

October
NEW
POST



Beehive

Technikum nr 3 w Malborku
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82-200, Malbork
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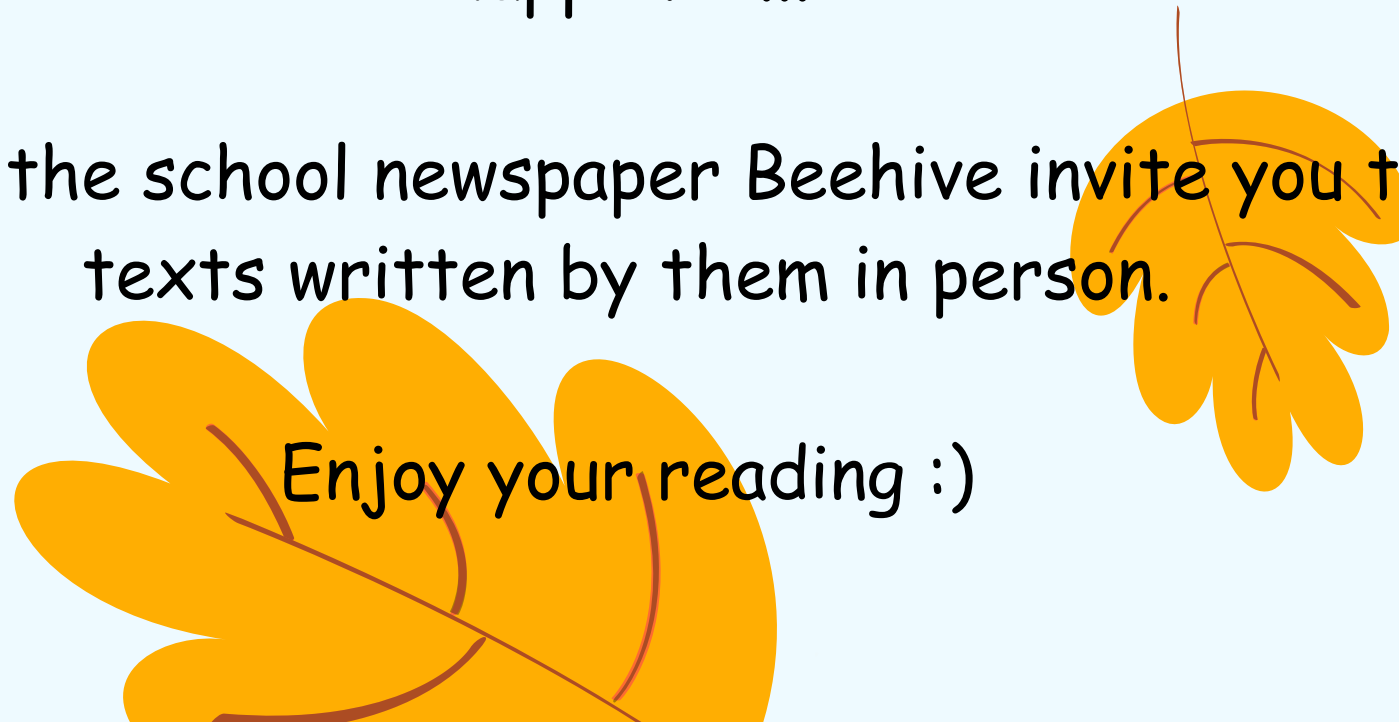


Back to school !!

October is almost over, and so many things have already happened...

Editors of the school newspaper Beehive invite you to read texts written by them in person.

Enjoy your reading :)

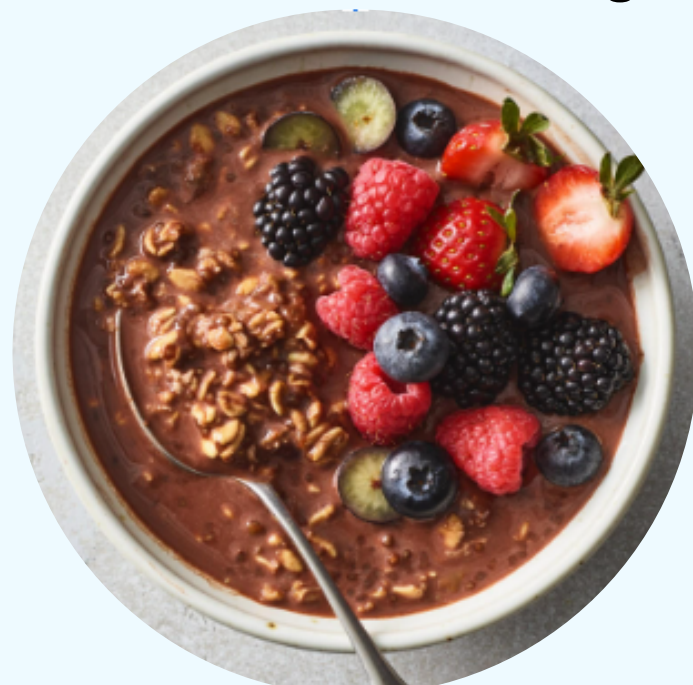


Lunch box ideas perfect for school

Delicious meals to make your day better :)

1. Overnight oatmeal with fruits.

Personally, my favourite meal that keeps me full for hours and which I can take to school. Recipe is very easy. Pour oatmeals (as much as you want) into a leak-proof container, add half tablespoon of cocoa powder and a tablespoon of chia seeds (optional). Then add greek yoghurt so the consistency is not too thick. On the top you can add whatever fruits you like. I usually put some bananas and frozen mango and raspberries. I let that sit in the fridge overnight.



Picture taken from <https://cooking.nytimes.com>

2. Healthy salad with chicken.

For that you will need a salad and add your favourite vegetables. On a pan fry sliced chicken breast with whatever spices you would like. Wait a bit for chicken to cool down, then add to your salad. If you want more protein, you can add boiled egg.



Picture taken from <https://www.primaverakitchen.com>



Picture taken from <https://www.acouplecooks.com>

3. Tortellini pasta with pesto.

Super quick meal that you can prepare even in the morning before school. Boil tortellini pasta according to instructions, put it into a container and then add pesto (you can buy it at supermarket or you can make it by yourself)

by Martyna Ropel

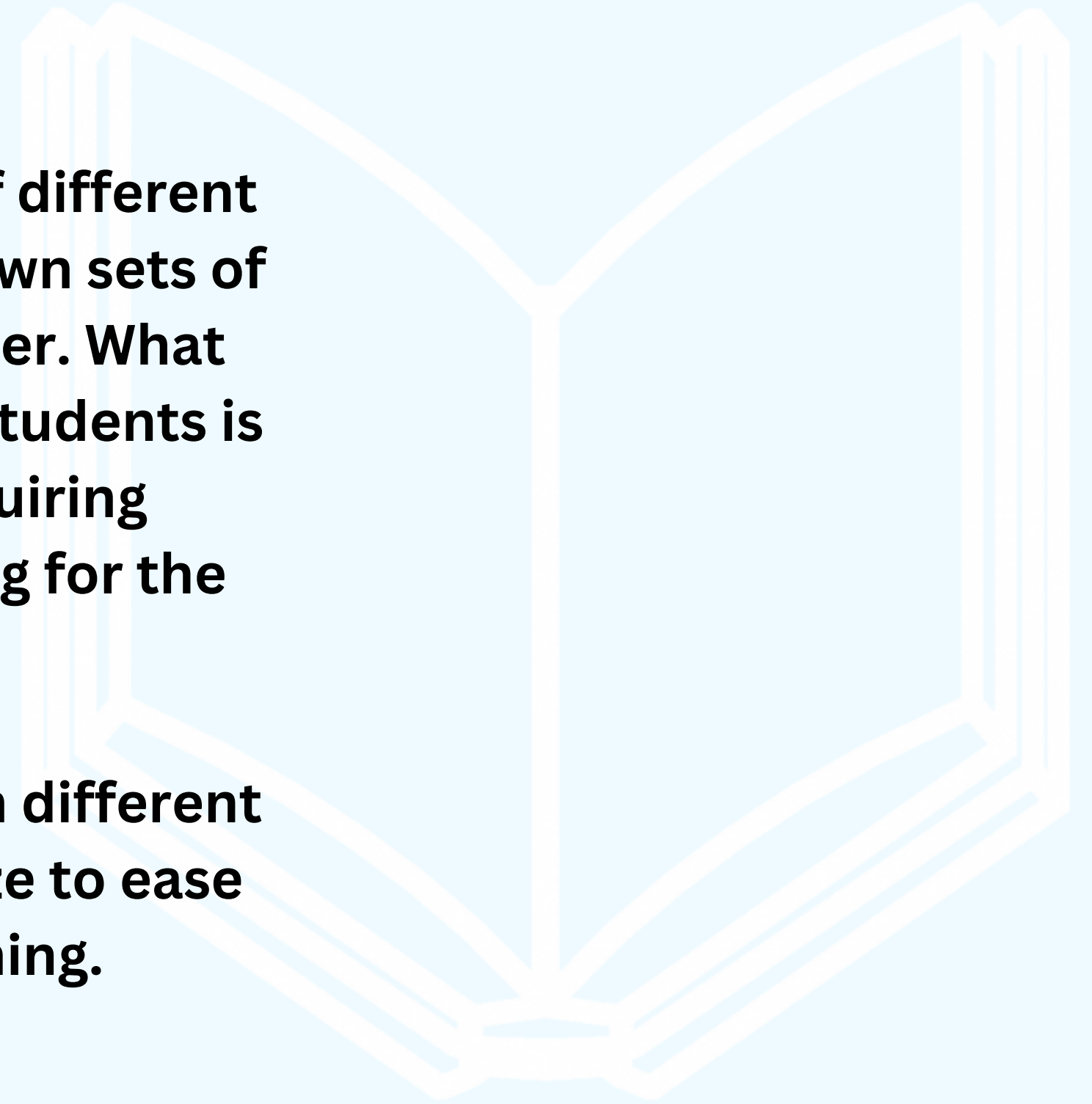
How to learn and study efficiently?



School teaches us a lot of different subjects that have their own sets of tasks and topics to master. What school fails to teach the students is how to approach acquiring knowledge and preparing for the tests.

My aim is to shed light on different techniques you can utilize to ease the process of learning.

Continue reading on the next pages...



1. Taking notes; mental and in writing

It all starts in the classroom. Pay attention in class, teachers tend to give cues on what is the most important and what is a wrinkle of the subject, and they might not always request you to write it down. Staying focused and differentiating between useful and irrelevant matters will go a long way to make your school experience easier.

Sometimes the teachers are not so subtle, the sentence “This will be on the test” is a magic signal that communicates the importance of the exercise being solved or the information directed, if the teacher goes out of his way to inform you of that, it means you better take it seriously, because he is the one who will give you the test!

When your teacher lets you know or when you think the knowledge is necessary be sure to take notes!

Notes are not only a resource to learn from when you come back home, they improve memorization by adding another layer of adapting new information; you have to process it more deeply in order to write down, and the movement of the hand introduces motor movement to your learning in order to enhance your recalling.



Your paragraph textSince our precious student time is limited, and the subjects that we have to learn are vast, we want to focus on the critical stuff, especially the things we will be graded on. Knowing the symbols and meanings behind certain situations in a book is more important than remembering, for example, what type of wood the floor described in the book was made out of.

When making notes it is a great idea to outline especially practical information, you can do that by putting it in a box, underlining it, writing it with a separate color, circling it, making a side note on the margin and any way you can make it stand out from the rest.

Becoming a master note taker will make you twice as efficient at taking on the school system.

As is being able to solve typical math problems for a subject instead of being an expert at solving the one A grade question. This is the one thing when studying under limited time constraints. You might not be capable of mastering the entire horizon of the topic at hand, but knowing about the field surrounding you might help you avoid failing a test.

2. The techniques we can apply to learn better

There are a multitude of ways you can make the learning process easier. In this chapter I will list the little things you can do to improve your performance.

a) **Keep your learning environment clean and tidy**
your workspace influences your mood and focus and a cluttered room will distract you

b) **Keep the distractions away**
Your phone is one of the biggest criminals here, turn it off and shove it into a locked drawer so it doesn't tempt you

c) **Routine and habit are your friends**
if you always study at the same time of day you will find it infinitely easier to do

d) **Association trick**
Associate the things you have to remember with something funny or unique, and you will remember through association ie.: 1410 is the year an old man and a bunch of poor knights in a crisis defeat cross people.

e) **Learn with a friend or two**
It establishes a social reward to learning that will have a significant impact on your performance

f) **Sleep well**

The importance of sleep cannot be understated, it is were a lot of the learning and remembering is done and if you can remember after waking up you will probably remember for a long time

g) **Take breaks**

This is actually something the school acknowledges, because not only is work without breaks tedious and inhumane, it's detrimental. Take breaks. It helps

h) **Don't burn yourself out**

It is easy to place some ridiculous standards upon yourself and quickly get crushed under your own expectations, keep it real and don't put too much strain on yourself

i) **Test yourself**

Self explanatory, this is one of the best ways to learn as the brain better recalls information it had to actively try to remember and apply. Do this a lot. **WARNING: Extremely effective**



3. Nothing works unless...

There is someone you can meet and take help from, to far surpass master note takers and lazy prodigies, someone so spectacularly strong, he will bring you from the bottom to the top. He is strict, he knows no compromise and he steals your time. He speaks very boringly, he has an abrasive personality and is frustrating to bear with. He looks intimidating and everyone is afraid of him. Everybody hates him and most go to great lengths to avoid him. They will move a thousand kilometers, not show up, play a lottery, lie, hide behind a mountain, bite a bullet, go to court, and many will do everything to not get involved with him, and yet there is no escaping his grasp, and every single person has to reckon with him.

His name is hard work, and there is nothing he can't do.

If all I say is in vain, let this one thing be the one that gets remembered.

There is a limit to what tricks and optimal strategies can do by themselves, nothing is nearly as reliable as just taking time to properly study.

There is an imperative point however, studying for 3 hours once a week will not bring much benefit. It seems counterintuitive since when we think of hard work, hours of grinding the task come to mind, but that is a mistaken point of view. The secret of hard work is consistency. No real change occurs in the brain unless applied consistently across multiple days, everyday preferably.



Ten minutes everyday, multiple times a day will bring you magnificent results, and ten minute sessions don't sound like a major sacrifice of time, they feel like an easy commitment, so you can find motivation easier.

If you don't want to use optimal methods, you don't have to, hard work will take you everywhere.

School can become more pleasant than how it currently is. It just takes a bit of time and dedication. Everyone can become a straight A's student, even those of us who can't imagine ourselves in that light, or even those of us who are challenged by learning.

Everyone has the capacity to learn, and if they have the will, then they can do it.

*For the Beehive redaction
Damian Nowicki*



World Animal Day!

STUDIES SAY THERE HAVE BEEN ESTIMATED OVER 7.77 MILLION ANIMAL SPECIES, AND ONLY 2.16 MILLION HAVE BEEN DESCRIBED. ANIMALS LIVE IN NATURE, FIGHT FOR SURVIVAL AND PROTECT THEMSELVES, OR LIVE AMONGST HUMANS, EITHER AS ZOO ATTRACTIONS OR AS OUR DEAREST FRIENDS IN OUR HOUSEHOLDS. NO MATTER THE SITUATION, ANIMALS DESERVE TO BE WELL-TREATED, AND THAT'S WHAT THIS DAY IS ABOUT.

WORLD ANIMAL DAY IS A REMINDER OF ANIMAL RIGHTS WHICH WE CELEBRATE ANNUALLY ON OCTOBER 4TH. IT WAS ESTABLISHED THANKS TO HEINRICH ZIMMERMANN, WHO ON MAY 24, 1925 ORGANISED THE FIRST ANIMAL DAY IN WHICH 4.000 PEOPLE TOOK PART. THE ACTIVITY WAS MOVED TO OCTOBER 4TH IN THE YEAR 1929 TO ALIGN WITH THE FEAST DAY OF SAINT FRANCIS, PATRON OF ECOLOGY AND ANIMALS. IN 2003, THE BIGGEST CHARITY FOUNDATION WAS ESTABLISHED IN THE UK THAT STRIVES TO END ANIMAL CRUELTY, KNOWN AS THE NATUREWATCH FOUNDATION. AS OF TODAY, THERE ARE OVER 70 COUNTRIES THAT HELP SPREAD AWARENESS OF THE EVENT.

THANKS TO THE CELEBRATION WE ARE ABLE TO INCREASE AWARENESS ABOUT THE RECOGNITION OF ALL KINDS OF ANIMALS HAVING THOUGHTS, FEELINGS, AND PERSONALITIES THAT DIFFER FROM EACH OTHER. YOU MAY ALSO SPREAD AWARENESS BY ORGANISING EDUCATIONAL EVENTS, FUNDRAISERS, SCHOOL EVENTS, OR MEDIA INTERVIEWS. TAKING ACTION HELPS ANIMALS IN NEED OF A BETTER FUTURE. TOGETHER, WE CAN TAKE ACTION AND PUT AN END TO ANIMAL CRUELTY AND UNFAIR TREATMENT.

FUN FACTS ABOUT ANIMALS:

- 1. OTTERS HOLD HANDS WHILE SLEEPING TO AVOID SEPARATION. AND IT'S ADORABLE!**
- 2. THE TONGUE OF A BLUE WHALE WEIGHS AS MUCH AS A CAR, AT A SURPRISING WEIGHT OF 2.7 TONS!**
- 3. OSTRICHES MAY LOOK DEFENCELESS, BUT BEWARE, AS THEIR KICKS CAN EVEN KILL A LION!**
- 4. KOALAS CAN SLEEP UP TO 22 HOURS A DAY DUE TO THEIR DIET THAT'S LOW IN NUTRITION AND HIGH IN FIBROUS MATTER.**
- 5. THE TIGER'S ROAR IS LOUD ENOUGH TO BE HEARD FROM 3 KILOMETRES AWAY.**
- 6. CAMELS CAN DRINK OVER 100 LITRES OF WATER IN JUST A FEW MINUTES, WHICH THEY STORE IN THEIR STOMACH AND SLOWLY LET THE WATER OUT OVER SEVERAL HOURS.**





Board game day in Technikum no. 3 in Malbork

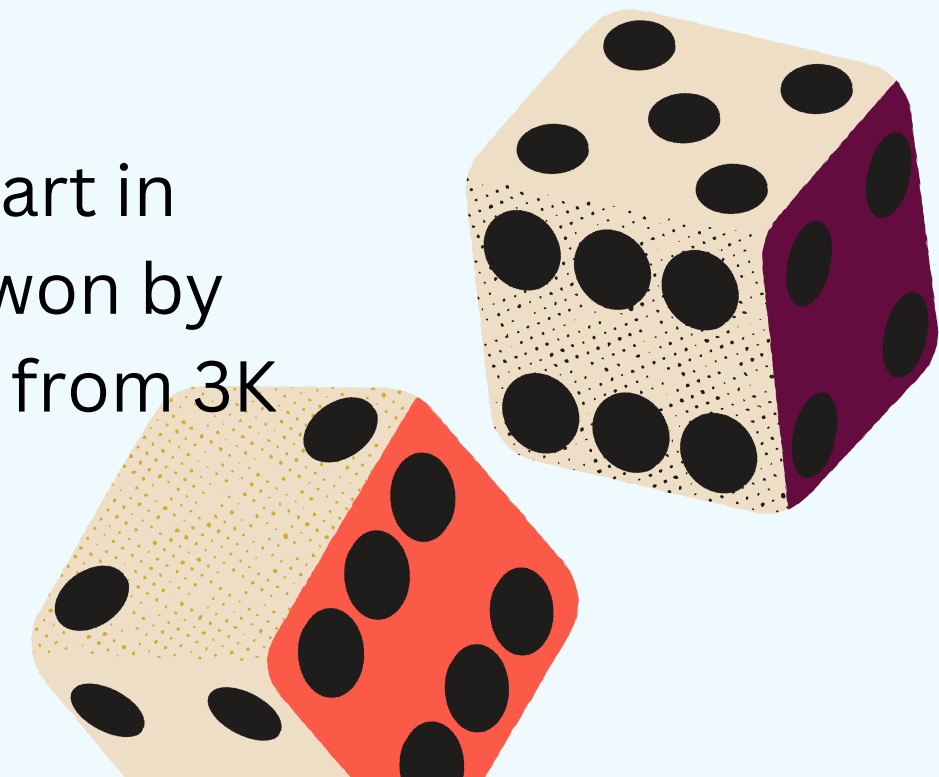


We all sometimes have to sit down and spend time with our family and board game day is the perfect occasion to do this. The initiator of this event is Tomasz Mędzik, who works for the company called Rebel, whose purpose is to popularize board games.

Playing board games has many benefits. It not only brings people closer and strengthens relationships, but also helps your brain as it increases its function. It's also great for reducing stress and anxiety levels by triggering the release of endorphins, which are known as the "hormones of happiness". With all this being said, we all can agree that board games are the perfect way to spend your free time with friends or family.

Considering the positive effects of playing board games, our school took a part in celebrating the board games day. We organised a *dobble* contest, which was won by Maja Grzankowska from the class 2L, second place belongs to Jakub Grabowski from 3K and the third place was won by Olaf Kotlarz from the class 2A.

by Anna Maślanka



Trip to Stutthof concentration camp

On 02.10.2023 our class 5GTu went on **a trip to Stutthof concentration camp in Sztutowo.**

First, I would like to tell you the history of this place...

Building that camp started with transporting first prisoners. At the beginning it had 10 barracks and functioned as a concentration camp but in 1941 the number of barracks increased to 30. The camp had 120 hectares.

In 1944 Nazis started using that camp as a mass extermination camp to get rid of Jews and other victims. Around 120 thousand prisoners came from 25 countries. Above 65 thousand of them were killed, 50 thousand of them were Jews.

In May 1945 Soviet troops liberated the German camp. It was the longest-acting concentration camp in Poland.

It was very nice getting to know the history of this camp and prisoners but it was also a very depressing experience.

Our guide, who was in fact from Belarus, was telling us about the camp.

It was very surprising and impressive to me that a person from another country was telling us about the camp that was created by the Germans, and situated in Poland. We paid a lot of attention to him and stayed quiet, very drawn into the history of this place filled with sadness.

Tour started with entering “The Gates of Death”. The guide showed us old and new barracks for men and women, a gas chamber, morgue and gallows. In one of the barracks we could see a big stack of shoes that Nazis took away from prisoners. There were also children's shoes...

When we got to the morgue, we lit up candles in honor of the victims. There is a monument in the camp commemorating the prisoners.

At the end of the tour, we watched a short movie with original recordings from that time. Whole place brings in people a lot of emotions and is very thought provoking.

I encourage everyone to visit that place.



picture taken from <https://tvn24.pl>

by Martyna Ropel

The benefits of regular physical activity

We all know that working out is one of the best things you can do for your health. For example, did you know that regular physical activity can release dopamine, which is responsible for allowing you to feel pleasure, motivation and satisfaction?

Exercising regularly can improve not only your physical health, but also mental health. It can help with stress and anxiety and even help recover from mental health conditions like depression, ADHD or schizophrenia. Working out can also improve feelings of loneliness and isolation, as it creates opportunities to interact with other people at the gym. As a result, your overall mood improves and you boost your mental health.

Physically, regular physical activity can help with your sleep (which is also connected to your mental health, many people have trouble falling asleep due to stress and anxiety). It can also help with illnesses like dementia, coronary artery disease, high triglyceride, high blood pressure, high cholesterol levels or a stroke, often referred to as “brain attack”. It can even increase your chances of living a longer life. Working out can also help you to lose/gain weight (if needed to) and build lean muscle mass while also making your bones stronger. Exercising for at least 30 minutes a day is also very good for your heart by making it stronger and for your blood as its oxygen content rises due to an improved blood circulation.

So, should you work out? It's totally up to you. It's a fact that due to regular physical activity you can boost your mental and physical health, but at the end of the day, the choice is yours. If you want to work out but don't have the money or time to go to the gym, you can try at home bodyweight workouts which can now be found on the Internet!

by Anna Maślanka

(Grenada, Spain, 2023)



"The Wonderworld of laughs, sounds, parties, and high autumn temperatures."

Whatever you would like to call that, for now, it is our home.

We got here by starting in the "Erasmus+" students program, which our school participates in. The trip schedule is based on Monday-Friday daily apprenticeships, which we attend to.

Honestly, we would never trade apprenticeship for a full free time hanging around. The great relations we keep with our employers are on a different level! We come there with the encouragement to hang with them, help, and get to know more and more about the details of how Spain, but also Granada's local culture is going. :D



By: Mikołaj Witek



By: Kacper Michał Zieniewicz



By: Kacper Michał Zieniewicz



By: Jasi



"Alhambra (scenery)"

By: Mikołaj Witek

DAILY BASICS OF POLES ABROAD (Tourism on our own ^_^)

Our work days usually never end with the bus ride to the dormitory. No, no. Constant ideas are what accompany us every day. In the first week, taking walks around our "new home" was enough. We got used to the new place, explored the area. Now, we're pretty much familiar with the whole infrastructure within sight at South Granada. The City Center looks vintage but still modern, and the suburbs around every side have their special unique way. From the sun-dried parks, through the Arabic souvenir tourist clumsy streets, to the old-fashioned rowdy districts.

However, surely you can be scared hanging around, checking new places you have never been to before, but what you realise quickly is...It's cosy. Somehow it is. People smile, mind their own lives, and not rush all the time. For many of us, safety is a priority, so you won't be lacking that here.

On my recommendation, long lonely sightseeing strolls around the busy city is something that gets you more attached to the area and culture. You call it something "outside the box". A little freedom taste, which doesn't let forget, that you can do what you want...that you are alive. <3



By: Mikołaj Witek



By: Mikołaj Witek

Striding through pokey narrow old-town rocky tracks, which are leading to the highest touristic local viewpoints can provide a lot of positive energy.

Light wind and sunset spread a bow at the panorama of Granada. Just you and The Alhambra palace...staring at each other. Chills givin'. ;)

THE VIEWS THAT WE CAME FOR <3

The views of Sacramonte were legitimately not comparable to Polish flat territories. Whole city's panorama as a design background for The Temple of Alhambra. What is Alhambra?

A palace monument. Muslims temple. It used to be the heart of their culture. Officially built in the late 13th century. Granada city has a lot of Arabic architecture and culture left behind since it all ended with a little help from the catholic forces which took them down. Granada and the Alhambra Temple, with the nearby territories of Sacromonte hills, have gone through a lot. Today? In a peaceful world, it quickly has become a famous local attraction.

We have already been to Alhambra. It is truly a huge piece of history placed over there, that everyone deserves to take a little (or bigger :D) bite of. It consists of many different structures, like for example the old renovated palaces, outside-temple layers (living/usable areas and defending walls/structures), and various colourful flower and vegetable garden oases.

Something indescribable. Something definitely worth seeing.



By: Mikołaj Witek

SPANISH CULTURE

As you think of such a tourist country as Spain, you'd probably be guessing that the English language is used daily in bigger cities. Kind of...but no. Don't take this the wrong way. Many people, especially young (working at bigger restaurants, clubs, or gallery malls) will get along with you in English. However, Spaniards are greatly bonded with their native language, so many of them simply will try to talk fluently how they are used to and pray that you will understand by some miracle. Favourably for journeyers, Spanish people are wonderfully expressive of nature, and by many gestures, everyone can get along with them perfectly.

Speaking of clubs and restaurants. The Spanish cuisine cultural element called "Tapas" is something that makes many people wonder what it is and how it looks in real life. What is Tapas? Purely, a little snack (sometimes not so little, looking like a casual meal :D) served for you, by just ordering something to drink. That's it!

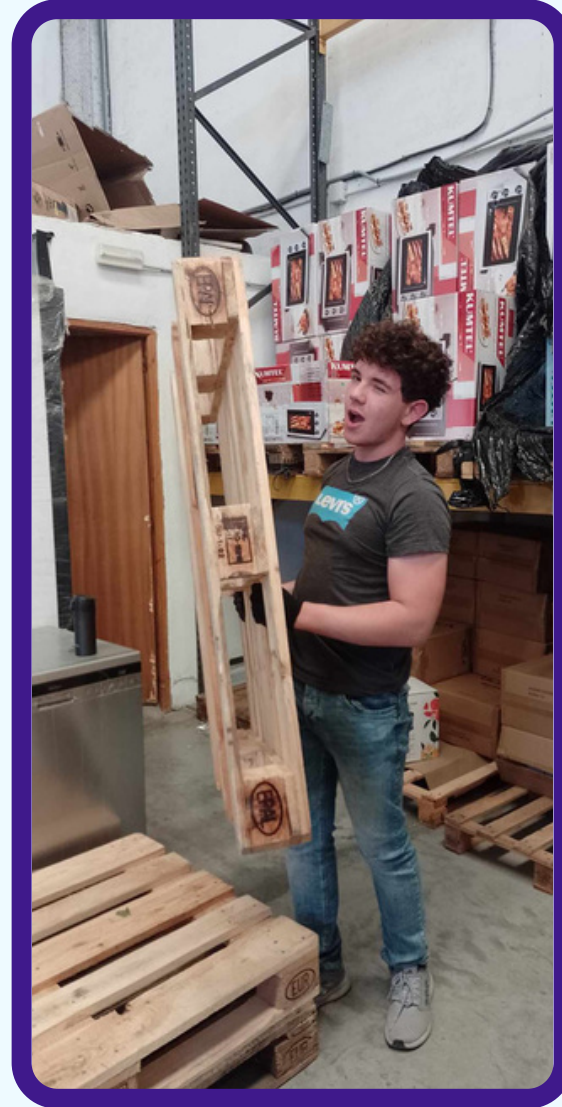
Many of you might wonder if the prices significantly jumped upwards due to that. Honestly...no they don't! Tapas culture is really lovely, especially because you can get a little meal without ordering a giant dinner if you don't want one. I like it!

Last but not least element worth mentioning about Spanish daily culture is "Siesta". Well-known word, wherever in the worldwide slang, right? In Spain, it is some sort of written-unwritten rule. In-between 1:30 pm - 4:00 pm people start to slow down at work. They take mini breaks, close their shops during that time or even take naps and drive out to have fun in the city. Many various lifestyles can be presented by "Siesta culture". Why is it all so normalised? Surely, due to high temperatures during the middle of the day most likely for most of the year.

Sounds crazy, doesn't it? For many northern counties it sounds like something undesirable to happen in their lives, but here...it is what it is and everything is still floating as it should swimmingly without constant RUSH. I would dare to say they live lives we are afraid to live...and they are doing good. :D



By: Marcel Zwoliński



By: Kacper Michał
Zieniewicz



By: stranger Spaniard

Best Regards & Thank You
to:

- Kacper Zieniewicz
- Oliwier Szulc
- Mikołaj Witek

a LITTLE diary

Even though I've been travelling around Europe, it is not the same. I would not compare it to any experience earned on previous journeys. My school group has made it an even more astounding trip.

I was wondering. Probably more than anybody. I was worried about what a monthly trip would get for me and how it would affect my life. We have been here for 2 weeks now. Halfway behind us yet, just like that. It is just like I predicted. I mean... How my "best scenario" would go, that I never believed in. I can only say it's great. No... I can say more.

It's beautiful, even if it looks rusty somewhere. It's chill for me, even if I always rush. It's great living with my friends, even if I'm an introvert. I feel alive. I want to go see my family, even though I want to stay here forever. I always felt that busy modern cities in highly developed countries were those I wanted to go to. See them, travel, maybe even set my life there. Spain is not one of those countries. Never has been for me...but here I feel like I am just right where I wanted to be.

I feel that I have changed. I feel this is home...even though it's not. It is the first time I'm truly sad that I'll be returned to my room. You choose if it's good or not.

Greetings to my friends. Cya soon. Or rather, since I came back. Welcome... Real home.

For: YOU

By: Marcel Zwoliński

POLAND - THE EUROPEAN VOLLEYBALL CHAMPION!

The 2023 European Volleyball Championships took place from August 28th to September 16th in North Macedonia, Italy, Bulgaria and Israel. 24 teams took part, including Poland.

The draw for the group phase of the tournament took place on November 16th, 2022 in Naples, as a result 4 groups of 6 teams in each were created. Poland was in Group C with Denmark, the Czech Republic, the Netherlands, Montenegro and North Macedonia.

In the group phase, each team played 5 matches, and two teams in each group that took 5th and 6th place did not advance to the final phase. Poland took first place in its group, getting all the possible points and losing only one set in the match against the Netherlands.

After the group phase ended, it was time for the final phase which began with the round of 16 matches, in which Poland faced Belgium and won 3-1. In the quarter-finals, Poland was matched with Serbia, which they also beat 3-1. Like that Poland got to the semi-finals where they played against Slovenia (which they lost to in the 2021 European Championship, also playing in the semi-final), winning 3-1.

DREAM TEAM OF THE EUROPEAN CHAMPIONSHIP 2023:
SETTER: MARCIN JANUSZ
OPPOSITE HITTER: LUKASZ KACZMAREK
MIDDLE BLOCKER: BEDIRHAN BULBUL
MIDDLE BLOCKER: NORBERT HUBER
OUTSIDE HITTER: WILFREDO LEON
OUTSIDE HITTER: DANIELE LAVIA
LIBERO: PAWEŁ ZATORSKI



The final took place on September 16th, in which Poland faced Italy - one of the tournament organisers. For the first time since 2009, they had a chance to win gold in this event. The captain - Bartosz Kurek, couldn't play in the team led by Nikola Grbić due to a hip injury. The Poles played great from the beginning, their big advantage was the quality of their serve, which did not allow the Italian team's setter to get the perfect ball to set. The match ended with our team winning 3-0 (20-25, 21-25, 23-25)

After the match, there was a decoration ceremony during which the MVP (Most valuable player) of the entire tournament was selected - Wilfredo Leon. Then, Slovenia (which defeated

France in the match for the 3rd place), Italy and Poland took the podium. CEV entrusted the choice of the best team of the tournament to the fans. The nominees included 7 Polish players.

We wish our national team the best possible results in further matches and congratulate and thank Nikola Grbić and the entire staff for their great job and the players themselves for their great play.

by Kamil Kot

Technikum no. 3 in Malbork - EuroSkills Poland

What exactly is EuroSkills? EuroSkills is an European Championship for students from universities and technical schools under the age of 25. Held every two years and organised by WorldSkills Europe, this event brings together many young people. According to the EuroSkills site, “Worldskills Europe works with its members and partners to promote training and make it attractive”. This year, the 8th edition of the EuroSkills Championship was held at the Amber Expo in Gdańsk, Poland.

Considering the importance of this event, our school couldn't be missed. Technikum no. 3 in Malbork was represented by the students of class 2HT, who had a chance to see what the whole championship looked like. It was not easy at all, because the tasks not only required knowledge, but also the ability to operate new technologies. The Polish team won 3 gold, 1 silver, 3 bronze and 6 medals of excellence, which equals 13 medals in total. During the championship, 42 competitions took place, one of them was the Electronics Prototyping competition which was won by our country representative - Jan Firlej.



pictures taken from <https://tech3.malbork.pl/>

by Anna Maślanka

Unique places - The Dark Hedges



Source: zwiedzamy.co.uk

Dark Hedges is an extremely picturesque beech avenue in Northern Ireland that forms part of the Bregagh Road near Armoy. The road leads to Gracehill House of the Stuart family, who planted trees in the 18th century to impress visitors to their estate. Over nearly 200 years, these beech trees grew to an impressive size and their intertwined branches created some really majestic dark tunnel. Today, out of the 150 trees that Stuart planted, around 90 have survived to the present day. Some of the 200-year-old beech trees got damaged by Storm Gertrude, which hit the UK in January 2016. Legend says that the road is haunted by the ghost of a maid who lived and died in a mysterious way hundreds of years ago in a neighboring mansion. "The Grey Lady" is said to flow quietly along the road and quickly disappear as it reaches the last tree. The Dark Hedges was used as a film set in the first episode of the second series of Game of Thrones..

by Kamil Kot

GRAND CANYON

"Leave it as it is. Man cannot improve on it; not a bit. The ages have been at work on it and man can only mar it. What you can do is to keep it for your children and for all who come after you, as one of the great sights which every American (...) should see." is how US President Theodore Roosevelt described the Grand Canyon. The Grand Canyon in Arizona is one of the most spectacular natural wonders on the planet. It is 446 km long and at its deepest point, in Granite Gorge, 1857 m deep. The width of the Canyon varies from about 800 m below the Toroweap viewpoint on the North Rim to 29 km at its widest point. It is the largest river gorge in the world (Colorado River)

It was declared a UNESCO World Heritage Site in 1979 and now nearly 6 million people visit the Grand Canyon every year. The majority of tourists visit the Canyon from the south side, the so-called South Rim. This is much easier to access than the North Rim, which is higher up, which is wilder and you are unlikely to see crowds here. Apart from specially designated viewing areas with barriers, it is possible to walk practically to the very edge of the canyon, so it's needed to be careful. While the South Rim is open to the public all year round, the North Rim can only be visited from the middle of May to the end of November.



Source: Podróże.onet.pl



Source: Focus.pl



Source: Amerykajja.pl



Source: Podróże.onet.pl



Source: Turystyka.wp.pl

Visiting this beautiful place we have the opportunity to see many interesting places, for example:
Havasu Falls, whose water is turquoise all year round against the background of the orange canyon
The Skywalk, a special platform extending 20 metres over the edge and hanging more than 1200 metres above the canyon floor. Walking on the floor made out of some special safety glass is supposed to give the impression of floating in the air above an immense depth of several hundred metres below your feet.
Many viewpoints which give you opportunity to admire the natural beauty of this place (like Yavapai point)
'A sea of fog' in the Grand Canyon is a phenomenon when cold air is trapped at the bottom of the canyon by warmer thin air layers, which begin to move over it causing it to slowly condense. The resulting moisture begins to rise upwards through the air masses forming an extremely dense fog.

by Kamil Kot

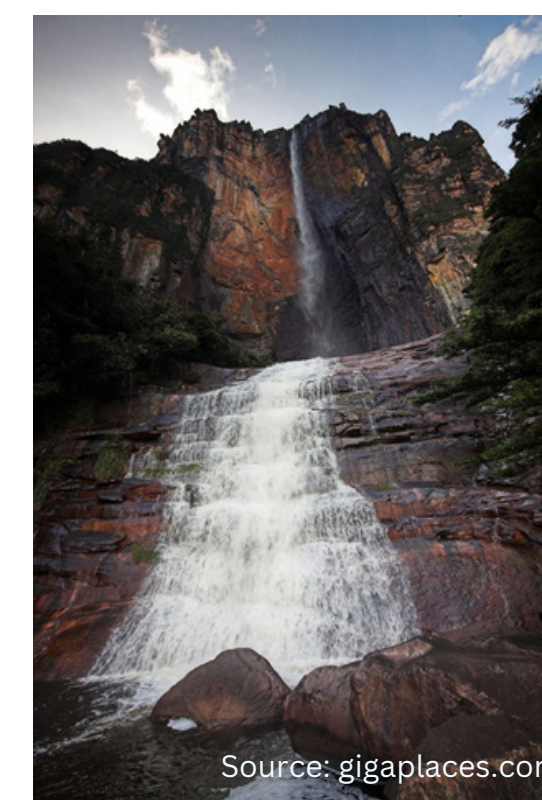
SALTO ANGEL

Salto Angel, also known as the Waterfall of the Broken Heart which is linked to a legend relating to its creation. Despite Venezuela being one of the most dangerous countries, this waterfall still attracts many tourists. The Salto Angel waterfall is located within the Canaima National Park. The highest waterfall in the world - 979 metres high and falls in several cascades (the longest one measures 807 m). Its natural beauty is considered by many people to be more attractive than the famous Niagara. What else is that interesting about Salto Angel? According to historical sources, the waterfall was discovered by American aviator James Crawford Angel, who in 1933 was the first to spot it from a bird's eye view. It was from his name that Salto Angel received its name. He was so impressed by the waterfall that he wished his ashes to be spread there after his death.



As befits a natural wonder, the Salto Angel waterfall also has its own legend. The local Indian tribe assures us that there used to be a village at the site of the waterfall. Daily life was not very special, so it was all the more strange that all the women suddenly died, except for the shaman's daughter named Churun. Her unusual beauty broke all men's hearts, and four villagers in particular were courting her: a tracker, a fisherman, a thinker and a warrior. Unfortunately, the attempts at courtship were not easy, as the shaman refused to give his daughter's hand to any of the candidates and, using his powers, turned them all into stones. The rumour says that the spell casted on the men bounced off the rocks and went straight to the woman's heart, which shattered into pieces from the impact. In this way, the sacred mountain split in two and water streamed out of its centre. This is how Salto Angel was created, and the proof of the veracity of the story is the shape of the waterfall, which, viewed from a plane, looks like a broken heart .

by Kamil Kot



FORMULA 1

SINGAPORE GRAND PRIX

In the Formula 1, 2023 season, there are planned to be 23 motor races, the Singapore race is 16th on the list and was performed on September 17th 2023. The Singapore Grand Prix is a motor racing event which is part of the Formula 1 Championship. I have a feeling that this year a lot of people stopped watching the Grand Prix because it always ended up the same. And by that I mean Max Verstappen (Red Bull's driver) winning race for the 10th time in a row, Ferrari not even reaching the finish line and half of the cars hitting the same wall each lap. Finally, something else happened in Singapore. Most of Ferrari's wins had actually happened at The Marina Bay Street Circuit, which happened this time, which is also considered one of the hardest tracks to race.

Like before every 'official' race it has to be a race that will decide which driver will be on which place at the beginning of an actual Grand Prix. For the first time (since Azerbaijan GP) Max Verstappen hasn't taken a pole and wasn't even on the podium. In 3rd place, there was the greatest of all time driver, Lewis Hamilton (Mercedes). Second on the podium was Lando Norris (McLaren) who deserved this title like no one else. And finally, the 1st place was won by Carlos Sainz Jr. (Ferrari) which I think even Ferrari's fans (including me) didn't expect.

Obviously, at the racing there was no shortage of unexpected situations like George Russell hitting a wall, right before a finish line, and had to drive into the barriers. But even this didn't stop me from celebrating. I was thrilled to see all the photos and selfies that drivers were taking after the races. After many months, eventually people couldn't predict the final results. Week later at the Japan GP Lando Norris, McLaren driver, also finished the race as second, which in my opinion, is also really interesting.

To sum up, I'm looking forward to seeing more of this kind of races in the future. Let's hope that the rest of the 6 racings will be as good as this one.

source:<https://pixabay.com/pl/>



by Amelia Rymdzionek

The underwhelming Scottish School system

There are many different school systems from my experience, the worst I've seen by far are the school systems in the UK. In Scotland to be exact. 7 years of primary school, 3-5 years of high school (depending if you are willing to stay the extra 2 years to do “higher up” tests) followed by going to college or university (depending on if you passed the extra tests). Sounds like a good enough system right? Well from the outside it might be good, but from the inside it's pretty bad. In my opinion, the worst part of it is the primary school, so let me start from that, as I have personally attended a Scottish primary school.

Read the next few pages to find out more
about the Scottish education system!

by Kevin Klas

The Problem with Primary Schools

Through the entire Scottish primary school there is absolutely 0 pressure for learning, having no grading system (until high school). Almost all of the young children that are on a higher level than the rest are “dumbed down” to be almost “on par” with the other less talented children. The only way that a child’s capabilities are measured are through fun little games that of course “mean nothing” putting no pressure on learning for the young people. There are no contests or anything of the competitive sort, for it would “make the other pupils sad.” If somehow there are to be any competitive things everyone would get a nice participation trophy, regardless of how they did. “Telling” on your classmates is highly encouraged too, even for the small things, for example there would be day to day problems on the basis of “Denny was mean to me” which I find completely nonsensical. At the very end of the primary school journey you get presented with tests that again are supposed to “mean nothing”, yet they impact the level you will be on in high school. Some of the schools did things differently from the rest though, implementing a “green card” system, in which if you had a green card through the entire school year you got a very special lunch. Of course you could lose a green card over someone saying “he was mean to me” and be left out, and made fun of for being such a bad boy/girl.

source: pixbay



Scottish teachers in primary School

The teachers working in primary schools offer close to nothing in terms of help, having the famous “I’m not paid enough for this” mentality. All of the teachers (through primary school) taught every subject. You would have 1 teacher for everything, not as in having 1 maths teacher, 1 English teacher, 1 French teacher and so on. You would have a singular teacher taking care of everything, from Maths to English, French to music. At times you could have gotten a 2nd teacher that was responsible for doing P.E. In my opinion, it is kind of weird that you would have 1 teacher explaining to you how to do Maths problems and then teaching you how to differentiate between a noun and an adjective. However basic these things may be, there shouldn't be one teacher explaining such different things.

source: pixbay



Classrooms

I do not have a problem with the people I am about to write about, however, another big fault is that the special education kids do not get their own classes.

That type of thing is fine but not in the Scottish primary schools. If all kids are “dumbed down” to be on a similar level that would mean if your child was unlucky enough to land a class with a person like that he/she would learn close to nothing through all the 7 years of primary school !! These kids require a special environment to be able to learn, and find it hard to learn outside such places.

by Kevin Klas

High Schools

After you get past the true hell that is the Scottish primary school, it starts getting better. In high school you get more than a singular teacher having to explain every subject to you. However, high school is completely different from primary. They do not care about your level, they stop with the “he did this, he did that” nonsense and they actually start grading you. Now this is like being slapped awake from day dreaming for the young people going into high school. They need to start listening, start doing homework and start learning. This is absolutely abysmal for a pupil that up to this point has been doing nearly nothing in lessons and not caring at all. It leads the child to be stressed out of their mind about school. If, for example, you would put a Polish pupil in the place of the Scottish pupil, the Polish child would be perfectly fine. Apart from having some problems with the English language he/she would find it much easier to get through day to day school than going through day to day Polish school.

source: pixbay



Summary

My summary about the whole thing is that the Scottish school system is specially made so that people really have to put in a huge amount of effort into learning by themselves (at least in primary school.) Unless they don't want to get anywhere in life and become a McDonald's cashier, working a 9-5 low paying job.

If you wish to go to university/college in the UK or Scotland that is a great choice, however going through primary and high school is simply not worth it.

Not all hope is lost, though! For there are private primary schools (that usually cost money to send your child to.) Those schools actually care about your child's education level, how they do in school and if they are especially good in a specific subject. They have different teachers for every subject, so that your child can learn everything they need to learn before going into high school.

I have not personally been to colleges/universities in Scotland or the UK, however they do have some of the best schools on earth like Oxford, Cambridge, and so on and so forth. Sending your child or just going to study in the UK is a worthy thing to do, without a doubt.

Thank you for reading!

by Kevin Klas

No perfect school systems?

read the next few pages to find out
the differences between 2 school
systems!

School systems are a core part of many countries, some are good, some are bad. However I find it hard to tell if this specific one is good or bad. In this article I will be directly comparing the Scottish school system and the Polish one, for I have experienced both of them.

by Kevin Klas

A few words about both of the systems

The Polish school system is good in some parts, and appalling in many. It beats the Scottish school system in the primary school part, and just barely holds the advantage over the high school part.

Both of the primary school systems cannot even compare to each other, one basically not educating you at all in any of the subjects it teaches (the Scottish one) whilst the other teaches you a bit of everything at a time. Of course it still isn't perfect, however it is better than the Scottish system.

The High school differences

The high school system is where the trouble begins. The Scottish system gives little to no choices in terms of what you want to learn. That may be a good thing for some people, but not for everyone. On the other hand the Polish school system gives you a lot of “choices”. These choices are of course an illusion of free will, and an illusion of the pupil being in control.

In the Polish high schools you may have thought that going to study law would bring you further away from things such as math and what not. I'll tell you now, you couldn't be more wrong.



The main problem about Polish high schools

I, for example went to a technical school (a longer high school) as an “IT” student. Little did I know that I was not only going to have to focus on the main subjects like math, IT and English but I have to focus on all the other random subjects our great school system designer decided to cram in there.

Of course I do not worry about the thing I'm supposed to be studying. I worry about very “important” things for an IT student, such as chemistry, biology, and reading borderline insane books.

The contents of the books include but are not limited to; everyone committing suicide, mass murder, old languages and many other things.

by Kevin Klas

Me: *chooses high school/technical school based on my hobbies, so that I can pursue something I love in the future*

Polish school system:

meme made by me



What am I getting at here?

My point is that it is stupidity to give young pupils here such an illusion of free choice. No matter what you choose you are forced to learn everything very intensely at the same time. God forbid that you get teachers that think their subject is the most important, even though, from my point of view, it isn't :) But I understand all of them want to do their best and teach everybody, even though we don't want them to.

School day plans

The school day plans are mostly disgusting and “very good for the students” for eg. My Monday plan starts at 9:45 and ends at 16:35. For people living close by it isn't a problem. For people living far away it is a very big problem. I will use my friend as an example. He has to take a train to our city at 8 am and a train back to his village at 5 pm. He has to waste an hour of his free time waiting for a train, unable to do anything he would want to do. Of course he doesn't get home instantly after that, he reaches his house at about 6:30 pm. Now let's say that we would have 3 tests the next day. My poor classmate would have close to 0 time to relax, think about his hobbies or do anything that would release the stress of the school day. This however does not apply to every single student at every school but it is a common occurrence.

Summary

My summary about both of the school systems is that they require some drastic changes, the Scottish one in the primary school part and the Polish one in the high school part.

Thank you for reading!

by Kevin Klas

„Is it worth adopting a pet from a shelter? – advantages and disadvantages”



Increasingly in our homes we can meet a lot of dogs, cats, hamsters or fish. But have you ever wondered how to get a puppy from a verified place, for example an animal shelter? If you would like to adopt a pet from such a place, you have to prove that you have got enough time and good conditions to look after your future dog or cat. This is a little bit of a long process which has got advantages and disadvantages. So now I am going to present them.

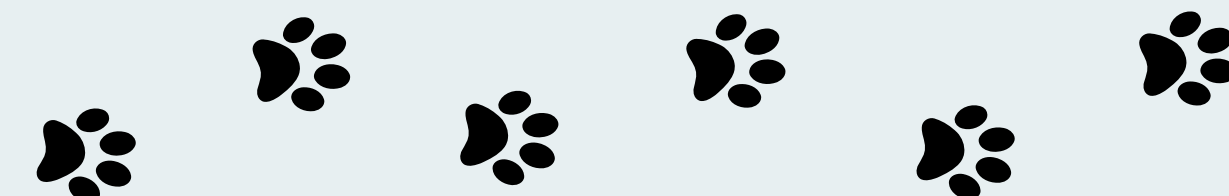


There are so many benefits of adopting pets from a shelter. First of all, the entire process is worth it, because when it is started, people working in animal shelters may check if we can take care of our pet. Furthermore, your family and you can find out if you are ready to have a puppy or a kitten. Secondly, during the process of adoption you have a lot of time to meet your pet and get used to it. Also, you can check yourself if you can give it your time to go for a walk or play with it. Last but not least, it is a fact that adoption is a much better option than buying a pet from an illegal and not verified breeding.

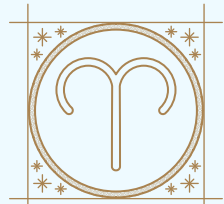


Although adoption has a lot of advantages it also has some disadvantages. The major drawback of the adoption process is time. Time is usually very long and if you would like to have a puppy, you must be prepared to wait for it. However, for people hired in animal shelters, the time of process is extremely important. During this time they can figure out if you and your house meet the conditions for the best future of your adopted pet. At the same time you should remember that keeping a pet costs as much as having a child and if you don't have enough money to keep a pet – this is not for you. The last problem is the fact that sometimes a pet from the shelter has got a terrifying past. You must be well-educated in such a situation, and put in a lot of effort to raise it. It is not for everyone.

To sum up, it seems that a pet adoption from the shelter has as many disadvantages as positive aspects. The decision of the adoption should be thought over wisely and not taken on the spot.

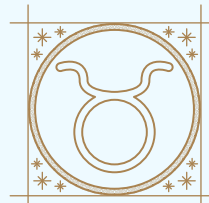


Horoscope



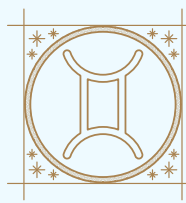
Aries (March 21 - April 19):

Today, Aries, you're feeling a surge of energy and determination. You may encounter a few obstacles, but your natural leadership skills will help you overcome them. Trust your instincts, and success will be yours. Tip for today: A little self-care and relaxation will recharge your energy and help you tackle any challenges that come your way.



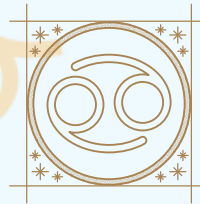
Taurus (April 20 - May 20):

Taurus, it's a great day to focus on your financial goals. Consider making a budget or reviewing your investments. Don't be afraid to seek advice from a trusted friend or financial advisor. Your patience and practicality will lead to financial stability. Tip for today: It's a good day to make a budget, save, or invest wisely.



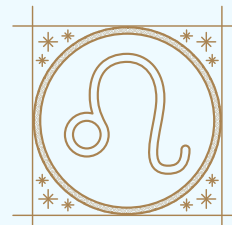
Gemini (May 21 - June 20):

You're in a social mood, Gemini. Your communication skills are at their peak, making it an excellent time for important conversations or networking. Keep the conversation light and enjoyable. Tip for today: Express your thoughts and feelings clearly to avoid misunderstandings.



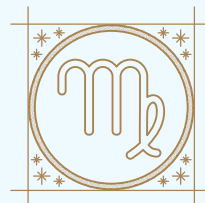
Cancer (June 21 - July 22):

Today, Cancer, it's essential to take care of your well-being. Prioritize self-care and relaxation. Consider starting a new wellness routine or revisiting an old one. A peaceful day will recharge your emotional batteries. Tip for today: Spend quality time with yourself and show how much you care about yourself.



Leo (July 23 - August 22):

Leo, your creativity is on fire today. Use this energy to pursue artistic or creative endeavors. Whether it's painting, writing, or another passion, you'll find joy and inspiration in self-expression. Don't be afraid to share your talents with others. Tip for today: Today is a great day to showcase your talents and take the lead in any project or situation.



Virgo (August 23 - September 22):

Focus on your home and family life today, Virgo. It's an excellent time for home improvement projects or spending quality time with loved ones. Your attention to detail will ensure that everything runs smoothly on the domestic front. Tip for today: A balanced diet and some exercise will help you feel your best.





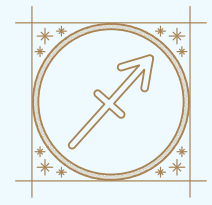
Libra (September 23 – October 22):

Libra, today is a day for intellectual pursuits. Dive into a book, take a class, or engage in a stimulating conversation. Your curiosity and charm will attract opportunities for personal growth and new connections. Tip for today: Take a moment to weigh your options before making important decisions.



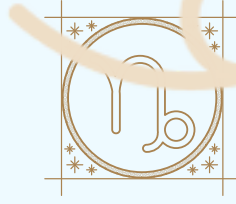
Scorpio (October 23 – November 21):

Your intuition is strong today, Scorpio. Trust your gut instincts when making decisions. It's also a good time to work on personal transformation and self-improvement. Tip for today: Your strength can lead to amazing discoveries.



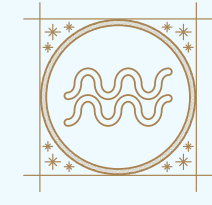
Sagittarius (November 22 – December 21):

Sagittarius, your sense of adventure is calling. Whether it's through travel, learning, or trying something new, today promises excitement and growth. Tip for today: Try something new or plan an exciting outing.



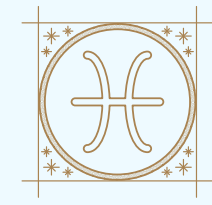
Capricorn (December 22 – January 19):

Today, Capricorn, focus on your career and ambitions. Your hard work and determination will lead to progress. Don't be afraid to set ambitious goals and take calculated risks. Your dedication will pay off in the long run. Tip for today: Stay focused on your goals and responsibilities today.



Aquarius (January 20 – February 18):

Aquarius, your social life takes center stage today. Your unique perspective and open-mindedness will make you a valuable member of any team or gathering. Tip for today: Your unique perspective can inspire others.



Pisces (February 19 – March 20):

Pisces, today is a day for introspection and self-reflection. Spend some quiet time alone to connect with your inner self. Meditation or journaling can help you gain clarity and insight into your emotions and desires. Trust your intuition. Tip for today: It's a great day for artistic expression and imaginative thinking.

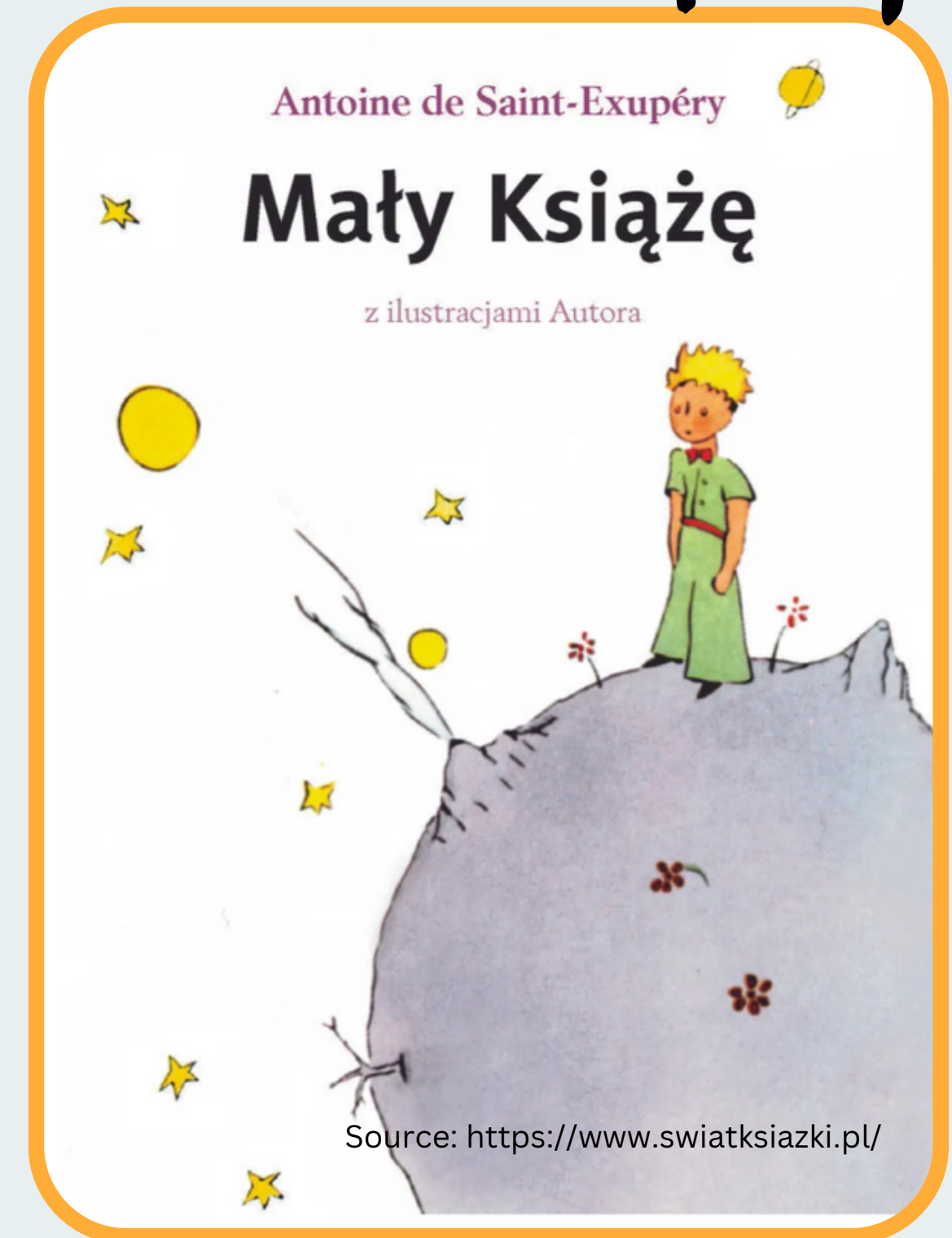
THIS IS THE SECTION WITH YOUR BOOK
REVIEWS

A book review

„Mały Książę” by Antoine de Saint-Exupéry

LIKE 👍

This novel is a charming and delightful book that appeals to a special place in the hearts of its audience. It touches on the topics of love, friendship and reminds us that sometimes it is worth looking at the world through the eyes of a child. The captivating story takes us to an imaginary world and reminds us of the beauty and simplicity that adults often forget about. With timeless wisdom and wonderful illustrations, I think „Mały Książę” is a must-read for all ages.



Wyrażam zgodę na publikację recenzji w szkolnej gazetce,
Weronika Lipińska 2G