

I'm Konstantinos and I started playing digital games when I was 5 years old. At the beginning I played video games, action games etc. alone but later I started played together with my brother Vassilis..... pg.21



Issue 2



# The Voice of Teens

European School Magazine



Each headmaster will be responsible for the contents of the articles of his/her school



Year 01 - N. 02- May 2009



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see you next year!

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## E.U. steps

On 9 May 1950, the Schuman Declaration proposed the establishment of a European Coal and Steel Community (ECSC), which became reality with the Treaty of Paris of 18 April 1951. This put in place a common market in coal and steel between the six founding countries: Belgium, the Federal Republic of Germany, France, Italy, Luxembourg and the Netherlands. The aim, in the aftermath of World War Two, was to secure peace between Europe's victorious and vanquished nations and bring them together as equals, cooperating within shared institutions. The Six then decided, on 25 March 1957 with the Treaty of Rome, to build a European Economic Community (EEC) based on a wider common market. Customs duties between the six countries were completely abolished on 1 July 1968 and common policies in trade and agriculture, were also put in place during the 1960s. So successful was this venture that Denmark, Ireland and the United Kingdom decided to join the Community in 1973. At the same time the European Regional Development Fund (ERDF) was established in 1975. June 1979 saw a decisive step forward for the European Community, with the first elections to the European Parliament by direct universal suffrage. These elections are held every five years. In 1981, Greece joined the Community, followed by Spain and Portugal in 1986. The worldwide economic recession in the early 1980s brought with it a wave of 'euro-pessimism'. However, hope sprang anew in 1985 when the European Commission, under its President Jacques Delors, published a White Paper setting out a timetable for completing the European single market by 1 January 1993. This ambitious goal was enshrined in the Single European Act, which was signed in February 1986 and came into force on 1 July 1987. The political shape of Europe was dramatically changed when the Berlin Wall fell in 1989. This led to the unification of Germany in October 1990 and the coming of democracy to the countries of central and eastern Europe as they broke away from Soviet control. The Soviet Union itself ceased to exist in December 1991. At the same time, the member states were negotiating the new Treaty on European Union, which was adopted by the European Council, at Maastricht in December 1991 it came into force on 1 November 1993 creating the European Union (EU). Austria, Finland and Sweden joined to the EU on 1 January 1995.



## Neaizmirstamā nedēļa Aizputē.

Mīļie draugi, kopīgi atcerēsimies raibo un emocionālo nedēļu Aizputē!

Šajā tikšanās reizē ieguvām jaunu priekšstatu par Dienvidu valstu kultūrām un tradīcijām bez stereotīpiem, kā arī ieguvām nelielas zināšanas citu valstu valodā, piemēram, pieklājības frāze - paldies - bulgāru valodā - „благодаря”, poļu valodā - „dzięki”, slovāku valodā - „ďakujem”, itāļu valodā - „grazie”, franču valodā - „merci”, grieķu valodā - „ευχαριστώ” un turku valodā - „teşekkür ederim”.

turpinājās pag.3

## The unforgettable week in Aizpute.

Dear friends, let's remember together the colorful and emotional week in Aizpute!

In this meeting we got new image about Southern country culture and traditions without stereotypes, as also we got a little knowledge in other languages - for example, politeness phrase - thanks - in Bulgarian language - „благодаря”, in Polish - „dzięki”, in Slovakian - „ďakujem”, in Italian - „grazie”, in French - „merci”, in Greek - „ευχαριστώ” and in Turkish - „teşekkür ederim”.

Continue at pg. 3



## What is Europe Day?

You may have come across a reference in a diary or elsewhere to the fact that 9 May is "Europe Day" and perhaps asked about its significance. Probably very few people in Europe know that on 9 May 1950 the first move was made towards the creation of what is now known as the European Union.



In Paris that day, against the background of the threat of a Third World War engulfing the whole of Europe, the French Foreign Minister Robert Schuman read to the international press a declaration calling France, Germany and other European countries to pool together their coal and steel production as "the first concrete foundation of a European federation".

What he proposed was the creation of a supranational European Institution, charged with the management of the coal and steel industry, the very sector which was, at that time, the basis of all military power. The countries which he called upon had almost destroyed each other in a dreadful conflict which had left after it a sense of material and moral desolation.

Everything, therefore, began that day. That is why during the Milan Summit of EU leaders in 1985 it was decided to celebrate 9 May as "Europe Day".

Next 4 June 2009 will take place the elections to the European Parliament by direct universal suffrage.



## Neaizmirstamā nedēļa Aizputē.

no lapa 2



*Sarunas starp dalībniekiem no Polijas un Bulgārijas. Conversation between participants from Poland and Bulgaria.*

Protams, liels ieguvums mums pašiem bija angļu valodas zināšanu nostiprināšana, jo tieši angļu valodā mēs viens ar otru sazinājāmies. Ja kādu reizi gāja grūti, tad palīgā nāca interneta vārdnīca.



*Bulgāri kopā ar latviešiem Pāvilstā. Bulgarians with latvians in Pāvilsta.*

Tagad turku draugi apgūst turku valodu un domā apciemot savus draugus. Ar bulgāriem tiek veidota bulgāru – latviešu vārdnīca. Gaidot septembra tikšanos Atēnās, mēs sākam iepazīt grieķu valodu un Atēnu kultūrvēsturiskos objektus. Itāļu valoda ar mūzikas palīdzību vienmēr skanēs...

### Neaizmirstamā nedēļa



*Tija ar turku draugiem spēlējot biljardu. Tija with Turkish friends playing pool.*

Latviešu virtuves viens no tradicionālākajiem ēdieniem – kartupeļu pankūkas – gāja pie sirds ārzemju draugiem. Recepte un pankūkas pazuda vienā minūtē. Sazinoties ar itāļiem, Kristīne tagad prot pareizi izcept picu, Džovanni un Frančeska savām draugu ģimenēm iemācīja pagatavot garšīgu pastu, Kristaps kopā ar Sinanu pagatavoja Turku lavašu.

Mūsu zemes liela vērtība ir pirmatnējā daba, kas tajā nedēļā nebija visā



*Itāļi, bulgāri un latvieši piknikā. Italians, bulgarians and latvians in a picnic.*

krāšņumā – tas bija tikai pavasara sākums, bet tomēr mēs ieguvām citu redzējumu uz ikdienišķo – zvaigžņotām debesīm un krītošām zvaigznēm, putnu pavasara dziesmām, līdzenumiem, dabas harmoniju, mieru, klusumu un spēcinošo gaisu.

Ja biežāk būtu iespēja mums tikties un iepazīt vienam otru ar kopīgiem pasākumiem, sporta aktivitātēm, deju un mūzikas vakariem, teātra apmeklējumiem u.c., nebūtu pārpratumu par nacionālo kultūru atšķirībām, kas ir katras tautas lielākā vērtība, un mēs visi varētu optimistiski skatīties uz mūsu kopīgo nākotni – mīlestību bez stereotipiem, draudzību un sadarbību.

## The unforgettable week in Aizpute.

From pg. 2

Of course, a huge benefit for us was the consolidation of our English skills, because we communicated in English. If there was a time, when it was hard to speak, then came to assistance dic-



*Slovakian and latvian girls. Slovāku un latviešu meitenes.*

tionary in the Internet.

Now Turkish friends are learning Turkish and they are thinking about visiting them. With Bulgarians is made Bulgarian – Latvian dictionary. We are waiting for the meeting in Athens on September and already starting to get to know Greek language and monuments of Athens. Italian language with the help of music will always sound...

One of the most traditional meal of Latvian cuisine – potato pancakes – got to the heart of our foreign friends. The recipe and pancakes disappeared in one minute. With the help of Italians, now Kristīne know how to correctly make pizza, Giovanni and Francesca to their friend family's made and learned how to

make a tasty pasta, Kristaps together with Sinan made Turkish meal - lavash.



*Florian from France with Latvian girls. Florians no Francijas kopā ar latviešu meitenēm.*

A huge value of our country is the wild nature, which in that week wasn't in the all magnificence – it was only the beginning of the spring, but we got another vision of all ordinary – of the bespangled sky and the falling stars, of bird spring songs, of flat country, of the harmony of the nature, peace, quiet and sustaining air.



*Gerda with Italians next to the see. Gerda kopā ar itāļiem pie jūras.*

If there would be a possibility for us to meet more often and to get to know each other with common events, sport activities, dance and music evenings, and theatre visitations etc., there wouldn't be any misunderstanding about national culture differences, which are the main value of a nation, and we all could optimistically view to our cumulative future – love without stereotypes, friendship and collaboration.



*Grūtās atvadas. The hard goodbye saying.*

*Arta, Gerda, Ģirts, Madara, Kristaps, Raimonds.*

## Summer festivals in Slovakia - 2009

Summer festivals always come together with summer. We are expecting many interesting festivals, where everybody will find their own favourite style. The most well-known festivals in Slovakia are:

- TOPFEST
- Bažant pohoda
- Orange Music Summer



### **TOPFEST – music open-air festival**

This festival runs yearly in Zelená Voda near Nové Mesto nad Váhom in July. It always lasts for two days. Topfest year after year attracts not only Slovaks, but many people from abroad come to Topfest, too. The 5th year

was the most successful because fans could enjoy almost 50 performers on several stages. The sixth year of TOPFEST is going to be held from 26. 06. – 27. 06. 2009 and everybody can enjoy many interesting bands not only from Slovakia, but from the USA or the Czech Republic, too. The headliner of the whole festival is going to be Limp Bizkit.

### **BAŽANT POHODA**



Bažant pohoda has been favourite Slovak festival since 1997. Formerly the festival took place in Trenčín, Mestský štadión. The very first event had participation of about

2000 fans and it lasted only for one day. It became two-day festival in 1999 when 8000 people came. Since 2005 Bažant pohoda has taken place in Trenčín's airport. The 12th year is going to be held from 16. 07. 2009 to 17. 07. 2009.

### **ORANGE MUSIC SUMMER FEST**

This year is going to be the sixth year of this project, which is more and more successful every year. It is always organized in July and August in 4 Slovak holiday resorts (Domaša, Ružiná, Duchonka and Námestovo). Last year more than 72 000 people enjoyed the great atmosphere of the festival.



## Letné festivaly na Slovensku - 2009

Letné festivaly prichádzajú vždy s letom. Čaká nás mnoho zaujímavých festivalov, kde si každý fanúšik nájde svoj štýl. Najznámejšie festivaly na Slovensku sú:

- TOPFEST
- Bažant pohoda
- Orange Music Summer



### **TOPFEST – hudobný open-air festival**

Tento festival sa koná každoročne na Zelenej Vode pri Novom Meste nad Váhom v júli. Je to vždy posledné dva dni. TOPFEST nie je zaujímavý len pre Slovákov, ale na TOPFEST prídu vždy tiež i ľudia zo zahraničia. Piaty ročník



bol veľmi úspešný, pretože fanúšikovia sa tešili z takmer 50 účinkujúcich na niekoľkých stageoch. Šiesty ročník TOPFESTU je od 26. 06. - 27. 06. 2009 a každý sa môže tešiť na zaujímavé skupiny nie len zo Slovenska, ale tiež

z USA alebo Českej republiky. Hlavnou hviezdou na celom festivale bude Limp Bizkit.

### **BAŽANT POHODA**

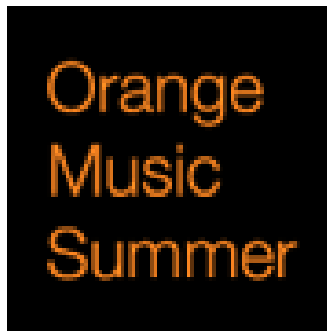


Bažant pohoda je obľúbeným Slovenským festivalom od roku 1997. Prvý ročník, ktorý mal účasť okolo 2000 fanúšikov sa konal na Mestskom štadióne v Trenčíne a trval iba jeden deň. Dvojdnovým

festivalom sa stal v roku 1999 kedy prišlo 8000 ľudí. Od roku 2005 sa pohoda každoročne koná na trenčianskom letisku. Dvanásť ročník bude od 16. 07. do 17. 07. 2009.

### **ORANGE MUSIC SUMMER FEST**

Tento rok sa koná šiesty koná tohto projektu, ktorý je každým rokom úspešnejší. Koná sa vždy v júli a auguste v 4 rekreačných oblastiach (Domaša, Ružiná, Duchonka Námestovo). Posledný ročník navštívilo spolu viac ako 72 000 ľudí.



Maritna Podmanická 18,  
Lenka Škulová 18

## 🇬🇷 **HEΛΛΑΔΑ με λίγα λόγια**

Η Ελλάδα, είναι μια σύγχρονη ευρωπαϊκή χώρα, με τεράστια ιστορία. Η Αθήνα, η πρωτεύουσα της χώρας έχει πολλά όμορφα μέρη και αξιοθέατα που μπορεί να επισκεφτεί κανείς.



Μπορεί να περπατήσει στην Ακρόπολη και στη Ρωμαϊκή Αγορά και στο νέο μουσείο Ακροπόλεως μπορεί να θαυμάσει τα ευρήματα από τις κλιτύς της Ακρόπολης, της αρχαϊκής, κλασικής και ρωμαϊκής περιόδου, όπως αγγεία με αναπαραστάσεις από την καθημερινή ζωή, πολεμικές σκηνές και άθλους ηρώων, κατασκευές πλοίων ή άλλων ειδωλίων και νομίσματα παλιάς εποχής.

Επίσης η Ελλάδα περιλαμβάνει και πολλά όμορφα νησιά όπως η Μύκονος, η Χίος, η Ρόδος, η Πάρος, η Σαντορίνη, η Λευκάδα και η Κέρκυρα. Τα πιο γνωστά είναι η Κέρκυρα, η Ρόδος, η Μύκονος και η Κρήτη όπου άνθρωποι από όλες τις χώρες έρχονται για να διασκεδάσουν και ξεφρανώσουν μέχρι τις πρωινές ώρες. Επίσης να απολαύσουν τις ήρεμες και γαλήνιες θάλασσες και κάνουν θαλάσσια σπορ.

Η Ελλάδα έχει επίσης πανύψηλα βουνά όπως ο Όλυμπος, η Πίνδος, ο Παρνασσός, ο Ταύγετος, τα Λευκά όρη και ο Ψηλορείτης.

Πολλοί επισκέπτονται τα ψηλά βουνά όπως ο Όλυμπος για να κάνουν ορειβασία. Άλλοι ανεβαίνουν στον Παρνασσό ή στα Καλαβρύτων ή στα Τέσσερα-Πέντε Πηγάδια για να κάνουν σκι ή για να παίξουν με το χιόνι.

Επίσης ένας καφές ή μια ζεστή σοκολάτα σ' ένα από τα γνωστά χειμερινά θέρετρα είναι υπέροχο όταν συνδυάζεται με τη λιακάδα και την ξεγνοιασιά τους χειμερινούς μήνες.



ακροθαλασσιές και καταγάλανες θάλασσες, που σε μαγεύουν και σε αναζωογονούν.

Όλγα Ψύχου, 16 ετών

## **GREECE in few words**

Greece, having Athens as its capital city, is a modern European country, with a long history. It is the 'cradle of civilization', yet a bustling modern country, as well. It has got a lot of beautiful places and sights to offer.



There are lots of amazing sights, such as the Acropolis, where you can see lots of statues such as Caryatides, the Couros (statues of man) and the Cores (statues of woman).

In addition, you can see ancient pots with illustrations depicting scenes of every day life, well-known battles and the exploits of famous heroes, boat constructions or others idols and ancient coins.

Furthermore, Greece also has a large number of beautiful islands such as Mykonos, Chios, Rhodes, Paros, Santorini, Lefkada and Corfu, Crete, etcetera, which are popular summer destinations. The most popular islands are Mykonos, Rhodes and Corfu, where people from all over the world come to have fun.



However, tourists do not only come to Greece to have fun.

They also enjoy the calm, crystal-clean beaches which Greece has; do various types of water sports, such as water skiing, wind-sailing, jet-skiing or simply lie under the clear blue sky and warm sun.

Greece also has very high mountains like Parnassus, Olympus and Psiloritiss.

These are popular winter destination, as they offer activities such as mountain climbing, hiking, skiing, and snowboarding. Others simply go to skiing centers like those at **Parnassus, Kalavryta** and **Arahova** to enjoy the beautiful scenery sipping a hot cup of chocolate or coffee.

In general, Greece has got fantastic places to explore all year round. Its people are warm, friendly and eager to show you round and cater for your every need.

So why don't you come along and see for yourself?



Olga Psychou, 16 years

Επίσημη ονομασία: ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ  
Θέση: Νοτιο-ανατολική Ευρώπη  
Έκταση: 131,940 τ. χιλιόμετρα  
Κλίμα: εύκρατο, ήπιο, υγροί χειμώνες, ζεστά, ξηρά καλοκαίρια  
Πληθυσμός: 10,601,527 κάτοικοι (Ιούλιος 2000)  
Προσδόκιμο ζωής: Άνδρες: 76 έτη Γυναίκες: 81 έτη  
Εθνότητες: Έλληνες 98%, άλλοι 2%  
Θρησκείμα: Έλληνες ορθόδοξοι 98%, Μουσουλμάνοι 1.3%, άλλοι 0.7%  
Γλώσσα: Ελληνική 99% (επίσημη), Αγγλική, Γαλλική

Official Name: Hellenic Republic  
Location: Southern Europe  
Area: 131,940 sq km  
Climate: temperate; mild, wet winters; hot, dry summers  
Population: 10,601,527 (July 2000 est.)  
Life Expectancy: Male: 76 years Female: 81 years  
Ethnic groups: Greek 98%, other 2%  
Religions: Greek Orthodox 98%, Muslim 1.3%, other 0.7%  
Language: Greek 99% (official), English, French

# НЕСТИНАРИ



Чували ли сте за хора, които танцуват върху жар? Този ритуал, наречено нестинарство, представлява мост между миналото и бъдещето и показва един малък фрагмент от културното наследство на нашата нация. Този обред е уникален, почти непознат, въпреки че е съществувало на Балканите в продължение на векове.

В състояние, подобно на транс, местните жители на малкото strandжанско село Българи все още танцуват боси върху горящите въглени така, както са го правили техните предци преди хиляди години. Изпълнението започва по залез слънце, когато главният нестинар, мъж, който носи бяла риза и червен пояс през кръста, разпръсква въглените в кръг на площада на село Българи.

Уличното осветление изгасва и зрителите тихо се приближават към тлеещия кръг. Над баирите отекват единствено монотонните удари на тъпана. Нестинарите танцуват около кръга с икони в ръце, като внезапно навлизат в жарта. Понякога краката им едва докосват земята, друг път натискат въглените с твърди кръгови движения, докато ги изгасят. Лицата им са бледи, а очите им притворени.

Те казват, че изпадат в състояние на духовен транс по време на танците и вярват, че могат да предсказват бъдещето. Нестинарите наследяват обичая от своите баби и дядовци като чисто християнско задължение - ако го спазват, са здрави и жънат богата реколта, ако не - настъпва период на болести и бедност за тяхната общност.

Все още е загадка как нестинарите танцуват боси върху горещата жар без да се изгорят. Но за тях е по-важно да знаят, че има една сила, която ги закриля. Да вярват, че като правят добро, то ще ги запази дори в огъня.

<http://www.youtube.com/watch?v=CgGIKBCeWxs>

*Пепи, 17 години*



It's still a secret how nestinars dance barefoot on burning embers without being burned. But it's more important for them to know that there is a power who protects them. To believe that making good, is to protect them even in the fire.



## FIRE DANCERS

Have you heard about people who can dance on glowing embers? This ritual, called Nestinarstvo extends a bridge between the past and the future, and shows a tiny fragment of the cultural heritage of our nation. It is unique and almost unknown, though it has existed in the Balkans for centuries on.

In a trance-like state, locals in the tiny Strandja village of Bulgari still dance barefoot on burning embers, just as their ancestors did thousands of years ago.

The performance begins at sunset, when the chief nestinar, a man wearing a white shirt and a red sash around his waist, spreads the embers in a circle in Bulgari's square.

The street lamps go off and the audience approach in silence. Only the drum echoes evenly across the mountains.

The nestinars dance around the circle, carrying icons and then suddenly walk through the fire. Their feet sometimes touch the ground lightly and sometimes press down the embers in hard circular motions, until they put them out.

Their faces are pale and their eyes half-closed. Fire dancers say they fall into a spiritual trance during the performance and are believed to foretell the future.

The fire dancers in Bulgari say they have inherited the custom from their grandparents, to whom the ritual was a purely pagan duty. If they follow it they are keep healthy and harvest rich crops, if not, disease and poverty appear in the community.

<http://www.youtube.com/watch?v=CgGIKBCeWxs>

*Pepi, 17 years old*

# ATHENS

Significant town of the Ancient Greece. Athens was a town where the arts and the philosophy had been blooming for centuries. Nowadays, Athens is the capital of Greece and is still known for its glorious history.

## But where did Athens take its name from?



Pic 2: Pnyx

This is why our town is named Athens.



Pic 3: The Goddess Athena

## The Goddess Athena

Athena was one of the twelve Olympian gods and she was supposed to be born from the mind of Zeus, the supreme Olympian God. She was the wise goddess of wisdom and peace.

Her symbols were the olive-tree and the owl. Theoretically, the Athena's olive-tree still stands on the Acropolis.

## The God Poseidon

Poseidon was one of the three brother gods of Olympus, who divided the world among them. Poseidon's lot was the sea. He was also the god of water, horses, storms, earthquakes and the natural phenomena in general. He was considered responsible for shipwrecks and drowning.

His symbols were the dolphin, the horse and the three-pronged trident.

Jenny Kourampa, 16 years old

## ΑΘΗΝΑ



## Η θεά Αθηνά

Η Αθηνά ήταν μία από τους δώδεκα θεούς του Ολύμπου η οποία λέγεται ότι γεννήθηκε από το κεφάλι του Δία., του πατέρα των θεών του Ολύμπου. Ήταν η θεά της σοφίας και της ειρήνης, παρόλο τον πολεμικό της χαρακτήρα. Τα σύμβολα της ήταν η κουκουβάγια και η ελιά. Η ελιά της θεάς Αθηνάς θεωρητικά δεσπόζει μέχρι σήμερα στον βράχο της Ακρόπολης.

## Ο θεός Ποσειδώνας

Ο Ποσειδώνας ήταν ένας από τους αδελφούς-θεούς του Ολύμπου που διαίρεσαν τον κόσμο ανάμεσά τους.

Ο Ποσειδών ήταν ο κυρίαρχος των θαλασσών. Ήταν επίσης ο θεός των νερών, των αλόγων των καταιγίδων και γενικά ο δημιουργός των φυσικών φαινομένων. Υπεύθυνος για τα ναυάγια και τους πνιγμούς.

Σύμβολά του το δελφίνι, το άλογο και η τριπλή τρίαινα.



Pic 1: Olive-tree

Well according to a Greek myth there were two gods.

The one was named **Poseidon** and the other **Athena**. They both wanted to give to this town their name and be its protectors.

These were the reasons why they had a little fight in the highest area of the town whose name is Pnyx.

There Poseidon gave the inhabitants the horse and the water of the sea.

On the other hand Athena had donated only an olive-tree. The crowd decided that the olive-tree was more useful than the Poseidon's gifts, not only because this tree provides its fruit but also because olive was believed to be the symbol of Peace.



Pic 4: bronze statue of Artemision Zeus or Poseidon  
Archaeological Museum of Athens



Λήκυθος (φλασκι λαδιού) με εικονιζόμενους τον Ποσειδώνα και την Αμμώνη περίπου 440 π.Χ.

Ευγενία Κουραμπά, 16 ετών

## IS ONLINE SHOPPING A BETTER WAY TO BUY ?

Every year, more and more people use the Internet to do their shopping. That is because more and more people discover that **shopping** on the Internet is fast, easy, and safe. Firstly, it is very convenient for us. Unlike many shops, the Internet is open 24 hours a day, 365 days a year. You can buy anything from your home or office and you do not have to go outside and waste your time.

Things bought over the Internet are usually cheaper, even when you include **delivery costs**. Online shops, as opposed to ordinary shops, do not have to pay any bills. And often money transfer from a bank is cheaper than if we go and do it the usual way.

In addition to this, you can find something extraordinary, amazing or original. For example, when a girl wants to find a beautiful and unique dress for a special occasion, she can search e-bay or any different auction. I'm sure she can find something interesting.

In fact, you can get almost everything over the Internet today. You can buy **films**, music, **books**, games... Everything! And you can send flowers or gifts to a person close to you.



But you must protect yourself when you do shopping on the Internet, because you never know when you come across a thief! They are waiting for you and when you are not careful, they can steal your money. And

sometimes they can send you something you did not really want. It is very problematic, because you really do not know, how **to solve** this problem.

To sum up, I think online shopping can be useful and convenient, but sometimes a better way is just go to a shop to see and decide what want you to buy.

## CZY INTERNET TO DOBRY SPOSÓB NA ROBIENIE ZAKUPÓW?

Każdego roku, coraz więcej i więcej ludzi decyduje się, do używania Internetu w celu robienia zakupów.



Dzieje się tak, ponieważ, coraz więcej ludzi odkrywa, że **zakupy** w Internecie są szybkie, łatwe i bezpieczne. Przede wszystkim, jest to dla nas bardzo wygodne. W przeciwieństwie do wielu sklepów, Internet jest dostępny 24 godziny na dobę, 365 dni w roku. Możesz kupić cokolwiek, nie wychodząc z domu bądź z biura, oszczędzając przy tym dużo czasu.

Rzeczy kupione przez Internet są z reguły tańsze, nawet doliczając **koszty przesyłki**. Wynika to z tego, że internetowe sklepy nie muszą ponosić dodatkowych opłat takich jak

zwykłe sklepy - nie muszą płacić żadnych rachunków. Toteż, częściej zrobienie przelewu w banku jest tańsze, niż gdybyśmy poszli i samodzielnie zrobili zakupy.

Poza tym, w sieci możesz znaleźć coś nadzwyczajnego, niesamowitego i oryginalnego. Na przykład, kiedy jakaś dziewczyna chce znaleźć piękną i niepowtarzalną sukienkę na specjalną okazję, może poszukać na e-bay'u lub na innych aukcjach. Jestem pewna, że może znaleźć coś interesującego.

W zasadzie, dzisiaj w Internecie możesz znaleźć wszystko. Możesz kupić **filmy**, muzykę, **książki**,



gry... Po prostu wszystko! Możesz również wysyłać prezenty i kwiaty dla bliskich Ci osób.

Niemniej jednak musisz uważać, gdy robisz zakupy w sieci, ponieważ nigdy nie wiesz, kiedy trafisz na

złodzieja! Oni czekają na Ciebie i gdy będziesz nieuważny, mogą zabrać Ci pieniądze. Czasem zdarza się też, że dostaniesz coś, czego nie chciałeś. Jest to bardzo problematyczne, ponieważ tak na prawdę nie wiadomo, jak **rozwiązać** ten problem.

Mimo to, myślę, że ten sposób robienia zakupów jest bardzo przydatny i wygodny, choć czasem chyba lepiej jest iść po prostu do sklepu, aby zobaczyć i zdecydować co tak na prawdę chce się kupić.

Karolina Szałucka, 18



## Davanti al mio fuoco danzando

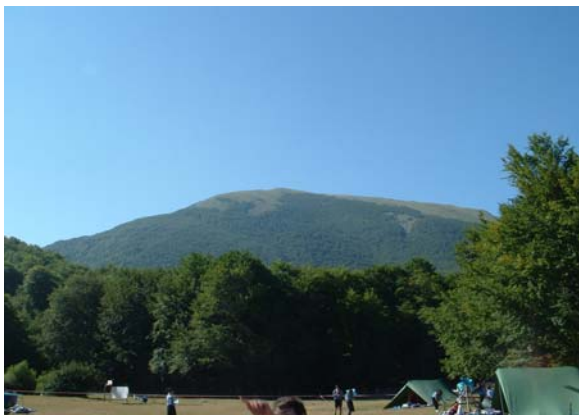
Come mai ci sentiamo così frustrati nelle nostre città, così frenetiche e inquinate???

Il problema è che noi tutti siamo troppo coinvolti in questa vita, sempre più frettolosa...ormai c'è sempre da scappare di qua e di là. Se ogni ragazzo, invece di guardare la tv o giocare con la playstation, osservasse con più attenzione ciò che lo circonda, si accorgerebbe immediatamente della bellezza di ogni singola cosa vivente.

Ma guardate: chi vorrebbe perdersi questo spettacolo? Basti pensare che in alcuni paesi la maggior parte delle persone non conosce il lato "bello" del luogo in cui vive. Le persone che si godono questa vita vengono chiamate "scout": giovani che crescono con lo scopo di essere educati fisicamente, mentalmente e spiritualmente.

Il movimento scout nasce nel 1907 in Inghilterra dove Baden-Powell, il fondatore, organizza con un gruppo di venti ragazzi inglesi il primo campo scout del mondo nell'isola di Brownsea. Tutt'oggi nel mondo ci sono 40 milioni di scout e guide sparsi nel mondo a servire il proprio paese: lo scautismo si basa principalmente sul volontariato e sull'aiuto al prossimo.

Non è forse questo il bello della vita: essere felici aiutando altri fratelli e sorelle?



Oltre al volontariato, però, la parte più bella ed emozionante per ogni singola persona è il campo estivo o "route", strada.

L'ognuno di noi si lascia andare, libera se stesso e la propria fantasia, si abbandona completamente fino ad integrarsi completamente con la natura...a fondersi con essa!

Corsa, danze, divertimento puro, amicizia, fiducia, spensieratezza e apprezzamento profondo di ogni piccola cosa: queste sono le cose di cui si "nutre" uno scout.

Queste emozioni rientrano nei tuoi desideri?

Cerca di accumulare ogni tua esperienza, ogni tuo istante di vita ed accumularlo nel tuo zaino che ti porti dietro...alla fine potrai sempre far affidamento su di esso!

Alla sera potrai continuare a ballare, danzare fino ad essere esausto; le ceneri del fuoco dinanzi al quale hai vissuto conservale.

Questa esperienza muta il senso delle cose! Quando hai bisogno di rifugiarti sai dove andare...la natura ci sarà sempre nel sostenerti e confortarti con le sue dolci e rilassanti musiche: non pensi che un fruscio di foglie, una carezza di vento, un massaggio di un filo d'erba siano il massimo che puoi avere dalla vita? Cerca di apprezzare le piccole cose!

Eccolo, questo profumo di terra bagnata, questa mirabile visione di un cielo chiuso in sé ma aperto ai miei occhi...la pioggia è soltanto l'espressione che il cielo mi rivolge nella speranza di farmi pensare, riflettere sul perché...il perché di tutto!

Zaino in spalla...c'è il vento che mi aiuta a trasportare questo ricco e fondamentale bagaglio di conoscenza ed esperienze...dentro cerco di far riposare il resto di ogni fuoco vissuto...la cenere ormai mi tiene caldo il cuore...

Immagina di trovarti in montagna...distese di prati e colline che si scavalcano a vicenda per cercare di guadagnarsi uno spettacolo mozzafiato; tu sei lì a camminare, sotto il sole cocente da ore, che osservi la parte più bella del mondo, capisci che sotto il rumore, la confusione, la paura di ogni giorno, c'è sempre pace; e ora sei lì, davanti a una sorgente d'acqua...è un sentimento fortissimo! QUESTO E'IL SENTIMENTO CHE MI RENDE LIBERO ED APPAGATO, mi fa sentire la stanchezza lontana!

## In front of my fire dancing

Why do we feel so frustrated in our city, so frenetic and polluted?

The problem is that we are all too involved in this life, more and more hurried now ... We always have to run from here and there.

If each child, instead of watching tv, playing with the playstation, observed more closely what surrounds him, he would immediately see the beauty of every living thing.

But look: who would miss this show?

Just think that in some country almost people don't know the "beautiful site" in their place.

People who enjoy this life are called "scouts": young people growing up in order to be trained physically, mentally and spiritually.

The scout movement was founded in 1907 in England, where Baden-Powell, organized a group of twenty English kids, the first scout camp in the world on the island of Brownsea.

Nowadays, there are 40 million Scouts and Guides around the world to serve their country: the Scouting is based primarily on volun-



teers.

Is this the beauty of life: to be happy helping other brothers and sisters?

In addition to volunteering, however, the most beautiful and exciting moment for every single person is the summer camp or the route.

There everyone sets himself and his fantasy free and becomes one with nature.

Run, dances, pure fun, friendship, trust and appraisal of the smallest things: all this is a scout's food.

How many emotions are there into your dreams?

Try to take on all your experiences, every moment of your life and put it into the rucksack that you are carrying with you...at the end you'll always rely on it!

In the evening you'll be able to go on dancing, until you are exhausted; keep the ashes of the fire in front of which you have lived.



This experience changes the sense of everything! When you need to find a refuge, you know where to go...nature will always be there for supporting you and comforting you with its sweet and relaxing songs: don't you think that the leaves' rustle, a caress by of the wind, a massage by a grass thread are the best that you can have from life? Try to appreciate the little things!

So, this soaking earth's perfume, this wonderful vision of a close sky in itself but opened at my eyes...the rain is just the expression that the sky returns to me in the hope of making me think and reflect on the reason of everything!

Rucksack on our back...there's the wind that helps me to transport this rich and fundamental baggage of knowledge and experiences...into it I try to make the remains of every lived fire rest...the ashes now keep my heart warm...

Imagine you are in the mountain...hills and meadows that cross one another trying to gain a breathtaking view; you've been there walking, under the scorching sun for hours and you look at the most beautiful part of the world, understand that under the noise, the confusion, the fears of every day, there's always peace; and now you're there, in front of a water spring...it is a very strong emotion!

THIS IS THE EMOTION THAT MAKES ME FEEL FREE AND APPEASED, it makes my tiredness seem so far!

Nicola Leoco

## The Principal For A Day 8<sup>th</sup> of May – Day of The Self-Government

On the 8<sup>th</sup> of May the self-Government Day in Bulgarian schools is carried out. By a democratic ballot students choose their favorites who will learn to their cost the difficulties of teaching profession. It's not easy to be a teacher and try to present your material, while in front of you there are at least 20 people trying very hard to intervene. ☺

I'm in the principal's office and I'm trying to disturb him for a moment at his very strenuous work and to ask him a few questions. I meet full responsiveness despite the hard working day ☺



- **Hi! What is your full name?**
- My name is Ivan Velichkov Marinov and I'm from 11 "v" class.
- **How did you decide to be a candidate for a principal?**
- Actually, it was a spontaneous decision, we made it all for fun.
- **You surely were very happy with the triumph? You won with a big superiority over the other candidates...**
- Of course I've enjoyed it a lot, but with all the joy came the problems... We understood that just 160 of about 700 people have voted! Some of them didn't even know about the event!
- **What had you previously decided to change when being a headmaster? Did you manage?**
- Well, with my assistants we wanted to make the 1<sup>st</sup> of June non-educational day, but we faced lots of limitations. For example, we were told that the day has to be with an educational purpose or it would be impossible to accomplish. So, an idea was born – on this date every teacher could take his students to a place, which they've previously decided and coincides with their elected subject. Now we're expecting offers.
- **Tell me, how does it feel to be on top of the school world?**
- (Laughing.) Actually, I don't want to play the peacock, but the majority of my class have always been enterprising – we participate in concerts, we organize excursions and parties, we take part in secondary-school students' farewell balls... We know lots of people, so this feeling isn't so difficult for us to imagine.
- **Has this day helped you to form qualities like responsibility, independence...?**
- May be no. I always try to be well organized and independent.
- **You didn't have classes today. How does it feel not to be at school?**

Svetlio: - We are the school! (laughs) At least for a day. ☺  
Hristina, 16 years old

## Директор За Един Ден - 8 Май – Ден на Самоуправлението

На 8 май се провежда ежегодният „Ден на Самоуправлението“ в училищата в България. Чрез демократично гласуване учениците избират своите фаворити, които ще изпитат на собствен гръб трудностите на тази нелека професия. Не е лесно да си учител и да се опитваш да предадеш материал, докато поне 20 души пред теб се стремят да ти попречат с всички сили ☺

Намирам се в кабинета на „новия директор“ и се опитвам да го откъсна за момент от усилената му работа, за да му задам няколко въпроса. Срещам пълна отзивчивост, въпреки тежкия работен ден ☺

- **Здравей! Как се казваш?**
  - Казвам се Иван Величков Маринов и съм от 11в клас.
  - **Как реши да се кандидатираш за директор?**
  - Всъщност беше спонтанно, решихме го за забавление.
  - **Сигурно си се радвал много, когато те избраха? Ти спечели с доста голямо превъзходство в гласовете...**
  - Радвах се, но се появиха проблеми... Гласували са едва 160 души от около 700. Всеки има право на вот, но не го използва. Някой дори не бяха раз-брали за гласуването.
  - **Какво беше решил да промениш в качеството си на директор? Успя ли?**
  - Съвместно с помощниците ми решихме да направим 1 юни неучебен ден, но се сблъскахме с редица ограничения. Денят трябва да е с учебна цел, иначе не биха го допуснали. Така се роди идеята на тази дата всеки учител да заведе своите ученици на място, отговарящо на предпочитания от тях предмет. Сега очакваме предложения.
  - **Я кажи, какво е усещането да си на върха на хранителната верига?**
  - (Смее се.) Е, не искам да звучи надутно, но повечето от нашия клас винаги сме били инициативни – участваме в концерти, организираме екскурзии и купони, изпращаваме абитуриенти... Познаваме се с много хора и затова не ни е толкова чуждо това усещане.
  - **Днешният ден помогна ли ти в изграждането на качества като независимост, отговорност...?**
  - По-скоро не. По принцип се стремя да съм добре организиран и независим.
  - **Вие не карайте часове днес. Какво е усещането да не си на даскало?**
- Светльо: - Ние сме даскалото! (смее се) Поне за един ден ☺

Христина, 16 г.

## 🇮🇹 TALENTI PARTICOLARI

Da molti anni la nostra scuola partecipa alle Olimpiadi di Scienze Naturali, una sorta di gara fra studenti di diverse scuole. I ragazzi scelti hanno l'opportunità, così, di mettersi alla prova riguardo le loro conoscenze e le loro attitudini per questa particolare materia. Un altro importante obiettivo delle Olimpiadi è sicuramente il confronto con altre scuole di diverse regioni o nazioni.

A tale proposito sono orgogliosa di presentare Pasquale Chidichimo, uno studente della nostra scuola, che si è classificato per partecipare alle Olimpiadi Internazionali al quarto posto delle nazionali tenute in Italia, a Castellammare di Stabia.

### **Pasquale, ti aspettavi di arrivare fino a questo punto?**

Appena arrivato, no. Ma quando ho sentito come erano state organizzate le domande, ho preso a sperare. Infatti, la composizione del test rispecchiava parecchio le mie attitudini verso la materia.

### **Cosa hai provato quando ti hanno premiato davanti a tante persone?**

È naturale provare molto nervosismo e, durante la conferenza che precedeva la premiazione, confesso che quasi tremavo dall'ansia. Quando mi hanno chiamato come partecipante alle internazionali, con il quarto posto, mi sono emozionato tantissimo e non credevo neanche che quello fosse il mio nome. Quando ho realmente capito, ho quasi urlato di soddisfazione: un sogno realizzato.

### **Quali paesi europei faranno parte delle Olimpiadi Internazionali?**

Faranno parte per l'Europa: la Francia, la Germania, l'Italia, la Serbia, l'Ucraina e il Regno Unito.

### **Allora, quasi sicuramente a settembre partirai per Taiwan, luogo delle Internazionali! Come ha reagito la tua famiglia?**

Ci sono state reazioni diverse, però tutte accomunate da felicità e orgoglio. Soprattutto da parte di mia madre, che mi ha trasmesso l'amore per le scienze. Ricordo che, quando l'ho chiamata da Castellammare per comunicarle il risultato della prova, si è commossa.

### **La tua ottima preparazione in questo campo, ha suscitato molte curiosità. Dimmi, hai un metodo particolare di studio?**

Diciamo di no, o almeno non particolare. Il mio segreto è la capacità di mantenere alta la concentrazione sempre, e sono soggetto a rare distrazioni. Entrando nello specifico, molto devo anche alla mia professoressa di scienze che mi ha preparato in modo adeguato a questo evento. Mi ha dato nei due anni, infatti, un metodo che mi ha aiutato sempre. Diciamo che si basa tutto sulla capacità di saper ragionare e di trarre conclusioni anche in campi che non ho mai trattato.

### **Quanto ha inciso la preparazione scolastica durante lo svolgimento della prova?**

Ha inciso in buona parte. Infatti alcune domande richiedevano argomenti dettagliati e ho potuto attingere solo alla mia cultura scolastica. La maggior parte delle mie conoscenze, inoltre, derivano anche dai tantissimi documentari che ho visto e che vedo ancora oggi e che mi hanno permesso di avere una cultura generale e completa a riguardo.

### **Un'ultima domanda. Hai deciso di partecipare per una soddisfazione personale, per metterti alla prova?**

Mmm... penso più per soddisfazione personale. L'anno scorso ho partecipato di nuovo alle Olimpiadi, fermandomi alle regionali per poco. Quindi avevo deciso di partecipare di nuovo e di raggiungere buoni risultati, ma non pensavo buoni fino a questo punto. Insomma, è stata più una sfida che mi auguro di superare alla grande!

### **Ce lo auguriamo anche noi. Grazie per la tua disponibilità!**

Grazie a te. CIAO!

## SPECIAL TALENTS

For many years, our school has taken part into the Natural Science Olympics, a sort of competition among students of different schools. In this way the chosen guys can test their knowledge and their aptitudes about this particular subject. Another important goal of the Olympics is surely the comparison with other schools from different regions or nations.

In this connection I'm proud to introduce you Pasquale Chidichimo, a model student in our school, who classed fourth in the national competition, in Castellammare di Stabia, and will take part in to the International Olympics.

### **Pasquale, did you expect to reach this point?**

As soon as I arrived, no, I didn't. But when I heard how the questions were organized, I started to hope. Indeed, the layout of the test reflected a lot my attitudes towards the subject.

### **How did you feel when you were awarded in front of so many people?**

It's obvious to feel nervousness and, during the conference that preceded the award ceremony, I confess that I was trembling. When they called me as a participant in international contest, with the fourth place, I got excited and didn't believe that it was my name the one that they said. When I realized it, I almost yelled for satisfaction: a dream came true.

### **Which European countries will take part in the International Olympics?**

From Europe, they will be France, Germany, Italy, Serbia, Ukraine and the UK.

### **Then, almost certainly you will leave for Taiwan in September, the International contest's site. How did your family react?**

They had mixed reactions, but all united by happiness and pride. Especially from my mother, who gave me the love for science. I remember that when I called her from Castellammare to tell her the result of the test, she was moved.

### **Your very good skills training in this field attracted much curiosity. Tell me, have you got a particular study method?**

We can say no, I don't. Or at least not particularly. My secret is the ability to maintain always a very high concentration, so that I rarely get distracted. In particular, I owe much to my science teacher, who prepared me properly for this event. In fact, in these two years, she gave me a method that always helped me. We can say that it is above all based on logic skills, thinking and drawing conclusions even in areas that I never met.

### **How much has the school training helped you in carrying out the test?**

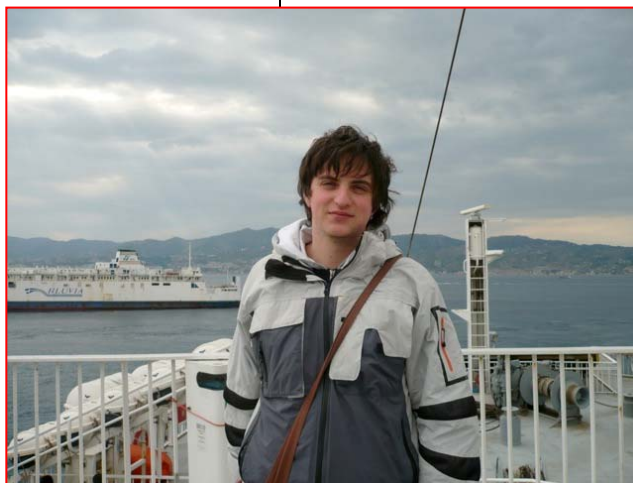
It helped a lot. Indeed, some questions required the knowledge of detailed arguments and I could only draw it from. My school work. In addition my knowledge comes from the many documentaries I've seen and I still see today, which made me able to have a general and complete knowledge about science.

### **One last question. Did you decide to participate for your personal satisfaction, to test yourself?**

Mmm ... I think that it is mostly for personal satisfaction. Last year I took part again in the Olympics, stopping to the regional contest. So I decided to participate again this year and get good results, but I didn't think as good as this point (now). In short, it has been above all a challenge that I hope to overcome very well!

### **We hope so too. Thank you for your kindness!**

Thank you. Bye!



Francesca Romano

## Η Αιμοδοσία Σήμερα

"Προσφέροντας αίμα, δίνουμε ζωή"

**Αιμοδοσία:** [αίμα + δόσις ] παροχή αίματος από κάποιον για μετάγγιση σε άρρωστο.



Υψιστη πράξη αλtruισμού και συνεισφοράς στο συνάνθρωπο..., διότι «αγαπώ» με όλη την χριστιανική σημασία της λέξης «αγαπώ» των πλησίων ως εαυτό, και δίνω αίμα για σωτηρία δική του και δική μου...γιατί η ζωή είναι δώρο, δώρο Θεού πολύτιμο και κάνω ό,τι μπορώ - και την αιμοδοσία αν δεν συντρέχουν σοβαροί λόγοι την μπορώ-



**α)** Για να χαρίσω πνοή, αναπνοή, ελπίδα και στήριξη ψυχολογική στο συνάνθρωπο και σε εμένα. Το κοινότυπο «**Δώσε και σώσε**» σε όλη του την απλότητα και την αλήθεια.

**β)** Διότι μαθαίνω, βλέπω, ακούω και ενημερώνομαι για τις διαδικασίες, τους τρόπους διανομής, τον αγώνα των γιατρών, των νοσηλευτών και αυτές τις γνώσεις τις μεταβιβάζω στους άλλους για να τολμήσουν...

Με τη συμμετοχή μας επίσης στο πρόγραμμα «Αγωγή Υγείας» με τίτλο «Η αιμοδοσία σήμερα» που υλοποιείται για μια ακόμα χρονιά στο σχολείο μας αξιολογώ και θεωρώ ότι βελτιώνω τις συνθήκες, την διακίνηση και επιβλέπω το μη κερδοσκοπικό χαρακτήρα της, και επιπλέον, μαλακώνω τον πόνο των συγγενών, των αγαπημένων και σπρώχνω την πολιτεία για μεγαλύτερη συμμετοχή και ενδιαφέρον.



**γ)** Συνεργάζομαι με τους συμμαθητές μου, με καθηγητές και απλούς πολίτες. Επισκέπτομαι μονάδες φορητές, μαθαίνω για την «εθελοντική» προσφορά των στρατιωτών μας και άλλων κοινωνικών ομάδων καθώς και την δυναμική μιας τέτοιας προσφοράς.

Τέλος αισθάνομαι χρήσιμος, κρίκος ζωής, έστω και αν είμαι απειροελάχιστος «κόκκος άμμου» στο στέλειωτο σύμπαν.

Για πληροφορίες δείτε και τον ιστότοπο:

<http://www.medindia.net/animation/blood-groups.asp>

(Slide Animation για τις ομάδες αίματος και την αιμοδοσία)

*Εκ μέρους των μαθητών  
Αβδούλος Λάμπρος, 18 ετών  
Στράτου Μαργαρίτα, 17 ετών  
Φακίρη Δήμητρα, 17 ετών*

## BLOOD DONATION TODAY Donating Blood, Giving Life

**Blood Donation:** giving blood for transfusion to a patient



It's an ultimate deed of altruism and contribution to the neighbor... because 'to love' in the Christian sense means 'love' my neighbor like myself and donate blood for the salvation of their and my soul... because life is a gift, God's precious gift and I do whatever I can - and blood donation is something everyone can do except for serious health reasons -

a) to donate breath and hope, moral support to my neighbor and myself. In this case the slogan '**give and save**' acquires its full meaning.

b) because by getting involved in blood donation I find out about, I hear, see and experience all the procedures of distribution, the struggle of doctors and nurses and I disseminate this information to others so that everyone dares ...

By participating in the Health Education Project entitled 'Blood Donation Today' which is run at our school almost yearly I learn how to evaluate and fight to improve the conditions for blood donation as well as to safeguard the non-profit making nature of blood donation. I also try to alleviate the grief of the relatives of the patients and encourage the state to show more concern and get more deeply involved.



c) I cooperate with my schoolmates, my teachers and the community in general. I visit mobile blood donation units and get acquainted with the 'voluntary' deeds of blood donation by our soldiers and other social groups as well as learn about the potential of voluntarism.

Last, we earn a sense of being useful, contributing to life even though we are actually just '**grains of sand**' in the infinite space.

More details at:

<http://www.medindia.net/animation/blood-groups.asp>

(Slide Animation on 'Blood Groups, Blood Typing and Blood donation')

*On behalf of the student group  
Labros Avdoulos, 18 years  
Margarita Stratou, 17 years  
Dimitra Fakiri, 17 years*

# Caricature



Karikatür ,mizahının toplumsal meselerle bagdaşımının sanatsal bir açılımıdır.Dünya toplumların kültürlerini n tümünde mizah etkin bir rol oynamıştır.

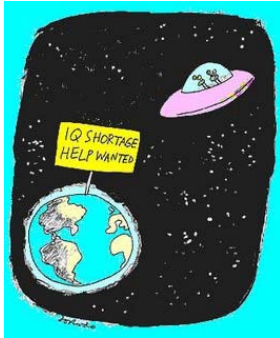
Karikatür ,mizahının toplumsal meselerle bagdaşımının sanatsal bir açılımıdır.Dünya toplumların kültürlerini n tümünde mizah etkin bir rol oynamıştır. Karikatür tarihi Paleolitik çağa kadar görüntülenebilir.Ancak anlamıyla ortaya çıkan başlangıcı 17.yy olarak ifade edebilir.İlk zamanlar karikatür kişi portreleri üzerinde yoğunlaşırken zamanla hem şekilsel hemde toplumsal hicveye dayalı bir değişme göstermiştir.

Baskı makinelerinin gelişmesi ve internet ağının yaygınlaşmasıyla karikatür yepyeni bir iletişim olanagına kavuşmuştur.

Karikatürün bu gelişimi tek kareden ,çıkıp zamanla çizgi roman,çizgi öykü gibi çeşitlenmelerinden ortaya çıkmasına yol açmıştır.Karikatürün altın çağı 20.yydir.Karikatürün sıkça kullandığı başka alanda sinema olmuştur.Bilgisayar kullanımı ile çizgi flim çalışmalarında hem görüntü zenginliğinden yararlanılmakta hemde zaman ve emek tasarrufu yapılmaktadır.

Karikatür bir grafik sanatı,bir görsel iletişim sanatıdır.Ve bu yüzden sempatik ve estetik olarak incelenmelidir.Semantik yani düşünce ve içeriği temsil eder,estetik yani ise görsel iletinin sanatsal alanını oluşturur.Buradan yola çıkılarak karikatürün hem sanat tarihinde hemde düşünce tarihinde yeri olduğu rahatlıkla söylenebilir.

Karikatür;sosyal bir gösterge bir yansıtıcıdır.Psikoloji ile yakından ilgilidir.Bir kişiliğin ,bir sosyal sınıfın bir rolü belirgin çizgilerini açığa çıkarmak hem karikatürününün ,hem psikologun görevidir.Öyleyse karikatür sanatı ile psikoloji bilimi arasında önemli bir bag vardır.Çağdaş karikatür 19.yy kitle iletişim racı olarak gazete ve dergilerin yaygınlık kazanmasıyla gelişmiştir.



**Caricature** is an artistic expansion of society on the social issues. It is not only attractive but also interesting for people. Because it contains humour in its structure. Since for people, it has always been requested by the individuals of societies.

According to some social scientists, the history of caricature goes as far back as to paleotic age

It took its real place in the way we think today in the 17th century. After printing machines' invention. Later, internet network has played more important role in the expression of it and it reached to the every social group in the society. 20th century became the golden age of caricature.

Later on caricature developed in a different way by adding each other frames side by side. Then cartoon age started in this way. At last IBM made caricature art easier and as a result it increased vision of artists in many ways.

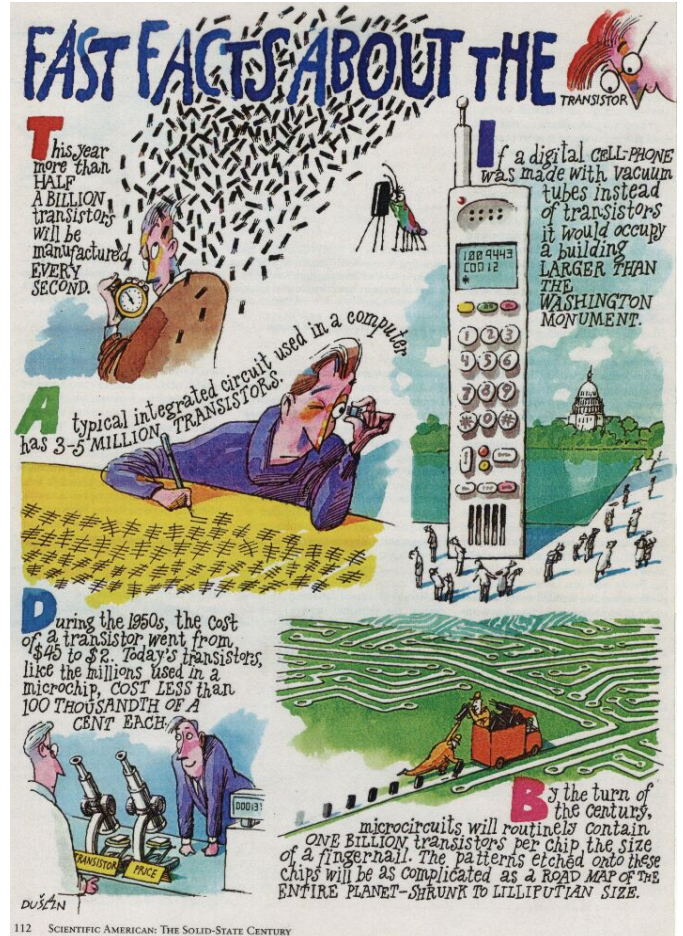
In a way caricature is a graphic and visual communication art so it must be aesthetically examined by the readers.

Caricature is a social reflector of society. It has a very close relation with psychology.

Caricature is an art which tell us about bleeding problems of the society in a single frame. It so sharpening that you fancy many things in a second.

Sometimes it uses humour than its so funny that you even look upon down or kid the persons who are on top.

There is an inevitable relation between caricature art and social science, contemporary caricature art developed by the help of expansion of newspapers and magazines.



## Alienation



I left home in a hurry. I was late. I come across the neighbour and quickly say 'good morning'. She winks back and I walk by without noticing. On the way to school I see lots of people. All are walking hurriedly; face down. We might be living in the same neighbourhood but nobody greets the other.

At school close friends hug and kiss 'good morning' but just say 'hello' to the others! I try not to mind and the day goes by as usual. On the way home, though, I come across a good old friend. She looks



at me and walks by. I feel sad ... and then I realise how alienated people are.

With so many people around, I still feel lonely. And I wonder why...

Looking at the world around us we will see that modern lifestyle has made people even more distant from each other. Isolation and

alienation is the rule. And this brings loneliness... sadness... depression.

But there's always a bright side to everything! We can all try and make a change!

The first step is simple. Greet everyone with a smile! Because a smile can warm up people's hearts and give hope for the future.



"Hey, closing your eyes really does keep you safe."

Anastassia Panopoulou, 17 years

## Αποξένωση



Βρήκα από την πόρτα του σπιτιού μου γρήγορα. Είχα αργήσει. Βλέπω τη γειτόνισσα στις σκάλες. Την καλημερίζω και εκείνη μου απαντά με ένα νεύμα. Το προσπερνάω. Στο δρόμο για το σχολείο συναντώ πολλούς ανθρώπους, σκυφτούς και βιαστικούς. Αν και μένομε στην ίδια γειτονιά, κανείς δεν χαιρετά τον άλλον.

Στο σχολείο, οι φίλοι αγκαλιάζονται για καλημέρα, όμως στους άλλους λένε μόνο ένα γεια! Δεν δίνω σημασία κι η υπόλοιπη μέρα κυλά κανονικά. Όμως επιστρέφοντας σπίτι, συναντώ μια παλιά καλή μου φίλη. Εκείνη με κοιτά και με προσπερνά. Στεναχωριέμαι..... Και τότε νιώθω την αποξένωση των ανθρώπων.

Πολύς κόσμος περνά γύρω μου, όμως νιώθω μόνη. Κι αναρωτιέμαι γιατί...



Συγγνώμη, ξέχασα πώς σε λένε!

Αν



κοιτάξουμε γύρω μας θα δούμε ότι ο σύγχρονος τρόπος ζωής έχει απομακρύνει τους ανθρώπους. Κυριαρχεί η απομόνωση και η αποξένωση. Αυτό προκαλεί μοναξιά... Και μας κάνει στενοχωρημένους και δυστυχισμένους. Όμως δεν είναι έτσι! Μπορούμε

όλοι να βοηθήσουμε να αλλάξει αυτό! Το πρώτο βήμα είναι απλό. Να αντιμετωπίζουμε τους ανθρώπους με ένα χαμόγελο! Γιατί το χαμόγελο ζεσταίνει τις καρδιές και δίνει ελπίδα για το μέλλον.

Αναστασία Πανοπούλου, 17 ετών

## Polskie stereotypy

Każdy naród ma **stereotypy** o innych. Na przykład, ludzie myślą, że Szwajcarzy są bardzo punktualni i oszczędni. Włosi mają bardzo gorący temperament. Są też stereotypy na temat Polaków. Niektórzy myślą, że są trochę leniwi, dużo piją albo oszukują. Podczas komunizmu wielu ludzi zwykło uważać, że Polacy są złodziejami.

Jednakże, rok 1989 był przełomowy dla Polski. Odbiła się tak zwana „pokojowa **rewolucja**”. Jako pierwszy naród w Europie odrzuciliśmy komunizm po prawie 50 latach bycia pod wpływami ZSRR. W konsekwencji, ludzie się zmienili a stereotypy pozostały.



1. Any idea what he does for a living?

Co więcej, Polska jest zacofana pod względem ekonomicznym w stosunku do innych krajów. W moim przekonaniu Polska radzi sobie całkiem nieźle i pokonuje swoje problemy. Przyjeżdżając do Polski możesz zobaczyć nowoczesne budynki, rozwijające się miasta i dobry transport.

Wiem, że musimy zrobić wiele aby dogonić inne kraje Unii Europejskiej, ale Polska zmierza w dobrym kierunku. Na przykład w 2012 Polska razem z Ukrainą będą organizować Mistrzostwa Europy w piłce nożnej.

Podsumowując, możemy zaobserwować, że wygląd bywa mylący. Jest jedno ładne powiedzenie, które brzmi: 'Nie oceniaj ludzi po wyglądzie'. To znaczy że nie powinniśmy formułować swoich opinii na podstawie wyłącznie tego, jak coś wygląda.

Answers:

1. Andrzej Lepper – a former farmer, now a politician, the leader of a Self-Defence Party, Deputy Prime Minister in Poland in 2006.
2. Young John Paul II (The Pope 1978-2005)

## Polish stereotypes

Every nation has stereotypes about others. For example, people think that the Swiss are very punctual and economical. The Italians have a very sunny temperament. There are also some stereotypes about Polish people. Some think they are a bit lazy, hard drinkers or cheats. During communism a lot of people used to think that Polish people were shoplifters.

However, the year 1989 was a breakthrough year for Poland. There was a 'peaceful revolution'. As the first nation in Europe we rejected communism, after almost 50 years under the influence of the Soviet Union. As a consequence, the people changed but stereotypes remained.



2. A future pope or a tourist guide?

What is more, Poland is a backward country when it comes to the development of the economy. In my opinion, Poland is doing quite well and is overcoming its problems. When you come to Poland you can see modern buildings, growing cities and good means of transport.

I know, we have to do a lot to catch up with other EU countries, but Poland is heading in a good direction. For example in 2012, Poland and Ukraine are organizing Football European Championship.

To sum up, we can observe that appearances can be deceptive. There is one lovely saying: 'do not judge a book by its cover' which means that we should not form an opinion based only by the way something looks.

*Mikołaj Lenczewski, 19*

## 🇪🇺 Το Γκράφιτι – μια από τις τέχνες του δρόμου



Το Γκράφιτι θεωρείται η κατεξοχήν τέχνη των νέων που εκφράζει τις σκέψεις και τα συναισθήματά τους τις τελευταίες δεκαετίες.

Οι καλλιτέχνες του γκράφιτι χρησιμοποιούν τοίχους ή ακόμη και βαγόνια τρένων για να ζωγραφίσουν. Γι' αυτό το γκράφιτι συχνά αποκαλείται βανδαλισμός και διώκεται από το νόμο.

Η ιστορία του ξεκινά από την αρχαιότητα, την εποχή της αρχαίας Ελλάδας και της Ρωμαϊκής Αυτοκρατορίας.



*Graffiti on a wall of our school (1)*

Αρχικά δεν ζωγράφιζαν, αλλά χάρασσαν σημάδια σε τοίχους που μετέφεραν πολιτικά μηνύματα ή απλώς αποτελούσαν τοιχογραφίες (η ίδια η λέξη graffiti προέρχεται από την Ιταλική λέξη "graffiato" που σημαίνει χαραγμένο). Κάθε καλλιτέχνης έχει μια χαρακτηριστική υπογραφή ή 'tag'. Η πρώτη υπογραφή εμφανίστηκε στη Νέα Υόρκη τη δεκαετία του 1960 από έναν Έλληνα ταχυδρόμο με ψευδώνυμο TAKI183. Το παράδειγμά του ακολούθησαν και άλλοι καλλιτέχνες του δρόμου, όπως η Tracy 168 και στη δεκαετία του 1970 οι Dondi, Futura2000, Daze, Blade, Lee, Zephyr, Rammellzee, Crash, Kel, NOC167 και Lady Pink.

Στην αρχή, οι καλλιτέχνες χρησιμοποιούσαν τις υπογραφές για να γίνουν γνωστοί και έβαζαν όσο μπορούσαν περισσότερες σε κάθε έργο.

Αργότερα οι υπογραφές έγιναν πιο καλλιτεχνικές με περισσότερο χρώμα και επιδείκνυαν μεγαλύτερη δημιουργικότητα.

Στις μέρες μας, το γκράφιτι δεν είναι πια χαραγμένα σημάδια, είναι ένα αναγνωρισμένο στυλ σύγχρονης ζωγραφικής. Το κύριο εργαλείο που χρησιμοποιείται για τη δημιουργία του είναι η μπογιά σε σπρέι.

Οι σημερινοί δημιουργοί γκράφιτι θεωρούνται καλλιτέχνες και εκθέτουν τα έργα τους σε μεγάλες εκθέσεις όπως αυτή που έγινε το 2006 στο Μουσείο. Δυστυχώς, κάποιοι θεωρούν το γκράφιτι σαν αντιδραστική εκδήλωση κατά των αρχών και σα βανδαλισμό.



*Γκράφιτι σε τοίχο του σχολείου μας (2)*



*Graffiti on a wall of our school (3)*

Σαν αποτέλεσμα έχουν γίνει πολλές εκστρατείες κατά του γκράφιτι, όπως αυτή που έγινε το 1989 στη Νέα Υόρκη με στόχο να αποσυρθούν από τη συγκοινωνία όλα τα βαγόνια του μετρό που είχαν πάνω τους ζωγραφισμένα έργα γκράφιτι. Σαν αντίδραση, οι νέοι που αγαπούν το γκράφιτι προσπαθούν να το διαδώσουν σ' ολόκληρο τον κόσμο.

*Κωνσταντίνα Παπαδέα, 17 χρονών*

## Graffiti as a Street Art

Graffiti is mainly regarded as the art of youth, expressing their thoughts and feelings throughout the last decades.

Graffiti artists usually use walls or even trains in order to paint. As a result, it is usually considered as vandalism by law and many times it is punishable.

Its history dates back to such ancient times, as classical Greece and the Roman Empire for example. It began as simple scratch marks (*graffiti comes from the Italian word "graffiato" which means scratched*), usually political messages, and wall paintings. The first tag appeared for the very first time in New York at in 60's by TAKI183, a Greek foot messenger. His example was followed by many street makers such as Tracy168 and in the 70's Dondi, Futura2000, Daze, Blade, Lee, Zephyr, Rammellzee, Crash, Kel, NOC167 and Lady Pink.



*Γκράφιτι σε τοίχο του σχολείου μας (4)*

At the beginning, the point of tags was shown up, having as many tabs as possible. Following, they became more artistic, adding color and creativity.

In modern times, graffiti is something more than scratch as it has become a kind of modern painting. The main tool which is used to create graffiti is spray paint.

The makers nowadays are considered artists and they exhibit their art at certain exhibitions such as at a 2006 exhibition at the Brooklyn Museum. Unfortunately, some people think graffiti as rebel against authority, vandalism. As a result, many campaigns such as the one in 1989 when New York attempted to remove all of the subway cars featuring graffiti from the transportation system. As a reaction, young people support graffiti and try to spread it all over the world.

*Konstantina Papadea, 17 years old*





## Още малко

Остави ме още малко да те гледам  
искам да запомня твоето лице  
искам като си отидеш да съм спяпа  
и последното, което видя да си ти.

Остави ме да те гледам още малко  
нека да запомня твоите черти  
и дори когато си отидеш  
да те виждам със затворени очи.

Остави ме да те гледам още малко  
да запазя спомен за теб  
искам да те помня вечно  
такъв какъвто си сега  
не искам времето да ми отнема  
спомена за любовта.

Остави ме близо още малко  
искам да запомня твоя аромат  
така дори когато теб те няма  
ще усещам, че си тук.

Остави ме близо още малко  
нека изгоря от нежния ти допир  
нека белезите по ръцете  
ми напомнят твоята топлина.

Прегърни ме силно за последно  
след това ме остави така  
времето за мен ще спре  
до следващата ни предгръдка – след смъртта.

*Добринка, 16 г.*

## A little more

Just leave me little more to look at you,  
I want to memorize your face,  
when you go away to become blind i want,  
and the last thing I ever see is you.

Little more to look at you, just leave me,  
Let me remember your lines,  
End even when you go away  
Let me see you with my closed eyes.

To look at you just leave me little more,  
to keep the memory of you,  
forever I want to remember you,  
the same you are today,  
I don't want the time to take from me the memory of  
love.

Just keep me close little more,  
I want to memorize your flavour,  
then even when you are gone,  
I will feel that you are beside.

Just keep me close little more,  
let me burn out from your touch,  
and let the scars over my hands,  
remind me your warmth.

For last time strongly hold me in your arms,  
and then leave like this,  
time for me will stop,  
until our last hug – after dead

*Dobrinka, 16 years old*



## PAINTBALL



Typical shooter's position

Paintball is a kind of a team play, which involves shooting to each other with balls filled with paint. Paintball guns are very similar to pneumatic weapon, which uses compressed air to throw the balls out. Rounds are filled with paint made of food gelatin, which mark player as 'death'.

To play paintball we need **to buy** or borrow all things needed for the game. First and the most important is, of course, a gun. There are multiple types of guns-electrical or mechanical, which don't use any electricity. To prevent accidents guns have safety trigger lock and 'barrel-bags' to clog the barrel. The second necessary thing is a protective **mask**, without which we can't play even for a minute. If a ball hits you in the non-protected head it can cause severe face injury. The last thing is **clothing**. It depends what kind of paintball you are going to play- woodsball or speedball. In the woods I prefer some camo stuff, however, for speedball you may need some



Expectation for the enemy (I'm this guy on the right)

light, very elastic clothes and boots with great adhesiveness.

As I mentioned some kinds of paintball games, now I'll give some more details. **The most popular** is 'woodsball'. The action takes place mostly in woods or abandoned old buildings. Popular scenario is a team death match. A group of around 30 people is divided into two teams and they shoot to each other till everyone gets a 'splat'. Another popular scenario is CTF (Capture The Flag). Every team has got a flag in their base and tries to steal the enemy's flag. Of course, this **team** which steals the flag as first wins the round.

'Speed ball' is more **prestigious**. This is a very quick and exciting game. Mostly there are 2 teams with 3 players each. Speedball is usually played on a tennis-court-sized field. There are some big rubber obstacles placed on this field, which are also used as shields filled with air. When the referee blows a whistle every team runs toward some shields and then tries to 'kill' the enemy. The whole round last no more than 2-3 minutes.

To sum up, I think that everyone should try some paintball. It's a great way to relax, but you have to watch out...it's very addictive ;)

## PAINTBALL

Paintball jest pewnego rodzaju grą zespołową, która polega na strzelaniu do siebie kulkami wypełnionymi farbą. Markery, czyli pistolety do paintballu są bardzo podobne do broni pneumatycznej, która używa skompresowanego powietrza do wystrzelenia pocisku. Kulki wypełnione są farbą na bazie żelatyny spożywczej, rozbita kulka na gracz oznacza jego „śmierć”.

Do gry w paintball trzeba **kupić** bądź wypożyczyć kilka rzeczy. Najważniejszy jest oczywiście marker. Jest wiele rodzajów markerów, między innymi elektryczne i zwykłe mechaniczne nieużywające żadnych baterii. Markery mają również swoje zabezpieczenia przed niekontrolowanym



Exchange of fire

wystrzałem – blokada spustu oraz tzw. „barrel-bag”, materiałowe zabezpieczenie lufy. Drugą najważniejszą

rzeczą potrzebną do gry jest **maska**, bez niej gra mogłaby się skończyć poważnym uszkodzeniem twarzy. Ostatnią istotną częścią jest **ubranie**. Zależy ono od typu paintballu. Przeważnie sport ten dzieli się na dwa typy – Paintball Leśny oraz Speedball. Do leśnej odmiany gry proponuje ubiór w ciemnych barwach i pospolicie znane ciuchy moro. Natomiast do speedballu będą nam potrzebne ubrania lekkie, elastyczne oraz buty z dużą przyczepnością.

Teraz postaram się opisać dwa główne rodzaje gier. **Najpopularniejszy** jest Paintball Leśny. Akcja rozgrywa się zazwyczaj w lesie bądź w starych opuszczonych budynkach fabryk. Najczęstszym scenariuszem gry jest typowy „deathmatch”, np. grupa 30 osób dzieli się na dwie drużyny i strzelają do siebie do momentu, aż każdy dostanie „splatą” – kulkę. Innym ciekawym scenariuszem jest CTF (Capture The Flag). Każda z drużyn ma flagę w swojej bazie. **Drużyna**, która ukradnie przeciwnikowi flagę wygrywa.

Speedball jest bardziej **prestiżowy**. Jest to szybka i ekscytująca gra. W meczu biorą udział dwie drużyny, przeważnie po 3 osoby w każdej. Speedball rozgrywany jest na polu wielkości kortu do tenisa. Na tym polu rozmieszczone są przeszkody, które także pełnią rolę osłon wypełnionych powietrzem. Kiedy sędzia zagwiżdże, każda z drużyn biegnie ku jakiejś osłonie strzelając do przeciwnika. Cały pojedynczy mecz nie trwa dłużej niż 2-3 minuty.

Podsumowując myślę, że każdy powinien spróbować gry w paintball. Jest to świetny sposób na relaks oraz wyrzucenie z siebie złości. Jeszcze jedno, musicie uważać, to wciąga!

Mateusz Kądziela, 18



Gathering before a battle



# Breakdance



Breakdance je kreatívny mix tanca ovplyvnený bojovým tancom a gymnastikou. Breakdance je časť hip hopovej kultúry.



Ľudia, ktorí breakujú sa nazývajú **Break Boy** alebo **Break Girl**, viac známe ako **B – Boy**, alebo **B – Girl**.

### Formy breakdance:

- **Breaking** – je to nebezpečná forma tanca, pozostáva z Akrobatických prvkov.
- **Popping/locking** – je založený na technike rýchleho uzatvorenia a uvoľnenia svalov, čo zapríčini trhanie tanečnickovho tela .

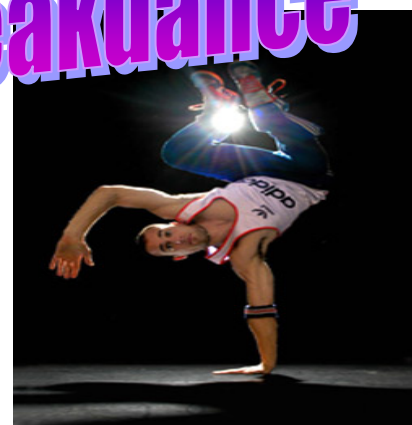
Dnes je breakdance najpopulárnejší štýl tanca hlavne pre mladých ľudí.



Breakdance is a street dance style, that evolved as part of the hip hop between African American and Puerto Rican youths in Manhattan and South Bronx of New York City during the early 1970s.

Breakdance is a creative mix influenced by war dance and gymnastics. Breakdance is part of hip – hop culture. A person, who breaks is called Break Boy or Break Girl, better known like a B – Boy, or a B – Girl.

# Breakdance



### Forms of breakdance:

- **Breaking** – it is dangerous form of dance, it contains acrobatic elements.
- **Popping/locking** – it is based on the technique of quickly contracting and relaxing muscles to cause flexing of a muscles in the dancer´s body.

Nowadays, breakdance is the most popular style of dance, mainly for young people.

Lenka Škulová. 18, Martina Podmanická. 18

# RAP'IN TÜRKÇE SERÜVENİ

Son günlerde rap ülkemizde de popüler halde. Bunun nedeni belli sıkıntılarla bunalan, aile anlaşmazlıkları, ekonomik problemler, okul sorunları, magazinden, popüleriteden bıkan gençlerin tek uğraşı olması gerçekleri söylemesi, benimde iki çift sözüm var diyenin müziği olmasıdır.

80'lerden Amerika'da doğan rap Türk gençliğine ancak 90'larda ulaşabildi. Underground olarak tabir edilen yanı ismini duyurmamış birçok Türk genci bu müziği 90'lardan itibaren icra etmeye başlamıştır. Piyasaya çıkan ilk yasal Türkçe rap parçası KING SİZE TERROR grubunun "THE WORLD İS SUBVERSİON" adlı albümünde yer alan "Bir yabancı'nın hayatı" adlı parçasıdır. Bu parça Almanyada yaşayan Türklerin sorunlarını anlatıyordu. Zaten bu albümün genelinde, yabancılara karşı uygulanan düşmanlıklara ve Almanyanın uyguladığı politikalara karşı bir tavır söz konusuydu. Rap'in yasal olarak ilk kez Almanyada başlamıştır.

Türkçe rap sounduna yakın çalışmalar yapıyordu. Almanyanın üç farklı noktasından başlayan Türkçe rap hareketi

ileride çok büyüyecek bir türün habercisiydi. Bir anda Almanyada yaşayan Türk gençlerinin gözdesi oldu.

Birçok kişiyi sesiyle ve müziğiyle etkileyen SAGOPA KAJMER yada YUNUS ÖZYAVUZ soundu ve tarzı herkesin beğenisini kazanmıştır. Türkiye'de ilk kez "Pesimist Underground Rap" tarzını oluşturan kişidir.

2001 YILINDA ilk albümü "SÖZLERİM SİLAHIM"ı piyasaya sürmüştür.

En büyük patlamayı 2003'de iki albüm çıkararak yapmıştır.

2005'de Romantizma ve 2006'da ise Kafile'yi çıkarmıştır.

2007'de eşi ile yaptığı "İKİMİZİ ANLATAN BİR ŞEY" albümünü piyasaya sürmüştür.



*Rap yolumuzu aydınlatan işiğimizdir.*

## TURKISH ADVENTURE OF "RAP"

Nowadays, "Rap" is very popular among young people in our country too. The fundamental reason of this is the fact that the teens who are bored of economic problems, family conflict, school problems and magazine popularity are in search of expressing themselves this way.



The name was "Tell us the one thing the two

The Rap which came out in 1980s in America appeared in 1990s in our country. The first legal Rap song which took its place in "The world is Subversion" album by "King size terror" is a foreigner's life. This song tells the problem of Turkish people who live in Germany and generally refuses the hostility against foreigners.

Turkish Rap which started in three different points in Germany at the same time became popular in a short time. Before long it appealed to every young person who lived there.

Yunus Özyavuz nicknamed "Sagopa Kajmer" is a very important person in this field. And also he is the first one who created pessimist rap. He made his first album in 2001 with the name of "my word is my weapon" in 2003 He made an explosion and released double album. In 2005 and in 2006 The name of the albums "ROMANTİZMA" and "GROUP" KAFİLE were released.

In 2007 He and his wife made an album together

*Rap is your flashlight which illuminates your path.*



## Η συμμορία των ηλεκτρονικών παιχνιδιών



Γεια σας! Είμαι ο Κωνσταντίνος και άρχισα να παίζω ηλεκτρονικά παιχνίδια όταν ήμουν 5 χρονών. Στην αρχή έπαιζα βίντεο παιχνίδια και παιχνίδια δράσης μόνος μου αλλά αργότερα άρχισα να παίζω με τον αδελφό μου το Βασίλη. (Αυτός είναι μικρότερος και δεν αποτελεί ισχυρό αντίπαλο...) Όλα αυτά τα χρόνια που παίζω έχω συνειδητοποιήσει ότι αυτά τα παιχνίδια έχουν θετική και αρνητική επίδραση επάνω μου. Ήταν καλά για τη φαντασία μου και την ικανότητα να οραματίζομαι πράγματα επειδή με βοηθούν να μπαίνω σε ένα νέο, πολύ συναρπαστικό κόσμο, όπου μπορώ να είμαι ο ήρωας ή ο κακός τύπος, μπορώ να ξεφεύγω από την πραγματικότητα και να συγκινούμαι κάνοντας πράγματα που είναι αδύνατο να κάνω στο σπίτι. Στην ουσία δεν υπάρχει νικητής σε τέτοια παιχνίδια. Μόνο πίστες η μια μετά την άλλη.

Τα ηλεκτρονικά παιχνίδια έχουν πολλές συνέπειες στην ψυχολογία μου επίσης. Χάνεις την αίσθηση του χρόνου και μετά γίνεσαι εξαντλημένος ενώ δεν έχεις κάνει τίποτα. Οι συνέπειες είναι πολλές και έντονες. Κουράζεσαι στο μυαλό πρώτα και μετά στο σώμα. Είναι τρομερό!

Γ' αυτό το λόγο ένα πρόγραμμα στο παιχνίδι είναι πολύ σημαντικό. (Εγώ δεν είμαι καθόλου καλός σ' αυτό.) Αυτός είναι ο κύριος λόγος που διαφωνώ με τους γονείς μου τις περισσότερες φορές. Όλα αυτά τα παιχνίδια έχουν το μεγάλο μειονέκτημα ότι δεν τελειώνουν. Χάνεις τον έλεγχο και παίζεις με τις ώρες κι έτσι απομακρύνεσαι από τους φίλους σου και τον κόσμο γενικά.

Όλα αυτά είναι συμπτώματα μιας κατάστασης που ονομάζεται Εξάρτηση από τον Υπολογιστή. Όπως κάθε άλλη εξάρτηση, η εξάρτηση ενός παιδιού από τον υπολογιστή μπορεί να επηρεάσει και τους άλλους ανθρώπους, όπως την οικογένεια και τους φίλους του.

Σύμφωνα με μελέτες, η εθιστική φύση των ηλεκτρονικών παιχνιδιών οφείλεται στη συγκίνηση που προκαλείται από το παιχνίδι. Η συγκίνηση κάνει τον εγκέφαλο να εκκρίνει μια χημική ουσία που είναι όντως εθιστική.

Κάποια ψυχολογικά συμπτώματα της εξάρτησης από τα ηλεκτρονικά παιχνίδια είναι:

- Το να έχεις μια αίσθηση ευφορίας όσο παίζεις
- Το να είσαι ανίκανος να σταματήσεις να παίζεις
- Το να περνάς όλο και περισσότερο χρόνο παίζοντας
- Το να παραμελείς την οικογένεια και τους φίλους
- Το να νιώθεις άδειος και να πέφτεις σε κατάθλιψη όταν δεν παίζεις
- Προβλήματα με το σχολείο και την οικογένεια
- Και μερικά σωματικά συμπτώματα είναι:
- Ξηρότητα των ματιών
- Ημικρανίες - πονοκέφαλοι
- Πόνοι στην πλάτη
- Διαταραχές στο φαγητό και κατανάλωση κακών τροφών
- Διαταραχές στον ύπνο



Ωστόσο, παρά τις πιθανές παρενέργειες της υπερβολικής ενασχόλησης με τα ηλεκτρονικά παιχνίδια, υπάρχουν και κάποια πλεονεκτήματα, αν παίζεις κανείς με μέτρο. Για παράδειγμα, τα ηλεκτρονικά παιχνίδια μπορεί να βελτιώσουν κάποιες ικανότητες, όπως τη δημιουργική ικανότητα, δηλαδή την ικανότητα επινοήσης και εφαρμογής πολλαπλών στρατηγικών για την επίλυση ενός προβλήματος, και μπορεί να βοηθήσουν την ανάπτυξη της κριτικής και αναλυτικής σκέψης.

Δεν ξέρω καν αν είμαι σωστός συμμορίτης του σχολείου ή απλώς εξαρτημένος από τα ηλεκτρονικά παιχνίδια, αλλά μακάρι να ήμουν ένας σωστός συμμορίτης των ηλεκτρονικών παιχνιδιών και να παίζω όλη μέρα ξεχνώντας τους πάντες και τα πάντα, φτιάχνοντας το δικό μου κόσμο και ζώντας τη δική μου μαγεία! Δε συμφωνείτε μαζί μου.

*Κωνσταντίνος Παγώνης, Τάξη Α2*



### The 'Games gangs'

Hello. Let me introduce myself. I'm Konstantinos and I started playing digital games when I was 5 years old. At the beginning I played video games, action games etc. alone but later I started played together with my brother Vassilis. (He is younger than me and he was not a strong competitor...).

All these years playing I realized that these games had good and bad impacts upon me.

They were good for my imagination and visualization development because they helped me enter a new, very exciting world, where I could be the hero or the bad guy, I could escape reality and get crazy doing things impossible to do at home. Actually there is no winner in these games. Only levels, one after the other.

Playing video games has had different impacts on my psychology also. You lose the sense of the time and then you become exhausted having done nothing. The consequences are many and strong. You get tired in the mind first and then in the body. It's terrible! For that reason a schedule is very important (I'm not good at this at all). This is the main reason why I disagree with my parents most of the time.

All these games have the great disadvantage that they have no end. You lose control and play hours and hours and thus you get away from people and friends. These are all examples of a condition called Computer Addiction. Like many other addictions video game addiction can affect other people also such as family and friends.

According to some studies this addictive nature of playing video games is caused by the excitement of the video games. This excitement causes the brain to release a chemical that is, in essence, addictive.

Some other symptoms of video and computer game addiction are psychological, such as:

- Having a sense of euphoria while playing
- Being unable to stop playing games
- Spending more and more time at the computer
- Neglecting family and friends
- Feeling empty, depressed, when not playing
- Problems with school and family
- Dry eyes
- Migraine headaches
- Backaches
- Eating irregularities and junk food eating
- Sleep disturbances and changes in sleeping patterns



Finally, despite possible bad effects of excessive video game playing, there are also some benefits to playing video games with moderation. For instance, video games may improve some abilities such as the ability to create and apply multiple strategies at the same time, and may help develop critical analysing techniques. Due to the nature of video games, psychological, social, and other factors have all been associated with excessive video game playing. I do not even know if I'm a real schooligan or a game addicted person but I wish I were a real 'games gangster' playing all day long and living free from everyone and everything, constructing my own reality and experiencing my own magic!.

Don't you agree with me?

*Konstantinos Pagonis, 16 years, Class A2*



# Teen - Euro Teen School Magazine

# EUROVISION

## SONG CONTEST

Already for 54 years, the Eurovision Song Contest is Europe's favorite TV show. After more than five decades featuring some 1100 songs, the contest has become a modern classic, strongly embedded into Europe's collective mind. Read on to find out how it all started over half a century ago....

In 1955, the EBU came up with the idea of an international song contest whereby countries represented by their singer in one television show in all nations. The competition was based upon the Italian Festival di Sanremo, held for the first time in

1951, and was also seen as a technological experiment in live television: In those days, it was a very ambitious project to join many countries together in a wide-area international network. Satellite television did not exist yet at that time, and the Eurovision Network comprised a terrestrial microwave network. Le Grand-Prix Eurovision de la Chanson Européenne was born! Without inter-



ruption, the Eurovision Song Contest has been broadcast every year since 1956, which makes it one of the longest-running television programmes in the world.

Today, 2009 Eurovision Song Contest winner Alexander Rybak presented his new album Fairytale. Alexander Rybak was born on May 13, 1986 in Belarusia. When he was four years old, he and his family moved to Norway. At the age of five, Rybak began to play the piano and violin. He is an actor, a violinist, a composer, a pianist and a singer. Rybak has played a fiddler in musical Fiddler on the Roof. He won many competitions and participate the talent 's show for example Norwegian version of Idol. His last win price was in Moscow where he participated in 54th Eurovision Song Contest. He sang song „Fairytale“ which he wrote and composed. This song is inspired by Norwegian folk. His music idols are Mozart, The Beatles and Sting.



## Eurovision Song Contest

Už 54 rokov je Eurovision Song Contest európskym obľúbeným televíznym programom. Po viac než piatich desaťročiach je charakteristických niekoľko 1100 skladieb. Súťaž sa stala modernou klasikou, silne upevnenou v európskej pamäti. Prečítajte si ako to všetko začalo pred viac ako pol storočím....

V roku 1955, EBU prišiel s myšlienkou medzinárodnej speváckej súťaže, v ktorej by krajiny reprezentoval ich spevák v jednej televíznej relácii zastúpenej vo všetkých národoch. Súťaž bola založená na talianskom festivale di Sanremo, ktorý sa konal po prvýkrát v roku 1951, a možno ju chápať ako technický experiment v priamom prenose televízie: V tých dňoch to bol veľmi ambiciózný projekt, ktorý mal vstúpiť spolu s inými krajinami do širokej medzinárodnej siete. Satelitná televízia ešte neexistovala a Eurovision Network sa skladala z pozemnej mikrovlnnej siete. Le Grand - Prix Eurovision de la Chanson Européenne vznikol! Bez prerušenia Eurovision Song Contest bol vysielaný každý rok od roku 1956 čo z neho robí jeden z najdlhších televíznych programov vo svete.

Dnes, v roku 2009, sa stal víťazom Eurovision Song Contest Alexander Rybak, ktorý tu predstavil svoj nový album Rozprávky. Narodil sa 13. mája 1986 v Bielorusku. Štvorročný Alexander sa spolu s jeho rodinou odsťahovali do Nórska. Ako päťročný začal hrať na klavír a husle. Alexander je herec, huslista, skladateľ, klavirista a spevák. Hral huslistu v muzikáli Fiddler on the Roof. Vyhral veľa súťaží a zúčastnil sa show, ako je nórska verzia Idolu. Jeho poslednú cenu vyhral v Moskve kde sa zúčastnil 54. Eurovision Song Contest. Spieval pieseň „Fairytale“, ktorú napísal a skomponoval. Táto pieseň je inšpirovaná Nórskym folklórom. Jeho hudobnými idolmi sú Mozart, The Beatles a Sting.

Barbora Prielcová 17, Valéria Urmínská 17

## UNFORGETTABLE EXPERIENCE

On 1st May I saw an incredible performance. The famous rock band Deep Purple gave a concert in Wrocław. I was there with my father. He is the biggest fan of Deep Purple I have ever seen. We were waiting outside the concert for an hour, because we wanted to have the best place.

When the gates opened about 500 people started to run in the direction of stage. It was worth it. We could see them from quite a close distance. The concert started at 7 PM. First, there was a Polish band on stage - Leszek Cichoński and Friends as a support. They were good, but everybody got bored after 15 minutes. We were all anxious to see Deep Purple, the dinosaurs of rock. They started their performance at 8 PM. When people heard Ian Gillan's great voice, they started dancing and screaming. John Lord played in his solo 'Mazurek Dąbrowskiego', the Polish national anthem. Ian Paice is an incredible drummer. He has played with Deep Purple from the beginning. The atmosphere reached climax when Roger Glover and Steve Morse played one of the most famous rock songs - *Smoke on the Water*, which is on '500 songs that shaped rock n' roll' list.



Performing *Smoke on the Water*

The band also played *Hush*, *Perfect Strangers* and *Black Night*. Too bad that they did not play *Child in Time*. The performance gathered about 18 000 fans. I will never forget that concert.



Ian Gillan and Steve Morse

## NIEZAPOMNIANE DOŚWIADCZENIE

1 maja widziałem niesamowite widowisko. Słynna grupa rockowa Deep Purple zagrała we Wrocławiu. Byłem tam z moim ojcem. Jest największym fanem Deep Purple jakiego kiedykolwiek widziałem. Czekałmy godzinę przed koncertem, ponieważ chcieliśmy mieć najlepsze miejsca.

Kiedy bramy otworzyły się około 500 osób zaczęło biec w kierunku sceny. Było warto. Mogliśmy oglądać ich z bliska. Koncert rozpoczął się o 7 wieczorem. Najpierw na scenie pojawił się suport - polski zespół Leszek Cichoński i przyjaciele. Byli dobrzy, ale każdy zaczął się nudzić po 15 minutach. Wszyscy chcieliśmy zobaczyć dinozaury rocka - Deep Purple. Rozpoczęli widowisko o 8 wieczorem. Kiedy ludzie usłyszeli wspaniały głos Iana Gillana zaczęli tańczyć i krzyżeć. John Lord w swojej solówce zagrał polski hymn „Mazurek Dąbrowskiego”. Ian Paice to niesamowity perkusista. Gra z Deep Purple od samego początku. Atmosfera osiągnęła punkt kulminacyjny kiedy Roger Glover i Steve Morse zegrali jedną z najsłynniejszych piosenek rockowych - *Smoke on the Water*, która jest na liście „500 piosenek, które ukształtowały rock n' rolla”.

Zespół zagrał także: *Hush*, *Perfect Strangers* i *Black Night*. Szkoda, że nie zegrali *Child In Time*. Widowisko zgromadziło około 18 000 fanów. Nigdy nie zapomnę tego koncertu.



Polish Band - Leszek Cichoński and Friends

Jerzy Grabowski, 17



# Twilight



Twilight is one of the four books, which was written by Stephenie Meyer and filmed by director Catherine Hardwicke on the 15<sup>th</sup> of January 2009. The main characters are Bella Swan and Edward Cullen, played by Kristen Stewart and Robert Pattinson, who are very fascinating.



*Kristen Stewart*



*Robert Pattinson*

The story begins, when a young girl Bella Swan moves from Phoenix, Arizona to the small, rainy city Forks in Washington after her mother Renee remarries and accompanies her new husband, a professional baseball player. She was afraid of her new life with her dad in Forks and the new school, too. There she met with a nice, mysterious and handsome boy Edward Cullen. A boy who's hiding a dark secret: he is a vampire. Edward saved Bella's life in such incredible circumstances - a certain death under the wheels of a truck and Bella begins to feel that Edward is not a human.

After a short time they stop denying their mutual attraction and they fall in love passionately with each other.

Bella finds out that Edward is a vampire, who lives only on animal blood and he is very strongly attracted to Bella's so Edward has to restrain himself. He can run faster than a mountain lion, he can stop a moving car with his bare hands - and he hasn't got older since 1918. Like all vampires, he's immortal. A new group of vampires appears in Forks, who drink human blood and Bella is in mortal danger...



## Twilight

Súmrak je jednou zo štyroch kníh, ktoré napísala Stephenie Meyer a sfilmovaný je režisérkou Catherine Hardwicke 15. Januára 2009. Hlavnými postavami sú Bella Swanová a Edward Cullen, ktoré fascinujúco stvárnila Kristen Stewart a Robert Pattinson.

Príbeh sa začína, keď sa mladé dievča Bella Swanová sa presťahuje z Phoenixu, Arizony do malého, upršaného mestečka Forks vo Washingtone potom, ako sa jej matka Renee znovu vydala a rozhodla sa sprevádzať svojho nového manžela, profesionálneho hráča baseballu, na jeho cestách. Bella sa bojí svojho nového života s otcom vo Forkse a tiež novej školy. Tu sa stretáva s krásnym a záhadným Edwardom Cullenom - chlapcom ktorý skrýva temné tajomstvo: je upír. Edward Bellu zachráni za neveriteľných okolností pred istou smrťou pod kolesami dodávky a Bella začína tušiť, že Edward nie je obyčajný smrteľník.

Po krátkom čase sa už nevládku brániť vzájomnej príťažlivosti a vášnivo sa do seba zamilujú. Vyjde najavo, že Edward je upír, ktorý sa živí len krvou zvierat a Bellina krv ho veľmi priťahuje, tak musí zaprieť svoje ja. Edward môže bežať rýchlejšie ako lev, môže zastaviť auto holými rukami a od roku 1918 nezostarol. Podobne ako väčšina upírov aj on je nesmrteľný. Vo Forkse sa však objaví skupinka upírov, ktorí pijú ľudskú krv a Bella sa ocitne v smrteľnom nebezpečenstve...



*Barbora Priecelová 17, Valéria Urminská17*



## House, M.D.



House, taktiež známy ako Dr. House, je americká televízna medicínska dráma. Hlavnou postavou celého programu je Dr. Gregory House (anglický herec Hugh Laurie), nekonvenčný lekársky génius, ktorý šéfuje tímu diagnostikov vo fiktívnej Princeton-Plainsboro Teaching Hospital. House vystupuje ako cynik a ufrflanec.



Dr. House má často rozpory so svojou šéfkou, riaditeľkou nemocnice a dekanou medicíny Dr. Lisa Cuddyovou (Lisa Edelstein), a svojím diagnostickým tímom, pretože jeho teórie o chorobách pacientov sú často založené na sotva postrehnuteľných alebo kontroverzných dohadoch. Housov jediný skutočný priateľ je Dr. James Wilson (Robert Sean Leonard), vedúci oddelenia onkológie. Housov pôvodný diagnostický tím pozostával z Dr. Roberta

Chasea (Jesse Spencer), Dr. Allison Cameronovej (Jennifer Morrison) a Dr. Erica Foremana (Omar Epps). Na konci tretej série sa tento tím rozpadne. Zo štyridsiatich uchádzačov si House postupne vyberie nový tím, pozostávajúci z Dr. Foremana, Dr. Remy "Thirteen" Hadleyovej (Olivia Wilde), Dr. Chrisa Taub a (Peter Jacobson) a Dr. Lawrence Kutnera (Kal Penn). Spoločne s Foremanom aj ostatní členovia pôvodného tímu sa stále

objavujú v seriály: Chase je chirurg a Cameronová je vedúca pohotovosti.

House získal veľa cien a nominácií, napríklad Zlatý Glóbus za najlepší výkon herca v televíznom seriály - drama v rokoch 2006, 2007.

Americká televízia FOX uvedie šiestu sériu v septembri 2009.

## Dr. House

House, also known as House, M.D., is an American television medical drama. The show's central character is Dr. Gregory House (British actor Hugh Laurie), an unconventional medical genius who heads a team of diagnosticians at the fictional Princeton-Plainsboro Teaching Hospital. House's character has been described as a cynic and a curmudgeon.

Dr. House often clashes with his boss, hospital administrator and Dean of Medicine Dr. Lisa Cuddy (Lisa Edelstein), and his diagnostic team, because his theories about patient's illness are often based on subtle or

controversial insights. House's only true friend is Dr. James Wilson (Robert Sean Leonard), head of the Department of Oncology. House's original diagnostic team consisted of Dr. Robert Chase (Jesse Spencer), Dr. Allison Cameron (Jennifer Morrison), and Dr. Eric Foreman (Omar Epps). At the end of the third season, this team is disbanded. From forty applicants, House gradually selects a new team, consisting of Dr. Foreman, Dr. Remy "Thirteen" Hadley (Olivia Wilde), Dr. Chris Taub (Peter Jacobson), and Dr. Lawrence Kutner (Kal Penn). Along with Foreman, the other members of the original team still appear in the series: Chase is a surgeon and Cameron is the department head of the emergency room.

House has received many awards and nominations, for example Golden Globe Award for Best Performance by an Actor in a Television Series - Drama in 2006, 2007.

The American television FOX will air the sixth season in September 2009.



*Elena Majtánová., 18  
Michaela Kráľovičová., 17*

## Edith Piaf



Edith Piaf's life has been brief and intense. She gave her life to her fans. The inheritance left by Edith Piaf is immense and her songs like "La vie en rose", "L'hymne à l'amour" ou "Je ne regrette rien" are still in our heads. Piaf is the female artist who has the most marked the 20<sup>th</sup> century, both for her talent and for her private life, marked by many tragedies.

Edith Giovanna Gassion , her birth name, was born in Paris on December, 19<sup>th</sup> 1915. Her father was a contorsionist in an itinerant circus and her mother sang in the streets of Paris.

At the age of 8, she has to go and live with her grandmother as his father has to go to war and her mother does not want to take care of her.

At the age of 15, Edith meets her first love Louis Dupont and in 1933, a little girl, Marcelle, comes to life. Unfortunately, she dies two years later from a meningitis.

Edith really becomes famous at the age of 23 and in 1947, the Americans meet this incredible woman and become fond of her. That's where she falls in love with the French boxer, Marcel Cerdan. Although he is married and has children, he soon leaves his family to live with Edith. This couple is still considered as the most passionate and magical that ever existed. They can't live without each other. But, it is also the couple with one of the most tragical fates. Indeed, Marcel Cerdan dies in a plane crash on October, 27<sup>th</sup> 1949 while he is on his way to come and join Edith in New York. Edith never really recovers from this new blow of fate.

Edith suffers from unbearable pains due to a bone disease. Only morphine can relieve her. She starts being addicted to it , as well as to alcohol.

Although she is weaker and weaker, she goes

back on the stage of the "Olympia", a famous concert room that she saves from bankruptcy. That's where she sings her last will: "je ne regrette rien" ( I regret nothing). She is so exhausted that she vanishes several times on stage.

Edith Piaf dies on October 10<sup>th</sup> 1963 at the age of 47 but she looks as if she were 20 years more.

More than 40 years after her death, she remains the most popular French singer around the world. Two years ago, the film "EDITH" , starring Marion Cottillard was an homage to Edith Piaf and was seen by millions of people.

## Edith Piaf

La vie d'Edith Piaf a été brève et intense. Elle a dédié sa vie à son public. Le patrimoine laissé par Piaf est immense et ses chansons à l'image de « La vie en rose », « L'hymne à l'amour » et « Je ne regrette rien » demeurent encore dans chacune de nos têtes. Piaf est sans conteste l'artiste féminine qui a le plus marqué le 20<sup>ème</sup> siècle, tant par la grandeur que par son destin tragique.

Edith Giovanna Gassion, son nom de naissance, est née à Paris le 19 décembre 1915. Son père était contorsionniste dans un cirque et sa mère, chanteuse de rue.



A l'âge de 8 ans, elle est confiée à sa grand-mère car son père doit partir à la guerre et sa mère ne veut pas s'occuper d'elle.

A 15 ans, elle rencontre son premier amour Louis Dupont et en 1933, une petite Marcelle voit le jour. Malheureusement, à l'âge de 2 ans meurt suite à une méningite foudroyante.

Edith ne connaît le succès qu'à l'âge de 23 ans. En 1943, elle conquiert peu à peu le cœur des Américains. C'est aux Etats-Unis qu'elle rencontre l'amour de sa vie , Marcel Cerdan. Bien qu'il soit marié et qu'il ait des enfants, il quitte sa femme pour vivre un amour passionné avec Edith. Ce couple est l'un des plus magiques et des plus tragiques du 20<sup>ème</sup> siècle. En effet, Marcel Cerdan meurt dans un accident d'avion le 27 octobre 1949, alors qu'il est en route pour rejoindre Edith à New York. Elle ne s'en remettra jamais.

Après plusieurs accidents, elle est



contrainte d'apaiser ses douleurs par la prise régulière de morphine qu'elle mélange avec de l'alcool. Cette consommation devient une véritable dépendance qui va la détruire.

En 1961, elle revient pourtant sur la scène de l'Olympia, qu'elle sauve de la banqueroute. Elle y laisse son dernier testament à travers la chanson : « Non, je ne regrette rien » et elle s'écroule sur scène à plusieurs reprises.

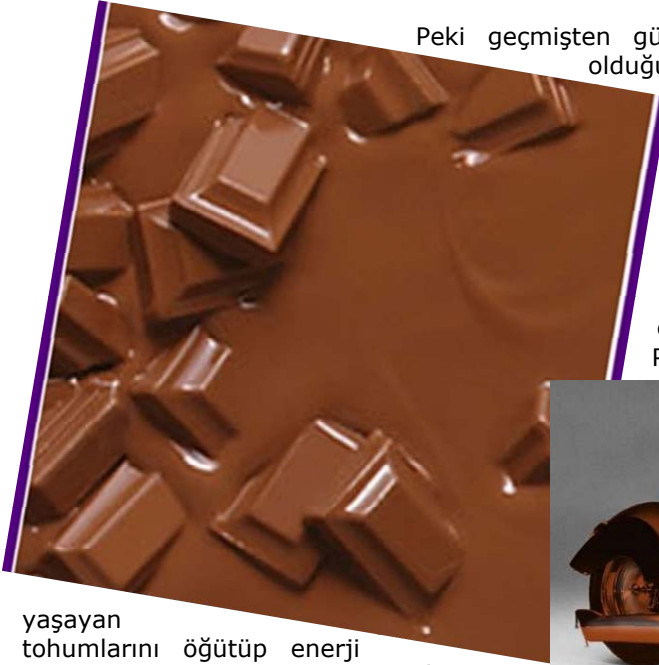
Edith Piaf décède le 10 octobre 1963 à l'âge de 47 ans mais on lui en donne 20 de plus.

Plus de 40 ans après sa mort, elle reste la chanteuse française la plus populaire à travers le monde. Il y a deux ans, le film « Edith » , avec Marion Cottillard, était un hommage à Edith Piaf et a été vu par des millions de personnes.

Justine MOREA

## Şeker Neden Çok Sevilir?

Renk renk jelibonlar , sütlü bitter çikolatalar , çeşit çeşit topitoplar ... Çocukların çoğu şekerli yiyecekleri yetişkinlerin sevdiğinden daha çok seviyor. Peki ama neden ? A.B.D den araştırmacılar şekerle olan ilginin büyüme hızıyla ilgili olduğunu düşünüyor. Şeker , yüksek enerji veren bir besin maddesine büyüme içinde enerji gerekiyor! Araştırmacılara göre küçük çocuklar çok hızlı büyüdükleri için şekerli yiyecekleri çok seviyor.Yaşımız artıkça şekerle olan ilgimizde azalıyor. Çünkü büyüme hızımızda azalıyor. Keşke hep çocuk kalsak değil mi?



yaşayan tohumlarını öğütüp enerji almış. M.S 1550 yılında İspanyol sıçrayan kakao tohumlarının, ağızımızda 800 yılı bulmuştur. Çikolata gerçekten hayatımızın sonuna kadar mutlu olmak için kaç ton yemek lazım acaba ?

Peki geçmişten günümüze ağızları tatlandıran çikolatanın bir çok yararı olduğunu biliyor muydunuz? İngiltere'nin önde gelen gazetelerinden Mirror'da çıkan habere göre çikolatanın insan sağlığına pek çok yararı bulunuyor. Kalp hastalıkları ve kanserle mücadele ediyor. Çikolata sevmeyen insan var mıdır acaba ? Kokusuyla , insanı baştan çıkaran iştah açıcı kahve rengi görüntüsü ile kim sevmez ki! Kokusu mutluluk hormonlarının hareketine geçmesine yeter.Çikolatayı karşı koyulmaz yapan ne ? Bazen çok şiddetli bir biçimde çikolatayı arzu ederiz.Çikolata phenethylamine (PEA)içerir. Phenethylamine ise sinir sistemini uyarır.Bazı hormonları tetikler. Ağrıları dindirir ve insanın kendini iyi hissetmesini sağlar.



Bu tatlı mucizenin tarihi m.ö 1000 yıllarına dayanıyor. Amerikada yerliler kakao veren içecek yapar-Cortes'le Avrupaya çikolata olarak erimesi mutluluk veriyorsa

## Chocolate

Colourful jelibons, milky bitter chocolates, a lot of topitops... Why is the sugar liked too much? A lot of children likes the food with sugar much more than the adults all right but why? The researchers from the U-SA think that this interest about the sugar is formed by the rate of growing sugar is food which gives high energy and for growing we needs energy. According to researchers, the little children grow very quickly so that they likes foods with sugar very much. Our interest to sugar become less when our age is left over. Because, our rate of growing is become less, too

I wish we stay like a child every time don't we ?

Do we now the benefits of chocolate which has been sweetening our mouths for ages. According to Mirror, which is one of the most leading newspapers of England, chocolate has lots of benefits to health. It struggles with cancer and heart attack. Even it's smell activate our hormones. What makes chocolate such an irresistible thing? We desires chocolate strongly, we might depressed or angry, but when we eat a little chocolate, we feel better. Chocolate contains phenethylamine(PEA). It stimulates nervous system, triggers some hormones and makes us happier.

This sweet miracles history goes up to 1000 B.C. In old times, American Indians crushed the cacao seeds and obtained an energy giving drink . In 1550 A.C. Cacao passed to Europe with Spanish Cortes.

If chocolate really makes us happy, how many tons of chocolate should we eat during our life to be happy enough? ☺



## Un menu traditionnel normand

La France est réputée pour sa gastronomie., particulièrement pour le fromage et les vins qui accompagnent les plats. Chaque région possède ses spécialités. En Normandie, les plats les plus traditionnels sont souvent faits à base de crème ou de beurre. On y déguste aussi bien de la viande (bœuf, agneau, porc) que du poisson. Les desserts traditionnels sont bien sûr faits avec des pommes puisque, comme vous le savez peut-être, la Normandie est connue pour ses pommiers. Nous pouvons faire du cidre avec, mais également de délicieux desserts

Si vous venez un jour nous voir en Normandie, voici un exemple de menu typique que vous pourrez apprécier dans un de nos restaurants

### Entrée

Oeufs cocotte à la Normande

### Plat principal

Sole à la normande

### Dessert

Tarte fine aux pommes normandes

Si vous voulez avoir un avant-goût de ce qui vous attend, pourquoi ne pas essayer [la recette des oeufs cocotte](#) ? Suivez les étapes suivantes :

Recette pour 6 personnes :

- 6 œufs
  - 30 grammes de beurre
  - 6 cuillères à café de crème fraîche épaisse
  - 60 grammes de fromage râpé
  - 1 litre de moules
  - sel et poivre
- Tout d'abord, nettoyez les moules puis mettez les dans une casserole à feu vif pour qu'elles s'ouvrent
  - Ensuite, retirez les moules de leurs coquilles
  - Beurrez six petits ramequins
  - Salez et poivrez légèrement le beurre
  - Cassez un œuf dans chaque ramequin puis battez-le.
  - Ajoutez alors une cuillère à café de crème fraîche en mélangeant bien.
  - Répartissez les moules de façon égale dans chaque ramequin et saupoudrez avec du gruyère râpé
  - Faites cuire à four chaud 8 minutes
  - Servez immédiatement dès la sortie du four

**Dernier conseil :** si vous n'aimez pas les moules, vous pouvez les enlever de la recette. Celle-ci peut se déguster avec du jambon et une tranche de pain grillé. Vous pouvez également ajouter une tranche de tomate sur les œufs avant de mettre vos moules au four.

BON APPETIT !



## A typical menu made in Normandy

France is famous for its gastronomy, especially for the cheese and the wines that go with the meals. Each region has its specialities. In Normandy, the most traditional dishes are often made with cream and butter. We enjoy meat (beef, lamb, pork) as well as fish (we are not far from the sea). Of course, the traditional desserts are prepared with apples since, as you may know it, Normandy is famous for its apple-trees. We can make cider with them but also delicious desserts.

If you come and visit us in Normandy one day or the other, here is an example of a traditional menu that you will be able to enjoy in one of our restaurants:

### Starter

Cocotte eggs from Normandy

### Main course

Sole from Normandy

### Dessert

Thin apple tart from Normandy

If you want a pre-taste of what you can expect when you come, why not trying the recipe of the cocotte eggs from Normandy. Follow the following steps:

This is a recipe for 6 persons :

- 6 eggs
  - 30 grams of butter
  - 6 teaspoon of fresh double cream
  - 60 grams of chopped cheese
  - 1 litre of mussels
  - salt and pepper
- First, clean the mussels and put them in a saucepan over a high flame so that they will open
  - Then, take off all the mussels from their shells
  - Butter 6 small moulds
  - Salt and pepper the butter slightly
  - Break one egg in each mould and beat it.
  - Add one teaspoon of double cream and mix thoroughly.
  - Put the mussels evenly in the moulds and sprinkle with the chopped cheese
  - Cook 8 minutes on high temperature
  - Serve immediately

**Last advice :** If you don't like mussels, you can do the same recipe without them. Then, you can eat your cocotte eggs with ham and a slice of toasted bread. You can also add a slice a tomato before putting your moulds in the oven.

ENJOY YOUR MEAL !

Morgane Pigeot



## Cider from Normandy

Cider has been the traditional drink of Normandy for centuries: How is it made? How do we drink it? Mr. Chassaing, former producer of traditional cider, gives us some answers.

Cider is an alcoholic drink made from apples harvested between mid September and early November. Once harvested, they mature until December. Then the apples are chopped up really small and pressed.

Next, the apple mush is wrapped into muslin or cloth, then it is squeezed till all the juice runs out and is collected into barrels. The producer let it ferment for ten days, then the puts the cider in bottles..

If you don't bottle cider its alcohol increases. The brewing process is important to get a really good tasting cider.

Cider apples have lots of tannins that produce a distinctive flavour. A mix of different apples are used to get acidity, sweetness and bitterness



*casks for cider*



*Apples are pressed*

You can drink different types of cider:

- soft cider: below three degrees of alcohol for a desert,
- Half dry or brut: between three and four degrees of alcohol, consumed with meat or cheese.
- Traditional cider: more tart, less sweet; more than five degrees of alcohol.

A few figures :

- Eight kilos of fresh apples will produce a gallon of cider
- French people drink less than two litres of cider per year,
- France produces 8,000,000 hectolitres.

I enjoy drinking cider on special occasions for birthday parties, for Christmas eve.

Glossary:

- Defecation: natural clarification of the must by the beginning of fermentation.
- Fermentation: conversion of sugars into alcohol.

## Le cidre de Normandie

Le cidre est la boisson traditionnelle des Normands depuis des siècles.

Comment est-il fait ? Comment peut-on l'accompagner ?

M Chassaing, mon grand père, ancien producteur de cidre traditionnel, nous répond.

Le cidre est une boisson alcoolisée faite à base de pommes cueillies entre la mi-septembre et début novembre. Elles finissent de mûrir en décembre.

Les pommes lavées sont broyées puis étalées sur une toile. Elles ne sont ni épluchées, ni épépinées. Elles sont placées sous le tablier sous la presse pour le pressage.

Le jus est ensuite mis en fût pour la défécation\*. Dix jours plus tard, le cidre est mis en bouteille , la fermentation\*continue. Plus le cidre reste en bouteilles, plus le degré d'alcool augmente.

Les pommes à cidre ont beaucoup de tanin ce qui donne à cette boisson une saveur particulière. Les pommes sont différentes afin d'obtenir un goût acide, sucré et amer à la fois,

Il existe différents types de cidre :

- Le cidre doux : en dessous de trois degrés d'alcool, plutôt à consommer au dessert.
- Le cidre demi-sec ou brut : entre trois et quatre degrés d'alcool, on peut le boire en mangeant de la viande.
- Le cidre traditionnel : plus acidulé, moins sucré, plus de cinq degrés d'alcool.

Quelques chiffres:

- moins de deux litres par an par habitant
- On produit 8000000hectolitres de cidre en France.

J'aime le cidre et j'en bois pour les grandes occasions : à Noël , pour célébrer le nouvel an

Buvez-vous du cidre?

Lexique : Défécation : clarification naturelle du moût par un début de fermentation.

Fermentation : transformation des sucres en alcool.



*Apples*

Adelaide Clopin 18 Ans

Thanks to the  
**Comenius Lifelong Learning Program**  
grant, the project "Voice of teen" is carried out  
by 8 European secondary schools.



#### Comenius

The Comenius programme focuses on the first phase of education, from pre-school and primary to secondary schools. It is relevant for all members of the education community: pupils, teachers, local authorities, parents' associations, non-government organisations, teacher training institutes, universities and all other educational staff.

Part of the lifelong learning program, Comenius seeks to develop knowledge and understanding among young people and educational staff of the diversity of European cultures, languages and values.

It helps young people acquire the basic life skills and competence necessary for their personal development, for future employment and for active citizenship.

The programme addresses issues strongly related to current discussions and developments in school policy. Priorities are set annually

#### Comenius has following goals:

- To improve and increase the mobility of pupils and educational staff in different Member States
- To enhance and increase partnerships between schools in different Member States, with at least three million pupils taking part in joint educational activities by 2010
- To encourage language learning, innovative ICT-based content, services and better teaching techniques and practices
- To enhance the quality and European dimension of teacher training
- To improve pedagogical approaches and school management

#### The Comenius programme focuses on the following current priority areas:

- Motivation for learning and learning-to-learn skills
- Key competences: improving language learning; greater literacy; making science more attractive; supporting entrepreneurship; and reinforcing creativity and innovation
- Digital educational content and services
- School management
- Addressing socio-economic disadvantages and reducing early school leaving
- Participation in sports
- Teaching diverse groups of pupils
- Early and pre-primary learning

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- **Гимназия с хуманитарен профил "Св. Св. Кирил и Методий"**

Humanitarian high school "St. St. Cyril and Methodius"

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