

LLO 2. Apply the key principles of communication, knowledge of the basic elements of the communication model, and considerations of effective communication channels used to a specific situation.

Let's Get a Meal Together! Finding Community Through Food at FAST NUCES

Overview

This assignment is designed to help you break the ice, explore your new surroundings (on and off-campus), and reflect on how a simple act like sharing a meal can build community. Your task is to create a mini vlog with your voiceover of an experience where you seek out or observe a sense of community over food.

The Task: Create a 2-3 Minute Vlog

You will plan a meal, go to a location, capture the experience on video, and record a voiceover sharing your thoughts and reflections.

Step 1: The Plan (Choose Your Adventure)

Decide on your approach. Here are a few ideas:

- **The "Classmate Connect":** Invite one or more new classmates you don't know well to the FAST NUCES cafeteria, a nearby *dhabba*, or a local café. The goal is to turn a new acquaintance into a friend.
- **The "Solo Observation":** Go alone to a busy food spot in Islamabad or Rawalpindi (e.g., a café in F-7, a food court, or a traditional restaurant in Saddar). Your goal is to be an observer. Watch how other people interact and connect over their meals.
- **The "Group Outing":** Join a group of seniors or a society event that involves food. Document what it feels like to be a newcomer in an established group.
- **The "Old Friends, New Place":** Go out with your old school friends who are also in Islamabad/Pindi now. Reflect on how your friendship feels in this new university context.

Location Ideas:

- **On-Campus:** The main cafeteria, CS lawn
- **Islamabad:** A café in F-6/F-7, Gol Market, Jinnah Super Market, Centaurus/Safa Gold Mall food courts.
- **Rawalpindi:** A traditional spot in Saddar, Commercial Market, or Bahria Town.

Step 2: The Experience & Recording

While at your chosen location, use your phone to capture video footage.

What to Film:

- The atmosphere of the place: the decor, the crowd, the general vibe.
- The food and drinks: from ordering to it arriving at your table.
- Close-ups of things that catch your eye: a menu, a steaming cup of tea, street views from the window.
- Your hands, your friends' hands (not necessarily faces).
- **IMPORTANT:** Be respectful. **Do not film other people's faces up-close without their explicit permission.** Focus on atmosphere and details.

Step 3: The Reflection & Voiceover

After the experience, find a quiet place to record your voiceover. Your voiceover is the heart of the assignment. It's your story. Structure your thoughts by answering the following questions:

Guiding Questions for Your Voiceover:

1. **The Setup:**
 - Where did you decide to go and why?
 - Who were you with (or were you alone)? What was your goal for this meal?
2. **The Vibe:**
 - Describe the atmosphere of the place. Was it noisy and energetic, or quiet and calm? How did the environment make you feel?
3. **The Connection (The Core of the Story):**
 - **If with others:** What did you talk about? Did you discover any shared interests? Was there a specific moment of laughter, a deep conversation, or a shared silence that made you feel connected?
 - **If alone:** What did you observe about the people around you? Did you see families or groups of friends? What did their interactions tell you about the community? Did you feel a sense of belonging just by being there, or did you feel like an outsider?
4. **The Spark:**
 - Describe one key moment from the experience. Was it trying a new dish together? Was it the relief of finding a place that felt welcoming? Was it a simple conversation that made you feel understood?
5. **The Takeaway:**
 - What did you learn from this experience about finding community at university?
 - Did it change your perspective on starting conversations or exploring the city?
 - Would you go back to this place or hang out with these people again? Why or why not?

Step 4: The Edit

Combine your video clips and your voiceover using a simple video editing app on your phone (like CapCut, InShot, VN Video Editor) or computer. Add some background music if you like (make sure it's royalty-free!).

Technical & Submission Guidelines

- **Video Length:** 2-3 minutes.
- **Format:** MP4 file.
- **Orientation:** Vertical (like an Instagram Reel or TikTok) is preferred, but horizontal is also acceptable.
- **Audio:** Please ensure your voiceover is clear and easy to understand.
- **Submission:** Upload your final MP4 file to GCR.
- **Deadline:** Week 11.
- Rubric has been attached. The assignment carries 40 marks.