

aspiration

The e-magazine for aspiring
Architectural Technology professionals

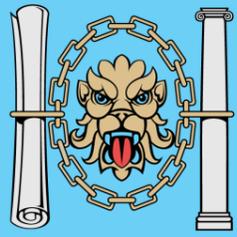
Issue 11
Autumn/Winter 2020

**Life in
lockdown**

**An insight into
the world of work**

**Social media and
your online brand**





CIAT SHOP

Shop@CIAT – the only place to pick up official CIAT apparel and merchandise in our online store.



Take a look at our wide range of CIAT/AT branded giftware available, from mugs to official branded clothing – there is something for everyone!

Visit architecturaltechnology.com/ciat-shop.html

A word from the Editors

Welcome to the autumn/winter edition of aspirATion magazine and a warm hello from your new Editors! We are very excited to be bringing you insightful content, guidance and support to aid you in your studies, at work and as you develop your career.

The world has become a very different place since March – the current coronavirus pandemic has impacted everyone and for the vast majority of people, that has included having to work or study at home. With that in mind, we hear from some student members on how the pandemic has affected their final year studies and search for first-time employment.

As part of our support to you, we have a COVID-19 section of the website which is regularly updated with all the latest information and news to assist you. Where possible this supports all members based in all nations. You can visit this section here: architecturaltechnology.com/covid-19.html

The extra time we are spending indoors coupled with the uncertainty and the increased anxiety we are experiencing during the current crisis can take a toll on our mental health. CIAT supports the work of the Architects Benevolent Society and the Architects' Wellbeing Forum, who both feature in this edition to tell you how they can support your mental health and wellbeing.

On a more positive note, we hear from two students at Cardiff Metropolitan University who, during lockdown, began their own 'vlog' on all things AT. Find out about taking on a placement year during university by reading the experiences of three of our student and Associate members. Shannon Hynes tells us about the Construction Collaborative Technologies module at Waterford Institute of Technology, while Jade Hendry gives us a snapshot look into her university's study trip to the city of Dubai.

A date for your diaries: on the 3 December 2020, the AT Awards event and digital showcase hits your computer screens! Don't miss out on what should prove to be an exciting virtual event recognising excellence in Architectural Technology. Take a look at the outstanding work of our AT Awards| Students Finalists here and register for your free tickets at architecturaltechnology.com/events/atawards2020.html

As before, we would love to hear from you regarding any ideas for future articles or features – this publication is for you and is your chance to have your voice heard, share your experiences, successes, tips and much more! Please do get in touch and let us know.

Happy reading

April McKay and Jitka Jouklova
Editors

Front cover image:
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Get in touch if you have any feedback, ideas or content for the next issue.

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aspirATion

The network supporting and developing aspiring professionals.

Find out more about aspirATion and how to get involved...

Please email the Education Department education@ciat.global to be put in contact with your local aspirATion Group.

What is aspirATion?

aspirATion is a community of CIAT members, made up of students, graduates and newly qualified professionals which provides the opportunity for members to develop and grow on a personal and professional level, whilst inspiring the next generation of Chartered Architectural Technologists.

aspirATion supports aspiring professionals and to help shape the future of Architectural Technology. It is a dynamic, forward-thinking and inclusive network, and is the gateway into furthering your career within the discipline.

There is something for everyone in aspirATion, from CPD seminars through to networking events

How is aspirATion structured?

aspirATion operates at Region/Centre level across the Institute's Regions and two of its Centres (Republic of Ireland and Europe Centre) with an aspirATion Chair overseeing each Group. These Region/Centre Groups are then represented nationally by the overarching aspirATion Committee.

The structure of each Group is flexible and it is up to each Chair how they operate. All aspirATion Chairs and those within their Group are volunteers.



Western aspirATion Group at a charity quiz night hosted with CIOB Novus



aspirATion Group committee members at the Presidents' Ball 2019 in Glasgow

What does aspirATion do?

One of aspirATion's main aims is to welcome and assist students, graduates and newly qualified members into the profession. Groups host events such as site visits, practice interviews, networking events and social gatherings on a regular basis.

aspirATion offers much more than just events – aspirATion Groups engage regularly with schools and universities through presentations and careers fairs, helping to encourage the professionals of tomorrow into the sector. The Chair is also responsible for collating all concerns and observations from their Group's members and the professionals they have engaged with and raise them at the aspirATion Committee meeting.

The aspirATion Committee Chair represents the Committee at Council, where aspirATion has a voice in regard to CIAT's direction, policy and strategy, a vote at the Institute's Council meetings. aspirATion collaborates with other groups within the built environment such as Novus (Chartered Institute of Building), Matrics (Royal Institution of Chartered Surveyors), YEN (Chartered Institution of Building Services Engineers) and FAN (Royal Institute of British Architects). The aspirATion Chairs also work with their local educational establishment who provide CIAT Approved/Accredited programmes as well as Region/Centre Committees.

Why get involved?

With the aspirATion network growing and gaining more traction, the reasons for you to participate are better than ever. There is something for everyone in aspirATion. You may simply want to come along and meet some of your fellow Architectural Technology colleagues, maybe attend one or two CPD seminars, network at an event or seek some support through your local Chair. The continued success of aspirATion relies on new members getting involved, attending events and sharing their views.

You can get involved by joining up with your local Group and encouraging your fellow students or colleagues to do so. There are opportunities to attend a variety of events, or even be more proactive and write articles, give presentations and arrange events on behalf of your local Group.

How can you get involved?

It is very easy to get involved and there are many ways of doing so. If you know a Region/Centre Committee member, Programme Leader or aspirATion member, find out about when the next event, CPD or meeting is taking place, and introduce yourself.

You can also contact our Education Department at Central Office by email education@ciat.global or +44 (0)20 7278 2206. The team will be more than happy to introduce you to your Region/Centre Committee as well as your aspirATion Group. Get in touch and become involved with aspirATion and CIAT!

Life in lockdown



Thomas Brzezicki

Thomas Brzezicki, who graduated from Solent University with a First-Class Honours degree in Architectural Technology this year, tells us about his experiences of lockdown during the COVID-19 pandemic and how this affected his studying.

Around the middle of March this year, we found out that we would not be completing our degree in our standard university studios, as the UK entered a nationwide lockdown. Due to lockdown restrictions, it was a struggle to access computers and equipment that would smoothly run Revit, AutoCAD, Lumion, and Photoshop – programmes that require high graphics capability.

With our final assignment deadlines rapidly approaching, I needed to think on my feet and figure out a way to produce the same high-quality work that would have otherwise been delivered straightforwardly, at leisure, within our university studios. Thankfully, platforms such as Skype and Zoom came to my rescue and made it easy for me to collaborate on group projects that we were assigned, but also communicate smoothly with my supervisor and other lecturers on my programme. They were great at adapting to this new way of interacting and guiding me with my own individual projects, at a time when everything was so uncertain.

I found that having restricted access to facilities was quite stressful at the beginning of lockdown, but it wasn't long before I quickly modified my working style to ensure I could still generate high-quality work. I have a part-time job, so with my place of work closed, lockdown handed me more time to give attention to my assignments – including my final year project – weeks before the deadline.

The country was still in a full lockdown when I had submitted my assignments. For me, the main objective at this point was to stay fit and healthy – I went running and also took time to try out new food recipes. A standout favourite was where I learnt how to cook duck properly, with a garlic potato purée, some potato shavings used as crisps, honey roasted carrots and a plum sauce. This whole passion came about after watching a few too many episodes of Masterchef! I went on to take some photos and now my mum is very eager for me to get back home so I can show her what I have learned!



When I usually have free time, I enjoy singing and song writing, so with the extra time on my hands, I gave myself the challenge to write as many songs as I could so that when I do finally get to go back into the studio, I'll have a lot of fun recording them and won't feel as though I've wasted any time. This gave me something else to look forward to and keep my mind busy whilst I waited to get my assignment results.

I have now completed my programme, obtaining a First-Class Honours degree in Architectural Design and Technology. I am currently employed at John Lewis &

Partners as a sales assistant but have been seeking a job in the architectural industry since receiving my university grades, so that I can finally put to good use all the training I have learnt and begin to learn more as a fully-fledged professional.

Overall, the entire experience of lockdown has its ups and downs. Not being able to see my family was a major blow, as they live in France, but it also provided me with some positives. I feel it has made me a stronger-minded individual with much more independence. To add to this, my lecturers recommended that I put forward my final year project for the AT Awards| Students. I guess the lesson learned here is that every cloud has a silver lining. ■



Render from part of Thomas' final year project of an airport terminal



Simren Dosanjh

A recent graduate from the University of East London, Simren Dosanjh speaks to us about the impact of lockdown on her final year studies on the CIAT Accredited programme BSc (Hons) Architectural Design Technology, as well as the new experiences it has brought her.

When the UK went into a nationwide lockdown due to COVID-19, I immediately knew my assignment submissions for my final year of university would be impacted and I, like many of my peers, experienced feelings of stress and uncertainty around the fate of our degree. As restrictions were put in place, face to face classes stopped altogether and the university had to make the decision to carry out teaching effectively online so that we didn't miss out on any of our own learning.

Of course, my normal routine changed drastically! I would no longer be travelling to campus. When my online classes commenced in March, it was a challenging experience to begin with because of how crucial the work in my third year was to my overall degree. My online classes were held on Microsoft Teams in order to complete my outstanding assignments, which was unusual, but I was still able to get the support I needed with the build-up to my final year portfolio and dissertation. By the end, I found that holding meetings virtually with my lecturers gave me good practice for online interviews with future employers, as well as working in industry – it is without a doubt that the pandemic has forced changes in work practices and the way we interact and communicate.

I did experience a variety of technical issues with my laptop (unsurprisingly) and not being able to access the IT facilities on campus made things extremely difficult at times. When writing my dissertation, gathering primary data such as handing out questionnaires and face to face

“It is without a doubt that the pandemic has forced changes in work practices and the way we interact and communicate”

interviews, as I would do in normal circumstances, had to be quickly adapted: for example using Google Forms for questionnaires instead was a huge help.

With the extra time I suddenly had, I created a study timetable to dedicate a set number of hours for my private studying and online tutorials. I built on my existing skills to prepare my final portfolio, began to use LinkedIn in a more proactive way, and learnt to expand my Revit skills and other software that would help me in my future career within industry. As I had an intensive workload, I made sure that I had scheduled breaks to ensure I wasn't always at my desk. Keeping active was important to me and so my timetable also considered time to exercise.

Wanting to take care of my mental health and wellbeing while being locked down, I began taking part in meditation – I used the Headspace app which has a variety of meditation techniques to help cope with stress and anxiety. Lockdown

brought with it many opportunities to take up new skills or hobbies that I could still continue long after – apart from meditation and yoga, I also took the initiative to take up more cooking in order to introduce a cleaner diet. I found inspiration in recipes and food blogs on social media.

Despite the obvious negatives about being in lockdown – the uncertainty, the isolation – I feel the positives will surpass these feelings and have a long-lasting impact. As a graduate starting fresh in the world of work, a well-structured routine will no doubt be required in order to be successful, and lockdown with its challenges, allowed me to experience good practice of the skills and discipline I will need when entering industry. ■



Entering the workforce during COVID-19



Adeliia Papulzan

Adeliia Papulzan has graduated from Birmingham City University with First Class Honours in Architectural Technology. She shares the beginnings of her career journey during the COVID-19 pandemic.

Graduating from university is a challenge in itself, but to graduate during a global pandemic, which has adversely affected employment, job opportunities and business operations, is an unprecedented situation I could not have envisaged. Searching the job market for employment opportunities that I could apply for was proving fruitless. The experience felt quite degrading and I just hoped for the best.

But it was not all doom and gloom! To get to where I am today, I need to rewind to my second year of university. I attended *BIM in Birmingham*, supported by CIAT, an event that brought hundreds of architecture and design students together with a large array of built environment professionals. It involved hearing from pioneers working in industry across the UK, watching demonstrations, listening to presentations and participating in workshops centred around the practice of BIM. Whilst networking, I introduced myself to a representative from Zaha Hadid Architects (ZHA), who kindly looked over my CV and portfolio I had brought along with me. They told me they were very keen to collaborate with me and I was later offered a one-month unpaid internship!

I thoroughly enjoyed working with an array of talented people during my internship at ZHA, which in turn motivated me to push boundaries and expand my own knowledge. I transitioned smoothly into the team and worked extra time if it was needed. One of the most exciting parts of my time there was assisting on the 'Unicorn Island' project in Chengdu, China, that upon completion will create living and working space for Chinese and international technology start-ups, dubbed 'Unicorn Companies', with a value of over a billion US dollars.

Away from the internship, I was continuing my part-time job in order to afford my living expenses and university fees. Despite this, I was committed to improve and learn new ways of thinking at ZHA. The practice's founder, Zaha Hadid, in my opinion, completely transformed the definition given to architectural design, focusing the discipline towards a quest for discovery with respect to constraints and forms.



Fast forwarding to this year, at the beginning of my final semester I emailed ZHA enquiring about job opportunities. However, due to the unpredictability of COVID-19 and the challenges businesses were facing, I was told they were not recruiting at the time. Nevertheless, I was motivated to come back to this practice that had made such an impression on me in my short time there.

As I neared completion of my studies, I was contacted by ZHA offering me an interview based on the work, knowledge and skills I had demonstrated during my internship last year. I was over the moon! The practice scheduled an online interview and portfolio review, and after about a week I was offered a job as a BIM Architectural Assistant! I was delighted to have such a fantastic opportunity to work for a prestigious practice open itself up to me at such a difficult time, as I began my first post-graduate role in the strangest of circumstances.

Like many others, I am currently working from home using a remote desktop to accomplish my daily tasks. In my role, I assist with BIM-based projects, updating the model according to the client's requests and collaborating with team members to find optimal solutions for design requirements. The team was very understanding, supportive and patient as I began my new job not from the office, but from home. It's been a huge challenge to adapt as a graduate but my wonderful team have been a constant help. I've learnt that communication is a key factor. As a team, we regularly interact via Microsoft Teams to discuss various aspects of a project, as well as communicate with international contractors.

As I look back, it's difficult to believe that I was offered a position at ZHA in the extraordinary circumstances the world is currently experiencing. But everything is possible if you don't give up. ■

Nominations for the John Newey Education Foundation are open

The John Newey¹ Education Foundation (JNEF) is designed to support students facing hardship which could affect their studies.

There are two bursaries available from the fund each year, up to the value of £500. The funding can be used to support your studies, such as to purchase necessary books, equipment and materials or to contribute towards tuition fees.

Who is eligible?

Applicants must be members of CIAT (but not Chartered Members), registered on a CIAT Approved or Accredited programme and facing hardship.

How do you apply?

One submission per educational establishment is accepted. If you wish to be considered, you should speak to a member of academic staff. The programme tutor must provide a supporting testimony about your circumstances in the form of an electronic letter, which is to be endorsed by a signature from the Head of Department or equivalent, to CIAT.

**The deadline for entries is
Friday 11 December 2020**

Visit architecturaltechnology.com/awards/jnf.html

¹ John Newey was a founding member and responsible for the implementation of the education structure of the Institute within its formative years, which was the foundation for the structure that operates today.



Spilling the AT

Words by Florence James and Dominika Kosmowska

Student members Florence James and Dominika Kosmowska are currently studying on the CIAT Accredited programme Architectural Design and Technology at Cardiff Metropolitan University. They tell us about how they used their time during lockdown to produce a series of vlogs about all things AT.

2020 has brought with it many new challenges. Lectures normally taught in the presence of your fellow students and lecturers are now happening online, kitchen tables are now studios and the premise of 'home' has become something more. This article is brought to you from our living room!

Everyone has been affected by the events of this year and people around the world are adapting to a new way of life. During this time, we have been reflecting on the theme of 'communication' amongst Architectural Design and Technology students and the built environment industry. As students of technology, we are taught to problem solve, adapt, and research; the feeling of facing new obstacles is now something that many people can relate to.

It is no secret that communication is a fundamental

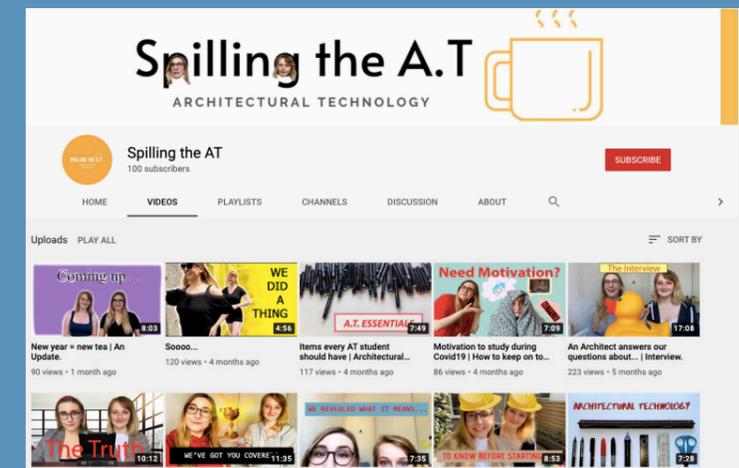
tool to success in life and it's especially true in the built environment industry. Face-to-face interaction has been dramatically impacted by the COVID-19 pandemic and is one of 2020's major challenges to overcome. Forms of communication that conform to social distancing such as video calls, social media and online resources are now vital learning tools. Our new YouTube platform, *Spilling the AT*, is seeking to bridge the gap of communication between the educational and built environment sectors. The channel aims to release positive, knowledgeable videos relating to Architectural Technology and the surrounding sectors.

Spilling the AT was created to give insight into university students perspectives on topics related to our Architectural Design and Technology programme, in order to make it more accessible to those interested or considering the subject as

a degree. The channel features advice and guidance for students, interviews with AT professionals, and personal self-reflections. In the future we hope, through the channel, to make Architectural Design and Technology more recognised in wider industry, continue interaction between professionals and students, and help to highlight the importance of communication and collaboration between them.

As students adapt to a new way of life this year, *Spilling the AT* will continue to provide a platform for considering and documenting these changes. For example, how could new architecture be built to consider social distancing? Moving forward, how could we design in order to unite our communities? And what choices might impact the future of our environment?

"Spilling the AT features advice and guidance for students, interviews with AT professionals, and personal self-reflection."



The pandemic has meant the face-to-face networking opportunities, such as mock interviews and work placements for students, have been restricted. Instead, we must take this as a chance to find new ways to present ourselves online and build relationships with others in the industry. Similarly, the built environment sector has an opportunity to influence and encourage aspiring Architectural Technology professionals so that they can make better choices for the future. Never has there been a more important time to stay connected online.

Even though it may feel intimidating and disorientating to be a student during these strange times, 2020 has brought many new positive opportunities and challenges to rise up to. Everything we are learning now is helping us to become better Architectural Technologists of the future. Communication is crucial to success, and we look forward to seeing how the built environment sector and its students will find partnership, in order to benefit and learn from each other's perspectives and experiences. ■

[Click here to visit the *Spilling the AT* YouTube channel or visit youtube.com](#)



Dominika and Florence filming for *Spilling the AT*

Student mental health support

Through their partnership with Anxiety UK, the Architects Benevolent Society (ABS) have expanded on their mental health support offer and are now able to provide students with a free annual student membership to Anxiety UK.



Mental health is an important issue in all walks of life. As more people openly discuss their experiences there are more people coming forward for support. Within this profession in particular, there is a culture of working long hours with pressing deadlines. This culture is engrained from undergraduate level and increasingly we are finding that these pressures can be too much at times.

The ABS believes that a person's wellbeing should be looked after whilst studying. Therapy can be expensive and waiting lists can be long. Their partner, Anxiety UK, provide a student membership which could be available free of charge if you are studying Architectural Technology within the UK.

All students can receive

- **Annual membership** of Anxiety UK (includes free subscription to **Headspace app**, access to reduced cost therapies and many more)
- **Dedicated email support**
- **Dedicated phone helpline support**

Students with 1 year work experience in UK industry can also receive

- **Wellbeing assessment** (including annual membership to Anxiety UK)
- **One to one therapy** (Cognitive Behavioural Therapy (CBT) counselling, clinical hypnotherapy, acupuncture) via a network of approved therapists

Ways to get involved

Become an Ambassador

The ABS has a regionally based ambassador network. This role involves liaising with practices, professional membership organisations and schools of architecture to raise awareness, funds and support for society. The ABS is currently looking to recruit CIAT ambassadors in roles outside of Northern Ireland and the Greater London area. If you live and work outside of these areas and would like to know more about how you could get involved too, you can contact the ABS for more information.

Find out more

If you would like to find out more about the work the ABS do, please visit www.absnet.org.uk.

ARCHITECTS
BENEVOLENT
SOCIETY



AnxietyUK
Here for you since 1970

Anxious? Stressed? We can help

Many people find their own ways to cope but some need support to manage these feelings and to get the balance right in their lives.

We can offer a variety of support

through our partnership with Anxiety UK:

- **Wellbeing Assessment**
- **One to One Therapy**

including counselling, Cognitive Behavioural Therapy, hypnotherapy and acupuncture

- **Phone Support**
- **Email Support**

If you have worked for a year or more in the UK in architecture, architectural technology or landscape architecture, you can access support at the time when you need it most.

Please contact us today

T 020 7580 2823 E help@absnet.org.uk

Architects

AT Professionals

Landscape Architects

Assistants

Students

Families

#AnxietyArch 

 @ArchBenSoc

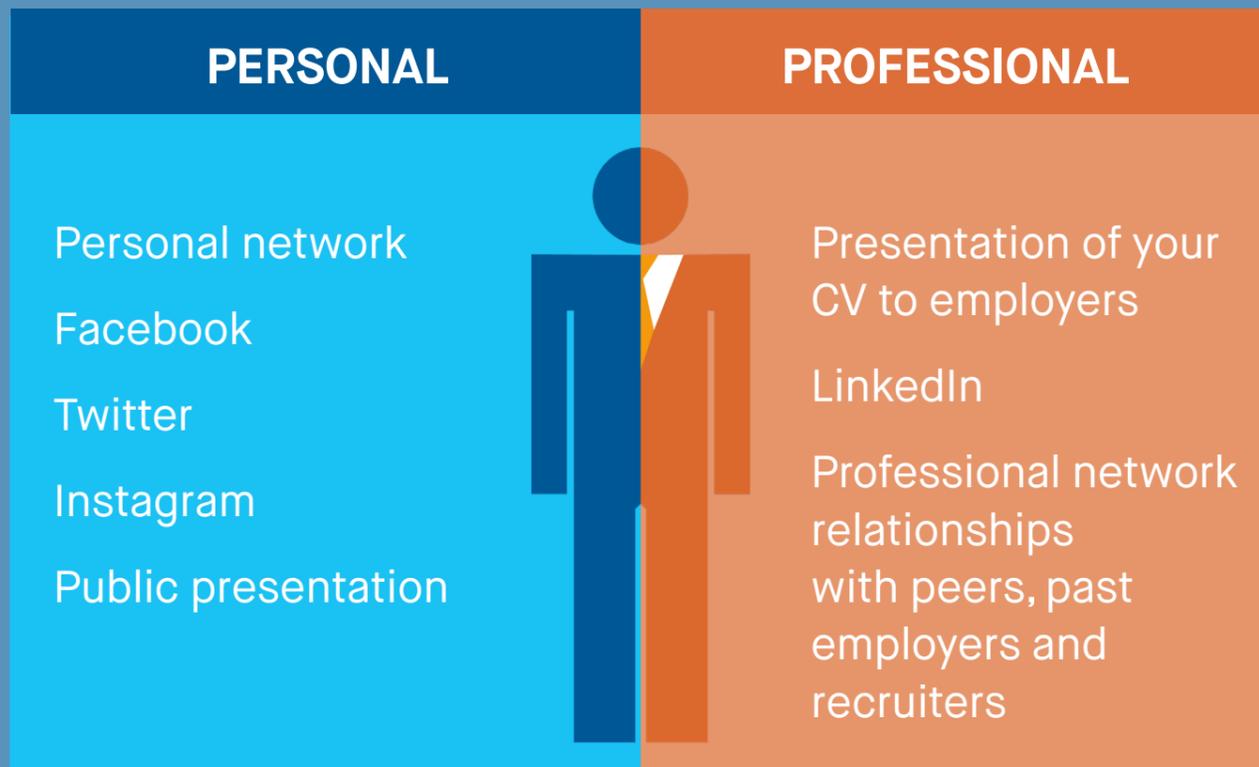
www.absnet.org.uk

Social media and your online brand

Words by Hays

Social media is used by employers to get a better sense of who you are. LinkedIn should certainly be part of your professional brand, along with your CV, but you should consider the impression you make on all forms of social media.

HAYS Recruiting experts in Architecture



Your personal and professional brand

Any social media profiles you have should be considered a part of your personal brand, and as important as your appearance and personal network. Be aware that potential employers are likely to look at these to get a reflection of you. Always be careful about what you post or share, and make sure you're always presenting your best side.

Your professional brand is how employers and peers see you, and is no longer solely about your CV. LinkedIn by far is the most useful tool you can use to build a profile, network with other professionals and demonstrate your skills.



How to use LinkedIn

Post ideas

LinkedIn provides the opportunity to showcase your skills and interests. Make sure to post articles that are of interest to you and relevant to your industry. You can also share other people's posts, share other member's posts and ask questions.

Make connections

One of the most important aspects of LinkedIn is the ability to connect with people. Be careful of overextending however as the quality of your connections on LinkedIn is more important than the quantity, so only connect with people you feel are relevant to you.

If you see someone you'd like to connect with, try personalising the message you send to them along with your connection request.

Get involved with Groups

Groups are where professionals from the same industry or sector come together to discuss relevant subjects. They provide the opportunity for you to learn more about your industry by asking questions and networking with others. Groups are tailored to interests and industries, so search for the ones most relevant to your industry and location.

“Your professional brand is how employers and peers see you, and is no longer solely about your CV.”

Follow companies

LinkedIn is built to help people find jobs. You can therefore choose to follow any company you would be interested in working for. Company pages contain general information, business overviews, lists of employees and some choose to list jobs.

By looking for people working for the company with a similar job title to yours, you can review their profile along with their key responsibilities. This gives you an idea of what you should be aspiring to should you wish to work for this company in the future. ■

Follow CIAT on LinkedIn –

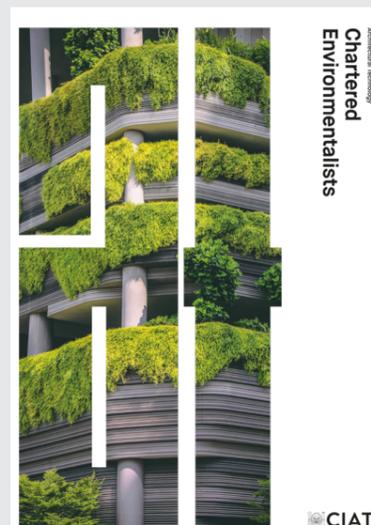
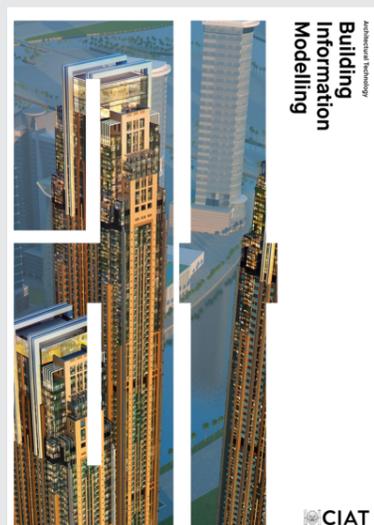
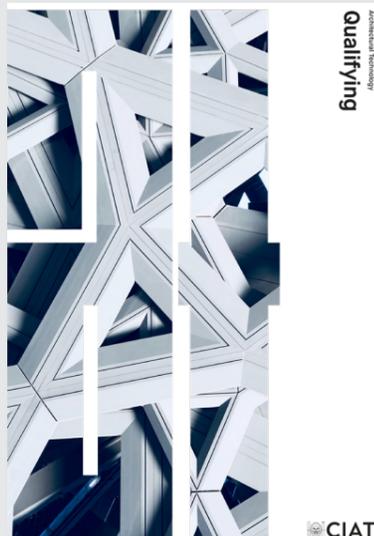
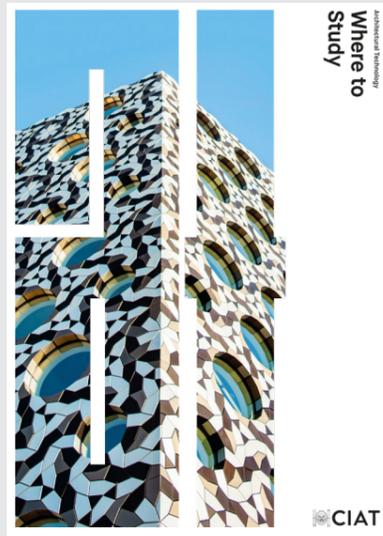
Chartered Institute of Architectural Technologists

The AT Suite

A suite of literature is available from the Institute

Download it from the website here

More in the series coming soon including Accredited Conservationists



Continuing Professional Development



Learning doesn't stop when you've completed your studies. Find out more about how you can continue your professional development.

CIAT members have a professional obligation to undertake a minimum of 35 hours of CPD in any one year. This is for the members' benefit, and for that of the Institute, and is embodied within CIAT's *Code of Conduct*.

Practising members are recommended to develop a yearly Personal Development Plan (PDP) to identify CPD activities. Some examples of CPD can be:

- Reading of books and periodicals
- Use of distance learning text, podcasts and online resources
- Reading and writing articles/technical papers
- Private study or studies leading to a further qualification/academic award
- On the job research
- Tutoring
- Webinars, seminars and courses
- CPD events organised by CIAT, CPD providers or other organisations
- Conferences

CPD demonstrates to clients, colleagues and the public the commitment of practising members to be well informed and up to date in their areas of expertise.

AT CPD Register

To support its members, the Institute offers an online platform to find relevant courses to support professional development.

The AT CPD Register is an online directory of providers and their courses which have been deemed to be of a high standard, current and relevant to Architectural Technology professionals. You can find courses on CDM, BIM, building regulations, VR, fire and much more.

Visit architecturaltechnology.com/education/cpd.html

Upgrading your student membership



Words by James Banks, Membership Director

If you have just completed your studies, especially in these challenging times, we want to demonstrate our ongoing support and commitment to your future career and professional development.

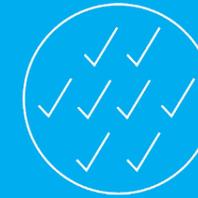
Those student members who have received their confirmation of qualification are invited to take their professional status with CIAT to the next level and register as either an Associate member, (ACIAT) or via affiliate status (CIAT affiliate).

Registration with CIAT demonstrates to potential/future employers your commitment to the highest standards of professional and ethical conduct in Architectural Technology, as well as your personal career progression.

We have collaborated with Hays, the largest recruiter in the UK and Republic of Ireland, and created an employability guide (click here to view it) which provides helpful tips and information regarding CV preparation, how best to apply for jobs and prepare for interviews, as well as advice on being offered the job and starting a successful career. In addition to this, check out our AT|jobs site and any other recruitment agencies which can advise and support you at this time.

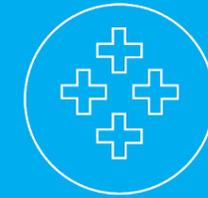
4 reasons to upgrade

Accountability



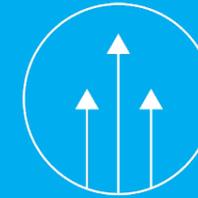
Demonstrate your commitment to the highest professional and ethical standards in Architectural Technology.

Support



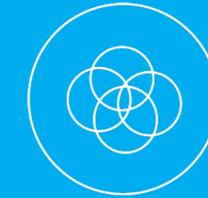
Dedicated support with professional progression and a range of information and resources.

Development



Attend CPD events locally and through our AT CPD Register and receive specialist support via MentorMatchMe and Technology Network.

Networking



Engage with your peers and fellow professionals. Make new contacts, exchange ideas and expand your professional and social networks.

We encourage those eligible to upgrade as soon as possible and no later than in the same subscription year as programme completion as this means you will be able to take advantage of a two-year staggered supportive subscription. These rates are:

- Year 1 – £145 (instead of the standard rate of £295)
- Year 2 – 20% off the standard full subscription rate

Upgrade applications must be submitted by 28/2/21 to take advantage of this support package.

A suite of films about the qualifying process can be viewed on our YouTube Channel at [youtube.com/CIATechnologist](https://www.youtube.com/CIATechnologist).

Please also visit AT|jobs at architecturaltechnology.com/jobs.html where current vacancies are listed.

For any queries related to upgrading or registration, please do not hesitate to contact membership@ciat.global ■

To take advantage of our supportive subscription offer, upgrade online at architecturaltechnology.com/joining/join.html and use code SA20 to receive your staggered subscription rate

The new normal: “Healthy design” – approaches and tools

Words by Arushi Malhotra, Assistant Professor in School of Design and Architecture at Manipal Academy of Higher Education

The current COVID-19 pandemic has made us all aware about our indoor air quality and has pushed us towards working hard and researching on how we can reclaim our society in a COVID and post-COVID world. There is a need to come up with techniques and solutions that not only allows for safer stability in reopening but in the future as well, to combat viruses beyond the medical field. For this, it is essential to understand the relationship between the users, building microbiomes, diseases, the different ways in which they are transmitted in our built environment and the probable solutions to mitigate their spread.

We spend around 90% of our time indoors. We generally consume architecture with our eyes, but we consume indoor spaces with our entire person. We breathe in our buildings; in fact we breathe in about three billion bacterial cells every day. Just like the human body, the built environment is its own ecosystem, and architectural features in the indoor built environment can change the microbiome living there. By studying our building microbiomes, we can understand how architectural decisions impacts our health and wellbeing by designing the unseen world around us.¹

Building designs shape these microbial and chemical landscapes which in turn can affect and support our health in unprecedented ways. There is a continuous exchange that occurs to and from the built environment. So, various architectural decisions like ventilation systems, size and placement of openings, access to fresh air etc. can mediate the spread of viruses like coronavirus and influence the types of bacteria and viruses present in the built environment ecosystem.

According to *National Geographic*, there are three ways in which diseases can be transmitted i.e. direct, indirect and vector. There are different ways in which these transmissions can be prevented, mitigated and addressed from an architectural perspective like:

- Creating multifunctional spaces to restrict transit. Applying modular solutions with simple installations that can isolate rooms, such as moveable walls, screens, panels or portable room dividers; that can give more space when needed, facilitate social distancing and reduce transit to minimise the risk of infections.
- Different approaches while designing buildings needs to be in place such as more visible and attractive stairs to avoid possible crowds in the elevators; separate waiting areas that can help people maintain safe distances, interior integration of open spaces that encourage people to spread out and installation of sinks at public places, so people can wash their hands more often.
- Natural ventilation and sunlight, which have been proven to kill infectious agents that can cause airborne transmissions, sterilise and reduce infections in a closed place. Placements and sizes of doors, windows and openings play a crucial role in this. Whenever, suitable passive ventilation systems should be used. When natural ventilation alone cannot be used, alternative ventilation systems such as the mixed mode with appropriate filters should be used in order to maintain the indoor air quality.
- Touchless technology also plays a crucial role in this, such as automatic doors, voice activated elevators, mobile phone-controlled entries to hotel rooms,

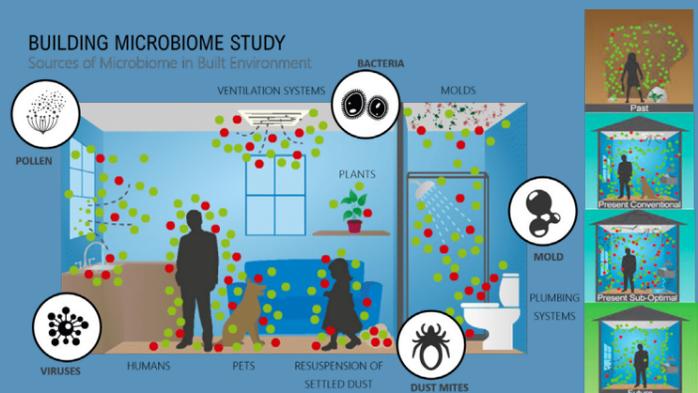


Figure 1

“Design should keep on evolving because humans do – adapt and create.”



Figure 2

- conferences, exhibitions; motion detectors and hands free light switches; temperature and electric fixtures should be implemented as much as possible to reduce contact.
- Incorporating insect repellent plants in houses and public spaces. There are a lot of plants that can help repel insects; depending on the insect, the plant may vary but the most common are lavender and citronella.
- Accessories like wire mesh, insect repelling candles etc. can help prevent vector transmission.

These are just a few examples of how designers can make changes in buildings and future projects which can help make a difference in case of future pandemics. Some of the above solutions are temporary in nature but the main lesson we can learn from the current pandemic is that we need to move towards “healthier designs”.

Lighting configuration, scales, proportions, colours and materials are already known to have a psychological impact on the senses of users and generate certain feelings. So, adjusting our indoor lives and design can have a positive impact on its users such as exposure to sunlight in improving alertness. Adequately lit rooms with earthy palletes and access to fresh air can elevate the mood of the user instantly, while dimly lit spaces and darker palletes can evoke emotions of fear, anger and hostility.

Apart from these, in order to achieve healthy design, which will be the new normal, we need to extract practices from healthcare design into other projects by adapting and designing spaces that follow healthcare construction standards. There will be a shift in the design approach as well, where now we will focus more on the

indoor air quality and thermal comfort within our spaces, for which choice and placement of indoor plants, size and location of openings, choice of materials, orientation and ventilation will play a crucial role.

Apart from this, use of smart materials which not only take care of your thermal, lighting and acoustic comfort but has non-porous and anti-bacterial properties, are low in maintenance, sustainable and free from seam and joints like hygienic claddings, anti-bacterial paints etc. will be used often.

Spending a lot of time indoors during this pandemic has caused a shift in the functional requirements of residential projects as well. There is a growing demand of getting the ‘outdoor in the indoor’ both in terms of function and aesthetics – which is drawing attention of designers towards integrating biophilia, living wall systems and landscaped spaces within residential design. There is an increased demand of bigger balconies and larger terraces, especially among the residences in multi-story constructions, along with a need to have space for home offices; which in turn is not only effecting the design industry but creates ripples from real estate to the economy and environment as a whole, in this ever-changing world. ■

References

1. Biology & The Built Environment Center

Figures

1. Sources of microbiome in the built environment. Source: Biology & The Built Environment Center
2. Indoor air quality and thermal comfort. Source: <https://gresb.com/landlords-active-management-wellbeing-existing-buildings-means-focus-indoor-air-quality-thermal-comfort/> Accessed on 10-09-2020



CIAT joining and qualifying structure: a recap

Words by James Banks, Membership Director

The joining and qualifying structure from 1 September 2020 to coincide with the new Code of Conduct

Summary of changes

The changes to the joining structure are:

- phasing out of Technician membership, TCIAT;
- introduction of affiliate status (affiliate is not a class of membership):
 - affiliates who are/were profile candidates
 - affiliates who want to be associated with CIAT as a friend and individual/group or body corporate
- phasing out of profile candidate, replaced by affiliate status;

N.B affiliate – is not a grade/class of membership,
- introduction of a Fellow class, FCIAT;
- introduction of an Honorary Fellow class, HonFCIAT;
- cessation of Honorary member class, replaced by Honorary Fellow class (current Honorary members retain their HonMCIAT and will not be transferred); and
- introduction of CIAT Chartered Practice to replace CIAT Registered Practice.

If you have any queries, please contact membership@ciat.global

There are no changes to:

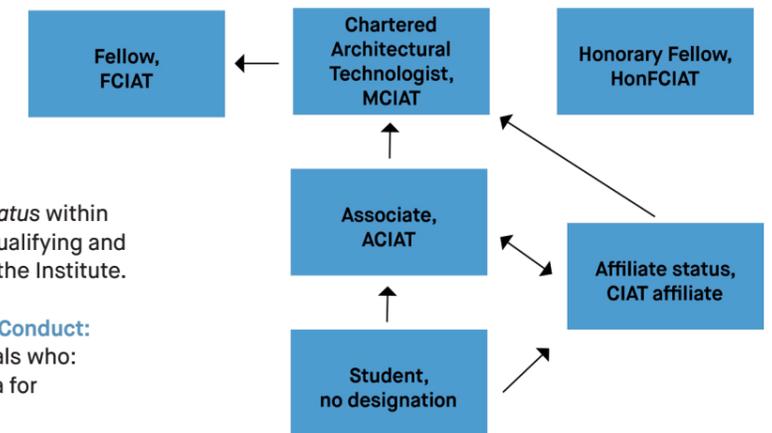
- Chartered Architectural Technologist, MCIAT – CIAT's highest professional qualification.
- Associate member, ACIAT
- Student member

Technician member

Architectural Technician, TCIAT is being phased out. It will be removed from the Institute's structure on 31 December 2021, at which time use of the TCIAT post nominal designation will cease.

Profile candidate

Profile candidate was withdrawn on 1 September 2020 and replaced by affiliate status.



Affiliate status

Is affiliate status a class/grade of membership?

No, it is not a membership *class* or *grade* but a *status* within the Institute's structure. It facilitates access to qualifying and an opportunity to be engaged and involved with the Institute.

Affiliate as regulated in Section B of the Code of Conduct:

Individuals: Architectural Technology professionals who:

- do not satisfy the academic standard criteria for membership and/or
- are offering services directly to clients via self-employment (as defined in the *Code of Conduct*)

They will be able to refer to themselves as:

- 'CIAT affiliate' or
- 'CIAT affiliate whilst working towards attaining Chartered Architectural Technologist, MCIAT status'

Affiliate as regulated in Section C of the Code of Conduct

The opportunity to join through this process will not go live until late 2020 or early 2021

Individuals: For those with an interest in Architectural Technology and/or built environment sector and wish to be associated with CIAT and support the discipline.

They will be able to refer to themselves as:

- 'CIAT affiliate'

Group or body Corporates: For those with an interest in Architectural Technology and/or built environment sector and wish to support and be associated with the discipline of Architectural Technology and CIAT.

Launch date and how they will promote their affiliate status is to be confirmed.

Fellow Member, FCIAT

This new class of membership is only open to Chartered Architectural Technologists and will provide recognition of their significant contribution to and/or excellence in Architectural Technology.

What is a Fellow Member?

The Fellow Membership class complements the Chartered Architectural Technologist qualification and is an aspirational achievement for such Members to further demonstrate their skills, roles and functions. Fellow Members will be entitled to use the post nominal letters, FCIAT.

Who can apply?

Chartered Architectural Technologists.

What are the criteria to become a Fellow?

The Fellow criteria and processes are being finalised.

How will it differ to being a Chartered Architectural Technologist MCIAT?

Chartered Architectural Technologist, MCIAT is a professional qualification achieved when Members demonstrate their underpinning knowledge, experience and competence attained through practical experience and professionalism.

When will this be launched?

The Fellow Membership process is being finalised with envisaged full launch in autumn/winter 2020.

Honorary Fellow, HonFCIAT

This will be awarded to a distinguished individual:

- with pre-eminence in their field;
- for significant contribution to/and or excellence in Architectural Technology; or
- with a significant and ongoing relationship with Architectural Technology.

Who is eligible?

It is by invitation only and cannot be applied for. Individuals are to be nominated and suitability aligned with the Fellow Membership requirements for continuity.

Honorary member, HonMCIAT

The Institute is privileged to have eleven current Honorary members and their status is unaffected. This class of membership is no longer open.

CIAT Chartered Practice Register

All current CIAT Registered Practices became CIAT Chartered Practices on 1 September 2020.

'CIAT Chartered Practice' is a protected descriptor as approved by the Privy Council and sits alongside the protected title Chartered Architectural Technologists. Only CIAT Registered Practices may use it.

Only those practices who have satisfied the requirements for registration with CIAT may describe themselves as a 'CIAT Chartered Practice' and use the CIAT Chartered Practice logo, which is issued under license and subject to approvals for use and copyright protections.



For further information contact practice@ciat.global ■

Dubai dreams

Jade Hendry

Before COVID-19 put travel plans on hold for several months, students from Edinburgh Napier University took to the skies as they visited Dubai for the chance to witness the industry in a city that is the epitome of rapid growth. Jade Hendry tells us more.

In March 2020, Napier students from the School of Engineering and the Built Environment were given the fantastic opportunity to visit the land of sand, sea and skyscrapers...Dubai! The study trip was hosted by a leading property developer in the UAE, Damac Properties, along with Quantity Surveying Consultancy, NEA & Partners. Both firms worked with Napier's Programme Leader of Architectural Technology, Dr Suha Jaradat MCIAT, to arrange seminars during our time there, where industry professionals from various disciplines and backgrounds gave informative presentations about their firms, projects and experiences in Dubai. Each day was filled with guest speakers, Q&A interactions, exclusive site visits and massive group lunches, which Damac catered for with great benevolence.

The trip began with a visit to **The Dubai Frame**, a 150m tall tower shaped like a picture frame, where viewers are treated to a 360° view of the entire city – positioned in such a way that the landmarks of modern Dubai can be seen on one side, while on the other, you can view the old town. The cladding, of course, is gold plated stainless steel. With a lift which carries occupants from the ground floor to the top observation deck in 75 seconds, there is a transparent section of the floor at the top – which is not for the faint hearted!



The Dubai Frame: Designed by Fernando Donis, 2013

Akoya City (Akoya being a type of pearl) is situated on the outskirts of Dubai. The huge family-oriented site is separated into several districts and consists of villas, apartments, and retail/community centres. The group visited villas (some of which were Fendi themed) as well as units still under construction. We also had the opportunity to visit a separate estate named **Damac Hills**, which contained beautiful and lavish apartments. This sat adjacent from the (controversial) Trump International Golf Club, with the golf course designed by none other than Tiger Woods.

“The direction Dubai is taking combined with the rate of construction is staggering and the embodied carbon/energy involved is monumental.”



View from the observation deck (124th floor) of the Burj Khalifa, the tallest building in the world.

Our final visit was to the **Burj Khalifa**, a skyscraper standing at 828m tall and the world's tallest building. Opened in 2010, it consists of luxury properties, an Emporio Armani hotel and the world's highest observation deck on the 124th floor. This was certainly a trip to take late at night.

During our site visits, health and safety was discussed frequently. Damac, our hosts, demonstrated their procedures to students. Employees are briefed daily, safety notices are displayed throughout the sites and there are three-hour breaks from the sun. Employees also undergo virtual reality headset training which simulates fatal accident scenarios, for example carelessness during working from height.

Another topic fiercely debated was sustainability. The direction Dubai is taking combined with the rate/scale of construction is staggering and the embodied carbon/energy involved in these projects is monumental. The group discussed how timber construction is not feasible in scorching temperatures and it cannot reach the same ambitious heights as concrete. On the other hand, the CO2 emissions from producing concrete is substantial. A guest speaker from WSP and Emirates Green Building Council (EGBC) gave an excellent presentation about change and organisations making efforts toward a greener, more sustainable UAE. They discussed the challenges they face and innovation with new materials. This presentation was definitely one of the most enjoyable for the ATs within the group! EGBC host online webinars, open to anyone and everyone, where they discuss challenges, policies and LEED (Leadership in Energy and Environmental Design) standards in the UAE.



Burj Khalifa, United Arab Emirates

If golden buildings, designer villas and exotic cars seem too superficial for you, it should be noted that Dubai is exceptionally cultural. Many students embraced traditional Middle Eastern cuisine and danced to Arabic music after desert safari trips. I spent many evenings gazing over the Dubai skyline from my apartment. There is something really magical about the glistening towers sparkling across the night sky, combined with the warm evening air.

If the opportunity to visit Dubai ever arises, my advice is grab it with both hands! It truly is a spectacular, multi-cultural city, bursting with opportunity and incredible architecture. ■



Damac Tower under construction

Architects' Mental Wellbeing Forum – not just for architects!

Words by Adam Endacott, Communications Director

CIAT is delighted to be supporting and working with the Architects' Mental Wellbeing Forum (AMWF) which is open to Architectural Technology professionals.



Ben Channon, co-founder of the AMWF

“AMWF’s mission is to share knowledge and learning from their own experience, as well as researching other ways to support architects’ and Architectural Technology professionals’ mental health in the workplace...”

AMWF

The Forum’s mission statement is a simple one: to improve mental wellbeing throughout architecture.

As part of COVID-19 and to support in protecting mental health during this time, the AMWF, co-founded by Ben Channon, Head of Wellbeing at Assael Architecture, has launched a toolkit to provide advice and mental health resources.

The Architects' Mental Wellbeing Forum was founded in late 2017 in an attempt to improve mental health within architecture. It was borne out of a belief that as an industry we could all improve our understanding of mental health, and subsequently provide better environments for the mental wellbeing of people working in architecture and extended to now include Architectural Technology. The Institute looks forward to working with the Forum with this additional resource for all members. Ben said: “We’re really excited to have CIAT on board and supporting the Forum. Our goal is to provide advice and resources to as many people as we can within our industry, and I hope that this helps us extend our outreach and improve mental wellbeing for even more people.”

As a result of a number of factors, such as long hours and a culture of perfectionism, the Forum believes that Architectural Technology professionals and architects are particularly vulnerable to problems with their mental health. This has been illustrated by the sad but noticeable increase in mental health problems reported by students in Architects' Journal surveys in recent years.

Awareness around mental health within the profession is undoubtedly on the rise. Increasingly, a number of practices and industry leaders are beginning to contribute to the debate, reflecting on what they can do as employers and how they can help improve mental health within the sector as a whole.

AMWF’s mission is to share knowledge and learning from their own experience, as well as researching other ways to support architects’ and Architectural Technology professionals’ mental health in the workplace, with the goal of improving mental wellbeing throughout the sector. They meet quarterly to share findings and discuss new ideas for nurturing mental wellbeing.

There are a host of resources available on the AMWF website, amwf.co.uk, along with case studies and stories. We actively encourage members to visit this portal and become a part of the Forum.

Last year, they launched their primary toolkit to advise practices on how to improve mental health for their employees, and they have now released a follow-up toolkit that provides a useful collection of resources and tips on how to stay positive, resilient and in touch with others during the current crisis.

Here is an extract from the toolkit to assist members during the COVID-19 pandemic:



Staying positive

Practice mindfulness

Observe breathing, listen, pause, eat and walk mindfully, meditate daily, connect with your senses. If you are trying this out for the first time, we recommend the headsapce.com and calm.com.

Take time for yourself

Self care ideas below!

- Listen to music
- Take a nap
- Watch the stars
- Light a candle
- Sit in nature
- Write a letter
- Read a book
- Learn something new
- Take deep breaths
- Meditate
- Notice your body
- Take a walk
- Go for a run
- Turn off technology
- Create your own coffee break
- Move twice as slowly
- Call a friend
- Engage in small acts of kindness
- Give thanks
- Do some stretches
- Find a relaxing scent
- Make something

Daily gratitude

This can boost your mental health, helps you accept change and relieves stress. Gratitude journals are a great way of focusing your attention on positive thoughts/actions on a daily basis. Writing down three things you are grateful for at the start of the day and three good things that happened at the end.

Make plans for the future

Create short, medium and long-term goals, and when achieving these goals, your brain will receive a boost of Dopamine, also known as your ‘feel good’ neurotransmitter – which cannot be a bad thing!

Learn something new

It’s time to pick up that hobby you have always put on the back burner or not had time for. Hobbies can help

relieve stress whilst filling free time. Pick up those knitting needles or blow the dust off that old jigsaw puzzle! Find boredom buster resources [here](#), National Theatre at Home [here](#) and Culture in Quarantine [here](#).

Be optimistic

Focusing on positives not negatives. We can lower our rates of depression and levels of stress, not to mention it can increase our coping skills through difficult times, if we can think more positively. This takes time and practice, so a little patience is required!

- Try to be open to humour
- Follow a healthy lifestyle
- Identify potential areas of change
- Practice positive encouraging self-talk

Staying in touch – out of sight is not out of mind

Online communities

So many various social platforms do this with colleagues/friends. Have weekly quizzes, maybe watch a Netflix series and compare thoughts at the end, but stay in touch with each other. Don’t be afraid to over-communicate, it’s important that people know you care. You can use Zoom, Microsoft Teams and Netflix Party.

Keep track of what is going on in the outside world

Limit the time you spend listening to the news and reading social media posts and choose your sources wisely. This can often be a cause of anxiety if we overexpose ourselves.

Do not forget those at home

For those that live with family and friends and trying to work from home, schedule in lunches and breaks with them.

Display empathy and build meaningful relationships

This will enable us to support each other through these challenging times. This can be arranged through a buddying system within businesses/practices, resulting in a number of benefits:

- improved mental health;
- provide us with higher self-confidence;
- increase your resilience; and
- this can be done by genuinely listening, practicing forgiveness and being present. ■

Practice information, education and guidance

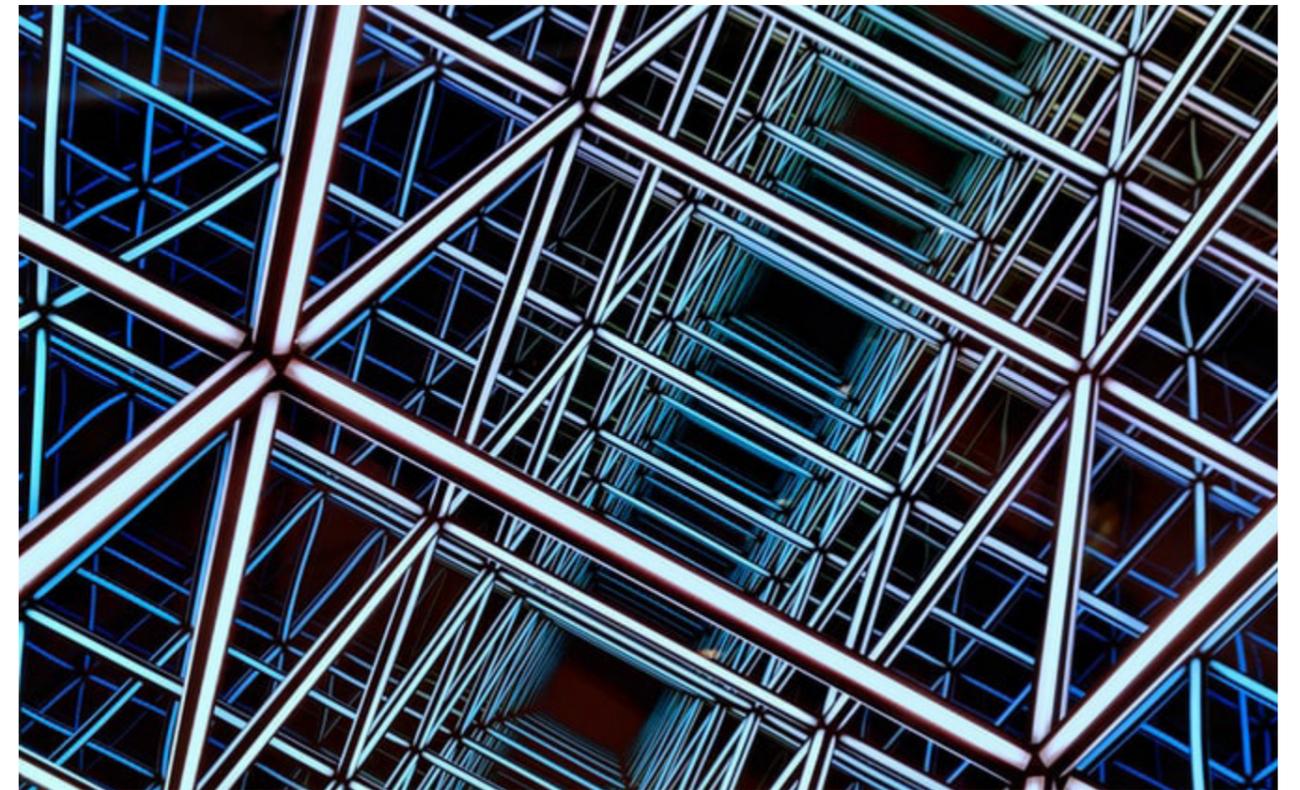


Ever wondered what kind of documentation the industry uses? Are you undecided as to whether you would like to be an employee or run your own business after your studies?

CIAT has prepared documents for you to use as an educational tool to help you understand your roles and responsibilities as a practising Architectural Technology professional.

.....
Please visit architecturaltechnology.com, log in to the My CIAT area and select *Practice information, education and guidance*.

Construction Collaborative Technologies



Shannon Hynes

Shannon Hynes, student member, provides us with some insight into the year four Construction Collaborative Technologies module at Waterford Institute of Technology (WIT), a 12-week module that sees students managing the delivery of a construction project post tender, using BIM 360 Next Generation and Microsoft Teams.

The Construction Collaboration Technology module was designed especially for fourth year students of Waterford Institute of Technology (WIT) enrolled on the CIAT Accredited programme BSc (Hons) Architectural and BIM Technology, along with those studying Construction

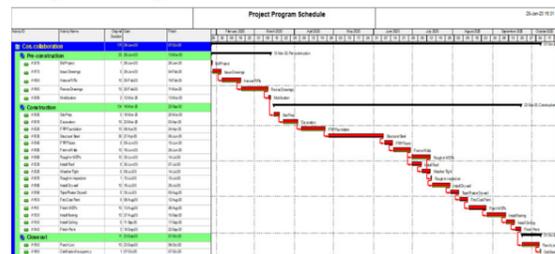
Management, Quantity Surveying and our year four peers from across the Atlantic at the Wentworth Institute of Technology, Boston, USA, also studying Construction Management. Students from these courses were broken up into different teams, mixed together to collaborate our knowledge on different aspects of what the new module entailed.

The module was presented and lectured by Gordon Chisholm MCIAT, who introduced the brief and its concept, along with tasks of the assignment ahead. The learning outcomes delivered by Gordon were to:

- assess the current inefficiencies in communications and information exchange within multidisciplinary construction project teams;
- identify and evaluate the ICT requirements of the various stakeholders to the construction process;
- critically evaluate the potential for current and emerging technologies in improving the integration of the delivery of construction projects;
- recommend suitable technological solutions at both inter and intra organisational levels; and
- recognise the potential of a variety of relevant software programmes/IT solutions (e.g. BIM, planning, tablets and so forth).

Using the Autodesk Sample Medical Centre Revit Models Architecture, Structure and MEP, the idea was to take a construction project from post tender to on site management, utilising the BIM 360 Next Generation platform. Within each team, students took on various construction team roles: consultants; contractors; sub-contractors etc. to replicate a real-world construction project.

Project Programme



The project programme

The project was broken down into six continuous assignments over the course of the semester. The first continuous assignment was to prepare a comprehensive BIM Execution Plan (BEP), which details the project deliverables. There was then a Task Information Delivery Plan (TIDP) and a Master Information Delivery Plan (MIDP) to set out when project information is prepared, who is responsible for preparing the information and what protocols and procedures will be used to develop the information. We also had to prepare a Gantt chart followed by schematically laying out the CDE file structure and including permissions.

The second assignment centered around the design collaboration. This involved setting up consultants and specialist sub-contractor teams on BIM



Identifying the clash avoidance strategies and the benefits of this over clash detection

avoidance and detection using BIM 360 Model Coordination software.

360 to share and link models, make design changes, review, mark up, and create issues. Following on from this, the third continuous assignment was the clash analysis which involved

“Within each team, students took on various construction team roles: consultants, contractors, sub-contractors to replicate a real-world construction project.”



The fourth assignment was all about learning the BIM 360 Field Management software; this involved carrying out mark ups, requests for information (RFIs), creating checklists and producing reports. The fifth assignment required scheduling and quantity take offs (QTO) – a QTO is a detailed measurement of materials needed to complete the project. We also had to issue a tender package for a specialist sub-contractor. The sixth assignment concluded the whole project by consolidating an AV presentation of the entire process of using BIM 360 to deliver a BIM Level 2 project.

When the government announced a country-wide lockdown due to the COVID-19 pandemic, BIM 360 and Microsoft Teams were an ideal set up to have. We shared all our work through this, making it extremely easy for each team member to view and download content within the comfort of their own homes. All members of the team had permission to access all features of the software in order to work on the same aspects of the project at the same time. Even during a pandemic and change in project delivery, we utilised technology to overcome this conflict and still delivered the project on time and with all the relevant information. This transition certainly didn't deter us. ■

To find out more about the CIAT Accredited programme BSc (Hons) Architectural and BIM Technology at WIT visit wit.ie/courses

Why work placements are crucial for Architectural Technology students



Dominika Kosmowska

Dominika Kosmowska studies on the CIAT Accredited programme Architectural Design and Technology at Cardiff Metropolitan University. She talks about the vital importance of a work placement.

In your second year as an Architectural Design and Technology student at Cardiff Met, we are required to complete a four-week work placement.

I started my adventure with my work placements a bit earlier than my peers because I'd already completed one by the end of my first year. The company I worked with then gave me some contact information for an architectural practice who they thought I'd fit right in with for my second-year placement.

After some research, I contacted the practice and got an interview date. I'd secured my work placement by the end of that summer.

The construction industry is very hands-on. We can't learn everything within our three short years at university, and some of the things we learn might be done differently in practice when we're working there as graduates. That's why placements are so important.

My placement helped me to better understand who I am studying to become as a professional individual, and made me even more excited about the future than I already was. It also helped me with gaining new skills and knowledge (although the tutors did a great job at preparing me for the placement), and of course I gained so many contacts and even a few friendships from the experience.

My work placement grew my confidence and it even helped me get into a healthier lifestyle and routine that has stayed with me after the placement has ended. The early mornings were tough, but when I'm a Chartered Architectural Technologist and working in a practice, I'll have to get used to it – might as well start now!

This article originally appeared on #CardiffMet Student Blogs on March 4 2020. Find the original article [here](#).

Here are a few tips based on what I learned from my own placement:

1. **Start looking early.** I think it is really important to organise your placements as soon as possible; it shows that you are keen and determined to learn new things about the industry and how it works.
2. **Any experience is good experience.** The perfect scenario is having the chance to go where you really want to go, rather than settling for the only place to reply to your email. But even if you don't get the placement you want, make the most of the one you do get.
3. **Ask questions.** This shows you are paying attention and that you actually care about what you get out of the placement. I know it can be difficult, but it's one of the many things I took from my work placement that has helped me in university and everyday life.
4. **Get involved.** Try to engage with the rest of the team as much as you feel comfortable with – I promise it will make your time on the placement a lot more 'work hard, play hard' rather than just 'work hard'!

My placement has been the most crucial part of my studies so far, and it helped me to confirm what I want to do after I graduate. It introduced me to the type of work and problems I will be dealing with in a way that university alone could not, with the chance to attend professional meetings and work with actual clients and budgets. ■

“My placement has been the most crucial part of my studies so far, and it helped me to confirm what I want to do after I graduate.”



An insight into the world of work



Emmett Heron

Emmett Heron is a current student member studying BSc Architectural Technology & Management at Ulster University. Emmett tells us about his year in the world of work and the benefits of a work placement.

My placement year began in September 2018 with Blamphin + Associates, who have been based in Belfast for over three decades. The practice started out as a quantity surveying firm before introducing an architectural department and making ‘architecture’ the firm’s main service. As an RIBA Chartered Practice, Blamphin + Associates maintains the highest of industry standards. With such a wealth of experience, knowledge and standing in the industry, and the fact they actively welcome a placement student through their doors each year, I knew this was the best firm for me to placed in.

No day is the same at the office; I always had something new to work on. My involvement with domestic house extensions has certainly provided me with an appreciation for the less glamorous side of the industry. I realised how much practical design experience could be gained from working on small-scale projects such as one-storey extensions and refurbishments. I particularly enjoyed making scale model houses for clients’ project ideas as it helps the designer think more about the design in ways 2D drawings cannot; it also allows the clients a chance to see the design proposal in a novel way, without the need for cutting edge technological design software.

“My placement year has allowed me to develop better networking and communication skills, giving me gained confidence in myself and the work I produce.”

Other working opportunities presented themselves in the form of projects involving simple poured concrete ground works right through to complex residential extensions, which helped to give me a broader understanding of the different processes involved in industry. Naturally, I encountered a number of challenges, all of which helped me to grow professionally – when I worked on a flat green roof system for a garage, for example, it involved designing bespoke details with materials and methods that I hadn’t encountered before during my programme. The design skills that I developed throughout university were implemented in my work during my placement; I was able to provide detailed drawings, whilst at the same time, progressing my capabilities to use in the world of work in order to produce professional drawings.

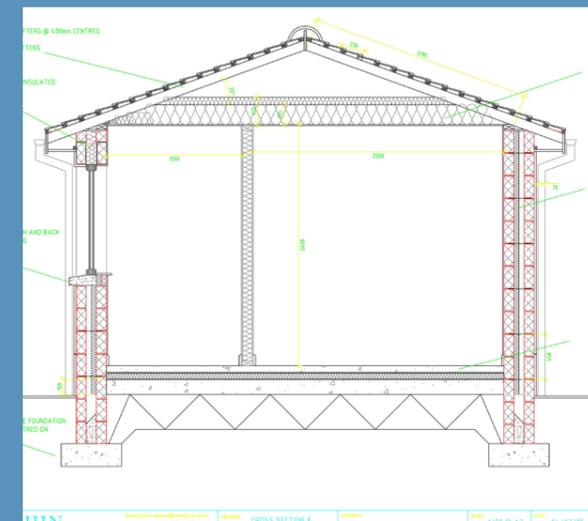
Management skills are indispensable in an architectural practice or any business and time management is an essential part of daily activities in the office. The ability to manage multiple projects at the same time is a challenge but a useful tool when executed properly. Multi-tasking on several projects has its advantages: for example, standard construction details can be produced once, copied to relevant projects and adapted as required. This is a time-effective method for producing drawings; the same can be applied to furniture blocks and layout sheets.

Management skills are indispensable in an architectural practice or any business and time management is an essential part of daily activities in the office. The ability to manage multiple projects at the same time is a challenge but a useful tool when executed properly. Multi-tasking on several projects has its advantages: for example, standard construction details can be produced once, copied to relevant projects and adapted as required. This is a time-effective method for producing drawings; the same can be applied to furniture blocks and layout sheets.

A couple of key lessons I learnt on my placement was firstly, that whilst working on two or more projects with similar designs – for example a domestic house with a garage – it can be beneficial to carry ideas from one design to the other. The best design solution or material selection may be suitable for both projects. Secondly, managing the cost of a project is difficult as costs often fluctuate in its lifespan. Projected costs play a major role in the selection of design proposals for any scheme. Complexity of the design often increases both the cost and the time required to complete a project and the longer a project takes to complete, the more increased costs occur.

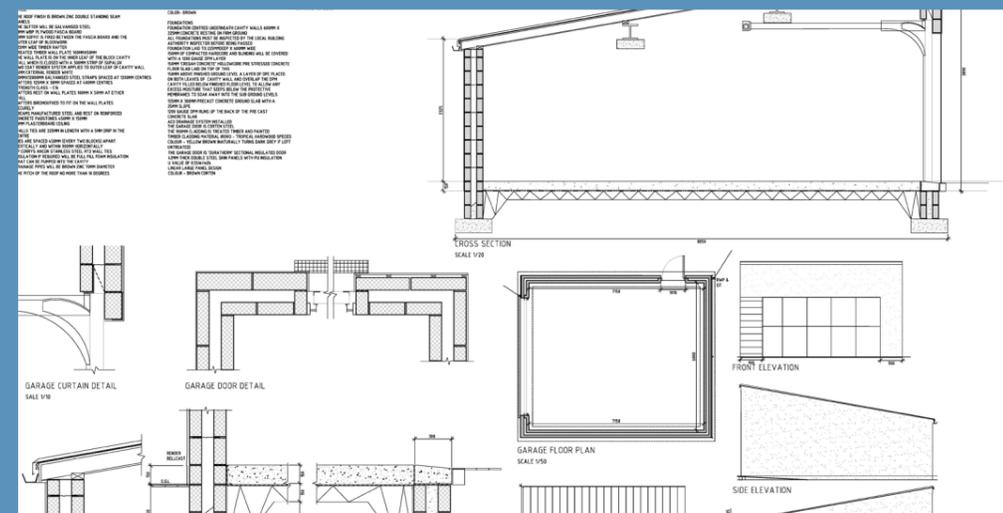
When I did return to university once my placement had ended, I found adapting back to the life of a student quite difficult, especially when you are eager to continue developing yourself professionally. With the help of my peers and mentors, I was able to work through that adjustment period.

From being on my placement year, I’ve been able to develop better networking and communication skills, allowing me to gain confidence in myself and the work I produce. I participated in many CPD events organised by the practice, allowing me to see a side of the industry that I would not be able to access through lectures alone.



Designs for a garage – one of many projects Emmett worked on

A placement year is extremely beneficial to any student that wishes to enter the professional field of Architectural Technology. The experience has given me the skills I believe I need to become successful in the discipline. The year gave me an understanding of the pathway to becoming a Chartered Architectural Technologist, MCIAT and I now have a clearer comprehension of the actions needed to reach this milestone and long-term goal of mine. Developing my portfolio alongside essential networking experiences presented the opportunity to advance myself in many areas and most importantly made me aware of where I could fit within the industry’s many organisations. I would wholeheartedly recommend this experience to every third-year student who is looking for a way to gain experience and insight into the world of work. ■



Designs for a garage – one of many projects Emmett worked on



© Simona Simaitytė



Simona Simaitytė ACIAT

In this piece, Simona Simaitytė, Associate member and graduate of VIA University College, Denmark, writes about the role of a work placement in the path to her first full-time position in industry.

During my third semester, I wanted to learn more about what the industry offers. Being a part of my local aspirATion Group and its links to an international network within the built environment proved extremely useful in aiding me in my search for a work placement. I ended up applying for an intern role at Cannon Clarke Architects, and Director, Andrew Clarke MCIAT explained to me that he found it very important to learn that I was an active student member of CIAT.

Cannon Clarke Architects are a CIAT Chartered Practice based in Norwich, who manage a diverse range of projects – from domestic to commercial contracts of all sizes. The company are an up and coming contemporary design studio with a small team possessing a large amount of professional experience. This offered me the ideal opportunity to learn some invaluable skills in a short time frame.

I wasn't sure the programme I was studying – the CIAT Accredited programme Bachelor of Architectural Technology and Construction Management – was the right choice for me. I had many anxieties concerning it. However, the placement at Cannon Clarke Architects gave me a glimpse of real working experiences and renewed my confidence in my career path and passion for the built environment.

I learned and improved on how to use different types of programmes such as Photoshop, Lumion, InDesign and Sketchup, and towards the end of my placement I was experimenting with software to aid in BIM processes. Training for this particular software was not available whilst I was at university, and so this gave me a great advantage in producing high-quality presentations.

“The placement at Cannon Clarke Architects gave me a glimpse of real working experiences and renewed confidence in my career path and passion for the built environment.”



© Simona Simaitytė

My understanding of how projects work in real life became clearer. The internship assisted with my university work too – my training covered all stages of a project, from concept design to site inspections, helping me to improve my final Bachelor's project. The team at Cannon Clarke were very welcoming and took the time to give me a lot of advice and guidance to help me analyse and understand my dissertation topic – they even kindly offered to help me out after my internship was over. Team reviews and discussions highlighting different points of views helped me to choose the right topic, which as a result, I thoroughly enjoyed writing.

After my degree was completed, I considered applying to do a Masters programme but was unsure whether I wanted to continue in academia or move in to the world of work. I eventually decided that working as an intern, especially coming from abroad, had given me a deeper understanding of the industry and I wanted to expand on this further and build on my confidence. I enjoyed my time so much at Cannon Clarke Architects that I was keen to apply for a full-time position upon graduating. The team there were so passionate about the work they do and I was impressed with how much I learned in such a short period of time. I loved how friendly and understanding my colleagues are – they put in a lot of effort to teach, help and develop their staff, which is incredibly important for an intern or new graduate.

Following a successful job application, I was recently appointed as an Architectural Assistant at Cannon Clarke Architects and I now reside in the UK. The next big challenge for me is to become fluent in building technology and develop a full understanding of UK Building Regulations, as well as to build on my planning and contract knowledge. I strongly believe that I have an amazing opportunity to grow in these early stages of my career and that my time at Cannon Clarke Architects will help me on the way to achieving my goals. I look forward to what the future may hold. ■



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Greater London Region Student Awards 2020

Words by Niall Healy MCIAT, Greater London Region PR Officer

What a strange year this has been! Who could have predicted when the clock struck midnight on 31 December 2019 what was laying waiting ahead for us in 2020! For many, the world has been turned upside down and well-established plans put to one side with the challenge of finding new ways to operate. There is an old nautical saying, 'you cannot control the weather but only adjust the sails', and I can tell you that in the Greater London Region we have been busy adjusting and trimming the sails to keep momentum of the Region on course.

In 2019, the Greater London Region introduced their own Student Awards for universities in the Region. As an inaugural event, it was a great success which culminated in a tour, courtesy of Foster+Partners, of the Bloomberg Building for the four graduate medal winners for our four London universities with Accredited degree programmes. It was a great honour to be joined by Alex Naraian PPCIAT MCIAT, then President, as special guest on the tour.

With the current restrictions due to the pandemic, some creative thinking was deployed to explore how we could deliver something meaningful to the students and universities in our Region for 2020. The obvious answer was to, using that now overused term, 'pivot' to an online experience for the Regional awards. From the initial tentative conversations on how we could deliver an event, which involved trial running some delivery platforms, we could not have predicted how valuable and rewarding the events were to become for all who participated.

In addition to the privilege of being nominated for the awards, we wanted to offer the Highly Commended and Winning students something tangible. We were very fortunate to gain the support from a generous sponsor, ThermoHouse UK, who sponsored £1,000 in prize money that was distributed to each Winner and Highly Commended student in each year group from each university.

The event evolved into four separate award presentations, one for each of the universities with an Accredited degree programme.

The events were as follows:



London South Bank University Student Awards 2020
Aug 20, 2020 19:30



University of Westminster Student Awards 2020
Aug 13, 2020 19:30



University of West London Student Awards 2020
Aug 6, 2020 19:30



University of East London Student Awards 2020
Aug 4, 2020 19:30

The format of each event varied slightly in response to the input from the academic staff. In general, the event opened with a welcome from the programme leader and an introduction to the guest speakers. Our sponsor, ThermoHouse UK, also presented a short talk at the opening of the event, moving on to the formal opening of proceedings by special guests of honour. These included Alex Naraian PPCIAT MCIAT, Dr Matthew Brooke-Peat MCIAT, Vice-President Education, Steven Hedley MCIAT, Vice-President Technical and Eddie Weir PCIAT, President, to whom the Greater London Region and participating universities are incredibly grateful to.

The format of the awards event consisted of a slideshow

presenting a headshot and sample of work for each nominated student. This format was selected as it celebrated the achievement of each nominee.

The presentations and prizes were presented on behalf of the Region by Emma Thomson ACIAT, the aspirATion Chair and Raquel Castro Vicente MCIAT, Chair of the Regional Committee, for first and second-year groups. The guest of honour was then invited to present third-year nominations and present the prizes.

All nominated, Highly Commended and Winning students received a certificate of achievement and, in addition, the third-year winner received the Greater London Region Graduate Medal and a free upgrade from student to Associate membership of CIAT.

As the format evolved through each event, and the addition of a short interview with the winners of the second and third-year students, they proved to be extremely popular and were very well received. Following the events, the PR Officer received several emails from academic staff and students expressing gratitude to the Greater London Region for the effort to create and host the events. It was clear that having an event such as this, in what has been such a challenging year, lifted the spirits, and had an incredibly positive impact on the confidence of the students.

A post-event tweet says it all:



Winners of the 2019 Student Awards with members of the GLR Regional Committee and Alex Naraian PPCIAT MCIAT.

Keeping the event discreet to each university allows the festival to celebrate the best in each individual university. The AT Awards| Students provide a platform to celebrate the most outstanding student of the year where all universities with Accredited programmes can compete; it was important not to replicate this endeavour.

At its core, the individual university events are a vehicle to raise the profile and relevance of the Institute to the students enrolled in the Accredited programmes. It creates a goal for each student to strive for excellence and use the work of friends and colleagues who have been nominated, Highly Commended or Winners as a reference point for their own remarkable achievements on their education journey.

The warmth of the comments shared between students and the audience in general on the chat window of the event platform was inspiring for the members who organised the events. It has strengthened the resolve to make this an annual celebration of the students' achievements on their journey to becoming Chartered Architectural Technologists of the future.

To conclude, we owe a great debt of thanks to the programme leaders who were so enthusiastic and accommodating in their support of the event:

Tabatha Mills BSc (Hons) PGCHE UNIVERSITY OF WESTMINSTER
University of Westminster

Dr Charlie Fu MCIAT MRTPI FHEA UNIVERSITY OF WEST LONDON
University of West London The Career University

Jennifer Hardi BSc. Hons. PGCHE MPhil SFHEA MCIAT MCIQB London South Bank University
London South Bank University

Dr Arman Hashemi PhD, FHEA, MCMI, ACIAT University of East London
University of East London
Pioneering Futures Since 1898

Also to members of the Greater London Regional Committee who acted as judges, along with guest judges Christine Moran of BDP and Jacqui Macqueen of Goldcrest Architects. To ThermoHouse UK, our generous sponsors and finally, and most importantly, to the Winners and Highly Commended students. ■

See the full list of winners on the next page!

Greater London Region Student Awards 2020

University of West London

Year 1

Winner

Tomasz Grzegorz Koperniak

Highly Commended

Alan Clark

Nominated

Kheman Ramji Jeshani
Sukhvir Gill

Year 2

Winner

Panteha Karbasi

Highly Commended

Milda Kilmanskyte

Nominated

Doha Hussein
Nassir Mohamed

Year 3

Winner

Thomas Patrick Felix

Highly Commended

Daniel Neal Warne

Nominated

Cavan Ruaux
Kelly BarcelosDosSantos
Michael John O'Sullivan

All nominated, Highly Commended and Winning Students received a certificate of achievement and, in addition, the third-year winner received the Greater London Region Graduate Medal and a free upgrade from student to Associate membership.

University of Westminster

Year 1

Winners

Peter Sotiri
Zoe Shepherd
Ismail Yoonis
Azhar Faghi Elmi
Afzal Ali

Highly Commended

Lloyd Butcher
Stefano Fantuzzi
Rommel Mangsat
Nathan Kwane
Yassin Ali

Nominated

Chanjeevan Gnanenthiran
Elspeth Jefferson
Robyn Howe
Velina Drakalieva
Zaheen Ibrahim
Isaac Grant
Fariya Abdul
Nasma Amrane

Year 2

Winner

Gus Hodge

Highly Commended

Thomas McGinnity

Nominated

Arcangela Verela Tavares
Arsalna Usmani
Jack Deboo
Lihane Bekteshi

Year 3

Winner

Sandi Nurpeissova

Highly Commended

James Park

Nominated

Amelia Bond
George Smith
Jasmine Smith
Orville Phillips
William Nicholls

University of East London

Year 1

Winner

Ioana Pedrescu

Highly Commended

Danny Tran

Nominated

Jydsen Zchrlyn Ombao
Jake Dacosta Augustin

Year 2

Winner

Gergely Toth

Highly Commended

Mohamed Ahmed

Nominated

Daniela Ionela Dragu
Thomas Stroud
Marius Rotaru
Ouninioluwa Rotimi

Year 3

Winner

Giulia Fincini

Highly Commended

George Fahmi

Nominated

Connor Minihane
Jawad Serroukh
Jonny Chapi Enriquez
Oussama Nefzi
Oliver Egerton-Smith
Shahid Siddique
Simren Dosanjh

London South Bank University

Year 2

Winner

Robert Marsh

Highly Commended

Anthony Withall

Nominated

William Hall
Samuel Mcloughlin
Bradley Martin
Geraldine Quinn

Year 3

Winner

Christopher Cattle

Highly Commended

Joel Mammoliti

Nominated

Sebastian Cave
Benjamin Clark
Ann-Marie Houlihan
Luke Stanley

Year 2

Winner

Samuel Mcloughlin

Highly Commended

Robert Marsh

Nominated

Klaudia Preus
Geraldine Quinn
Bradley Martin
Anthony Withall
William Hall
Michael Harnett

Year 3

Winner

Christopher Cattle

Highly Commended

Benjamin Clark

Nominated

Ann-Marie Houlihan
Sebastian Cave
Joel Mammoliti
Luke Stanley

First CIAT Accredited

apprenticeship offered by

Edinburgh Napier University

Earlier this year, CIAT Accredited its first ever apprenticeship programme at one of its Centres of Excellence.

Edinburgh Napier University is the first higher education institution to have its apprenticeship programme Accredited by CIAT. The University was the first educational establishment in the UK to offer an apprenticeship in Architectural Technology and has now been awarded Accredited status for its Construction & the Built Environment (Architectural Technology) Graduate Apprenticeship.

A Graduate Apprenticeship (GA) is an alternative route to graduate-level education in Scotland, providing a 'workplace-learning' environment and the opportunity to work in partnership with the built environment industry. A GA aims to produce graduates with the skills, knowledge and behaviours to make a valuable contribution in the area of their chosen degree pathway.

The Construction & the Built Environment (Architectural Technology) GA is four years in length and Graduate Apprentices will spend approximately 80% of their time in paid, full-time employment.

Graduates will be eligible for Associate membership, ACIAT and will also be entitled to exemptions against Educational Standards of the MCIAT Professional Assessment when progressing to become a Chartered Architectural Technologist, MCIAT.

Dr Matthew Brooke-Peat MCIAT, Vice-President Education, said: "I am pleased that the first educational establishment to offer an apprenticeship programme at degree level in Architectural Technology has also achieved CIAT Accreditation for their provision. This initiative further emphasises the value that our profession adds to the industry, and that employers are committed to ensuring their staff have the necessary skills and knowledge. I look forward to many more institutions following suit in the near future."

Programme Leader for the Architectural Technology programmes, Dr Suha Jaradat MCIAT added: "Edinburgh Napier aims to be a University that is professional, ambitious, innovative and inclusive. The provision of Graduate Apprenticeships in Scotland's workplace is a key Government policy and offers an alternative route to a graduate-level education. Built on the success of existing Foundation and Modern Apprenticeships, Graduate Apprenticeships provide an exceptional 'workplace learning experience'."

Graduate Apprenticeships are developed by Skills Development Scotland, by way of consultation with employers, universities, professional bodies and through the deliberations of Technical Expert Groups. The Graduate Apprenticeship delivered by the School of Engineering and the Built Environment offers just such a workplace learning experience for those employed in Architectural Technology.

Dr Jaradat continued: "The Graduate Apprenticeship programme proved to be popular with employers and students who will be offered the opportunity to study for a degree while working in the industry which will also be good for the profession of Architectural Technology. Strong links with employers have been established and careful checks are made to ensure that employers are appropriate and support is established to all students via their academic and industrial tutors." ■



CIAT



The AT Awards and digital showcase

3 December 2020

Showcasing the technology of architecture at its best, CIAT's AT Awards event and digital showcase will be live on 3 December.

This free online event will recognise the exceptional contribution that Architectural Technology practices and professionals make to the built environment, as well as the outstanding work of Architectural Technology students.



Register for free at architecturaltechnology.com/atawards2020

The winners will be announced by television presenter, journalist and musician Matt Allwright as the AT Awards becomes virtual for 2020!

The AT Awards are recognised as the premier accolades that demonstrate outstanding achievement in Architectural Technology and celebrate the technology of architecture.

Find out more at:

architecturaltechnology.com/awards.html

Headline sponsors



Digital showcase brought to you by

