

A magazine for the students, by the students...

# VOICED

## TEAM LEADERS

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## INVOLVED TEACHERS:

Jeff Pedley



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Order listed alphabetically

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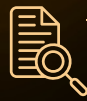
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2023  
MAGAZINE  
MVP

A recognition of  
team members that  
have contributed  
the most



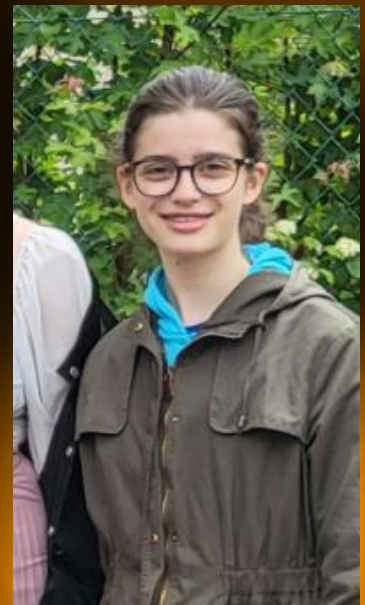
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# ***Messages from the co-editors and graphic design lead***

It has been a pleasure to see both old and new faces working and writing for the magazine. I want to say thank you for the effort, positive attitude, and joy that everyone on the team has put forward over the year. And I can only wish our readers a lovely time discovering this new issue.

*Linnéa Lindfors*

I'm so immensely proud and grateful to have been able to work with such a motivated and talented group. Time and time again I was impressed not just with their commitment but also with the hurdles we were able to overcome. I look forward to seeing the magazine flourish next year.

*Saverio Locchi*

It's been an honour to work with the team this year. I could not have asked for a better team to work on this year's layout.

*Enna Stratilatovaitė*



# ***Messages from the team***

Seeing this project grow from a simple idea to a fully developed magazine has been a pleasure. I would like to thank all the participants for making this possible!

*Matilde Tomás*

I loved working with such incredible people and creating something special together!

*Valentina Huitfeldt*

Working for such a young and prosperous project has been a lot of fun. I sincerely hope this becomes a tradition.

*K*

So thankful to have met all these great people, and discover their great talent!

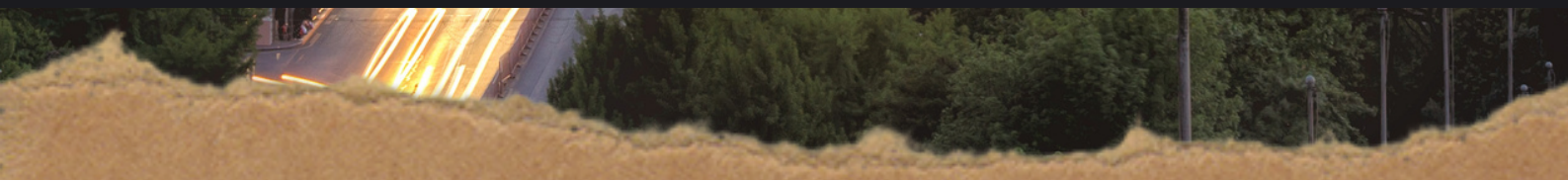
*Olivia Raisin*

Thank you so much for the opportunity, to not only meet new people but to learn from them too!

*Kyriaki*

It was a very inspiring and entertaining adventure. I learned a lot of new things by being part of the magazine team. I enjoyed working on it. It also allowed me to meet new nice people from the team.

*Pétalie*



# WHAT HAS THE CDE BEEN UP TO?

*An insight on what your local pupils' committee has achieved this year, alongside a taste on what it takes to make changes happen.*

# THE KEHOE GRAND DEBATES TEAM



As some of you may have noticed, our team is no longer called the Grand Debates Team but the Kehoe Grand Debates Team. This is because the founder of this yearly event, Mr. Colm Kehoe, passed away last year. The CDE decided to honour his memory and rename the debates after him.

The Kehoe Grand Debates are a series of debates that take place each year. All year sections from S1 to S6 (except S7) have their own debate with their specific motion that the debaters choose during their first training session. Each year group has 8 students (or “speakers”), from their specific year group who are divided into two teams of four: The Proposition who is for the motion, and the Opposition who is against the motion. Once the speakers are put into their teams of four, they can take on the role of 1st speaker, 2nd speaker, 3rd speaker or 4th speaker. Leading to the day of their debate, the speakers of each group have several training sessions where 12 mentors in total, 2 for each year group and 1 for each team (Proposition & Opposition), mentor the speakers. They have experience in public speaking and debating and offer the best advice and support that the speakers need to prepare for their debate. The mentors, before starting the training sessions, are briefed on the procedure rules and given the materials necessary for them to carry out their roles.





Until the debate, the speakers of each year group research their motion and come up with specific arguments related to their team's stand on the motion to be able to, under the guidance of their mentors, write a fully structured speech that they will recite one by one at their debate. The final event takes place in front of their entire year group in the Salle Polyvalente.

Now as always, planning an event of such a big scale like the Kehoe Grand Debates takes time, effort, and dedication. Although our team consists of only 4 organizers, who must not only recruit the participants, chairs, and mentors, but also book rooms for any and all mentoring sessions, we still manage to bring these debates to you every year. We must constantly update our team on unpredictable changes which shows us that the key to organising this event is communication.

Long story short, this is a big event at EEB2 that requires a lot of work, but we organise it to the best of our ability every year to be able to show our participants what it is like to debate a topic in a demanding environment. We strive to make it an interesting event for students to watch. We hope that you enjoyed this year's debates, and if you're interested in taking part next year, keep your eyes open for any announcements in the halls of our school!

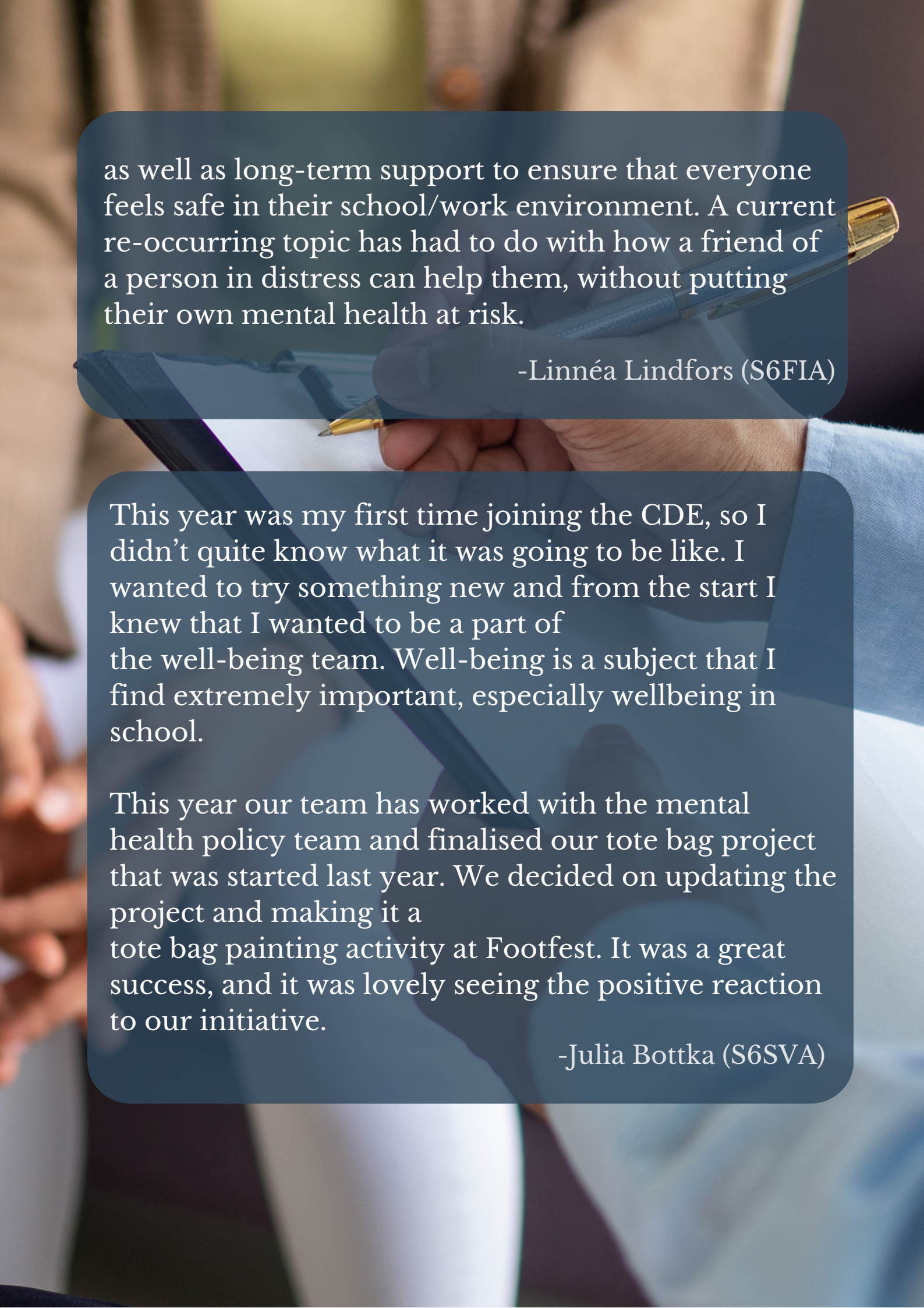


# The Well-Being Team:

short and sweet manifestos from its members

Last year I was involved in providing a student perspective in the creation of a new anti-sexual harassment policy, through which I also worked alongside the Well-Being Team that was in place at the time. I kept them updated on the progress, ran policy drafts through them, and attended the same Well-Being Advisory Boards, commonly known as WAB meetings. And so, from very early on I knew what team I wanted to join again this year, for which it was an honour to get to co-lead this amazing small team with Julia.

There is more that has been achieved behind the scenes, than what's visible from an outside perspective. We've been involved in policy writing, a charity tote bag project and making sure that a student perspective gets brought up in all well-being decisions that concern us. Recently we were also invited to be a part of the Mental Health policy working group, which brings together management, teachers, students, nurses, and psychologists to discuss and agree on how well-being issues faced by our school community can be tackled most efficiently. It aims to provide immediate care,



as well as long-term support to ensure that everyone feels safe in their school/work environment. A current re-occurring topic has had to do with how a friend of a person in distress can help them, without putting their own mental health at risk.

-Linnéa Lindfors (S6FIA)

This year was my first time joining the CDE, so I didn't quite know what it was going to be like. I wanted to try something new and from the start I knew that I wanted to be a part of the well-being team. Well-being is a subject that I find extremely important, especially wellbeing in school.

This year our team has worked with the mental health policy team and finalised our tote bag project that was started last year. We decided on updating the project and making it a tote bag painting activity at Footfest. It was a great success, and it was lovely seeing the positive reaction to our initiative.

-Julia Bottka (S6SVA)

# What is the Amnesty team and what do we do?



The Amnesty Team is a team based off of Amnesty international, a global movement campaigning to end abuses of human rights. Our goal as a team is to raise as much money for charity as we can while creating fun initiatives for the students such as the Valentines rose sales. This year we've worked with many amazing charities and through the events we've organised, raised 763.93 Euros in total. The charities we've worked with include CPVCF, an organisation aiming to prevent domestic abuse here in Belgium, and the Malala fund, a fund focusing on improving secondary education levels among girls around the world. This has all been possible due to the hard work of our team Headed by Anushka Shah and our lovely volunteers. We thank you for all the support we've received throughout the year, financial and otherwise, and hold hope that you'll consider joining us next year!

by Ema Stratilatovaitė S7LTA





# THE IMPROVEMENT TEAM

The Improvement Team of the CDE is in charge of improving some aspects of the secondary school and making positive changes to the CDE itself. It aims to ameliorate student's school lives by making adjustments to the environment (preaus, playgrounds, study rooms, etc.) and introducing innovations which benefit the students (comfort, activities, etc.). A part of the CDE budget goes into this team's various projects.

This year, it consists of 7 members including Konstantin acting as the Head, Nora as Deputy Head, Asnate, Denisa, Elena, Naija and Yann all working on different projects such as making a relax zone, adding suggestion boxes and bringing period products to the school. It has succeeded in adding suggestion boxes and bringing Christmas decorations to each preau as well as improving the S6/7 preau by buying a mini football table.



By Konstantin Askalidis (S7FRA)

# THE JUMPER TEAM



Marina Cioponea (S4ENA)

For more than half a decade now, it has been a CDE tradition to make school jumpers each year with a designs centered around our school and more broadly the European spirit. All revenue goes to EEB2s Pupils Committee (CDE), to help them stay independent and fund projects to improve student's well-being and make their day-to-day life at school more comfortable.

This year we were a team of two, but we managed to make it work!

We faced quite a few challenges: miscommunications, lost information and lost money (all of which was found).

But with the help of our presidency we solved all these problems quite quickly.

For the future we hope to sell more jumpers than last year, make a bigger profit than ever, and give out all the jumpers out by the end of the year with no exception.

It wasn't an easy year, but we managed it nonetheless; in true CDE fashion.

# HOW DOES THE LEISURE TEAM MAKE SCHOOL MORE FUN?

*What is the Leisure Team?*

The Leisure Team is currently made up of 11 members who are motivated to make school more enjoyable for the students. Our jobs is to unite the students and help them relax through joyful events. We do this by taking their ideas and turning them to reality.

*What has the Leisure Team achieved this year?*

This year the Leisure Team executed many ideas and hosted different events. Some of them came from the students that noticed something missing in our system, while some are tradition. At the start of the year, Halloween came and people were excited and ready to show off their costumes. We saw that as an opportunity to make a competition out of it. As with every competition there are winners. In this case for the top three candidates received a prize.

Apart from that, we partially took care of the CDE stand during FootFest. There we held an event called "Food Fight", which was organised by Andrea Marco. The students had the opportunity to compete over who cooks the best with prizes at stake. But the biggest event we organised would probably be the Talent Show. Held on the first of March, the Talent Show was a great success, and both parents and students were happy to see that the school was interested in showcasing student's abilities from outside of school. The talent show provided a chance for students to pursue their interests and passions.

The background of the entire page is a warm, orange-toned sunset. In the foreground, the dark silhouettes of several people are visible, with their arms raised in the air, suggesting a celebratory or energetic atmosphere. The text is overlaid on this background.

## *How is the Leisure Team structured?*

As a branch of the CDE, the Leisure Team has its own head captain. This year's head of the Leisure Team is Oscar Solé (S6SVA), a truly passionate leader. As the head, Oscar takes initiative and is the voice of the team. In case he needs help or stumbles across any issues, Samuel Sàez (S6SVA) is there as the co-head. As co-head, he is ready to take over the group in case anything happens to the head or if the head decides to leave his position and a replacement is not found. The remaining members are a motivated and hardworking group of people who are willing to sacrifice their free time to make school as fun as possible.

**By Samuel Sàez Törnblom**



# PUBLIC RELATIONS: HOW WE DO IT

Public relations, often shortened to PR, is a term that encompasses many things. For example, keeping up a positive public image, reporting important news to people outside of the organization, and maintaining relations with stakeholders all fall under the umbrella term of public relations. Thus, it is easy to see why every reputable student council, even those of smaller schools, usually has a PR team.

The Pupils' Committee of EEB2 has a PR team consisting of 9 people, all of whom have their respective roles. There also exists a subgroup of PR called the Magazine Team, which produces the magazine you're currently reading. They've been put under a separate heading since they have almost complete autonomy from the head and their meetings are separate from the rest of the team's ones.

## Default PR Team

The Head of the Public Relations Team is responsible for everything the team does. Ideally, they should be consulted by the members before any significant actions are taken outside of the team.

The head also runs the PR meetings, has a heavy say in anything PR-related, and often represents the team in meetings of the Core Team. This year The Head of Public Relations was Luukas Pitkänen.



The Deputy Head is the person that takes up the responsibility of leading the team when the Head is unavailable. On top of being a replacement for the Head, they are also a very influential player even when the Head isn't absent, as nobody but the Head outranks them. This year's Deputy Head was Elena Zvonkutė.

The Head of Synchronisation and Coordination, internally known as HOSAC, collects general information and project updates from the other teams and passes the information on to the rest of the PR Team. The HOSAC also often takes care of handling the CDE's Instagram account alongside the Head of Social Media and sometimes attends Core Team meetings to obtain more elusive pieces of information more conveniently. This year Elitsa Tsankova was the HOSAC.

The Photographer takes photos for the CDE's platforms and films events such as the Kehoe Grand Debates. This year this position was filled by Francisco Carriço.

The Head of Social media posts news, surveys, and regular updates on the Pupils' Committee's Instagram page. They, alongside the HOSAC, also read the direct messages and the comments for general feedback and questions sent by the students. This year The Head of Social Media was Daniel Murray.

### The Magazine Team

The Lead Editors of the School Magazine pick writers and proof-readers, proofread articles, and write for the Pupils' Committee's official magazine: VOICED. This year's co-editors were Linnea Lindfors and Saverio Locchi.



The Lead Graphic Designer oversees the layout and general aesthetics of the VOICED magazine. This year's Lead Graphic Designer was Ema Stratilatovaite

The Lead Editors, Lead Graphic Designer, and teacher in charge – Mr. Pedley – make up the core contributors to the project.

Article by Luukas Pitkänen



Pictured is the default PR team

# THE BRUMUN (BRUSSELS MODEL UNITED NATIONS) TEAM


By Andrei Crinta

The Brussels Model United Nations or BRUMUN for short, is a simulation of the United Nations where students represent countries and debate and negotiate on international issues. BRUMUN used to be an event that took place here in Belgium yearly, had around 350 participants and invited schools from around the world, not just Europe, to take part and represent their countries. However, due to the Covid Pandemic and administrative issues in 2020, it was canceled, but, this year we (the organizers) have decided to revive this event, as it is a wonderful opportunity for students to learn how to debate in an environment with a different set of rules than a normal debate, as well as to understand the procedures that countries of our world have to undergo to incite meaningful change in society.

BRUMUN this year, has four committees:

- The Security Council,
- COP (Climate change committee),
- GA2 (General Assembly 2 - Economic and Financial committee),
- GA3 (General Assembly 3 – Social, Humanitarian and Cultural committee)

Each committee has 3 motions that will be debated during the three days that BRUMUN will take place in October of this year. Until our official event date, the participants will take part in three training sessions where they will be introduced to the different concepts of a UN debate in specific committees,



such as resolutions and policy statements. In addition to being mentored by our experienced mentors, chairs and us, the organizing team, our participants will have the honor to be mentored this year by Belgian diplomats and experts with real world experience in international politics, who have graciously agreed to come and spend time with our participants. We would like to express our gratitude and thanks to Mrs. Caroline Jeanjot for her help in organizing their visit to our premises.

When organizing this event, one of the words that we as organizers must always keep in mind is “simulation” because, essentially, that is what BRUMUN is and that is why we must do our best to make sure that our event is as close to reality as we can make it.

Overall, this event’s organization could never have arrived at the stage at which it is now without the help and continued support of our management, teachers, educational advisors, and alumni. We thank them for all their efforts, past and present, in helping us achieve our goal of organizing this event!

# Features

A selection of the emerging talents and new voices our school has to offer, covering a wide range of topics from local issues to global phenomena.



# Quiz: Which section do you belong to?

Brought to you by Reporter K with help from @rene\_without\_an\_accent

Circle your answer for each question and add them up. Whichever letter you get the most, that is the section you should go to!

Circle your answer for each question and add them up. Whichever letter you get the most, that is the section you should go to!

1. You are served a fresh pizza margarita. What do you add?

- A-Don't infect my pizza
- B-Kebab meat and chilli
- C-A bucket of sauce
- D-Beanz
- E-An egg

2. What constitutes as a perfect weekend to you?

- A-Shopping
- B-Chilling next to a fire
- C-Fishing
- D-Watching the coronation (we all know there's going to be another one soon)
- E-Watching football

3. Someone cuts you in the line in the cafeteria, what do you do?

- A-Kick them in the foot
- B-Let them pass
- C-Might beat them up outside of school
- D-Eye roll
- E-Make a comment

4. How would you like to wear your hair?

A-Shaved

B-Blonde and thick

C-In the most unnatural colour possible

D-Natural colour and adequate length

E-Dark colour and/or curly

5. What are your talking manners?

A-Hand gestures only

B-Intellectual and funny

C-Every fifth word is a swear word

D-5344 different accents

E-Loud

6. Pick a place to hang out between periods:

A-Prefabs

B-Study room

C-Benches/hallways

D-Cafeteria

E-Outside the gates

7. Pick a reason to get a detention:

A-Speaking during class

B-Skipping class

C-Vaping

D-Missing assignments

E-Dress code

8. Favourite type of documentary to watch during ethics/morals?

A-Space/astronomy

B-Cults

C-Serial killer

D-Conspiracy theory

E-Nature/animal



9. Favourite gym class sport?

A- Jeu de poteau

B- Floorball

C- Badminton

D- Frisbee

E- Football

10. What temperature is t-shirt weather for you?

A- I only wear crop tops

B- +15 is alright

C- As long as it's not raining

D- I don't know what that is

E- Is it windproof?

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Answers:

A- Italian

B- Swedish

C- Lithuanian

D- English

E- Portuguese





The MEC (Model European Council) is an annual event among the European Schools, which brings together students from across Europe to simulate the proceedings of the European Council. This year (2023), EEB2 had the honor of hosting the event, and Eurocontrol, the European Organisation for the Safety of Air Navigation, graciously offered their council rooms for the occasion. The event was a massive success, with about 250 pupils from different European Schools participating in the simulation.

The student team that organized the event was led by Davinia De Schaetzen and Margarida Verissimo, both S5 students at EEB2. They worked tirelessly to ensure that the event was a resounding success, and they were supported by a dedicated team of S5 students. The students took on different roles, including making the badges for all the participants, making a website with all the necessary information that could be accessed through a QR-code, organising an opening ceremony full of interesting and thought-provoking speeches, putting together MEC gift bags for all the participants, acting as secretaries for the various councils, representing the member states, and acting as observers.

The simulation was spread across different councils, each focusing on specific policy areas. Council 1, the General Affairs Council, met in the Europa room, where all the “prime ministers” converged to discuss issues such as the EU's digital security and the future of the European Union. The other councils, including council 2 (Foreign Affairs), council 4 (Economics and Finance), council 4 (Justice and Home Affairs), and council 5 (Environment and Energy), met in other rooms at Eurocontrol and discussed topics such as the digital euro, LGBTQIA+ rights, energy plans, and relations with Balkan countries.

Throughout the simulation, the students showed a remarkable level of knowledge and understanding of the workings of the European Council. They engaged in lively debates, negotiated agreements, and reached compromises on various policy issues. The discussions were guided by the principles of democracy, transparency, and mutual respect, which are at the heart of the European Union.

In conclusion, the MEC event hosted by EEB2 at Eurocontrol was a massive success. The organizers did an excellent job of ensuring that the event ran smoothly, and the students showed a remarkable level of engagement and knowledge. The event was not just simply a simulation; it was an opportunity for students to form friendships and learn from each other, which is in line with the values of the European Union. The event will undoubtedly leave a lasting impression on all those who participated, and we look forward to future editions of MEC. Regenerate response



The Pride Club is a club at EEB2 that meets once a week on Fridays at P6 in Salle Jean Monnet. There, they work on making the school more LGBTQIA+ friendly. This year, they organized the celebration of days such as the International Day Against Homophobia, Biphobia, and Transphobia. They have also hosted both a writing and an art competition, as well as a film festival. Some other projects included ordering queer books for the school library and many more! On the 9th-12th of June, two members will be representing EEB2 at the festival "Balkan Pride" in Tallinn. If you are interested in helping make EEB2 a safer and nicer space for the LGBTQIA+ community and in meeting lovely and passionate students, join the Pride Club!



# PRIDE CLUB



“It's a space where I feel comfortable and accepted, and I know that everybody there will treat me with respect.”

“I go to the Pride Club, because I love seeing people's faces light up when they see a rainbow at our school, or any kind of representation, but mainly because when I was 11 or 12 years old, all I needed was someone to tell me that I was valid and enough, and I hope I can be that person to someone else. I'm lucky to have family and friends who support me and love me for who I am, so I want to be very open and visible about being gay for all those who can't.” - Elsa Godinho de Matos

“I go to the Pride Club, because I want to make the school a more comfortable and pleasant place for the LGBTQIA+ community, and help educate students to eliminate homophobic behavior in the future. Also, I love being around people who have the same values and beliefs as I do.”

# FEMINIST CLUB



Personal Manifestos from its Members

The Feminist Club meets once a week, on Thursday, P6, in room 429. Anyone is always welcome - whether a frequent participant or an occasional visitor. Not sure whether this club is for you? Bring yourself on a Thursday and come and see!

I joined the Feminist Club because I want to help out other girls, both within and beyond the school environment. I find it important to raise awareness, educate, gather funds, and engage in discussions about women's rights and prejudices. The members of the club are inspiring and welcoming, which allows to create a safe space where everyone can freely express their feelings and opinions. Being part of the feminist club fills me with inspiration and gives me hope for a better and more equal future!

-Anon

I am in the feminist club because it makes me feel empowered and I love being around powerful and inspiring women.

-Anon

I am in the Feminist Club because it gives me the opportunity to help out, be active and promote equality, at least in a school environment. I love to help out in the club, it makes me feel like I'm participating in something meaningful and greater than myself.

-Anon

I love coming to the Feminist Club every week. It feels like a break from the challenges of the world and makes me feel included in something purposeful to fight for.

-Anon

I am in the Feminist Club because it is a way to act against the injustices around me and it's great to have a space to talk and carry out projects with people who are like-minded. There is a real sense of unity and seeing the impact of our club's projects on the school is extremely rewarding.

-Anon

BY REPORTER K.

# EEB2ERS – WALKING MODELS.



*An interview with our beloved local fashion critics, the minds behind @eeb2fashionistas.*

*How did it all start? Where did the idea for such a fun account originate?*

*Maria Bargado, the original creator:* The story of how it started is actually quite funny, I have a history of dislocating my knee and not being able to do sports for months. I dislocated my knee sometime in November 2021 and had 3 hours of free periods. I was sitting with my friend Zoe showing her a picture I had taken of my friend Beatrice's outfit, because I thought she looked great (it's the first post ever) and suddenly I thought: "Wait. What if I post this and start an outfit account called eeb2fashionistas?"

Then, Zoe proceeded to tell me that that was the worst idea she'd ever heard and said: "It's gonna flop and it's embarrassing." I did it anyway. I wanted to prove her wrong (and I certainly did).

*A comment from Zoe, the unsupportive friend:* I'm very proud now. It was an excellent and funny idea.

*How does running the account feel?*

Maria: At first we got to play "Gossip girl": everyone was trying to find out who was behind the account and it was amusing the whole year. The posts were funny and it brought people closer together. This account is full of wonderful memories.

*Current owner:* At first I was supposed to run it with two friends of mine who then backed out, because they felt it was too much work. So, I took it on by myself, although I'll admit, I almost backed out too, because being the only one behind the account seemed a bit intimidating at first.

A fun little fact is that two of my close friends sometimes take pictures and send them to me, because obviously I can't always be in the room to take them myself when someone is wearing a dope outfit, so they help me out. It also helps me to stay anonymous - several of my friends have been suspected of being the owners of the account as they've been seen taking pictures of people's fits.

*How do you choose what to post?*

*Maria:* I think the current owner (c.o.) is too nice, my captions were mostly making fun of people in a joking way, not so much praising their outfits. I'd make stupid jokes and people thought it was funny so I kept doing it.

In terms of outfits, I think c.o. sticks to taking pictures of people they are closer to because it's easier.

I would go around and ask anyone, and say "I'll send this to eeb2fashionistas!"

*Current owner:* What I look for in an outfit is: either I'm just like YES. That is, I see the outfit, fall in love with it the second I see it and literally run to the person to ask for a picture. Otherwise, I find the outfit funny/original and think it's worthy of being posted, since it's special and will make people laugh or be memorable.

Another big factor is captions. Since people can submit their outfits themselves, that leaves me to think of a caption. Even if the outfit is flawless, like “omg it’s so pretty”, a good caption is a must. Sometimes I see outfits and just say “omg that’s such good caption material” (I say that word for word) and take a picture of it. Then I’ll dwell on it for a few hours to formulate the perfect caption. Something Maria told me was that funny captions, as well as using both French and English in them, is a necessity. Switching between the two languages makes it more fun, more *eeb2like*, as well as making it harder to guess who’s really writing them.

Another fun fact: if I’m lacking caption inspiration, I text Maria the fit pictures and ask her to help me out. She’s a great caption finder.

*Hot topic: sweats to school.*

*Current owner:* I am someone that judges people that dress in sweats or tracksuits very severely. If someone wears sweats or tracksuits on the street I immediately think “ Why would you wear something like that?” I know it can come across as quite judgemental, but of course, I would never be rude to someone just for wearing that. I would never wear sweatpants, I enjoy dressing up for school.

However, that won’t stop me from posting it. I’ve actually been looking for tracksuit outfits in school. It would give a y2k vibe, which I like and is definitely caption-worthy, easy to think of a joke. I would try to refrain from roasting them.



*How do you choose to whom to pass on the throne?*

*Maria:* Choosing who was going to have the account next or even choosing if I wanted to pass it on was a hard decision. I did it because I thought it'd be cool to see the different generations of people in a few years and see how EEB2's fashion evolved.

Obviously, no one can outdo the doer, our captions were different, the outfits we posted were different, but I think the new owner is doing a good job.

*Current owner:* I have 3-4 girls from S6 in mind, whom I've seen and find incredibly stylish and I feel they'd be perfect for the role. It could also be fun to have a guy run it. A duo is also a possibility. It would be a nice change to not have exclusively girls manage it, especially since I know that one of the complaints the fashionista account gets most is that mostly girls are posted on it which is true, I admit.

*Eeb2ers* have great style and this account is a way to prove it.



Best valentine's day outfit :)

I love the layering, the perfect bagginess of the trousers and the colour matching (beige>>) + the mug is cool.



# LONELINESS IN PUBERTY

By Antoni (S5PLA – EEB1)

Puberty can be a challenging time for anyone, and for some, it can be an even greater struggle due to various factors - like genetics, social environment, or personal circumstances. As a young teenager, you may have felt like you were losing the hormone lottery, or facing other challenges that left you feeling confused and alone. You may not have fully understood what was happening to you or why, which only added to the isolation you felt.

As you grew older and gained more knowledge and experience, you likely made connections with others and began to understand your own struggles and challenges. However, even with friends and a support network, you may still feel lonely and isolated at times. It can be difficult to reconcile your past experiences with your current situation and understand how your unique background has shaped you.

But that's just one way to go through puberty.



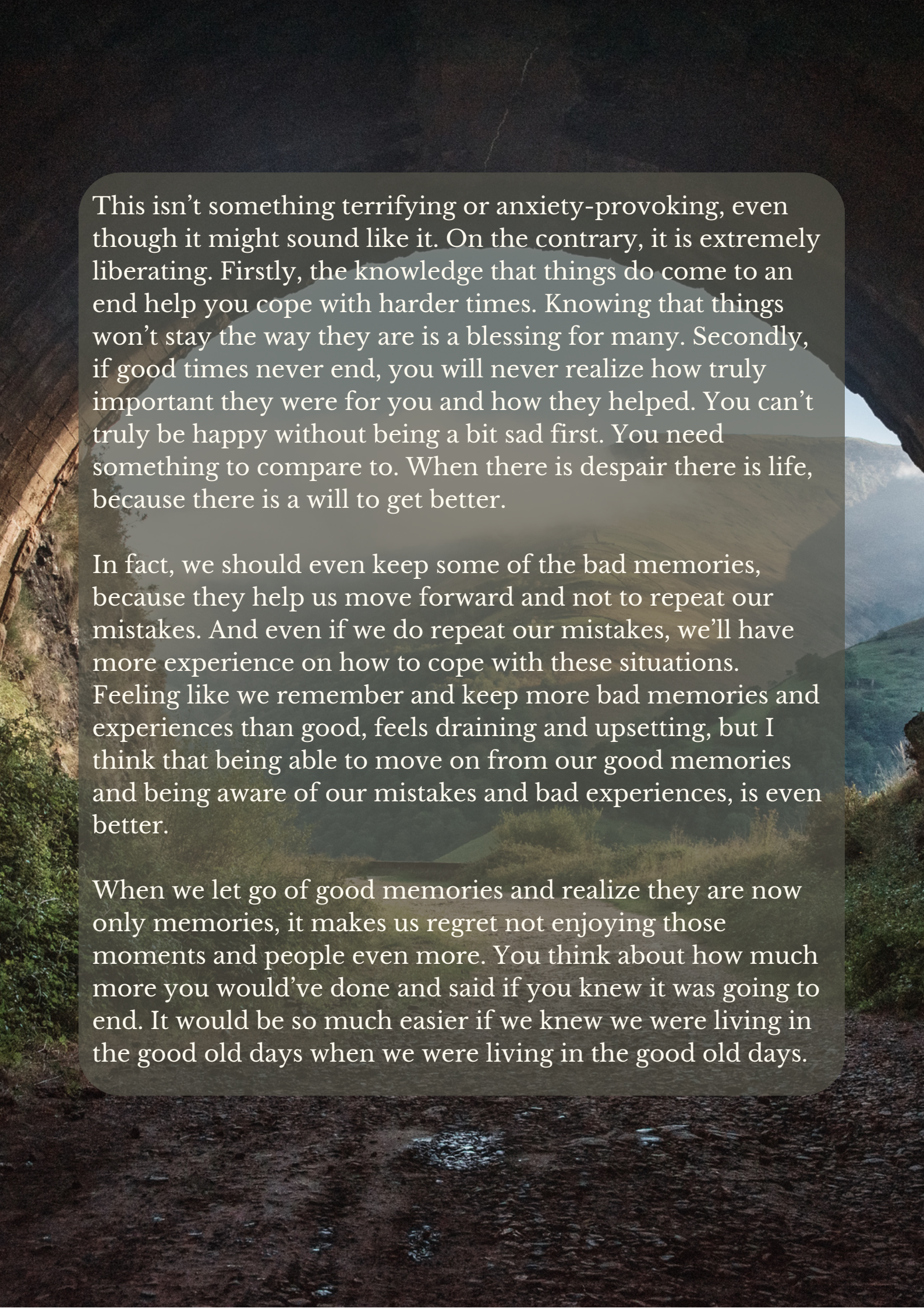
# *It was nice while it lasted, right?*

Olivia Roisin

All things must come to an end at some point. Whether it's a smaller change such as finishing a book, or whether it's the end of a significant period of time for you, like graduation. Ends and closed chapters are natural and healthy. So then why do we humans dread them so much?

People avoid talking about future ends because it makes them anxious. Are they anxious because they don't know what's coming next, or because they are scared they will never experience the same feeling as they are living then? Worse, they might realize that none of it was objectively real, and only a figment of their imagination, a romanticised idyllic version of the situation. It feels like when you're looking for lost time, something you had to give up on, too often you'll realize that it wasn't true.

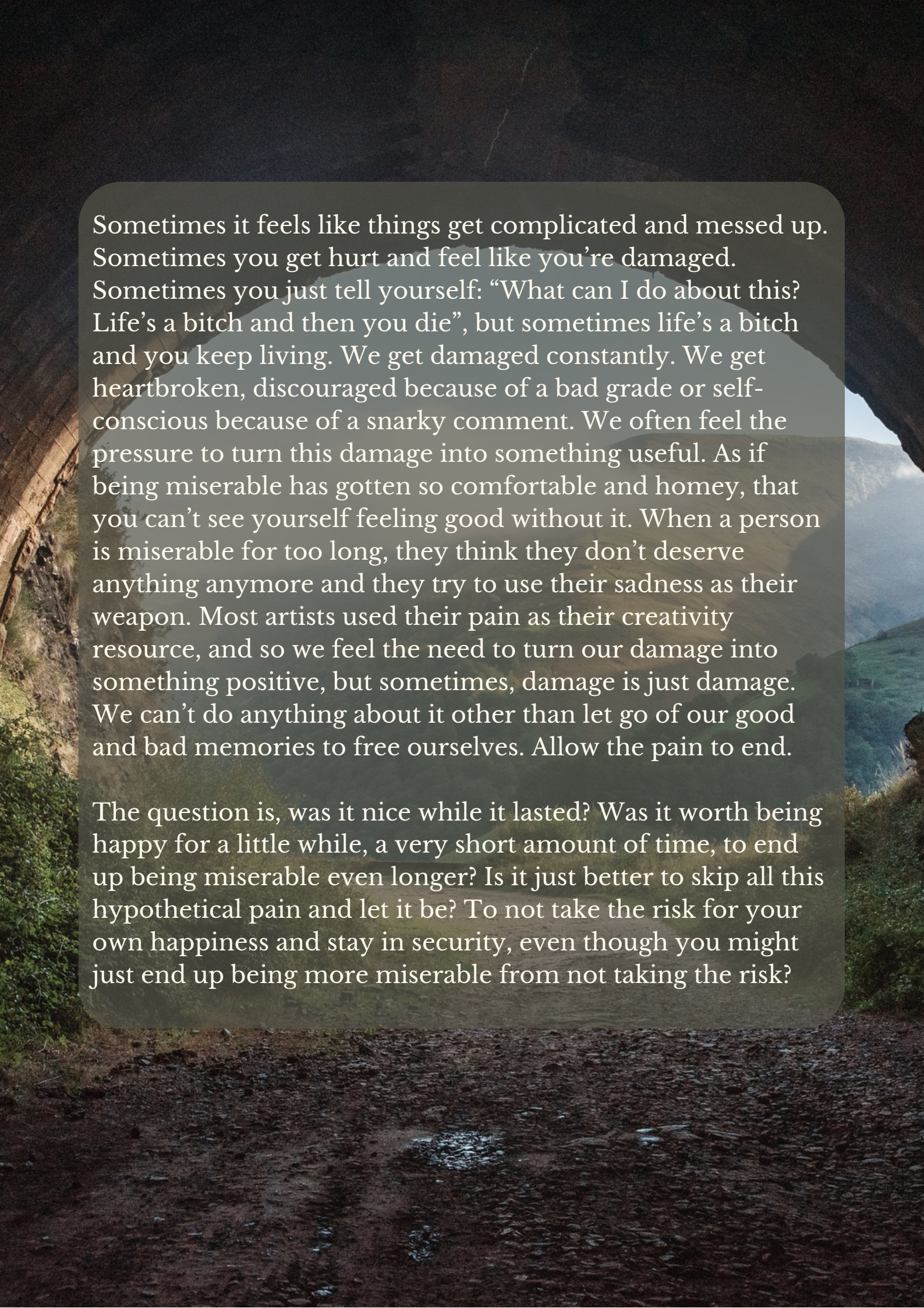
Usually, ends that make people realize their story was more mental than physical, are very freeing. Although they can only be freeing if the person is self-aware of their behaviour. They can free themselves by letting go of those bad and good idealized memories. You must be able to free yourself from bad memories but also from good ones. We can't live in the past and being able to free ourselves from good memories means accepting that they remain memories. It's in the past.

A scenic view of a mountain valley with a dirt road in the foreground, overlaid with a semi-transparent text box. The background shows a dirt road winding through a valley with green hills and mountains in the distance. The sky is clear and blue. The text is white and centered within the semi-transparent box.

This isn't something terrifying or anxiety-provoking, even though it might sound like it. On the contrary, it is extremely liberating. Firstly, the knowledge that things do come to an end help you cope with harder times. Knowing that things won't stay the way they are is a blessing for many. Secondly, if good times never end, you will never realize how truly important they were for you and how they helped. You can't truly be happy without being a bit sad first. You need something to compare to. When there is despair there is life, because there is a will to get better.

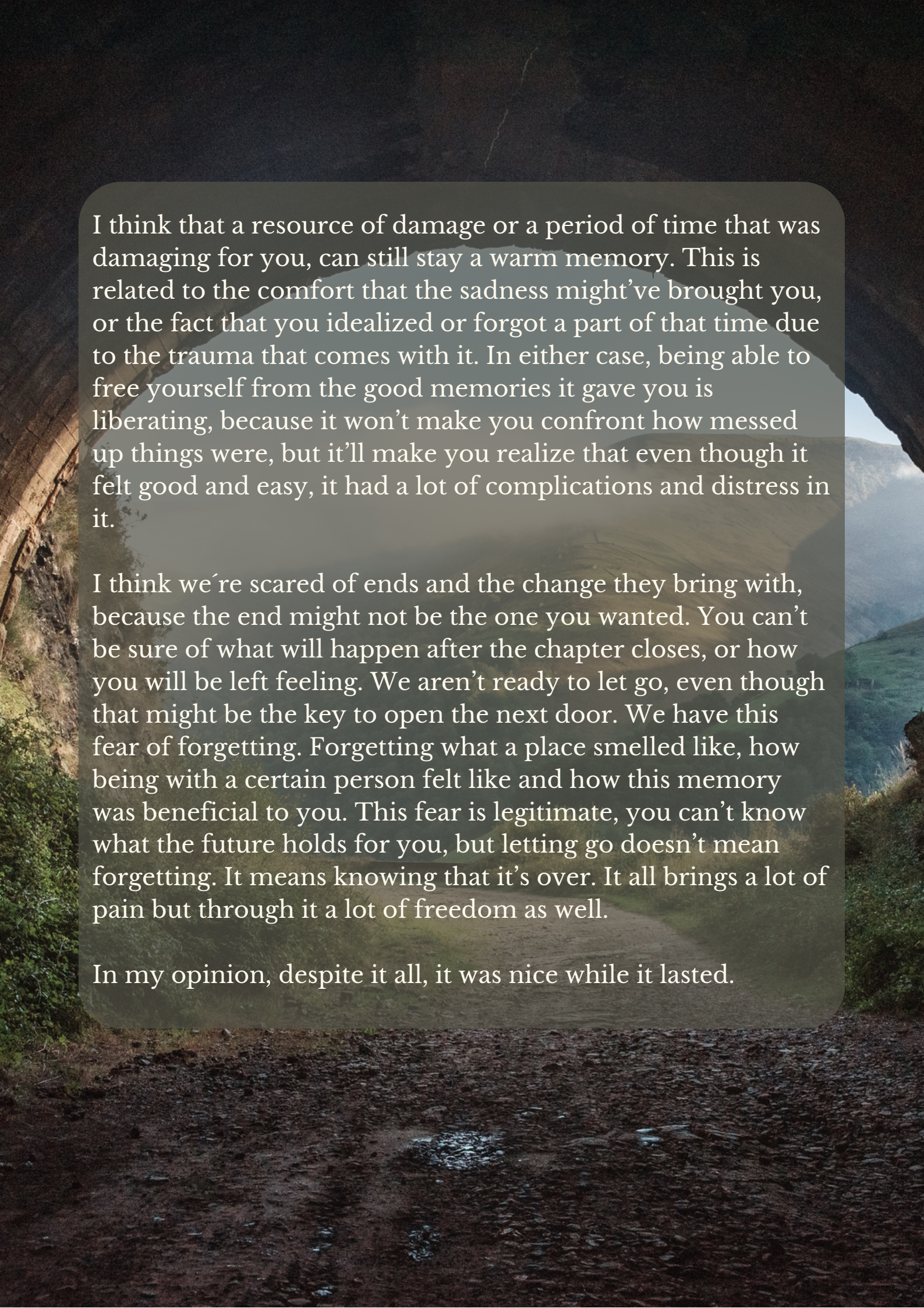
In fact, we should even keep some of the bad memories, because they help us move forward and not to repeat our mistakes. And even if we do repeat our mistakes, we'll have more experience on how to cope with these situations. Feeling like we remember and keep more bad memories and experiences than good, feels draining and upsetting, but I think that being able to move on from our good memories and being aware of our mistakes and bad experiences, is even better.

When we let go of good memories and realize they are now only memories, it makes us regret not enjoying those moments and people even more. You think about how much more you would've done and said if you knew it was going to end. It would be so much easier if we knew we were living in the good old days when we were living in the good old days.



Sometimes it feels like things get complicated and messed up. Sometimes you get hurt and feel like you're damaged. Sometimes you just tell yourself: "What can I do about this? Life's a bitch and then you die", but sometimes life's a bitch and you keep living. We get damaged constantly. We get heartbroken, discouraged because of a bad grade or self-conscious because of a snarky comment. We often feel the pressure to turn this damage into something useful. As if being miserable has gotten so comfortable and homey, that you can't see yourself feeling good without it. When a person is miserable for too long, they think they don't deserve anything anymore and they try to use their sadness as their weapon. Most artists used their pain as their creativity resource, and so we feel the need to turn our damage into something positive, but sometimes, damage is just damage. We can't do anything about it other than let go of our good and bad memories to free ourselves. Allow the pain to end.

The question is, was it nice while it lasted? Was it worth being happy for a little while, a very short amount of time, to end up being miserable even longer? Is it just better to skip all this hypothetical pain and let it be? To not take the risk for your own happiness and stay in security, even though you might just end up being more miserable from not taking the risk?



I think that a resource of damage or a period of time that was damaging for you, can still stay a warm memory. This is related to the comfort that the sadness might've brought you, or the fact that you idealized or forgot a part of that time due to the trauma that comes with it. In either case, being able to free yourself from the good memories it gave you is liberating, because it won't make you confront how messed up things were, but it'll make you realize that even though it felt good and easy, it had a lot of complications and distress in it.

I think we're scared of ends and the change they bring with, because the end might not be the one you wanted. You can't be sure of what will happen after the chapter closes, or how you will be left feeling. We aren't ready to let go, even though that might be the key to open the next door. We have this fear of forgetting. Forgetting what a place smelled like, how being with a certain person felt like and how this memory was beneficial to you. This fear is legitimate, you can't know what the future holds for you, but letting go doesn't mean forgetting. It means knowing that it's over. It all brings a lot of pain but through it a lot of freedom as well.

In my opinion, despite it all, it was nice while it lasted.

# Surviving Uni 101



You might have heard of the slim, delicious carbohydrate called spaghetti. It is one of the easiest foods to cook. If you have just started university and only realise now that you have to fend for yourself, this might just be the article for you. My reason for making spaghetti is a bit different. I put myself in a nerve-racking situation. I want to impress my Italian boyfriend.

Firstly, I place a pot of water on the stove and wait for the water to boil. This might take a while, so go ahead and watch a TikTok video or play some music. Personally, I want to embody the Italian nationality. I will therefore play the song “Fratelli d’Italia”, the Italian national anthem.

When the song is over, I can see that the water is boiling. We can now put the spaghetti in the pot. Oh, and please, for the love of God, do not break the spaghetti in half. You may or may not end up on Italy's blacklist if you do. Instead, put the spaghetti in the pot and wait for half to go soft, then you will be able to bend the spaghetti and get all of it in the water. Ouch! I just burnt myself! Please be careful when you do this. You can now start the timer.

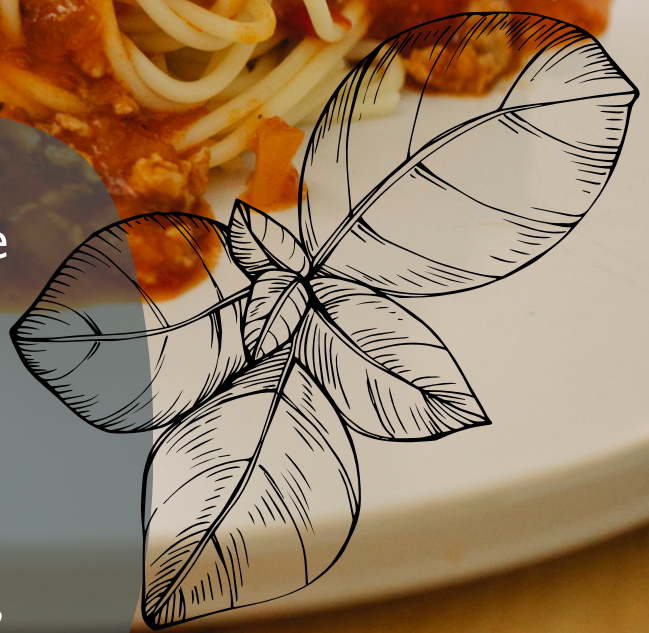


Spaghetti usually takes eight to ten minutes to cook. Look at your box, it should say how many minutes it will take for yours to cook. During this time, the water might overflow. Just tilt the lid of the pot to let some air in. In the meantime, here is a joke for you. A boy went to sleep and dreamt of eating a 2kg marshmallow. When he woke up, his pillow was gone.




Wow, those ten minutes went by fast. It's time to taste test. Mine is still a tiny bit hard. So, I will leave it in the pot for another minute. The next step is to take the pot and throw the pasta in a sieve. After that, you might want to add a sauce. The easiest one is store-bought pesto. And God forbid, you forget the cheese. Go crazy, because let's be honest, you can never have too much cheese.

Once you've mixed the sauce with the pasta, your meal is ready. If you start seeing green, white, and red when you taste it, you've done it right. My boyfriend, for one, loved his meal.




# High heels : are women's complaints about them legit ?




I believe every man or child has heard their mum or wife complain about the excruciating pain of wearing high heels, and yet, so many women continue to wear them. This raises an obvious question, what is the “deal” with them?

Yes, they are uncomfortable. Try walking on only your tippy toes for half the day, then we'll talk. It's simply an unnatural position to walk in, with your heel up. There is a lot of tension in your ankles, since your foot could go sideways very easily. High heels are also extremely unstable. Injuries are likely to occur.

However, who cares about health and comfort anyway? My life motto has always been: “fashion requires sacrifice”. Who on Earth would pick comfort over looking sexy? No one, exactly. In my personal humble opinion, which is the right opinion, high heels are definitely worth the sacrifice. We have band-aids now, put one on and suck it up.





Wearing high heels can be seen as a sign of status, which is super important in our capitalist-based society. You cannot walk a long distance in those bad boys. This implies that you might have a driver. More importantly, if the sole shoe is coloured (like the iconic “Lou boutons”), then oh baby, you’ve spotted a rich girl. No woman could wear them, see the sole get dirty, and not have that break their heart. Those who wear them on the street casually, can most certainly afford a few pairs to change in between.

High heels are magical shoes. They make you walk differently (and by that, I mean elegantly). They boost your confidence; make you feel empowered. Why wouldn't you wear them, when you could actually kill a man with that sharp heel?

In short, I believe that high heels are one of the world's better inventions. The positives heavily outweigh the negatives. Therefore, apart from that one little detail, that they are incredibly uncomfortable and make your feet bleed, women should not complain about the thing that gives them magic powers.

Reporter K.

The power of

# DREAMS

By Isabelle Aversa & FrC

DREAMING IS A UNIVERSAL EXPERIENCE SHARED BY ALL HUMAN BEINGS - AND EVEN BY CERTAIN ANIMALS - ACROSS THE WORLD. THOUGH YOU ARE FAMILIAR WITH THEM, YOU MIGHT NOT KNOW EVERYTHING ABOUT THE SUBJECT.

TO BEGIN WITH, WHAT ARE DREAMS? DREAMS ARE IMAGES AND STORIES CREATED BY OUR MIND WHILE WE ARE ASLEEP. WHILST SOME OF THEM MIGHT BE VIVID, CHEERFUL, OR EVEN REALISTIC, SOME OTHERS - ALSO KNOWN AS NIGHTMARES - MIGHT BE FRIGHTENING, UNREALISTIC AND EXPRESS MUCH MORE NEGATIVE FEELINGS.

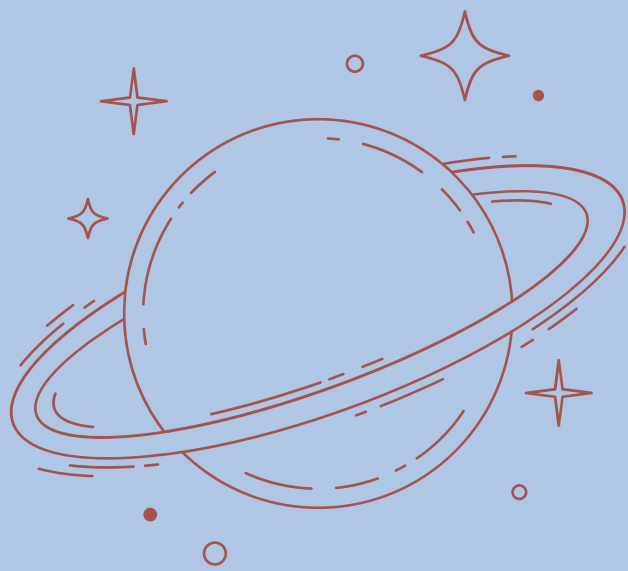


DREAMS IS A CONTENTIOUS TOPIC, SOME SCIENTISTS BELIEVE THEY ARE FUNDAMENTAL FOR OUR EMOTIONAL, MENTAL, AND PHYSICAL HEALTH WHEREAS OTHERS BELIEVE THEY ARE SIMPLY MEANINGLESS AND USELESS. EVEN THOUGH THERE ARE AMBIVALENT VIEWS UPON THEIR PURPOSE, MANY STUDIES HAVE DEMONSTRATED THEIR IMPORTANCE. THEY PERMIT TO INCORPORATE MEMORIES, PROCESS FEELINGS AND ARE A GREAT MEMORY AID.


THERE ARE PLENTY OF THEORIES ABOUT DREAMS' TRUE SIGNIFICANCE. I BELIEVE THE MOST PLAUSIBLE ONE TO BE THAT THEY REVEAL SUBCONSCIOUS THOUGHTS, UNEXPRESSED WISHES, AND DESIRES. IN ADDITION TO THAT, CERTAIN DREAM TROPES WHICH TEND TO BE SHARED WORLDWIDE ARE BELIEVED TO TRANSMIT A MESSAGE. FOR INSTANCE, DREAMING OF FALLING IS USUALLY INTERPRETATED AS A LOSS OF CONTROL WHEREAS DREAMING OF FLYING WITHOUT WINGS MIGHT INDICATE A FUTURE ACCOMPLISHMENT. OBVIOUSLY, CERTAIN INTERPRETATIONS ARE HARD TO BELIEVE, AND WE DO NOT KNOW FOR SURE IF THEY ARE CORRECT. HOWEVER, THEY MIGHT REASSURE US AND REVEAL A TRUTH.

ON AVERAGE WE HAVE 3 TO 6 DREAMS PER NIGHT WHICH MIGHT VARY FROM A FEW SECONDS TO 30 MINUTES. HOWEVER, MOST OF THEM ARE QUICKLY FORGOTTEN WHICH IS COMPLETELY NORMAL! THIS FORGETFULNESS GENERALLY TAKES PLACE DURING REM SLEEP, WHICH IS A UNIQUE PHASE OF SLEEP CHARACTERIZED BY RAPID EYE MOVEMENTS, A PULSE INCREASE AND WHEN THE SLEEPER'S DREAMS TEND TO BE ODDER. "SINCE DREAMS ARE THOUGHT TO PRIMARILY OCCUR DURING REM SLEEP, THE SLEEP STAGE WHEN THE MCH CELLS TURN ON, ACTIVATION OF THESE CELLS MAY PREVENT THE CONTENT OF A DREAM FROM BEING STORED IN THE HIPPOCAMPUS – CONSEQUENTLY, THE DREAM IS QUICKLY FORGOTTEN" EXPLAINS DR. KILDUFF<sup>1</sup>.



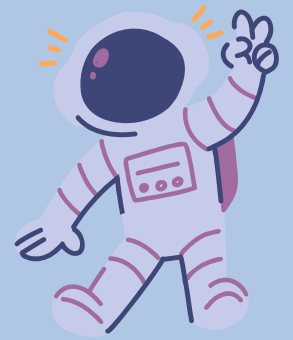
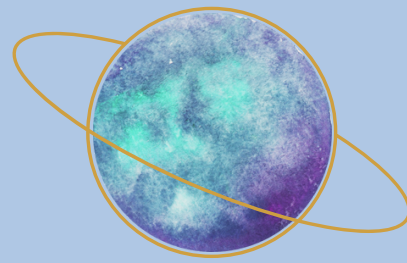


NOW YOU MIGHT BE HAVING THE SAME DREAM REPEATEDLY, ALSO KNOWN AS RECURRING DREAMS. THESE ARE PERFECTLY NORMAL AND COMMON; MAJORITY OF THE POPULATION IS FAMILIAR WITH THEM. HOWEVER, SOME MIGHT BE RECURRING NIGHTMARES. THESE NIGHTMARES MIGHT BE PROMPTED BY STRESS, ANXIOUSNESS, OR BY SOME UNPROCESSED TRAUMA. THOUGH THEY ARE PERFECTLY NORMAL, THEY PROBABLY ARE NOT PLEASANT AND PUTTING AN END TO THEM WOULD SAVE A LOT OF STRESS. SO, IS THERE A SOLUTION? MUCH RESEARCH HAS SHOWN THAT ESTABLISHING A CONSISTENT, RELAXING ROUTINE AND IMPLEMENTING GOOD SLEEPING HABITS BEFORE BEDTIME ARE FUNDAMENTAL TO STOP THEM. BESIDES, EXPRESSING THIS DREAM OUT LOUD OR BY WRITING IT DOWN COULD BE ANOTHER OPTION. IT PERMITS TO FIND OUT THE PROBLEM'S ROOT AND EVACUATE THE NEGATIVE FEELINGS WHICH COME ALONG WITH.

An illustration of a person with brown hair in a bun, wearing a white long-sleeved shirt and dark pants, sitting on the edge of a large, purple, textured planet. The person is looking up at a large, detailed moon in the sky. The moon is grey and white with various craters and features. A bright yellow star is positioned between the person and the moon, with two long, curved yellow lines trailing behind it, suggesting a shooting star or a comet. The sky is a light blue color, and there are several other yellow stars scattered throughout. The overall scene is dreamlike and surreal.

THERE IS ANOTHER TYPE OF DREAM CALLED "LUCID DREAMS". IT IS BASICALLY WHEN THE DREAMER IS AWARE THAT THEY ARE DREAMING AND CAN CONTROL WHAT HAPPENS DURING THEIR DREAMS. SOMETIMES IT HAPPENS INVOLUNTARILY. HOWEVER, NOWADAYS MANY PEOPLE TRY TO TRIGGER THEM. NUMEROUS TECHNIQUES EXIST TO DO SO. FOR INSTANCE, THE MILD METHOD NOTABLY KNOWN TO BE EFFECTIVE CONSISTS OF WAKING UP AFTER 5 HOURS OF SLEEP, TELL YOURSELF "THE NEXT TIME I'M DREAMING, I WILL REMEMBER THAT I'M DREAMING." AND FALL BACK TO SLEEP AFTERWARDS. REGARDLESS OF HOW FUN THEY MIGHT APPEAR LIKE, RESEARCHERS DO NOT PROMOTE TO INITIATE THEM DELIBERATELY. THEY CAN DISTURB A GOOD QUALITY OF SLEEP AND HAVE REPERCUSSIONS ON MENTAL HEALTH.





FINALLY, DAYDREAMS ALSO EXIST. THEY ARE SLIGHTLY DIFFERENT SINCE THEY HAPPEN WHEN OUR BODIES ARE AWAKE. IT IS WHEN SOMEONE ZONES OUT AND CREATES A PLEASANT SCENARIO IN THEIR HEAD, JUST LIKE A FANTASY. SCIENTISTS HAVE PROVED THEY WERE BENEFICIAL FOR MENTAL HEALTH THANKS TO THEIR ABILITY TO REDUCE STRESS, THEIR BOOST OF CREATIVITY, ETC.

THERE ARE STILL MANY MYSTERIES ABOUT DREAMS AND QUESTIONS TO BE ANSWERED. AS FOR THE MOMENT, WE KNOW FOR SURE THAT THEY ARE HEALTHY AND HAPPEN EVERY SINGLE NIGHT THOUGH WE FORGET MOST OF THEM. THEY ARE DIVIDED IN DIFFERENT CATEGORIES SUCH AS DREAMS, NIGHTMARES, RECURRING DREAMS, LUCID DREAMS, AND DAYDREAMS. HOPEFULLY THIS ARTICLE WILL HELP YOUR SLEEPLESS AND RESTLESS NIGHTS.

# POETRY

Margaretha Lind

Jahst ißk et finarib in dia rarisita Welt,  
Gud kinnen Obffind garommare,  
Din freifstet G... 20. 10. 18... I fild  
Din Donner, di...  
Wann rarisit 22.

Margaretha Lind.

hanim daß in  
de ißk det Gran

O Lirba, ma  
O Lirba, ma

Jahst ißk et finarib in dia rarisita Welt,  
Gud kinnen Obffind garommare,

Din freifstet G...  
Din Donner, di...

...am supravieţuit, aceste  
...trecurt în  
...precise. Un  
...din  
...Horatiu.  
...Con-  
...pe cale  
...ad-  
...mire,  
...convenţională  
...răs-  
...modul

...ai  
...vâzut  
...din  
...In  
...cum  
...fiind-  
...ceea ce  
...intr-  
...cele  
...pe  
...Pe  
...Jumătătea

OBSERVATIONS  
FEELINGS  
MEMORIES

# WHY I MOVED TO THE COUNTRY

EMA STRATILATOVAITĖ

There is a ghost in the city  
The torment does not seem to end  
She haunts me in the places we had gone  
She haunts me in the faces I see  
In the words, I remember her saying

I cannot visit the city anymore  
For it belongs to her  
I cannot walk the street without hearing her yell at me  
Without tasting her lips  
I cannot visit the city anymore  
For she will chase me out of it

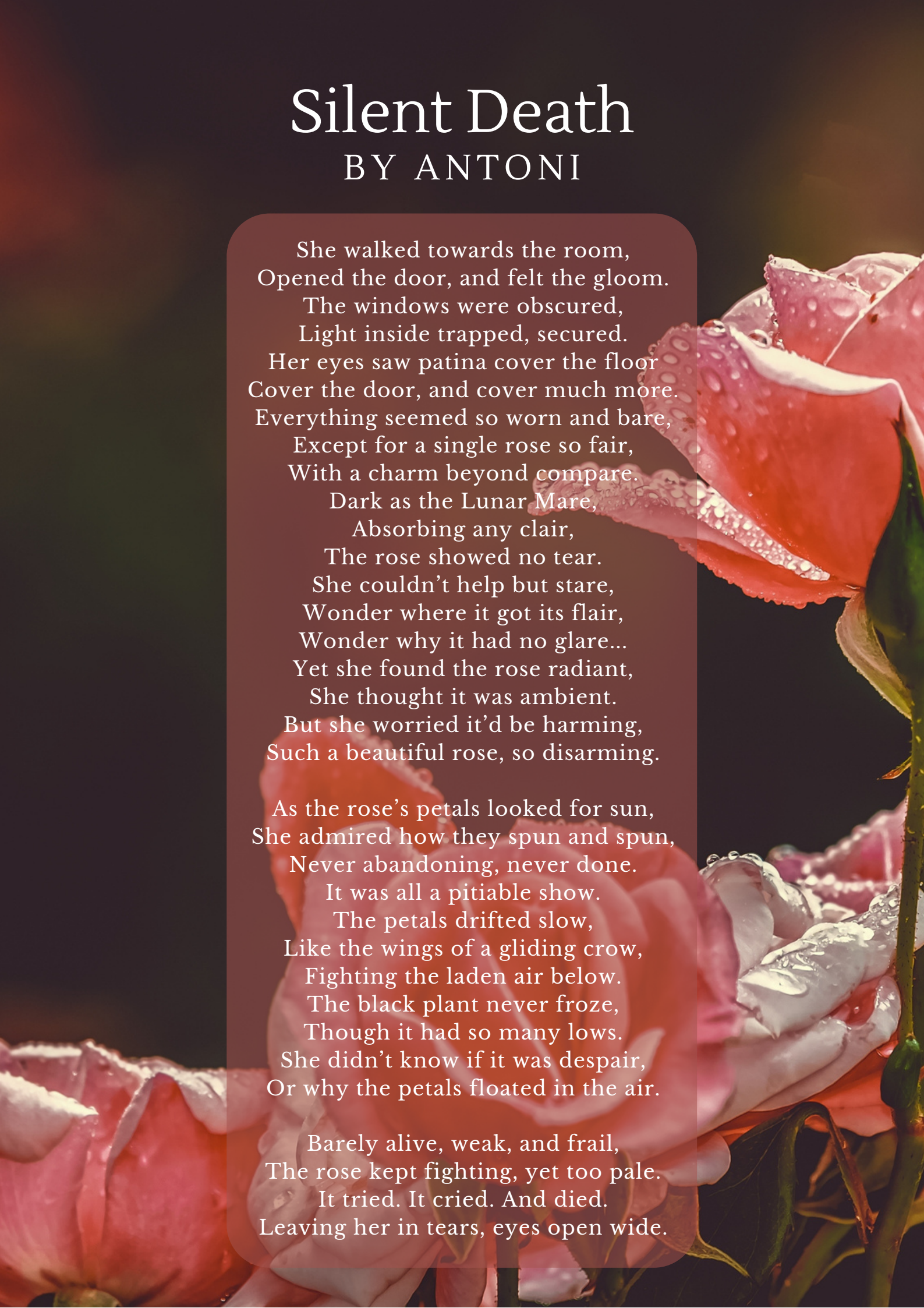
I have tried to wipe her off me  
But she seems to stay  
No matter how much of my skin falls away  
She is always there  
And she has touched me in ways I have not allowed

Someday she will disappear  
And this city will just be a city  
These places will just be places  
And my skin will be mine again  
There will be traces of her touch  
Of her stay  
But it will not matter  
Because I will not recall her name

I cannot stand this city  
And it is not its fault  
And it is not mine either.

# Silent Death

BY ANTONI



She walked towards the room,  
Opened the door, and felt the gloom.  
The windows were obscured,  
Light inside trapped, secured.  
Her eyes saw patina cover the floor  
Cover the door, and cover much more.  
Everything seemed so worn and bare,  
Except for a single rose so fair,  
With a charm beyond compare.  
Dark as the Lunar Mare,  
Absorbing any clair,  
The rose showed no tear.  
She couldn't help but stare,  
Wonder where it got its flair,  
Wonder why it had no glare...  
Yet she found the rose radiant,  
She thought it was ambient.  
But she worried it'd be harming,  
Such a beautiful rose, so disarming.

As the rose's petals looked for sun,  
She admired how they spun and spun,  
Never abandoning, never done.  
It was all a pitiable show.  
The petals drifted slow,  
Like the wings of a gliding crow,  
Fighting the laden air below.  
The black plant never froze,  
Though it had so many lows.  
She didn't know if it was despair,  
Or why the petals floated in the air.

Barely alive, weak, and frail,  
The rose kept fighting, yet too pale.  
It tried. It cried. And died.  
Leaving her in tears, eyes open wide.



# FT

BY VADIM RUDIC

Interviewer: What do you think is your biggest advantage?

Him: My eyes. Not because of how they look. Because of what they saw. You can tell what they saw, why they saw it, it's quite easy. What they listened to, what inspired them. Why it did, why it changed them and how it did. They're dark but that doesn't matter, what gives them power is what's behind. Understand how they shaped the person they belong to. Look at them, it's easy to understand who I am by understanding what they saw.

Daddy issues kept him competitive, mental stability met talent. Looking through those eyes, not at them, like an open book but somehow used to the no-looks. Pride, he learned to keep it, never lost it. Hear his emotions- he'll never express himself. He didn't have anything special compared to others, but look in his eyes, and you see he planted his roots, grew. Made it like a hitman and he'll hit a man if it's reasonable. It made relationships seem foggy, never attached to none. Grown men with daddy issues.

THANK  
YOU!

Thank you so much for reading and supporting this issue. Our team has worked hard to bring it to you!

