



## Solar Eclipse- what is that?

On the 25th of October, students in our school got to watch a partial Solar Eclipse. Under the eye of our teacher - Mr Jarosław Galicki - a group of astronomy enthusiasts grouped up to watch this fascinating happening. But what exactly is a Solar Eclipse?

Well, it's something rather easy to explain. When Earth, Moon and Sun form a straight line, precisely when the Moon is in between Sun and Earth, a huge shadow forms, and we can observe it in the form of a Solar Eclipse. Easy as that.

To us, this is something that happens naturally, but it wasn't always like that. In ancient times people were sure that it had something to do with paranormal stuff or even it was considered a bad signal from the sky. Even though it's a really cool thing to see, you can't look directly into it, because you can hurt your eyes, or even lose your sight.

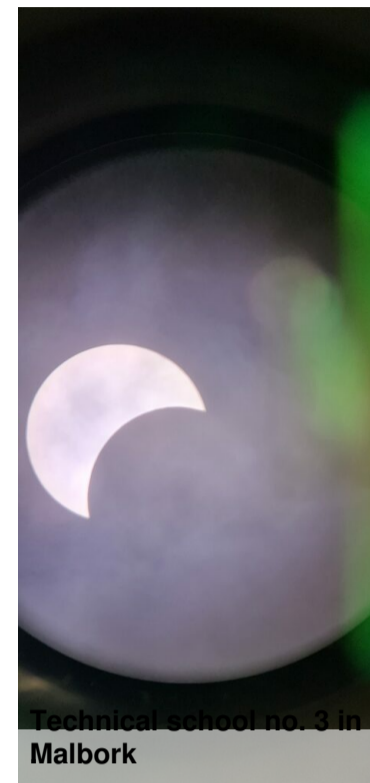
There are some cool fun facts that come with it too. Here are some of them:

- Solar Eclipses are rare, they happen only once in 18 months
- In ancient Greece a Solar Eclipse was a sign that the Gods are angry, and the word "eclipse itself" comes from Greek word that means "being abandoned"
- In Italy believe that flowers planted during a Solar Eclipse are brighter and more colorful than flowers planted any other time
- There is a thing called Lunar Eclipse, which is basically the opposite of a Solar Eclipse
- Solar Eclipse inspired a few events in games like "Tower Defense Simulator" (Solar Eclipse event) or "League of Legends" (skins in game with this theme)

It's good to know that the next Solar Eclipse will happen in Poland on 29th of March...2025!

**Remember that, because you'll have to wait even longer to see that.**

*by Maja Januszewicz*



19th October 2022

## First place in the Malbork County Floorball Championship

Big congratulations to the boys from our school as they just have become victorious in this tournament. Physical education teachers that accompanied and were team supervisors kept us updated.

The Championship was taking place in OSIR Malbork just today, and we've just been informed that they placed first. Possessing the first place, they have the chance to go to the next level of the competition and to represent our school on the voivodeship semi-finals that will take place in Prabuty on 07th November 2022.

Our team consisted of:

**Filip Baran, Krzysztof Grębowski, Maciej Koczaj, Nikodem Hermanowicz– IV LP**

**Aleks Falkiewicz -IV Kp**

**Jakub Szczypkowski- IVL**

**Krystian Sobczyński, Szymon Panasiuk -IVK**

**Dawid Zamorski- IIIP**

**Iwo Moskot -IIIAH**

**Dominik Antys, Szymon Kubiński, Franciszek Łaskiewicz–IIIP**

Also, to mention, **girls placed 4th** in the same competition.

We not only wanted to congratulate the boys on their win, but to wish success in semifinals hoping for another victory.

by Julia Wąsicka

## Day of the National Education at our school

14th October, as every year, was a day of paying respect to our teachers and other employees of our school. The highlight of the day was the academy where the Principal's Awards were presented. The main characters of the day - teachers and employees of the school administration and service- were distinguished in them. Then, our teachers shared with us memories from their school days, told funny stories that happened when they were schoolchildren and told us what they would like to transfer from today's school to the school of their time.

The second part of the appeal was a performance based on a poem by Julian Tuwim entitled "Rzepka", in which our teachers and students turned into theatre actors. They made the whole audience laugh from the very beginning and no one expected that there are so many hidden acting talents in our school.

by Szymon Piróg



Technical School no. 3 in Malbork



Technical School no. 3 in Malbork





## Spooky Day at our school!

On 28th October our school celebrated Pumpkin Day when pupils could dress up as a movie, game character, or even some more hardcore and terrifying creatures.

Apart from pupils, teachers didn't hesitate to dress up.

Everyone could have some fun incarnating in characters.

by Martyna Ropel



## Theatre Elite



On 10th November, 2022, classes 4ARp and 4Kp participated in a performance based on Stanisław Wyspiański's drama entitled "Wesele".

The play was staged at the Aleksander Sewruk's Theater in Elbląg.

The drama tells the story of the Polish nobility and shows the lack of willingness to reach an understanding between them. "Wesele" is in the canon of obligatory reading for the final exams.

The students were delighted! "Incredible actors and scenery"- they said right after returning.

Particularly noteworthy were the lighting and the soundtrack.

Watching performances in such an amazing atmosphere and place is indescribable.

We will be happy to see more than one performance in this theatre. We highly recommend this place.



# Social action



Thinking about joining a school council or local volunteers? Or maybe you already work in it and you wonder how you can develop your action?

We should start with what we can classify as social activities, the scope of such activities may include, for example, work in the school government, volunteer circle, activities during the actions of various foundations (e.g. WOŚP), or just participating in actions such as "Szlachetna Paczka". To sum up, these are free

activities for the general public. Nowadays, people are very demanding, which does not help, and even makes it difficult for young people to engage in social activities. But fortunately, there are still people who are willing to be active.

Time is also hard to come by these days, school, work, things to do connected with them.

Because after all, what do we gain by devoting our private time? Nothing, and this is the point of social action, but are we sure we're not gaining something?

This information may surprise some people but no, contrary to appearances, we gain quite a lot of valuable things- valuable, of course, not in the material sense. Experiences, satisfaction and the possibility of self-development are just some of them that will bring you closer. First experiences - starting from the fact that at a young age you can put it in your CV, people met and experiences that will stay with us for the rest of our lives, often changing them in many indescribable ways. Satisfaction

- knowing that we have helped someone and his life will change, even if only to a small extent, for the better, probably speaks for itself. The possibility of self-development is, in my opinion, the most valuable. Thanks to social activities, we can see many things that we have not even thought about before, appreciate what we have and sometimes even positively mobilise to achieve a goal that seemed distant.

If you are wondering how you can start acting actively-after reading about the benefits you can

have- I will tell you that the easiest way to start your search is from the Internet. This is the simplest and most accessible form, after all, now on the internet we can find everything but you can simply ask your teachers, friends, parents' acquaintances if they know about such actions or organisations.

There are many ways to do this, if you only want. And remember that it is worth being active ;)

*by Amelia Łaszewska*





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Technical school no. 3 in  
Malbork

21st October 2022

### Pink Friday, but what does it mean?

Our school organises a lot of events like that to wear this or that colour of clothing or an unmatched pair of socks, but does everyone even know what those things stand for? **On the 15th of October, we celebrate European Breast Cancer Day**, to raise awareness of this serious issue.

We got told if we wanted to participate in this occurrence, to put on any kind of pink clothing, or even something as little as a pink ribbon to symbolise recognition of this day. Breast Cancer is a very important matter because a lot of women, especially young ones, downplay it and will not go to a doctor to get tested, thinking it does not concern them. In Poland yearly, around 20 thousand women get diagnosed with breast cancer and year by year the number increases. It is critical to self-examine yourself regularly because the earlier stage you get diagnosed, the higher chance you have of beating it.

There is a famous myth about breast cancer that if you didn't have it in your family, like your mother, grandmother, aunt, etc., you have zero chance of having it. It was debunked by scientists. Some symptoms are: a "bump" in your breast area, breast asymmetry or recurring, persistent pains.

So, when Friday the 21st came, to people's surprise, a lot of students and teachers actually participated and wore pink clothes. It shows just how educated and invested in important world issues our students are. There also was a pink banner with a cut-out middle part where they posed for a picture that later on was uploaded on the school's website for everyone to see and maybe interest others to read on the subject. As a little treat for this involvement, everybody who engaged was given by the principal of the school a "Dzień Dyrektorski" which means that you can't get your homework checked by teachers or be asked unexpectedly to be graded on your knowledge of the last lessons. It was amazing to see pink everywhere.

Next month there is a Testicular Cancer Awareness Day, so hopefully, we will see just as many blues as we saw pink on the 21st October 2022.

by Julia Wąsicka



## A lesson about The Polish Sejm



On 19th October, guests from The Polish Sejm came to Technical school no. 3 in Malbork, more precisely they were MP Tadeusz Cymański (a graduate of this school) and employees of the Chancellery of the Polish Sejm.

Students from classes: 4AR, 4ARp, 4L, 4Lp, 4iP and 4iPs took part in a virtual walk around the Sejm buildings, meeting room etc. This was accompanied by stories about the architecture of it. After that, they presented a short video which showed how the legislative process works and how laws are made.

After the lesson part of the meeting, there was a competition part. 33 students participated in it and they had to solve the test on a topic related to the Sejm which consisted of 30 questions.

Congratulations to them and wish many more successes in the future. Mrs Iwona Krauze and Mrs Agnieszka Jeromin were responsible for the competition part and also big thanks to them!

*by Kamil Kot*

The best results were achieved by:  
**First place – Tymoteusz Górny (4Lp)**  
**Second place – Tymoteusz Majcher (4iP)**  
**Third place – Jakub Amling (4iP)**



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### *Meeting of generations*

To this day, traditions and customs are still important in some families. They can be different. For example, eating broth and pork chops every Sunday. An example of an unusual family custom may be that a child goes to the same school as the parents did.

On **Friday, 4th November**, our school held a meeting of generations, that is, a gathering of students along with their parents who graduated from the school. The meeting began with a speech by the head teacher. In his speech, Mr Stawicki familiarised the attendees with the purpose of the meeting and welcomed the former and current vice principals, as well as the deputy mayor and the director of the Education Department of the District Office. The principal then read a thank-you note from TVN's Helping TV Foundation received by the school on the occasion of the collection held for Teachers' Day. The students' performances were preceded by an accordion piece by Paweł Baran, the son of one of the teachers.

The first performance was a poem by Ania Maślanka titled "Oblicza szczęścia" Then I had the opportunity to give my testimony of faith - look up the next article for more details. Afterwards, Paweł Baran again played the accordion. Following a beautiful piece, Kacper Drzewiński (personally a good friend of mine from class) presented himself. He told the story of the knightly brotherhood and the ethos of the knight. Afterwards, Klaudia Janicka sang a song titled "Rozkwitły pąki" and she spoke briefly about her passion. Another part of the program was Damian Nowicki's performance on history. The seventh presenter was Magdalena Riebant. She talked about books, reading, crocheting and walruses.

After Magda, we had the opportunity to hear a second song, this time performed by Dawid Dragon and one of the English teachers, namely Ms Jagoda Gmyrek. This was followed by the presentation of the first video recorded by Filip Baran in which he talked about sports, dancing, happiness and freedom. Tymoteusz Majcher was the tenth to present. He spoke about the stage and his family. After Tymoteusz, we had the opportunity to hear the wonderful song performed by Amelia Jarocka and Magda Wolak. Then we saw the second video. It was recorded by Tymoteusz Fabiański and talked about sports and dance. After the screening, we heard the last song performed by Ms Jagoda Gmyrek. Jan Rażewski was the last to present. He recorded a video about his love of sports, namely triathlon.

After that, all of us performers sang the song "Wsiąść do pociągu" together. The last but not least element of the program was a summary of the entire meeting by the head teacher and a speech by former graduates. At the very end, Paweł Baran played the accordion one last time. All the speeches were followed by casual conversations. What a great evening it was!

*by Mariusz Waleryś*



## How has my faith been formed?

Passing people my age on the street, one can get the impression that these people are severely confused, have no developed values, or these values are very shallow, trivial. Such a conclusion can be drawn from the way of dressing, the way of behaving and the words used, as well as the approach to the environment.

However, among such adolescents, there are also cases of people with a well-developed value system. Such people know what they want, they treat their surroundings with respect, they are nice and cultured. It can be said that faith is the most important thing in their lives. They are admittedly in the minority, but they still exist. The best example is me, in person.

Why did I develop a profound faith?

As a kid, among my peers, I was considered to be the one who went to church every Sunday. As I was also an altar boy, I was an expert in liturgy and faith. Back then, however, as in the case of probably most children - even those serving at the altar - this faith was somehow not deep. I said prayers and I went to mass, after all, that's how it should be. This is how it was, is and probably will be. At some point, I gave up being an altar boy. A deeper faith began to appear in me around my confirmation, which I had on September 26, 2020. That's when I started practising First Friday services of the month and going to Mass every Sunday. At the same time, through September, October and November, I had a rather difficult time in my life. It turned out that the monthly confession and the opportunity to participate in the Eucharist every week helped me a lot. One could say that faith lifted me out of the hole of life.

Another important moment in deepening my faith was the last school year. In October 2021, I started practising First Fridays again. But that's not what played the most important role this time. At the end of November, the catechist announced the 26th edition of the National Contest of Biblical Knowledge. The substantive scope was the Book of Jeremiah, as well as 1 and 2 Epistles of St. Peter. I decided to apply. "I probably won't achieve anything, but I'll get at least 6 to the school register," I thought. At the March school stage, I decided to reach for these positions. I didn't want to have a poor result then. As it turned out, I won this stage with a lead of 12 points.

Before the diocesan stage, I decided to read the required items one more time. I assumed that I probably wouldn't go anywhere else anyway, but I also didn't want to get confused by the lack of knowledge. I treated the day of the competition as a day off from school. From the diocesan finals, I wanted to go as soon as possible to be at home earlier than those in my class who had a lesson. And here it turned out that I won the diocesan stage, I became one of the 120 finalists and I came home at the same time as if I was finishing a lesson.



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**My presentation during the meeting of generations.**



Just before the national finals, one more event took place. An Erasmus trip to Lisbon for a month. Thanks to the news of my success being announced just before we left, in Lisbon I began to be regarded as an expert on everything faith-related. Therefore, when the moment came for my 19th birthday I got a cross from everyone who was in the Portuguese capital from our school.

Immediately after returning to Poland, a trip to Niepokalanow for the finals awaited me. There, for two days, I was able to meet many people from all over the country, all of whom shared the same value system as me. After the finals, I started to feel a bit of dissonance. It was June and I had been reaching into the Scriptures day after day since February to look at the Book of Jeremiah, or any of the Epistles of Peter. For 4 months, reading the Bible constantly accompanied me, and since then if I don't look at it for a long time I feel strange.

The last – so far – moment of shaping my faith was this year's 30th Elbląg Walking Pilgrimage to Jasna Góra. Before setting off on the pilgrim trail, I did not set my sights on anything. It was supposed to be a new discovery for me. I also thought that my relationship with God was already at such a level that it was no longer lacking. However, the first - and only - crisis came. It was the fifth day of the pilgrimage, August 2. For the first time we had to walk 40 kilometres. The crisis began in the village of Obory in the Sanctuary of Our Lady of Sorrows, and its culminating moment a few hours later – on the same day – in the Sanctuary of Our Lady of Pregnancy in Skepe. At the latter shrine, every pilgrim who goes for the first time has a crisis regardless of gender, age, or depth of faith. Then the worst memories of a lifetime come out of a person. All of life's hardships, hard experiences and difficult moments. All of this suddenly accumulates and then you have to deal with it. In my case, it was the moment when I wanted to give up and go back to Malbork, but I managed to overcome it the next day thanks to the support of friends with whom I was walking and also thanks to the prayers of well-wishers. The crisis disappeared overnight, and I decided that even if I had to stand on my head I would still make it to Jasna Góra.

This fortunately worked out for me, and the pilgrimage showed me how to distinguish between self-confidence and hubris. Since then, I know that a person can be both confident and humble. Currently, as far as my faith development is concerned, I belong to a youth community and a liturgical service.

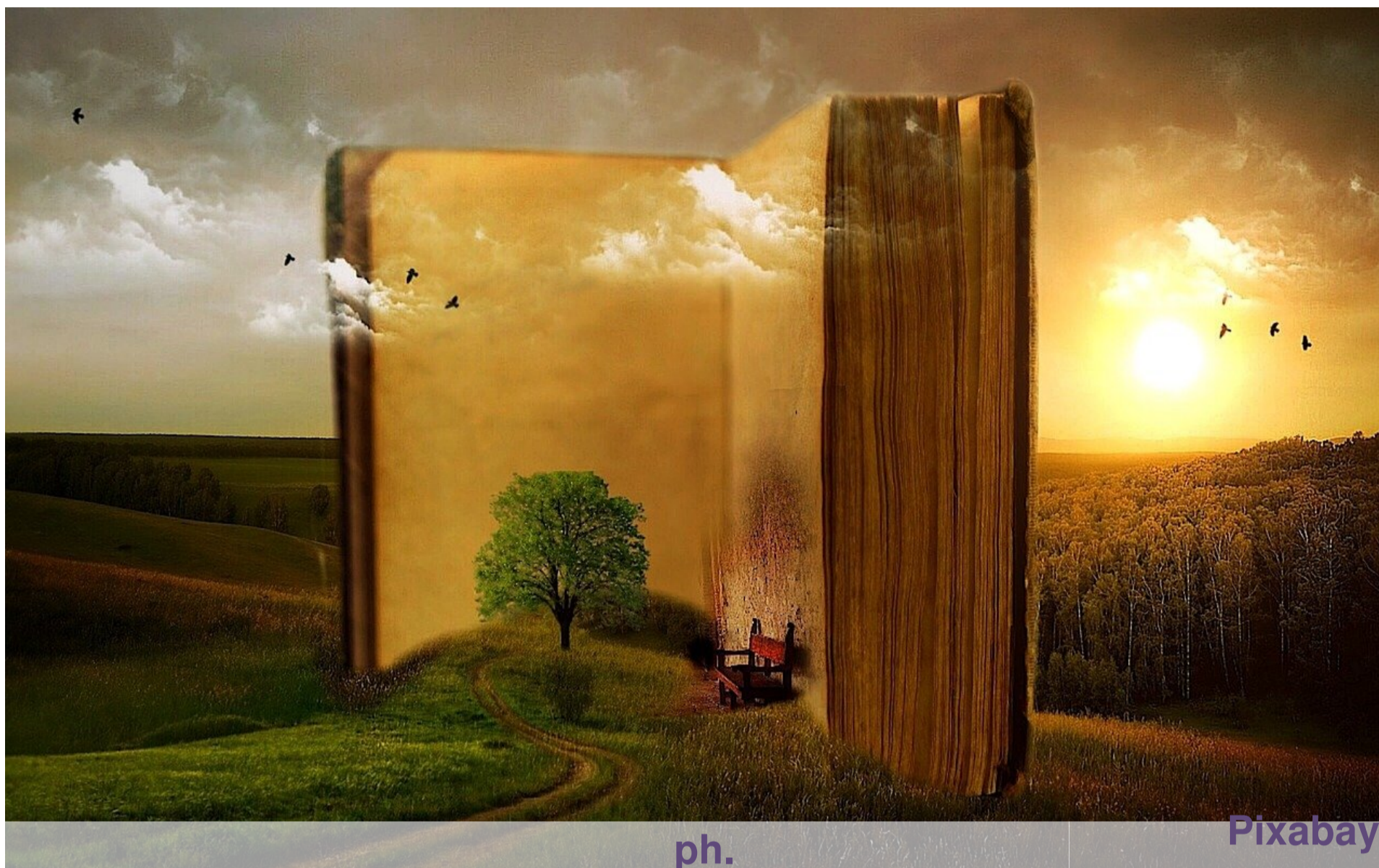
*by Mariusz Waleryś*



**Paweł Baran playing accordion**







## National Reading Development Program 2.0 for the years 2021-2025

In 2022 our school, **Technical School no. 3 in Malbork**, received a donation for the school library. It has been given as a part of the **National Reading Development Program 2.0 for the years 2021-2025**, which is realized by the Ministry of Culture and National Heritage. The library got the opportunity to expand its collection of previous books with new set books and of course, additionally new literary works. Our school has received a total of **PLN 15.000!** The amount consisted of: PLN 12.000, which was the donation and PLN 3.000 covered by our own budget.

We can see the reading awareness from all those committed people in this project. Librarians decided to enrich the library storage with a collection of books chosen by young people. Next to the school's gatehouse, the signed boxes were placed, until the end of Nov. There the students had the chance to take a piece of paper, write on it the title of the book they would like the library to possess, and finally put their examples into the boxes. In total, 80 little cards were received!

### INTENTIONS

The project's aim is simple but difficult. Hearing it, you might get confused. So am I. The point is, the goal leads to developing students' reading activity, and to strengthen the role of school libraries and their potential by purchasing new books. It is shown to increase the activity of teachers to develop literacy among young people. And why is it difficult then? Fewer and fewer people open books for pleasure, as a form of entertainment. I do not think that there are any people who are passionate about reading, but it is noticeable we have been lacking in such a group of people.

### METHODS

Mentioned readership program will last till 31st December 2022.

In order to express thankfulness and spread information that Technical School no. 3 in Malbork got donated, our creative and wonderful ladies librarians are still investing in competitions and different kinds of activities for society themselves, which promoted the readership. I will present what has been realised so far.





A). The first competition entitled "Master of Beautiful Reading" took place on 29th Nov 2022. 13 students took part in it. The task of the participants was to choose any fragment of prose or poetry and present it to the jury.

B). The next competition was for hospitality industry classes. Entitled "Please do not disturb - I am reading!" Participants had to make a hotel hanger promoting reading. Each person could prepare up to 3 hangers. In the library there appeared 46 students' works.

C). The activity under the slogan "I read 15 minutes a day - every day". The action is about choosing a book and reading it for at least 15 minutes a day, starting from 1st December. It will last for all of December. Special cards must be taken from the library by all participants. You need to write down when and how many minutes a day you read. Sweet gifts will be rewarded.

These ideas are indeed persuasive. Surprisingly, many people participated in these.

**Teachers librarians appreciate every little students' involvement in any of the methods.** At a time when interest in readership is decreasing, a little help from the youth in such activities is like a lot of bricks of hope, forming a huge wall. So let's stand up for readership and build this wall together! The library staff encourage the whole school society to see the latest products. Selected titles are presented in a glass-case next to the library. Purchased books contain a variety of topics. They warmly welcome everyone to visit a well-known library.

*by Nikola Wiktor*





## 2022 FIVB Volleyball Men's World Championship

This year saw the 20th edition of the Volleyball World Championship which aims to select the best representations in that sport. This event was supposed to be organised by Russia but because of the invasion of Russia on Ukraine it was organised by Poland and Slovenia. However, the change of the host wasn't so easy. The FIVB believed that it should remain apolitical, and the well-being and safety of all participants is the most important. The organisation resigned from Russia as the organiser because several national teams, including Poland, announced that, due to this situation, they will not play in this tournament. On 5th July the host cities were announced, in Poland, these were Katowice (Spodek) and Gliwice (Arena Gliwice) and in Slovakia – Ljubljana (Arena Stožice).

After the qualifiers, 24 teams remained (including the organisers and the defending the world's champion title, champion and runner-up from each continent and the top 12 places in the FIVB rankings that haven't qualified before, including the USA and France.). All teams were assigned to 4 pots, from which they were drawn into 6 groups. After all group matches, the top two teams from each group qualified for the round of 16, and also the top four third-place teams. The national team which was defending the world title was Poland (which won it in 2014 and 2018). One of the most difficult matches were those against the United States and Brazil. The gold medal was won by the Italians who defeated Poland 3:1 in the final, held in Spodek, in Katowice; Brazil won the bronze medal playing against Slovenia.

At the end of the tournament, individual awards were also given: Most Valuable Player and also the Best Setter was Simone Giannelli from Italy, Best Outside Spikers were Kamil Semeniuk (Poland) and Yoandy Leal (Brazil), Best Opposite Spiker was Bartosz Kurek (Poland), Best Middle Blockers were Gianluca Galassi (Italy) and Mateusz Bieniek (Poland) and finally The Best Libero was Fabio Balaso from Italy.

This event gave us a lot of emotions, reasons to be happy and proud, our national team did great. Congratulations to all teams for great games, but above all to ours, for the heart and a lot of work put into it.

*by Kamil Kot*





## What's cool to watch now?

Let's be honest-almost everyone, especially in high school likes to watch different series. Either it's a comedy, a document or even a cartoon. But what is worth watching right now?

**1. "Monster: The Jeffrey Dahmer Story"**- we'll start our list strong. This miniseries with 10 episodes tells watchers the story of one of the most "famous" and brutal American serial killers, Jeffrey Dahmer. Although it's a really good series, which tells the whole story absolutely perfectly, with actors perfectly playing their roles, it's not for everyone, because some scenes are a little bit graphic, and some people may be too sensitive to watch that. But in my opinion, it's a must-see.

**2. "Wednesday"**- the newest one on this list. It's also a short series, with just one season for now and eight episodes. It tells the story of a well known Wednesday Addams, from the Addams Family. She got sent to an academy where her parents met. Strange series of events happens there, and she's the one to solve them. Again, it's a great series with a great cast. I binge watched it during one day, and recommend it to everyone. Let's hope we'll get another season soon.

**3. "Inside Job"**- now something a little different. First of all, it's a cartoon. Second of all, we get to see a company, which basically controls the whole world. Also, every conspiracy theory is real in this series. Like, every single one, you can think of. It's more of a "brainwasher" than something you think about more, but it also shows serious problems in our society, and in The World. In my opinion, it's better than most of the cartoons for older viewers. Also, it comes with two seasons for now.

**You can watch each of the series on Netflix. Have fun!**

by Maja Januszewicz



## UAE as an architectural paradise

The United Arab Emirates is one of the Arab states located in the Middle East existing since 1971. About 50 years ago, the area where this country is located was a poor and desert area, the country became rich after finding oil deposits and is now one of the fastest growing and richest countries in the world. Unusual penguins several

record-breaking buildings are its trademark, but not only. Dubai and Abu Dhabi are the two most popular Emirates, we can find there the most luxurious hotels, the largest man-made island and many more. The most popular and impressive ones are:  
 - Burj al-Arab (picture no. 1). Only one 7-star hotel

in the world, located on an artificial island 280 metres into the sea. This hotel has 202 apartments, swimming pools, a few exclusive restaurants, a museum and also a heliport etc.  
 - Burj Khalifa (picture no.2) – which since 2010 has the title of the tallest building in the world and is 828 metres tall. The world's

highest open observation deck is located in the Burj Khalifa building in Dubai at 555 metres  
 - Palm Islands, a set of three largest artificial islands in the world (Jumeirah, Jebel Ali and Deira Islands) of exclusive nature. The most famous of these is Jumeirah and it's the site of numerous private residences and hotels

- The Dubai Mall – the second largest mall in the world. We can find over 1200 shops there, restaurants etc. In 2019 around 85 million people visited it  
 - Ski Dubai – it's one of the best ski resorts in the world located in Mall of Emirates. One of the most popular attractions there is walking with the

- The Dubai Fountain – the world's largest choreographed fountain system illuminated by over 6600 lights and 50 coloured projectors which can shoot water up to 150 metres into the air and all this is accompanied by music. This is a very beautiful show, especially in the evening.

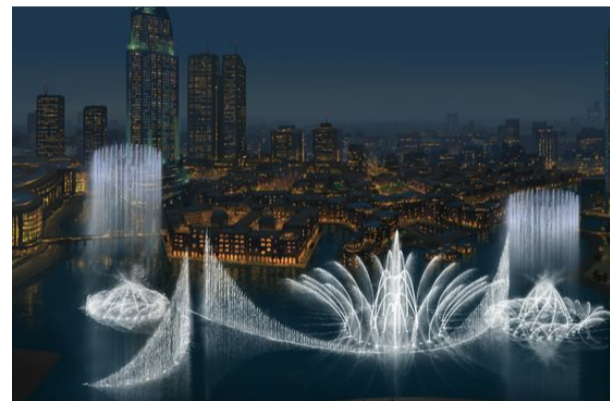
- The Dubai Frame (picture no. 3) – museum and observatory in the shape of a frame. The height of this building is 150 metres and the width is 95 metres. Standing on that height provides beautiful views of Old and New Dubai



no. 1 pinterest.com



no. 2 pinterest.com



The Dubai Fountain pinterest.com



no. 3 pinterest.com

## In Dubai, you can come across attractions such as camel racing

- Miracle Garden – the world's biggest garden launched on Valentine's Day in 2013 featuring over 50 million flowers and plants, but it's not an usual garden – we can see "flower sculptures" like Mickey Mouse in there.





## More places of interest in UAE



Dubai Garden Glow

pinterest.com

- Jais Flight – It is the longest zipline in the world which is 2.8 kilometres long and is located in Jais Adventure Park. Going down from it, you can reach speed up to 160 km/h

- Ferrari World - is located right next to the Formula 1 track, offers many different simulators, exhibitions and the world's fastest rollercoaster that accelerates to a speed of 240 km / h in 4.9 seconds

- The Green Planet – an indoor ecosystem which has around 3000 plants and animals in an artificial rainforest.

- Dubai Garden Glow - a garden of lights, illuminations depicting plants, animals and more, made of lights and recycled materials. This place can give really amazing experiences

- Dubai Eye – the world's biggest and tallest Ferris wheel which has 250 metres in height which is almost twice higher than London Eye,

one round on Dubai's one lasts for around 38 minutes

- Louvre Abu Dhabi – museum in Abu Dhabi which runs with an agreement between France and UAE which allows UAE to use the Louvre name until 2037

- Emirates Palace – one of the most luxurious 5 stars hotel by a private beach on the Persian Gulf with beautiful views everywhere around

- Capital Gate – the most leaning tower in the world. The leaning tower in Pisa leans by about 4°, while the one in Abu Dhabi leans by as much as 18°



Emirates Palace

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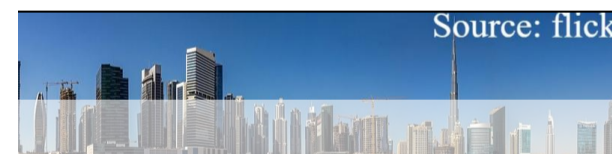
Jais Flight

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Capital Gate

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Source: flickr

All this is only part of the attractions which we can find in the United Arab Emirates so this country is definitely worth visiting, the possibility of many unforgettable experiences attracts millions, if not hundreds of millions of tourists from all over the world every year.

by Kamil Kot





## Few words about **autism**

People in the autistic community are often misunderstood and stigmatised by outsiders. Even people claiming to try and help those who live with it, like the autism speaks organisation, aren't always as good as they seem. But you probably don't realise who they are or why they are bad so, I think I owe you a quick explanation. You see amongst other things they share very harmful messages, use fear-mongering tactics and only 4% of the money donated to them goes to the actual help to autistic individuals. What do they do with the rest you ask? Give it to their founder or seek a cure, which as I hope we both are aware, isn't possible. Most people with autism don't even want a cure but more accommodations at schools or in the workplace.

So what can you do to actually help? Well to put it simply you have to educate yourself. Find resources online, ask people from your community (that is if they are autistic themselves and willing to explain, they don't owe you their time though, so be respectful) or you can simply talk to a specialist about it. It's important to focus on figuring out what is in fact true and what is misinformation, meant to demonise the condition and further stigmatise it. The same goes for donating money to the cause. As I've mentioned before, not every charity is a good one, and you should make sure that the money you give away actually supports the thing you paid for.

Now with that knowledge, let's talk about the people themselves yea? So- let's say you've met an autistic person and you get along pretty well, but that doesn't mean you'll get along with any neurodivergent person. Why? Because they are all different of course. Just like with neurotypical people, not everyone acts the same way, so just because someone has their brain wired a certain way doesn't mean they can be a carbon copy of someone else. Hence we're just like any other group of people with some quirks. And what are those quirks? Generally speaking, it all depends on where exactly on the autism spectrum you are, there's a wide range of how your autism will present to the outside world because of it. Your symptoms can range from stimming behaviour, obsessive interests or simply getting upset by minor changes. For example, you fold your clothes a specific way and someone who borrows them puts the clothing away folded differently. Of course, it will present in all kinds of forms with all people you meet, sadly like many other brain differences in neurodivergent people, it's much harder to diagnose with girls and women, which causes them to struggle with having to force themselves into the neurotypical box.

I hope you found this short article at least somewhat informative. There's a high chance you'll get part two for this article as I'll be comparing the representation of the autistic community in the media. I'll be including movies such as: "Music" created by Sia, or "Please Stand By" directed by Ben Lewin along with a few other examples.

*by Olga Klemarczyk*



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### “Crisis Movie Guide”

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During a break from learning, we often reach for various forms of entertainment to clear our mind and take a break from the flood of information coming to us from all sides. Then I usually reach for movies and series that allow me to relieve my emotions and chill out. If you are currently looking for interesting movies to watch, you have come to the perfect place. Let me help you with this difficult choice because I have some interesting suggestions for you.

1. Starting from the calmest position - **“Minions: The Rise of Gru”** - is the latest part in the series about the life of Gru and his yellow friends, which premiered in cinemas a few months ago. A perfect proposition if you want to spend time with your younger brother or sister in an interesting way. And even if you do not have any siblings to accompany you to the seance, do not worry, because this movie will be a lot of fun even for adults. Personally, I am a huge fan of the whole series, I really enjoyed all the parts, and at some moments I could not help but laugh. I will definitely rewatch it soon.
2. Another proposal is an exciting thriller, full of surprises and twists - **“Don't Worry Darling.”** This wonderful production with Harry Styles in the lead role will capture the heart of many viewers. The film tells the story of an ideal American married couple living in a utopian environment, whose lives are complicated by unplanned events and revealed secrets. It is also a warning that everything that is too beautiful cannot be true and will end someday. This movie is a great show for teenagers, I had a lot of fun watching it myself. It seems to me that girls will love it the most, because of the actor cast as the main character - Harry Styles, who is especially liked in this group. This year's must-watch!
3. For fans of stronger sensations, I would recommend a new horror movie titled **“The Invitation”**. This is the story of an American who, after taking a DNA test, found out about her family in England. When she was invited to a lavish wedding by one of her cousins, she did not expect that she would have to fight for her life there, and the family she found would turn out to be so evil. This proposal kept me in suspense throughout its duration and will certainly interest many of you. It is definitely worth a watch, even if you are not a fan of the genre.
4. Last, but not least, a movie worth watching that I chose is **“Charlie and the Chocolate Factory”**. It is an ideal item for pre-Christmas winter evenings, allowing you to get into the Christmas mood. Charlie's story, though old, is still gold. It is an amazing tale about a young boy in a place his peers could only dream of. You can invite your whole family to watch this movie and I am sure that no one will be disappointed. Personally, I have seen this movie many times and it still grabs me the same way every time. I think that it is a better Christmas show than “Home Alone”.

My goal in this "Crisis Movie Guide" was to offer you a variety of movies worth watching, so that everyone can find something for themselves. I hope it helped you when you needed movie inspiration or help in choosing an evening showing. If it did so, what else can I say other than recommending myself for the future haha!

by Szymon Piróg





## Drag performance

Considering that we live in Poland, chances are, you've never heard of drag. So to put it simply, drag is the art of impersonating the female and male sexes. Its culture within the LGBTQ+ community has helped to broaden the understanding of gender and opened some conversations across the board. It has also been used as means of liberation for transgender individuals, aiding in their survival withing the performance. There are some studies around drag or why it is often seen as the most visible part in the community. **They do mention that the heteronormative society restricts the gender expression of others, as well as limits the free will of men and women by enforcing the gender constructions we've made up.**

When looking at the LGBTQ community some of the most public faces are those of drag performers. But what is their connection and role in the community? It's a performance where participants dress up as a different gender to their assigned at birth. Usually, for a short period of time, which makes it different from the trans community as those change their gender socially and/or legally. Drag is nothing new to the LGBTQ community, although acceptance of it outside the community has not always been obvious or direct. Men have always been looked at as strong and women have been seen as the "weaker sex." **The topic of drag is taboo because wanting to take on a role in the stronger group is okay, but wanting to be part of the weaker group is not.**

by Olga Klemarczyk





### Pros and cons of learning two languages at once

**As we all know, the ability to speak multiple languages is very useful. For example, working abroad or at hotels, restaurants. Here I will consider the pros and cons of learning two or even more languages at once.**

Firstly, learning languages keeps our brain working. It helps with training our brain or with developing learning and focusing skills. We just think faster.

Secondly, it consumes less time than learning one language and then the other one.

If someone likes seeing fast results, it may be a better option. Moreover, if we don't have much time or the company requires language skills, that way is the most effective.

Thirdly, it allows us to find our preferred language faster. If the one you are learning is too hard, or just does not suit you, you can easily pick a different one.

Of course everything has its own cons.

Firstly, it can be difficult. Grammar or words can be mistaken, we can make mistakes. For example, thinking that a certain type of grammar is used in one language but in reality it is used in another one.

Secondly, some people will focus more on other languages than their ancestral one.

They talk more in the language that they are currently learning. After some time they will remember how a word is called in the language they are learning but they will not know what it is called in their ancestral language. It will give people a feeling like they have that word on a tip of their tongue, they will naturally forget them. I personally have that problem and that is very annoying.

Thirdly, if you cannot learn by yourself or it is not for you, you will have to pay lots of money for courses. If you do not have the opportunity to study at home, you will have to work in a not really cosy room with people that you do not know. Understandably, it will take more money and time.

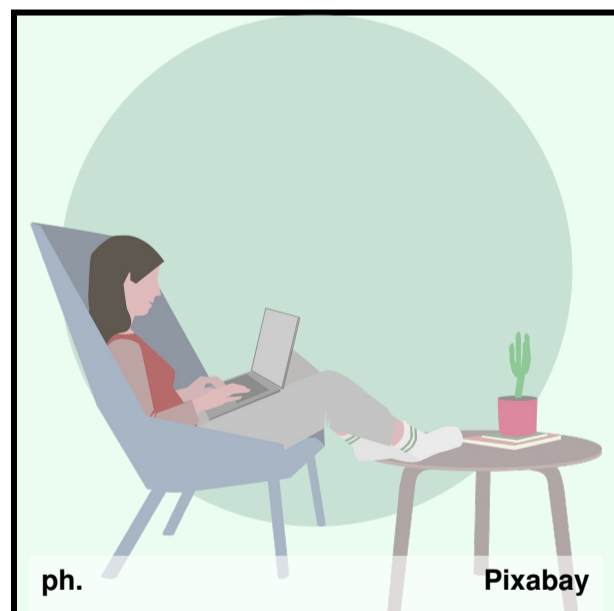
To sum up, everyone knows their own limits and learning skills. That is why, I think it is a personal thing to decide whether it is a comfortable way of learning several languages simultaneously or not.

*by Martyna Ropeł*



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Pixabay



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Pixabay



## British versus Polish Christmas



We all know what Christmas in Poland looks like.

Some may have different traditions than others but all together we celebrate similarly. But what does it look like in different countries, for example in the UK?

It's very popular there, to start the celebration already on the 1st of December, by opening advent calendars. In Poland, some people also buy it, but it's not nearly as popular.

The biggest difference we can notice is how we act on the 24th. Some may say, in Poland it's the most important day because we all gather in the evening to eat a twelve-dish meal together, give presents and go to church. There is no such thing in the UK on that day. They just prepare for Christmas, put stockings for gifts etc.

Another thing is that they don't share the sacred wafer while giving wishes. They do have, though „Christmas Crackers”

which have small gifts inside them.

It's traditional also for them to hear the Queen's - now it's the King's - speech that dates back to 1932 and to King George V. How about the food?

We can't imagine Christmas without the cabbage and mushroom dumpling or borscht, but there? On every table we would see stuffed turkey with gravy, potatoes and vegetables and for dessert, a special Christmas

pudding and mince pies that are cookies filled with dried fruits, so it's pretty different.

Singing carols in Britain is extremely popular as kids and teenagers go from door to door performing them and collecting money for charity, here we sing them mostly in churches on Christmas Eve and til Candlemas on 2nd February.

Decorating the tree is similar to how we do it, but they tend to do it a bit sooner, some even at the

beginning of December. The tradition probably came from Germany and surfaced in England around 1840.

Boxing Day, the 26th of December, it's designed to spend time with friends and family but not only that, on this day many shops make big sales and queues are very long.

One of the theories why it's called that, is that many years ago, lords gave boxes with small gifts and leftovers to their servants that were

required to work on the 25th of December, and they were then allowed to leave to visit their families.

Christmas all around the world may differ, but we can all agree that everywhere it's not about the money or gifts but about spending time with friends and family but also just resting from work, school etc.

Everyone should spend it with the ones closest to them.

*by Julia Wąsicka*



*Christmas is just around the corner.  
Here we come with a Xmas crossword, rebuses and some  
word search. Enjoy!*



ph.

Pixabay



### Xmas word search

\* Words may go backward and across

Find these words:

**ELF, LIGHTS, CANDLE, FIREPLACE, CHRISTMAS TREE, CHRISTMAS CAROLS, CHIMNEY, GIFT, CANDY CANE**

C	F	I	R	E	P	L	A	C	E	D	U	C	W	X
N	L	F	R	C	A	N	D	L	E	C	L	H	V	V
E	X	I	Y	W	R	E	T	B	M	G	K	I	P	F
L	D	S	G	L	O	X	V	H	I	E	T	M	F	M
F	H	Y	J	H	T	F	G	C	G	I	Y	N	U	X
N	M	O	H	W	T	S	H	I	V	T	M	E	O	R
C	R	D	Q	F	F	S	F	M	T	P	O	Y	B	G
H	M	Y	S	Y	N	T	K	M	L	Z	Q	C	Z	M
C	H	R	I	S	T	M	A	S	C	A	R	O	L	S
X	C	H	R	I	S	T	M	A	S	T	R	E	E	U
H	F	R	W	T	O	E	P	B	V	B	L	D	K	A
Y	I	K	Z	U	H	L	G	D	O	T	N	O	Z	O
C	A	N	D	Y	C	A	N	E	K	T	K	N	S	E
K	M	Y	P	L	G	P	V	V	L	B	O	S	V	I
U	D	V	X	O	U	Q	G	Y	B	L	H	W	S	I



*"Christmas is a day of meaning and traditions, a special day spent in the warm circle of family and friends." — Margaret Thatcher*

U	Y	P	G	L	O	O	I	I	J	E	K	E	R	Y	C	D	Y	B	S
A	S	W	Y	P	P	A	G	O	G	Z	Z	D	E	E	W	M	W	R	W
S	D	R	P	C	C	D	R	M	N	M	N	Z	I	L	T	K	F	W	G
T	S	F	O	H	N	U	B	E	Z	I	O	S	N	O	W	M	A	N	W
O	G	N	U	U	F	L	O	I	S	K	M	U	D	S	P	T	M	G	J
R	Z	J	A	C	J	J	O	D	Y	N	S	O	E	L	O	L	I	J	W
A	E	F	G	R	C	A	N	D	Y	C	A	N	E	P	B	E	L	L	G
Z	K	C	Y	O	J	A	C	G	D	C	N	E	R	N	K	C	Y	J	H
Z	C	P	S	N	Z	N	L	A	R	K	T	O	J	Z	S	R	D	E	U
O	C	Y	S	B	O	X	I	N	G	D	A	Y	Z	L	B	C	C	H	W
R	H	O	Z	A	Z	J	P	G	K	I	C	T	M	P	A	F	G	I	T
O	G	Z	P	U	B	K	W	E	A	H	L	F	W	R	C	J	S	C	O
J	P	K	F	B	U	S	Z	L	Y	M	A	T	E	E	F	S	N	O	W
S	O	K	B	L	M	K	S	U	N	N	U	N	O	S	R	T	T	Z	D
T	I	N	S	E	L	G	K	T	M	I	S	T	L	E	T	O	E	G	A
A	P	O	M	M	W	A	L	C	E	R	P	U	F	N	E	C	F	N	R
R	W	C	N	H	M	I	L	K	T	R	T	D	Y	T	G	K	G	K	M
L	G	C	A	Z	M	Z	Z	I	L	A	D	A	L	O	R	I	T	E	L
C	E	N	J	S	D	N	T	W	F	J	A	A	G	R	I	N	C	H	B
N	R	K	B	R	D	U	R	I	K	O	F	F	P	Y	O	G	O	Z	Y

- ANGEL
- SANTACL AUS
- PRESENT
- SNOW
- REINDEER
- STOCKING
- BOXINGDAY
- FAMILY
- CANDYCANE
- GRINCH
- BAUBLE
- SNOWMAN
- BELL
- MISTLETOE
- TINSEL



“Wishing you peace and joy all season long. Happy Holidays!”





ph.

Canva

But I did know that nobody ever asked me what I wanted for Christmas. Had any adult with the power to fulfill my desires taken me seriously and asked me what I wanted, they would have known that I did not want to have anything to own, or to possess any object. I wanted, rather, to feel something on Christmas Day.

- Toni Morrison

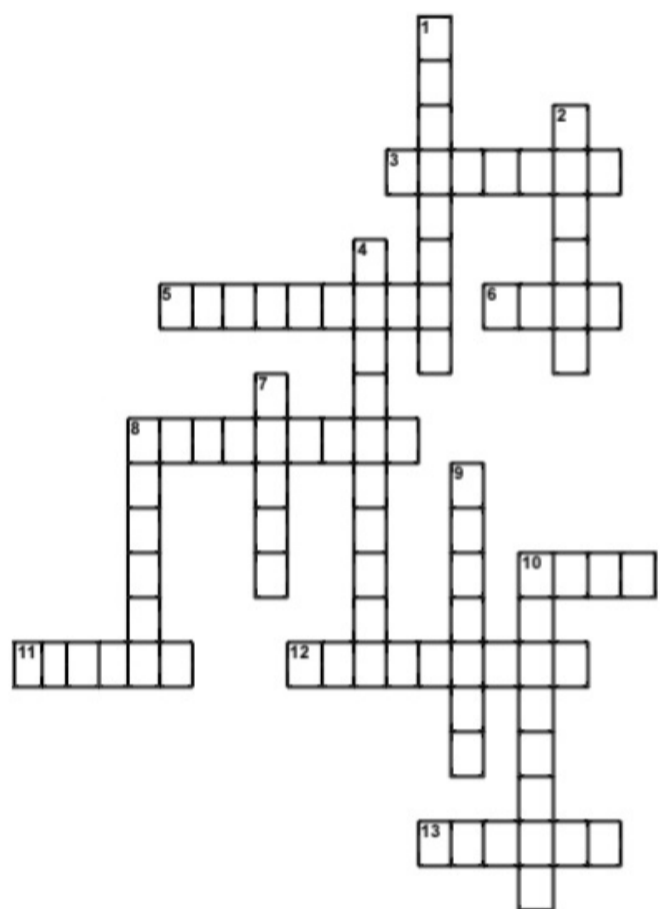
A Xmas crosswords. Definitions to the crosswords were taken from Cambridge Dictionary.

*Poziomo:*

3. a model of a person made of snow, especially by children
5. a piece of flavoured hard candy shaped like a cane (= a walking stick)
6. a hollow metal object shaped like a cup that makes a ringing sound when hit by something hard, especially a clapper
8. in the UK and some other countries, the day after Christmas Day, which is a public holiday
10. the small, soft, white pieces of ice that sometimes fall from the sky when it is cold, or the white layer on the ground and other surfaces that it forms
11. long pieces of thin, shiny material used as decoration, especially at Christmas
12. an evergreen plant (= one that never loses its leaves) that grows on trees, with small, white fruits and pale yellow flowers. It is often used as a Christmas decoration, and it is traditional to kiss someone under it
13. a person who does not like other people celebrating or enjoying themselves, especially a person who does not like Christmas

*Pionowo:*

1. a type of deer with large horns that lives in the northern parts of Europe, Asia, and North America
2. a group of people who are related to each other, such as a mother, a father, and their children
4. the imaginary old man with long, white hair and a beard and a red coat who is believed by children to bring them presents at Christmas
7. a spiritual being in some religions who is believed to be a messenger of God, usually represented as having a human form with wings
8. a ball-shaped Christmas decoration for hanging on a tree
9. something that you are given, without asking for it, on a special occasion, especially to show friendship, or to say thank you
10. a large sock that children leave out when they go to bed the night before Christmas so that it can be filled with presents



"It's people like you that make Christmas a sacred, meaningful occasion. Merry Christmas"

**"May your life be filled with warmth and good cheer this holiday season and throughout the New Year."**



## Did you know?

*Have you ever wondered where the tradition of Christmas tree originated from?*

*In 1848 Prince Albert of Germany got a tree for his new wife, Queen Victoria of England. The newspaper "Illustrated London News" showed, in their December issue, Queen Victoria and her family surrounding a Christmas tree. The idea went viral and hence Christmas tree spread all over the world.*



When do you usually decorate your Christmas tree?

# Xmas word search

\* Words may go backward and across

**STOCKING,  
NORTH POLE,  
REINDEER,  
STAR,  
SLEIGH,  
WREATH,  
SANTA CLAUS,  
PRESENTS,  
ORNAMENTS,  
MISTLETOE**

X	H	S	I	S	F	X	V	I	S	H	F	P	U	M
N	C	M	V	U	F	A	U	L	Z	S	R	I	O	J
U	J	A	Z	O	G	M	E	R	G	E	H	R	B	A
E	H	F	L	R	C	I	E	X	S	B	N	T	A	G
W	S	Z	R	Y	G	I	S	E	Q	A	K	M	T	P
H	E	A	M	H	N	B	N	T	M	K	I	X	S	X
Y	E	N	N	D	T	T	P	E	O	S	N	V	Y	X
B	B	J	E	T	S	F	N	U	T	C	S	T	A	R
I	P	E	G	L	A	T	O	L	Y	Z	K	G	R	A
W	R	D	G	K	S	C	E	S	P	D	A	I	R	F
R	A	C	Z	I	L	T	L	V	P	G	N	D	N	K
E	O	J	U	K	O	B	C	A	W	D	L	L	I	G
A	Q	N	K	E	N	F	W	O	U	X	H	C	R	I
T	O	O	J	Z	U	Q	T	A	F	S	J	L	Z	S
H	S	N	O	R	T	H	P	O	L	E	T	J	P	W



ph.

Canva



### CHRISTMAS WORD SEARCH

Find these words.

\* Words may go backward and across

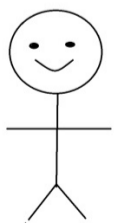
- CELEBRATE,
- POINSETTIA,
- CHIMNEY,
- ANGEL,
- GREETINGS,
- MILK,
- FAMILY,
- JINGLE BELLS,
- DECORATE,
- COOKIES,
- RIBBON,
- ICICLES

P	Y	P	G	K	C	C	H	I	M	N	E	Y	A	A
L	L	F	X	U	V	J	F	A	M	I	L	Y	T	C
C	G	I	D	B	X	H	O	K	K	E	I	P	A	Y
E	L	J	P	E	H	H	F	F	D	F	L	N	V	U
L	T	C	I	U	C	N	H	N	R	G	G	P	Y	M
E	S	O	X	N	G	O	N	R	R	E	O	F	I	A
B	B	O	Z	Z	G	S	R	I	L	I	M	L	Y	P
R	X	K	O	G	I	L	B	A	N	T	K	U	C	S
A	H	I	L	Y	F	B	E	S	T	U	V	X	C	I
T	L	E	X	T	O	O	E	B	C	E	R	G	D	N
E	R	S	D	N	X	T	G	X	E	W	M	N	B	D
W	H	F	Y	F	T	I	P	C	B	L	E	C	D	I
T	R	D	R	I	N	Q	E	V	D	W	L	V	F	X
Z	T	K	A	W	I	C	I	C	L	E	S	S	D	P
K	M	G	R	E	E	T	I	N	G	S	W	U	E	A



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by

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Amelia Ł.



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### Interesting Christmas traditions in English-speaking countries

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The Christmas holidays are fast approaching. December is the time of Christmas preparations, searching for the perfect gifts and joy of the upcoming holidays. For many people, it is also a moment when they can return to their family home to sit with their loved ones at the same table. The younger members of our families can't wait to open the presents that Santa Claus will bring them. **Exchanging gifts** is one of the Christmas traditions in many countries, but not all of them are common in different corners of the globe. In this article, **I would like to introduce you to the most interesting Christmas traditions in English-speaking countries.**

Starting with **Christmas preparations** - the Christmas period in Polish shops and on the streets begins somewhere around mid-November. Since then, when we go to the nearest supermarket to buy buns every day, we are accompanied by iconic Christmas songs, such as Mariah Carey's "All I want for Christmas is you", or James Lord Pierpont's "Jingle Bells" and the ubiquitous baubles, gifts and Christmas trees.

In **the UK**, however, "shop holidays" start at the beginning of November, and soon after that, a Christmas tree is brought into British homes, which remains there until the New Year. At the beginning of December, to feel the atmosphere of Christmas even more, they begin to joyfully carol around the area, which they combine with collecting donations for charity.

In **the US**, however, the Christmas atmosphere begins right after Thanksgiving, which is on the fourth Thursday of November. Many Americans decorate their Christmas tree the next day, which stays in their homes until 26th December. Then they also start decorating their residences, both inside and outside, adorning them with colourful lights and chains. As Christmas approaches, they also send many Christmas cards to their families to wish them well and sum up the year. They often include family photos in them as well.

It looks completely different in the upside-down country – **Australia**. There, due to the climate, people can't make a snowman or go sledding. Australians can enjoy Christmas by spending time in pools and beaches. In stores, however, you will not be able to do without artificial snow and winter decorations.

An interesting custom is the **Irish Little Xmas**, i.e., a small Christmas for women, originating from the times when women had to work hard in Christmas preparations and did not have time to celebrate them. Nowadays, the 6th January is an opportunity for women to meet their friends in a restaurant or over dinner.

Another important point of **Polish Christmas is Christmas Eve**. In **English-speaking countries**, it looks completely different, because the main part of the celebrations takes place on 25th December, and the day before is usually dedicated to final preparations, and otherwise it is a day like any other.

In **Australia**, people approach this day joyfully, enjoy themselves and meet friends in pubs and restaurants in the evenings.

In **the USA**, 24th December is not particularly celebrated. Some people decide to have dinner with their relatives or go out to a restaurant, but it is not as important as in Poland. Quite often a cultivated tradition, mainly by children and teenagers, is evening carolling in one's neighbourhood.

In **the UK**, Christmas Eve is a weekday. The British focus on preparing for Christmas celebrations, some decide to do the last pre-Christmas shopping, but shops close a little earlier than usual. Sometimes they also meet in the evenings for a joint dinner with a small group of relatives or friends.

In **Ireland**, Dublin residents make music together in the streets in the evenings, mainly on Grafton Street and its vicinity. This tradition is called Christmas Eve Busk and you can meet many celebrities there, such as Bono and Glen Hansard.

The main Polish Christmas dish is the famous carp. However, it is one of the few traditions that differs depending on the corner of the world.

In **the US, UK and Ireland**, stuffed turkey is the main dish. However, the rest of the dishes served at the Christmas table are different. Baked pork ham served hot with vegetables must appear in the US. Sweet potato puree is also common, but its preparation varies from state to state.

In **the UK**, a variety of desserts are a must-have with the Christmas pudding on top. It is also accompanied by sweet cakes and cookies.

Heading to more tropical things for us, the main dish in **Australia** is the seafood – for example shrimps - grilled in the backyard. Australians also like to eat various types of grilled meat and chilled desserts.

In **South Africa**, however, deep-fried caterpillars are eagerly eaten!

**Poland** also differs in the way gifts are given. In our country, it is done during Christmas Eve dinner, but in English-speaking countries it is completely different.

In **the USA**, on the evening of 24th December, they leave milk and cookies so that Santa Claus, who will visit them at night, has something to eat. Everyone does not open their presents until the morning of **25th December**.

**British** children, on the other hand, have to wait even longer, as unwrapping presents is a very important part of Christmas lunch or dinner. Each of the recipients open their gifts in turn, which can take up to a whole day in the case of larger families.

As we can see, there are a lot of interesting and sometimes weird Christmas traditions around the world. But still, I think my favourite are the Polish ones. I hope you enjoyed this article and thanks for reading! See you soon!

by Szymon Piróg





*“Remembrance, like a candle, burns brightest at Christmastime.” — Charles Dickens*

## CUPS OF WARM TEA & LONG EVENINGS SEASON

-- HOW TO SPEND YOUR FREE TIME AFTER SCHOOL --

by Nikola Wiktor

**The season of warm tea and long evening i.e. the fall-winter season is a quite depressing time.**

**Then it starts to get colder.** We lose the desire to go outside and the days are getting shorter. It is worth remembering to take supplements to strengthen our current immunity. In the summer season, we do not

want to waste long warm days sitting in front of the TV, watching movies or even arrange a relaxing spa-day for ourselves. **However**, the fall-winter season rewards us. During this season we find time to do a little bit of each field. **Is there an activity** that you are or have been interested

in but lacked the motivation to do? **I truly believe that every opportunity to learn is good. It is enough to find a bit of commitment and willingness to discover the skills in which we are really good and which we may have had no clue about. Who knows, maybe you will find a field in which you will be a master!**

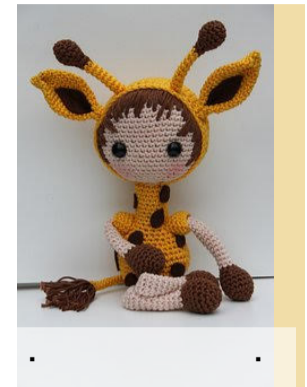
**In addition, most of the activities I mentioned have a calming effect on our body.**

**Sooo, how to manage these long evenings in the fall-winter period?**

*I am about to present you some ideas for arranging such moments.*

*You might find any of them inviting.*

*You never know. So, we start with a concept number one!*



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### 1. LEARNING A NEW THING

**1.A.** Such an alternative to kill boring evenings is e.g. to learn how to knit. Beforehand, of course, we need to get the necessary tools for knitting. There are tons of free DIY videos on YouTube that may inspire you while searching for various concepts. Thanks to this we can get rich with a handmade scarf, socks and even a cute vest or a sweater! Satisfaction of the first work done is guaranteed. It is a cheaper investment than buying the same products from chain stores. What's more, we can feel unique and original from the awareness that no other person in this world has a copy of anything we have put on, UNLESS we accidentally made a copy of the product for our bestie- but that's a 'by the way' detail ^\_^.

### 1.B. HERE'S ANOTHER EXAMPLE:

Painting - let's see what you think about this field. Watercolour, acrylic or oil paints - you choose what you'd like to try. Start by looking for simple drawings through the browser. The work can be spread over several days, so take your time. It is also important not to stick to the work for too long cause the longer we improve details in it, the effect may be worse. Art requires a lot of patience from a person but thanks to this we create our mind, character and imagination. Don't give up! Give it a chance at least twice and then thrice :D.



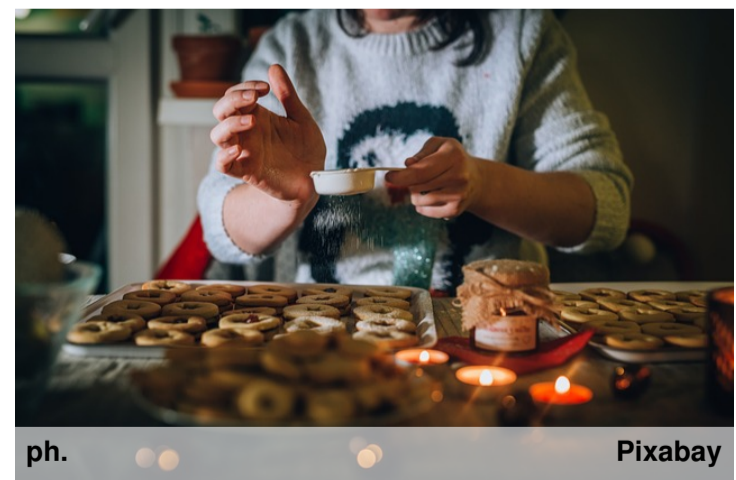
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## 2. BAKING AND DEVOURING

The autumn-winter fragrance includes **citrus, gingerbread spices** and the **scent of joy** in the air. Make the whole house smell like this season. It's never too late to experiment in the kitchen with new recipes we've never tried before.

Start with simple quick recipes. It can be **cookies, buns, cupcakes**, or **desserts in a cup**.

**Bring your favourite** coffee or seasonal fruit smoothie and the evening becomes even more pleasant.



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### 3. WALKS WITH PETS

This tip is perfect especially for the lucky ones who have pets and of course for those who accept the mood of the weather. I understand that there are days when the weather does not allow for a walk. The fact that heavy rain is not a good choice for walks, but a little drizzle during the exceptionally warm days that happen in autumn - why not? **The fall months really have the potential to give us mild weather, where the sun greets us from the sky.** Also, winter without snow makes the weather cold, but when winter brings snow with it, it magically gets warmer.

### 4. WARDROBE CLEANING

This is the perfect time to take up this activity. We will get rid of the clothes from our closets that are not used. Let other people use them. If you do not know how to start, do it spontaneously. **Spill everything from your wardrobe.** This existing mess on the floor will motivate you to fix this untidiness up, right away! Besides, I think it is quite a calming task. Let you be accompanied by fav music.

This experience will allow me to rediscover a wardrobe. Just imagine how many unnecessary things will be found after this revolution. Go a step further and redo unused things if they have potential. The Internet provides a lot of tutorials about customised clothes.

### 5. MOVIE NIGHT

#### No desire to watch any movie?

Change it into a night movie watching with ur bestie or ur soulmate. Integration with others drives us to action and the time flows faster. Grab some snacks and make a super cosy place out of your bed. In the meantime play some board games, take up some fun online quizzes or play the game 'millionaires' on your phone.

### 6. HOME SPA

Let's take care of the body and mind by carrying out a home spa. Let's take care of our face so that **it rests from the layer of make-up and glows.** Let's perform a detoxifying hair treatment and prepare a relaxing bath. Using aromatic bath salts, essential oils we improve our well-being, our body relaxes which results in better sleep. After this ritual there is a bigger chance to wake up in a better mood.

In conclusion, there is one valuable detail. Taking care of the place where you spend most of the time is so important. Let's give the character to the room to spend these few months pleasantly. Bring out candles and light them up or brighten its interior with the little lamps.

**This melancholy has to pass eventually, right! Above all, arrange your time the way you want. Don't forget to eat well and get enough sleep.**



## A great celebration of St. Nicholas' Day

On 7th December, 2022 - this year's St. Nicholas' Day took place in Technical School no. 3 in Malbork. Of course, there was Santa Claus who walked around the classes and school employees to give everyone a sweet gift. He made Christmas wishes for all of us too. This action was accompanied by a charity initiative. Just as every year, willing

people from each class were asked to bring home-made pastries which were sold at designated stands along the corridors. The money we've managed to earn from sold goods will be spent on next Christmas Eve in 2023 for people in need, as every year. Moreover, there was also a lottery. Students had the occasion

to purchase numbered tickets. Under each number of the coupon there was hidden an unexpected gift that they drew in the lottery. Value of one ticket was PLN 5. Souvenirs were worth buying. This money also will be added to the collected money on the future Christmas Eve for those in need.



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Technical school no. 3 in Malbork

The way our school society spent Saint Nicholas' Day is very active. In addition to the warm atmosphere we can give

students, teachers and all school employees on this one special day, we also do good for those in need. BUT, let's start from the beginning

Community was very committed. It allowed us to collect a very good amount of money.

### COMPETITIONS

That event was enriched with two competitions in which people could win unique prizes. The first was about the most original Christmas costume. The jury had a hard decision to make but eventually they managed to choose the winners and all the featured

individuals. In the second competition, the opportunity to win had the class which counted the highest number of dressed people in costumes. Here, the prize was quite specific because the winners received a 'PIZZA with the HEADMASTER'. A huge honor. The best class turned out to be 4ips. Congrats! As always, students from Tech. 3 Malbork didn't disappoint us and actively took part in the event.

They were very helpful, empathetic and conscientious. Thank you all.

This experience was just a foretaste of the coming Christmas and soon the New Year. Y'all spend these moments pleasantly. MERRY CHRISTMAS, DEARS.

*by Nikola Wiktor*



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Technical school no. 3 in Malbork



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Christmas is a season not only of rejoicing but of reflection.

- Winston Churchill