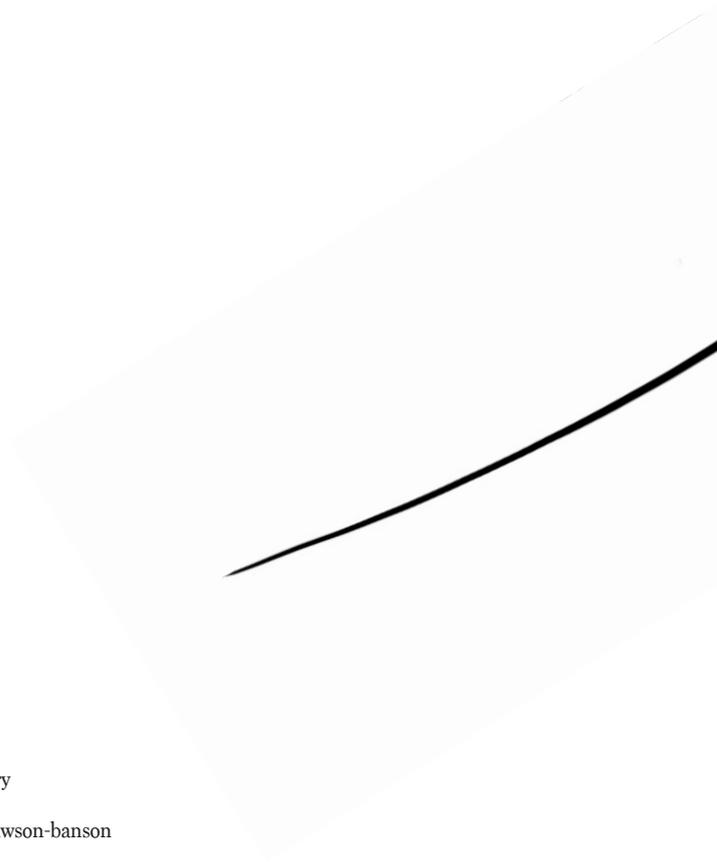


“ ”

d e a r r e a d e r ,
you are all in between.



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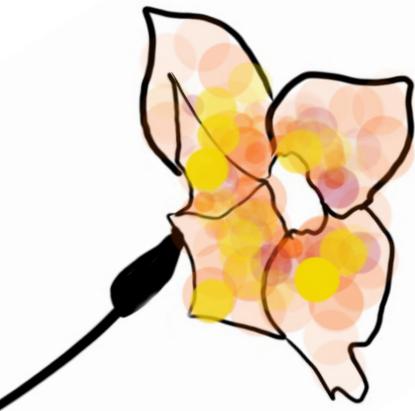
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‘ ‘ C h e e r u p l u v ‘ ‘
the empowerment platform for women to speak up

words and photo Isaine Blatry, model Sareeka Linton

Standing on the Victoria line during the morning rush hour, Sareeka felt something grazing at her crotch area. She assumed it was someone's bag or somebody mistakenly touching her. She double checked and saw the hand of a repellent old man standing next to her. Sareeka Linton's story is one of the reasons why the London-based photojournalist Eliza Hatch founded her new quest in retelling women's stories of sexual harassment.

'Cheer Up Love' is a photojournalism project gathering women's experiences and stories, putting them out there, creating so an empowering platform for them to speak up. All whom participated share a sense of relatability through their stories, their faces. You feel their experiences through the photographs of Eliza Hatch.





84% of women aged from 18 to 24 had experienced sexual harassment in public places. Moreover, 64% said they feel unsafe in public and half of them have to do safety planning when going out in the evening.

These statistics represent a wider truth of what women have to go through in their daily lives, and are one of the reasons that pushed Hatch to create her ongoing photojournalism project.

It's a platform for women to turn the vulnerability that they experienced while they were sexually harassed into power. "The themes behind Cheer Up Luv have been a constant factor in my life, but it was only when earlier this year a strange man on the street walked past me and told me to cheer up, that it really bothered me. That single phrase, which I am used to hearing, finally irritated me so much to the point where I needed to do something about it", Hatch explained.

This sentence prompted her to have a conversation with her friends, that made her realise how much sexual harassment was normalised. “I realise that it wasn’t just the harassment itself that was the problem, it was the awareness surrounding it”, she added.

Sareeka, 24 years old, is one of the women who have been photographed by Hatch. During a rainy Thursday afternoon, in a noisy café over a fresh mint tea and a hot chocolate, I met Sareka, she explained how she became involved in this project, “Actually it was quite random, I found it on Instagram. Eliza and I have a few mutual friends, I thought her project was really amazing, I contacted her and we worked from there”. When it came to talking about her story, she laughed disheartened and said, “The distressing thing when Eliza asked for a story to tell, I actually had multiple ones to choose from”.

As she took another sip of her fresh mint tea, she shared her experiences of being photographed by Hatch. “The way Eliza has done it and the photographs really add a personal element to the stories which I think is really important. I felt so empowered when I had my photo taken and all the women look very strong and not vulnerable at all”, she said.

Hatch explained that the shoot won’t work unless the woman is feeling strong about what she is saying. She always wants to depict the woman as empowered by her surroundings as possible.

Hatch shared her opinion on the #MeToo movement created in early October, by the actress Alyssa Milano which had a worldwide impact, “I think the #MeToo initiative is a very powerful movement. It’s a way of giving women a chance to let men know if they had been through something without having to single themselves out or explain their story if they didn’t want to. It gives you just the right amount of anonymity and solidarity with other women”.

Sexual harassment is an important distress that still persists in our society, it exists and will always exist. However, it is being challenged and tackled by projects such as Cheer Up Luv, who gives an opportunity to women to have their story heard. Hatch said, “I do think a change is possible, it’s already happening with awareness being raised. I think a lot of the reason why harassment goes unreported is that women don’t think they will be taken seriously, or doubt anything can be done about the incident. This attitude needs to change”.



fly on the street

illustration Jody Cross

He doesn't work for them he works for us
He took the guy on
What can you do there is nothing you can do?
He's American
He really sucks
They ended up taking the photos on the bus
Anyhow what's going on with you

Yeh yeh you mentioned that right
Yes, I think something else comes out of all this
Your great job
Even if Rachel is materialised or whatever
You still have your position
I'll tell you
You'll really start to feel good about
who you are if you stand up for yourself
Very self-serving very self-serving
Let me know how it goes
Send me a text
I'm off tomorrow so tell me how it goes
You'll figure it out
Just know you're doing the right thing
Don't snap you're better than that
You're doing it how I would do it
Of course, you will
My advice is do not over explain
You've made your decision and you have
Okay okay alright have a good day I love u sweetie.

American woman on the phone, Heygate Street bus stop



phases

words and polaroids Alexandra Dawson-Banson

I like to think of my life in phases.

A phase is a distinct period or stage in a process of change or forming part of something's development and we as humans are constantly developing. A phase to me is temporary, individual to the person but also life changing. Particular things happen at certain moments in your life to teach you a lesson, or for you to gain experience on a situation, which may inform future decisions. However, everyone experiences phases differently depending on your character and the type of phase you're going through. This is my experience of phases so far.

This was from the moment I was born up until year 11 - when I was 16. I made multiple mistakes, fell into peer pressure numerous times and followed the crowd so that everyone would like me. I was unsure of who I was among people and my mother was worried too. I remember countless times her telling me 'to not always follow what my friends were doing' and to think for myself. But to be honest I didn't know how to think for myself. I just seemed to adapt to what everyone else was doing and didn't try to explore my thoughts and feelings in fear that I'd get left behind. School was such an influential but also, judgmental place meaning that forming friendships and not being the odd one out was crucial. At this point, I had no real sense of my own identity.





PHASE

II

This was my whole sixth form experience. This is when I started to focus on my own ambitions, reconnect with lost friends and start to think for myself. The phase where I wanted to experiment. During this time, I seemed to find the people I connected with most. People who supported my extra-curricular activities and ambitions as well as managing to make me laugh every day and feel comfortable around. They were all as equally creative as me but in different ways. Whether they were going into the world of law or fine art, they seemed to bring out the best in me and make me want to be the best version of myself whether it was through styling choices, attitude to life or determination.

The phase where I become my true self. I socialise more, focus on doing what I love and becoming an adult. The phase where I still have fun everyday but can also be responsible and look after myself. This is simply just a prediction. I can't tell you exactly what happens in Phase III as I haven't completed it yet. However, I do know that Phase III is an important stage. A lot of decisions I make during this time will affect my later life. There's no way of knowing who I'll meet and what bad decisions I'll make, but I do know that Phase III will bring me so much joy and excitement. The number of phases I will have in my lifetime is unknown. I personally believe that phases are endless. What I'm going through now may seem like ten different phases in ten years' time. Right now, is the time for focusing, being productive and enjoying. Phases come and go but the experiences you learn from them last a lifetime and I can't help but wonder, 'what is Phase IV going to be like'





the pillow talk cause

*words Nour Hassaine, photos provided by
The Pillow Talk Cause*

Artists are now creating thought provoking pieces for the least expected locations, your couch. The Pillow Talk Cause project launched in September 2017 to start discussions on issues part of our society. Founder Saliah Bryan used cushions because she believes that they are the centre piece of a room. “I imagined this space where somebody would walk into a room and see these really big and colourful illustrations and think ‘Wow, what a positive image!’ Instantly, you would think it’s a positive thing but actually it reflects on something that’s really quite serious and something we should be caring quite more, raising money and awareness. So, each artist produces a limited edition series of cushions to reflect a cause they care about”.

Half Lebanese, half English, Bryan moved to the UK at the age of seven. The Pillow Talk Cause project was created after the designer’s response to the theme of transition for an art exhibition curated by Reconnecting Arts, a platform that supports emerging Middle Eastern artists. Bryan said that she had to design something with purpose, since, at the time, the refugee crisis was at its peak. Since the beginning of the war in Syria in 2011, 5.2 million Syrian refugees have been displaced in Lebanon, Turkey, Jordan, Iraq and Egypt, according to the Regional Refugee and Resilience Plan (3RP), 2017 progress report. The designer said that moving to the UK from the Middle East was difficult. “So I can’t imagine having to deal with the transition whilst dealing with trauma of knowing my home was being destroyed.

Saliah Bryan designed 6 cushions, each with a different name and meaning. After researching charities, the designer decided to collaborate with the Human Care Syria because she said “it would make a huge difference [as] they’re such a small charity and they really focus on specific objectives”.

“Of course, it helps” is what Sarah from Human Care Syria who worked with the designer said. Bryan brought a new way of raising funds to the charity. She also introduced them to a new platform. Throughout this project, the charity has been able to reach a new audience, the creative community. The designer’s series for the PillowTalkCause supports mainly refugees from Syria in camps in Europe and especially Turkey. On November 16th, 2017, the United Nations High Commissioner for Refugees registered 3,320,814 Syrian refugees in Turkey.

The three issues Bryan is aiming to raise most awareness and money for are: orphans, women’s sanitation and a starting initiative which was art therapy for the people in these camps. “I really wanted from this cause is so the money creates a huge amount of impact. It’s not a case of we’re just donating money and it only affects a couple of people. I wanted it to make a real change and prove that design and creativity can be a cause for difference and it can really create an impact”, is what the designer created this project for.

Bryan introduces herself as a designer on a mission to highlight the power of design for social change. When asking her what should people take away from the cushions, she answered that everyone has the power to make progress, not just creatives. “We all have a responsibility, and we can all do better. Sharing awareness, reading about what’s happening, expanding your knowledge in order to pass that onto others is still progress”.



take your time



It is really easy to get caught up when you have a busy schedule and be overwhelmed by all the things you have to do, that sometimes you forget what relaxing feels like. Living the student life is really fun and exciting but can be extremely tiring as well. Being constantly on the go with tonnes of things to do and with deadlines piling up can soon become stressful and take up a lot of energies without even realising. Whether it's work, lectures, friends, sports or holidays there is always something that will keep you busy and distracted. Some people love it because it makes them feel as if they are in control of their life, whether others find it rather overwhelming.

There is a common misconception that being highly organised and busy will make you a better and more successful person because you have your "life together". Planning everything ahead can be helpful sometimes and for some people but not when it turns into an obsession. Everyone is different and with different lifestyles and forcing yourself to fit into a box which doesn't belong to us is wrong and can reveal itself stressful.

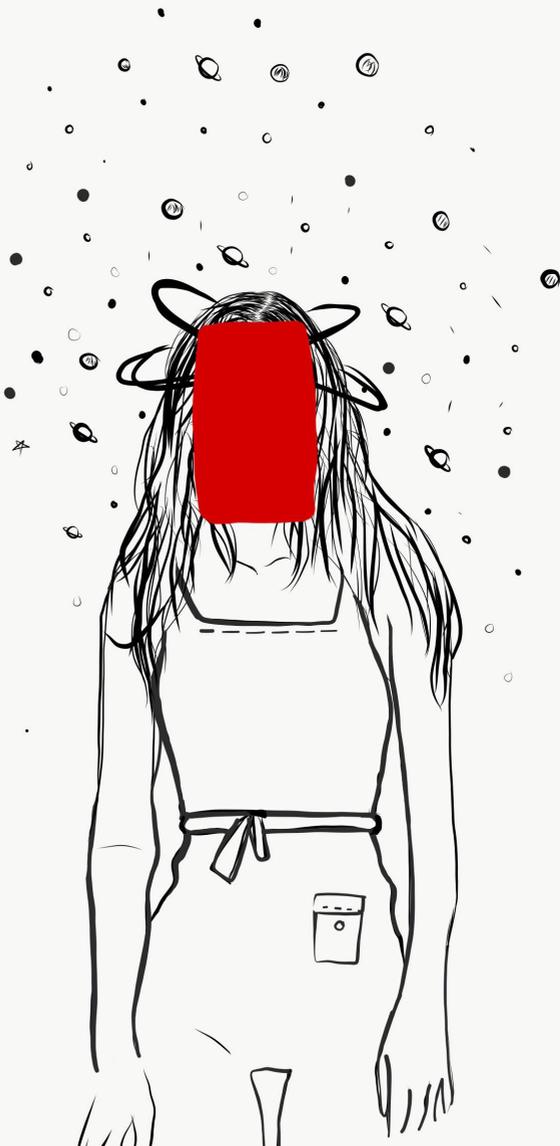
A couple of months ago I came across a magazine called Flow, which promotes a slow way of

words Rebecca Ricci, illustrations Jody Cross

life by encouraging its readers to take a break from their daily routine and to connect with their inner self. It was really good, and as cliché as it sounds, very inspiring as well.

It emphasises the importance of taking time off and of how crucial it is to do so as it allows you to take a break from everything, it helps you understand who you are and enriches you as a person. In the least philosophical way possible, it is true, especially when getting caught up with everyday life and forgetting to take time to yourself is so easy. The magazine suggests to take at least half an hour off every day to do whatever you feel like you usually don't have enough time to do, and to appreciate the small things. There are infinite options to what you can do in your spare time, such as: reading, writing, singing, drawing, going for a walk, baking a cake or maybe just calling a friend. Take your pick!

Once you will enter in the routine of doing so and understand its importance, your mental health will flourish and you will feel much more relaxed; and last but not least you might also finally find the time to read the book that has been lying on your shelf for the past three months!







the lights in others' homes

words and photos Irene Chirita

The sun does not shine quite often, and when it does, it has no power. It fills up a space in the sky for beauty, as vanity, but it does not fill your heart with tender warming. Usually your day starts before the sun has even had its morning coffee, and at 7am you open your cream curtains, wondering what's taking it so long. It is late, it is stubborn. And it decides to show up at the most inappropriate times: when you're in class trying to focus, for example. It knocks on the window and all you can do is wonder if you're worth enough for it to wait for you to get out. Probably not. Or during the weekends, when you'd like to sleep more, it wants to play, when all you want to do is dance slowly with the bedsheets.

The sun does not shine quite often on the street I used to live, and when it does, you fall for it; like a passionate lover, struggling in a platonic relationship.

This is why, people here have learned to create their own lights and atmosphere.

Just picture it: while wondering around the streets, your violet fingers have no more power over the phone's touchscreen. So you just give up, and decide to take a route of your own. And that's when you see them, bright and wonderful, the lights in others' homes.

Geometrical shapes host an early royal banquet of cinnamon buns and filter coffee. Sat at the wooden kitchen table, he is reading big news on a small screen as she walks barefoot around the house, wearing a perfume stronger than coffee's. Their mess seems designed: bills overflowing in a corner, piles of books on the side of an empty library, empty cups of tea in the sink, candle wax on the window sill*, as all they can think of are the cuddles after sex.

**Candlelight is an important component for the 'hygge' (cozy) lifestyle. Fused and warm, usually is the preferred source of light at any time of the day. The relaxing atmosphere is best for studying or during a calm night on the couch with friends or family.*





On a little blue bike, she rides. She goes as the wind brings her home. The cold does not matter as the idea of sitting by the fireplace and drinking cocoa warms her heart. And she pedals and pedals and her long hair creates waves in the air, feeling free and dreamy. She's unaware that the front door is wide open, as at home they're all waiting in the living room with a homemade cake*, to wish her a happy fifth birthday.

**A Danish birthday tradition is to decorate the birthday cake with Danish flag sticks. Same applies to presents' wrapping paper.*



Hidden by green leaves, as the afternoon is close by, a secret garden glows behind gate number 145. And I do not refer to the alley outside the house, but to the botanic greenhouse spaces around the bedrooms or the bathrooms*. Sneaking my head past the gate, I see an old man watering the pots hung from the ceiling.

**Plants are a danish design signature.*

Big girl, chubby girl,
comfortable within her body,
overfills.

She overfills her tub,
she overfills her room,
she overfills her planet,
andddddd
your universe as well.

Gentle... gentle...
Gently!
be thy water,
be thy mind,
be thy body hair!

This untouched
unconstrained tendency of life
marked out
this female being.
She burst out in orange,
fierce in pink.

She goes on and on...
on and on and on and
on.

This girl,
just like any girl,
is making no sense.

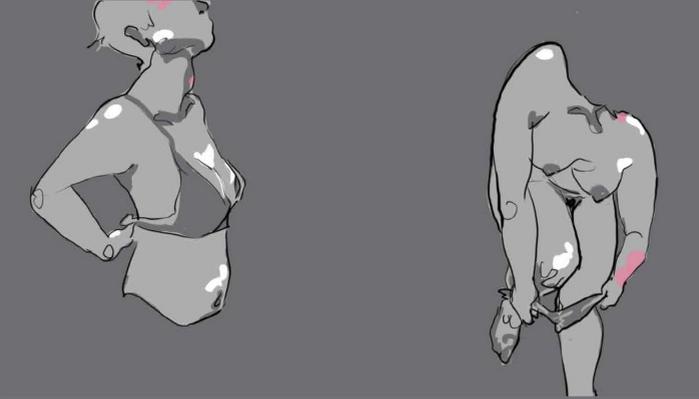
This girl,
as if any girl,
is overflowing you.

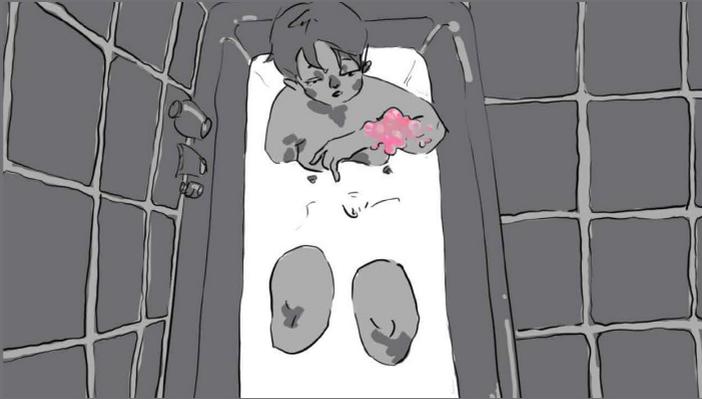
overoverfield

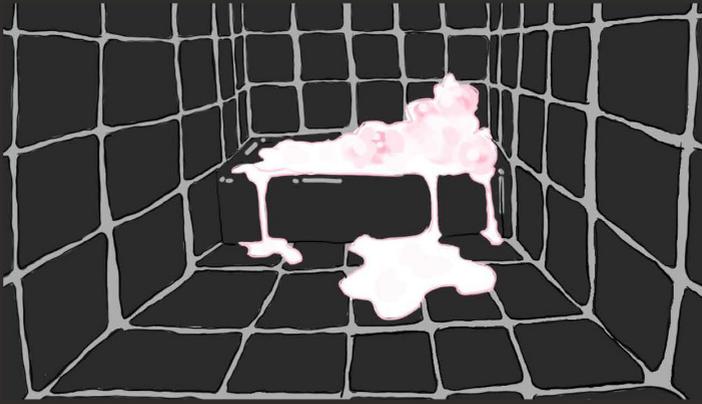
illustrations and words Eva He











To be continued...

alex said,

words Kaisa Kuttunen, photo Lidia Huerta



sketch yourself

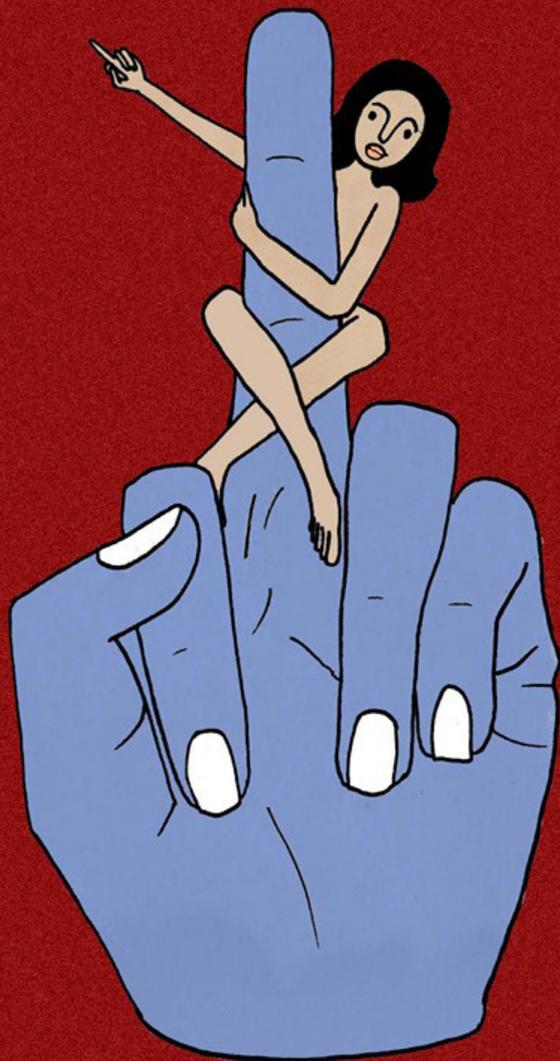
a journey into identity

words Isaine Blatry, photo Irene Chirita, model and illustration Sian McKeever

While crossing the Indian ocean, passing through Northern Ireland to finally land in London, a pen in her hand, drawing across her multiple experiences and feelings. The drawing is coming to life. You could interpret it as a piece of an European or East Asian influence. It is hard to decide. What if it is both? Fair skin, hazel eyes and a smirky smile Sian McKeever can lead to confusion with her looks but not with her skills.

She is a 20 years old illustrator mainly based in London, who was born in Northern Ireland but grew up in Hong Kong. Identity is a fragile thing, yet very hard to find. Our identity shapes us in every possible way, whether we like it or not. It is a big part of us and how we look at things or make decisions. Being brought in two different cultures does not make the task any easier. However, Sian is embracing her diversity and her cultures. "I don't know who I'd be if I didn't have my two cultures. I think language was one of the biggest things that helped me along the way to finding myself though", she says. "To this day I thank my parents for putting me in a Chinese local school, just so I could learn the language properly". Sometimes when you move in a new country, you can forget where you come from and alter your identity. For Sian, her identity has a strong meaning in who she is, and what drives her in her decision.





Sian explains that the large majority of her drawings comes from her own experiences. Therefore her identity is playing a very important role in which she creates. This is something that you can feel when you are looking at her illustrations. They always come in a different style, shape or colours. But you can sense her personal involvement and somehow feel the story behind it, or at least imagine it. "I don't enjoy making work that doesn't have some sort of a personal connection to me, so it is inevitable that my cultural identity comes through in my illustrations."

Very often having two cultures can mean feeling closer to one of them, Sian had the chance to "to be able to immerse in both cultures and identities." She explains that "I have some very close friends from Hong Kong and the U.K. and I always feel accepted when I'm with them". However, with her unique look, she has also had experiences where she has had people discriminate her because she is neither one or the other and they struggle to identify with her as a result.

Sian explores through her art, diverse subjects such as mental health, the environment and body image, by often sharing her personal experiences.

To her "the most difficult yet simultaneously wonderful part of growing up with two languages and cultures is feeling like you don't have one place to call home. I am spoilt for choice", she says and it makes all the difference in the world.

a m s t e r d a m e r

words and photos Nour Hassaine

Amsterdam,

I lived with you
for 48 hours. As
a photographer,
I've captured you
old school style
(#filmisnotdead).

Thank you for not
paying attention to
me. And thank you
for showing me your
brightest side.









being an average person:
party life

words Isaine Blatry, illustration Inna Timoshchenkova



There are three important things which make up our lives: sleep, work and social life and most of the time is it hard to find a balance between them. When it comes to having a stable social life, there is always a part which includes party life and going out.

When you are going out, you can always distinguish between different types of people: first, the party girl/guy, who seems to always be out and, has no limit whatsoever when it comes to drinking, dancing or being awake 3 days in a row. Then, the opposite one, who seems to prefer staying at home in their pyjamas watching Netflix all night. But, when you are an average person you don't fit in any of those descriptions.

You like but don't love going out and that is the problem, you are torn between the envy of going out and having fun with your friends or the sweet appeal of your bed. You are a bit of both, you want your party life but you are never the life of the party.

The most common reason is known as FOMO: fear of missing out. And average or not, we all suffer from it once in a while. But the question is: why are we afraid of missing out and most importantly what will we miss? The night of our lives? Our plan to conquer our secret crush from last Friday night? Or just simply waking up with a hangover (which we will regret in the end anyway).

The nights out that we experience during our lives can be memorable and unforgettable. Every experience we're having should be for us, and no one else. It is hard to be in control of what we really want - are we pleasing someone or are we pleasing ourselves? Where is the balance between that? Let's find out around a glass or 2 of red wine, shall we?

A blurred, artistic photograph of a plant stem with green leaves against a white background. The image is out of focus, creating a sense of motion and depth. The stem is the central focus, with several leaves extending from it. The background is a plain, bright white, which makes the green of the plant stand out. The overall mood is soft and ethereal.

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