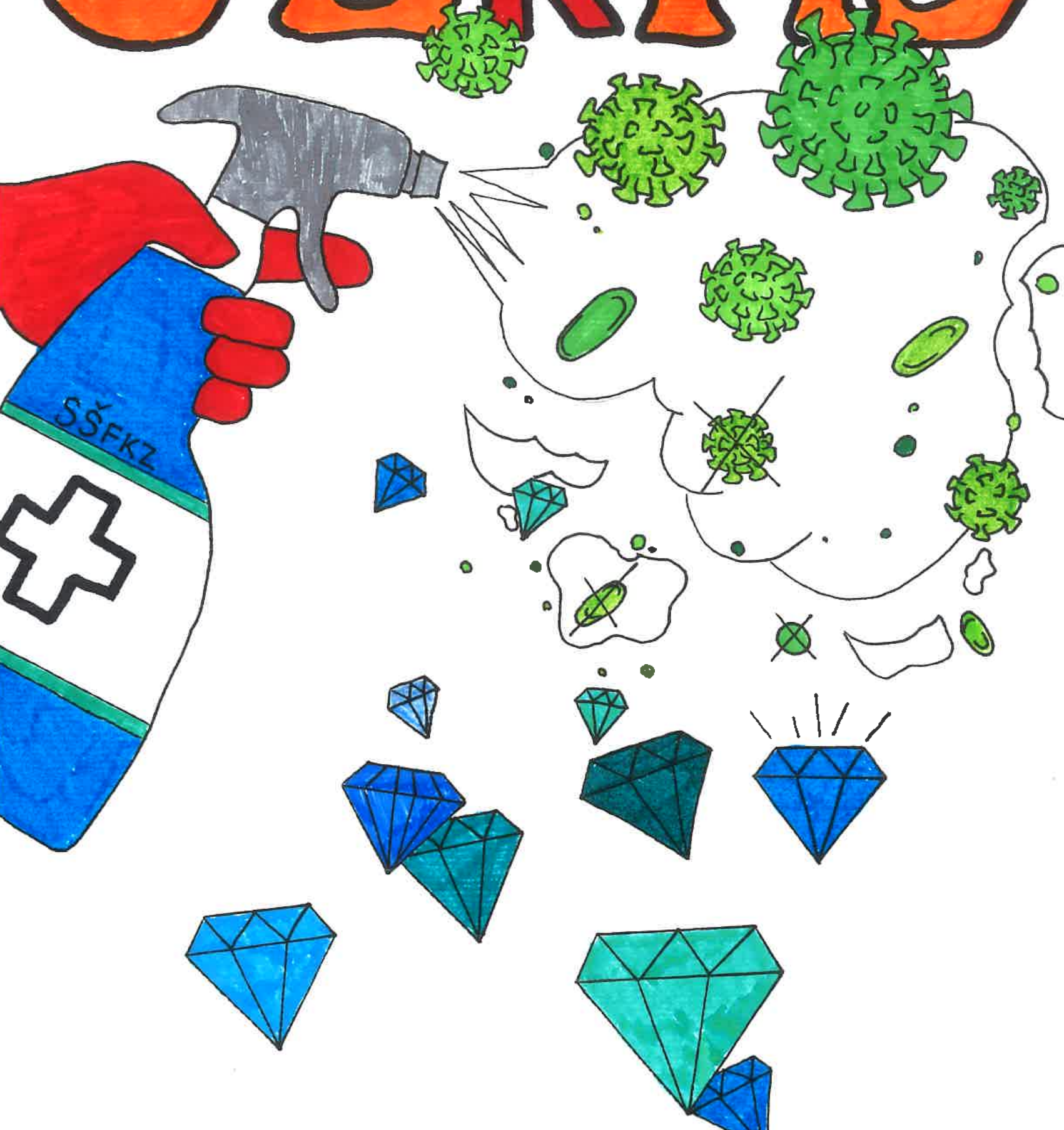
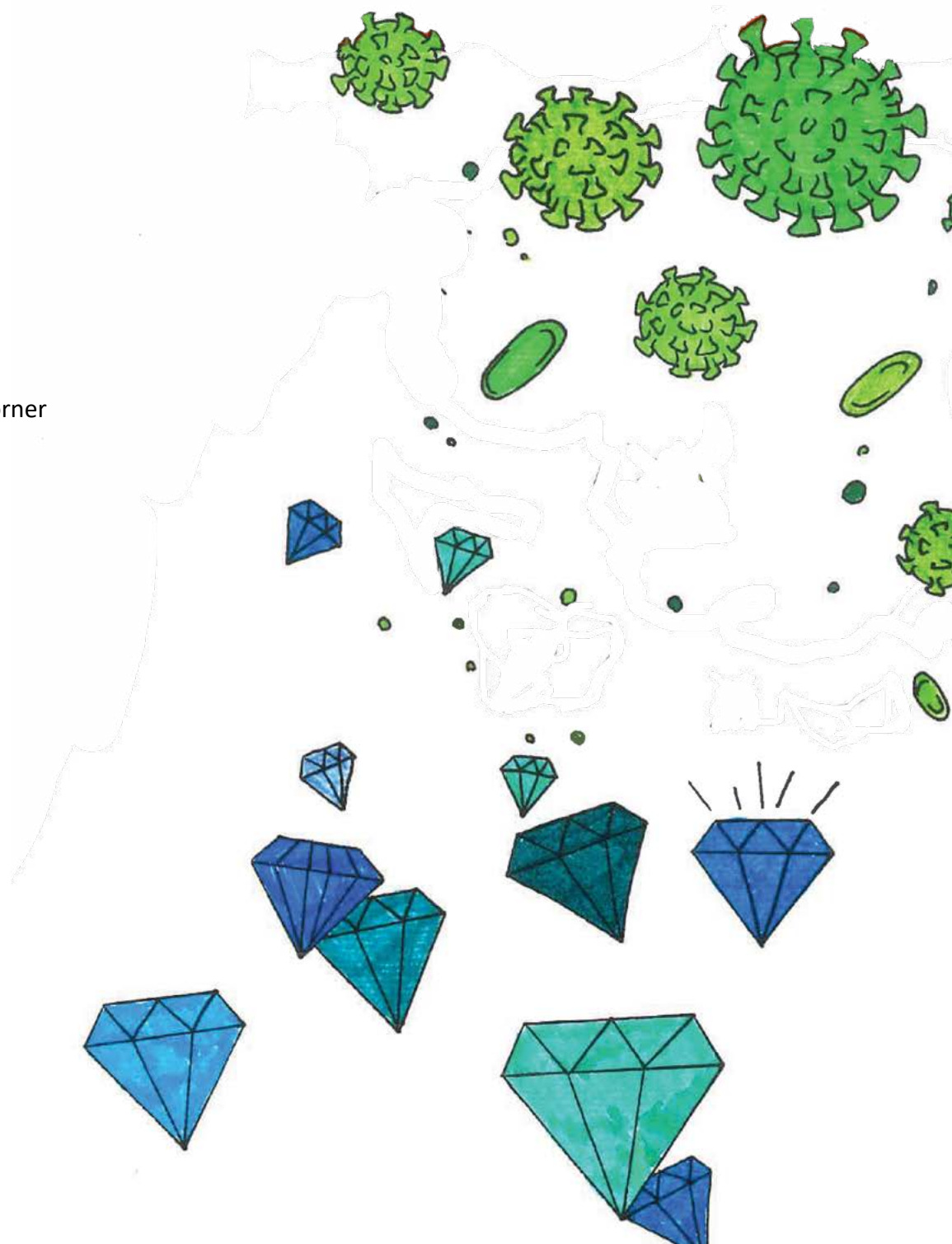


# GERMS



# GE(R)MS INSIDE

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## Editorial

The eighth issue of Ge(r)ms is here. Our male students discuss how useful/useless gaming is; there are essays about various types of addictions and their harmful consequences; different stages of life with their joys and problems are written about; and the call (written and drawn) to help the environment is included. The first-year students write about various experiences they have gained doing sport or playing musical instruments. The Globetrotting section contains detailed descriptions of the school trip to London, from seeing the most popular sights to tasting some of the traditional British dishes, and some other European cities have been visited for pleasure or educational purposes. There are some poems and stories as well as some film and book reviews. In the Beauty and Health Corner, you can read about the importance of sleep, homeopathy and much more. As usual, our talented illustrators have helped make the magazine look much more interesting.

Helena Doberšek

# STUDENTS' OPINIONS

## IS GAMING ACTUALLY A USEFUL SKILL (OR JUST A WASTE A TIME) ?

### PRO

There are a lot of ways gaming can be a useful skill. For example, a lot of people make a career in gaming. They post videos on YouTube and get ad revenue or some companies pay them to play their games and post the videos on YouTube. Some people live-stream on Twitch, which is a live streaming website, so people can watch them play. On Twitch, people also donate money to their favourite streamer. Some people even join an e-sports team which is like a sports team, just for videogames instead of sports. There are a lot of competitions where people can win big money in the gaming industry. Some games that are most popular in e-sports are Fortnite, Call of Duty, CSGO and League of Legends. Also, there is a study that gaming can improve reaction time as well as memory.

But like always, there are also some arguments against videogames, for example: they make children violent; gaming melts your brain; it makes you stupid; you waste a lot of time. I honestly disagree with every single one, except the last one. Yes, you do waste a lot of time.

Also, some people like playing video games because it's an escape from reality, and that IS a bad thing in my opinion. But not for the reason you think. It's okay to want to escape

from reality, but it's not good if that is all you do. Because over time that becomes an obsession, and as we know, obsession is not good. You can become so addicted that you forget to eat, sleep or drink. It even removes the need to pee and poop, which can cause severe body problems.

So you see, gaming is good or bad, depending on the amount of time you dedicate to it.

Nik Novak, 2. Fa

### PRO

Today there is a big base of people who play videogames, from young children to adults and even old people who have time. This debate whether it is good to play games and not do any other 'important' stuff has been present a long time among us.

If you ask me, it depends really just on a person. For example, some people play games and make a living out of it, they also record themselves while playing games and post it



on social media. This opens a new door for them: the more people they get to follow them and donate to them, the more money they make and grow their fame in the world of gaming and social media.

On the other hand, it takes a lot these days to become financially independent if you just play games. There are also people who learn a language while playing, while some improve their other skills (but I do not think that these help you in other areas).

However, to counter that money-making career out of gaming we still have people who just play to have fun and of course they waste a lot of time. But we cannot blame them because it's what they want, plus if we say that is a waste of time, we can also say cooking is a waste of time because why don't you just go to a fast food restaurant and buy a burger?

Finally, I must say that the argument that you don't learn any new skills definitely won't stop people because most of them play for fun and we can't blame them.

I could write more about types of people who could destroy their life by being lazy and just play videogames, but we'll leave it at that.

Said Džinović 2. Fa

## CON

A huge problem of today's generation is gaming. Arguably, the biggest problem when it comes to forming some of basic social skills.

And that is one of the reasons that gaming is ruining people's lives. They are not learning and experiencing the minimum of social connection. For example, looking a person

in the eyes when talking, forming bonds, being friendly and so on. Gaming cuts that out because of non-personal conversation, with less to no physical touch. And I haven't even started with disadvantages for gamers' health and the problems that too much sitting causes.

But in spite of many scientifically proven cons of gaming, there is still a good side to gaming. You can spend time playing games with your friends and having the time of your life. You can find idols in gaming industry that you can follow and compare yourself to.

To sum the whole thing up, I think that gaming can't bring the best version of you. It stops you from making many real-life memories because you spend time with fictional characters.

So yes, do what you enjoy doing, but don't forget to try new things from time to time.

May Jerko Trkaj, 2. Fa

## UNDECIDED

Gaming is currently a hobby of many teenagers and older people as well. It has been a very popular thing for quite a long time. It can span a playtime of one hour to as long as a whole day (for streamers). I don't know if there is even a real definition of the word 'gaming'. I think it's just a slang word.

On the one hand, gaming can be positive. Some people have made a whole career in gaming, like big YouTubers and streamers that get paid big bucks by sites where they record themselves playing live or upload videos. Secondly, gaming involves meeting new people who play the same game you

play. For example, I met a German while I was playing and we've become good friends and have also seen each other in real life. It is also good for developing different skills. For example, people who play strategy games can make better decisions, FPS (First-person Shooter) games improve awareness and survival games make people more creative. And finally, people are gaming just because it is fun.

On the other hand, there are severe cons about gaming. It's very addictive and some games require better equipment to run properly and that costs a lot of money. Secondly, it damages your eyesight if you are gaming too long. Other people can impact you as well, for example mean or 'toxic' people tend to bully other players for being bad or worse at the game than they are. Finally, there are a lot of microtransactions and other things you need to pay real money for. And sometime, players can become very aggressive.


To sum up, gaming has a lot of pros and cons. I personally play a lot and it has an impact on me too, so it makes it hard for me to pick sides here. I guess, everyone has their own opinion on gaming and stands for different sides.

Tian Koražija Teglav, 2. Fa



## **ADDICTIONS - ITS NOT JUST DRUGS OR ALCOHOL**

An addiction is the body's dependence on a certain substance, but drugs and alcohol aren't the only things that you can get addicted to. These days, addictions are far more common than back in the day. It feels like nowadays almost everyone knows someone who struggles with an addiction of some kind.



Firstly, I think that more people are addicted to food, or more specifically sugar, than to alcohol or drugs. This type of addiction can start at a very young age and last a lifetime. Many studies have revealed that sugar can be just as addictive as drugs if consumed in large quantities on a regular basis. In addition to sweets, many savory fast food items such as hamburgers contain large amounts of unnecessary sugar. As a result, people eat sugar without even knowing or tasting it.

Furthermore, you can also become addicted to certain activities, such as playing video games. This addiction can be just as dangerous as drugs because it has been proven that violent games encourage aggressive behavior in those who play them. Therefore, people are angry or even have breakdowns if, for example, their parent doesn't let them play or limits their access to them.

In conclusion, I believe that there are many types of addictions and you can be addicted to almost anything when you consume excessive amounts of it. That just goes to show that you really can have too much of a good thing.

Laura Živec, 4. Fc

## **ADDICTIONS – IT'S NOT JUST DRUGS OR ALCOHOL**

When discussing the topic of addiction, many people tend to immediately think about drugs and alcohol. In this essay I want to discuss how addiction is not only connected to drugs and alcohol, but there are other types of addictions that can also have a very negative impact on mental health.

It cannot be denied that drugs and alcohol are one of the main substances people become addicted to. It often starts at a young age, I saw it with my own eyes. Being a student in high school, I have many friends my age, whom I have known for years now. Through my high school years, I have noticed some of them started doing drugs and getting drunk. I believe they claim it's because of stress and school or just life in general.

When we see people around us change like that and start using substances, the first thought that comes to our mind is addiction. While it is indeed an important topic, I find myself flabbergasted at how many people don't notice other addictions so fast. In my friend group alone, it has come to my attention, while hanging out with my friends, that there are many other addictions that also need to be talked about.

Firstly, I want to talk about the addiction to social media. People may not think of it as something dangerous, but I assure you it is. Everyone is trying so hard to look perfect on social media. They project a lie to the whole world. They want to make people think that their life is perfect. They use various programs to retouch their photos and change their entire body and face. It makes them feel prettier. I know a girl who doesn't even want to go out anymore, because she doesn't want people to see what she looks like in real

life. She is a totally different person online. Cases like this leave me extremely sad. It is all because of celebrities and influencers that post unrealistic photos of themselves and set an impossible standard of beauty for the world.

I would also like to mention the addiction to make up. Most girls these days cannot go out without it because they feel ugly. At first, when I was told this, I was left discombobulated, but to be honest, I am starting to experience the same thing. It started off as a little bit of spot concealing, because I have acne, but with time it turned into a full face of makeup. For a few months I haven't been able to go out without makeup, because I have felt so bad about my acne. It is a widely spread addiction among girls, but not many people notice it.

I suppose the main reason why we don't talk about these types of addiction is because they don't look important. I agree that drugs and alcohol are more dangerous because they not only affect your mental health, but also your physical health. That is not to be denied. But I claim that the addictions I have mentioned (social media, make up), are also very important. They greatly affect mental health, especially of the youth. We should be more conscious of it.

In conclusion, I think we should not only talk about drugs and alcohol when it comes to addiction. We should bring up the theme of addictions that have a great impact on today's youth, especially their mental health. I urge the education system to dedicate more time in school to teaching the young how to love and accept themselves.

Adea Seferaj, 4. Fc





## TECHNOLOGY MAKES YOU LONELY

Some people say that in the future technology will be the main topic of all conversations. They say that it makes us lonely and that we should stop its fast development as it apparently, in their opinion, causes more harm than good. But isn't technology very useful when it comes to different situations and can actually help us connect with other people?

On the one hand, I agree with the title. I think that younger generations are not used to living without technology, which they can't be blamed for. But some parents still allow a bit too much. In the past, children used to play outside a lot, hang out with their friends, play board games ... but children these days, now when technology is everywhere around us, can just sit behind their desk, open the computer, play a videogame with their friends on the other side of the screen, but still be alone. At the end of the day as they close their computer, they are still by themselves all alone in their room. And that is the side of technology that is often overlooked. Children don't feel lonely as long as they are using technology, but as soon as they stop, they have no one to talk to and no real friends that they could turn to with their problems. And due to that some children start feeling lonely to the point that they become miserable, or even have some mental problems such as depression.



On the other hand, I don't fully agree that technology makes us lonely. In some cases, it does the complete opposite. An example of that would be people who don't have luck in finding a partner the usual way. In that case technology might come in handy. Fortunately, there are apps or internet sites used for online dating. And some people might be lucky and find a partner there. Even though you should not at first completely trust the person on the other side of the screen, as there might be traps, there are some people who have actually found their lifelong partner online. And that is how technology has actually helped them not to feel lonely, which proves that technology isn't always so bad.

In conclusion, I still think our lives shouldn't completely revolve around technology, but it is a fact that with the help of technology a certain situation is sometimes much easier to deal with. With that in mind we should know when to use it and when to stop.

Jerneja Malovrh, 4. Ka



## **ADVERTISING TARGETED AT LITTLE CHILDREN SHOULD BE BANNED**

Nowadays there are more and more new products intended for the usage of different age groups and therefore the amount of advertisements on different media types is increasing as well. Personally, I think people targeted by advertisements should be old enough to understand the advertised product, consequently little children should be excluded from being the targets.

Firstly, little children are easily influenced, and once they desire something, they can go to great lengths to achieve it. That mainly consists of throwing tantrums and inconveniencing their parents but in the end the results are all that matters. Parents yield to their requests and present them with the object of their desire. Once they obtain the product, children may be happy for a little while, but their certain age group is not known for having a long attention span and will therefore soon find another interesting thing to occupy their little mind, most likely by numerous advertisements.

In addition to this, the product may even cause them harm. For example, long usage of electronic devices may cause addiction and perhaps bad eyesight whereas eating large amounts of various sweets can lead to dental complications, etc.

On the other hand, getting new toys to play with can make children happy and cause them to develop new hobbies, discover new talents and set new goals for their future.

In conclusion, adverts targeting at little children bring more harm than not and should at least be limited if not banned. Companies should direct their focus on showing their

product to the parents not their toddlers, for in the end the adults are the ones purchasing it and dealing with the joy and/or problems caused by it.

Valentina Jemec, 4. Fa

## **CHILDREN NEED THEIR PARENTS' PRESENCE MORE THAN THEIR PRESENTS**

It goes without saying that everyone needs to feel loved and wanted in their life, especially children. Tiddlers also need a lot of attention from their parents and family, but unfortunately, nowadays a lot of parents don't have a lot of free time, so instead, they buy their children presents to keep them occupied while they're absent.

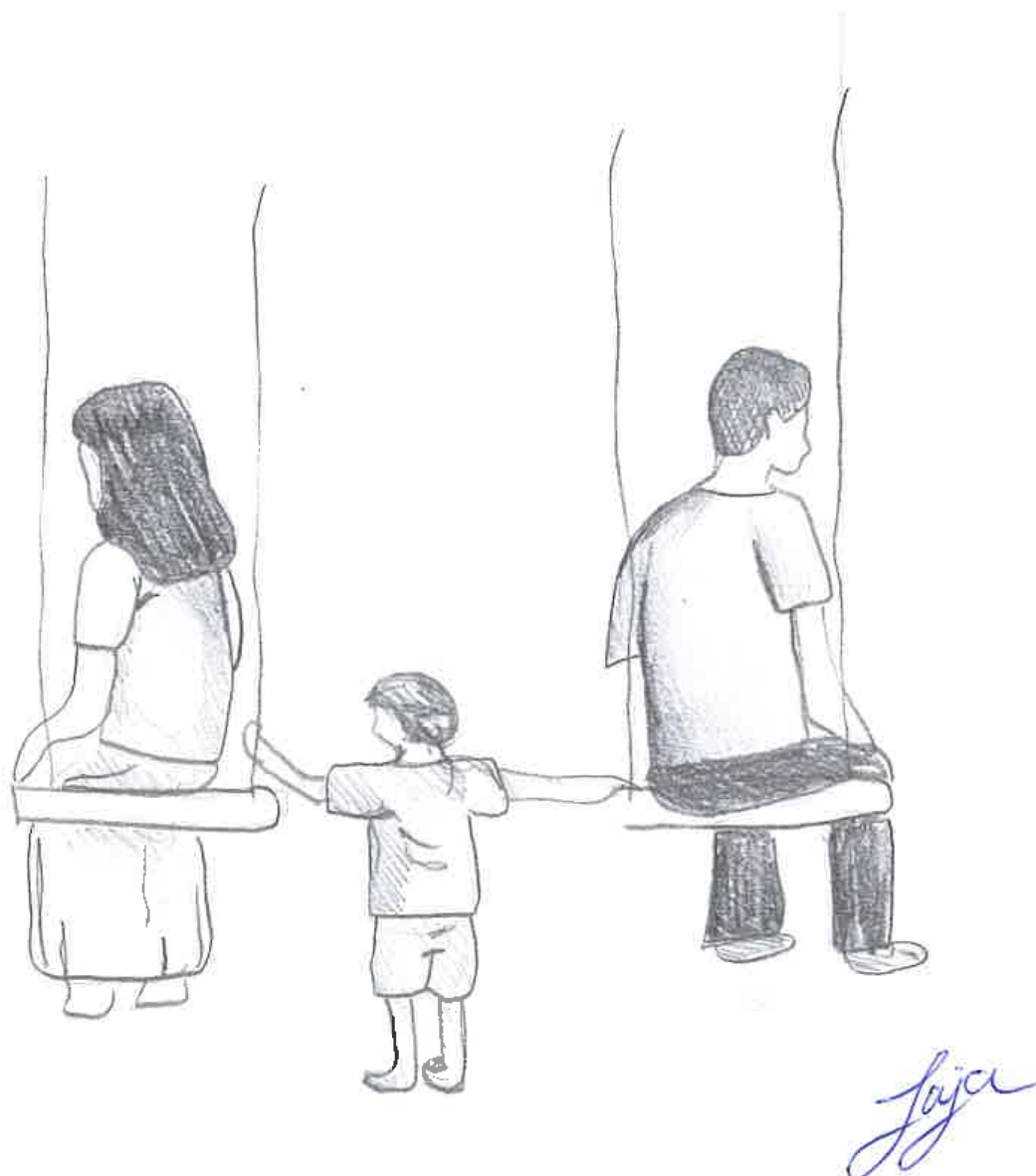
Firstly, let's take a look at how parents' absence affects tiddlers. As I've mentioned earlier, children need their parent's love, affection and attention as they're growing up. So if parents can't give them those things, children tend to search for them in other things or people. Of course, parents can fill that void with presents, but not for long or without any consequences. For example, at this time and age, a lot of parents buy their children electronic devices such as mobile telephones or computers, and consequently many children become addicted to mobile games. They also have access to the Internet at a very young age, which undeniably isn't good for them as there are all sorts of things that can be harmful to them and can affect them mentally. There are also a lot of bullying and dangerous people on the Internet to which children can be exposed.

Furthermore, parents' absence can have a negative effect on teens too. Because when teens go through puberty, they need a lot of parental control and attention, so they don't

choose the wrong path in life. If their parents can't provide them with that and only buy them presents, juveniles might feel neglected and search for these things in any sort of people or things.

To sum up, I believe that if parents decide to have children, they are obliged to provide them with everything they need: from love, affection and care, all the way to quality time, and also some presents, otherwise they can harm their children for the rest of their life causing trauma or any other psychological problem.

Leyla Eisenhut, 4. Fc



## EARLY CHILDHOOD IS THE HAPPIEST TIME OF OUR LIVES

As an adult or a young teenager, you often look back and think about your past as a child. The bad moments seem not so bad anymore, however, do they really have no impact on you now? If you had happened to have a 'perfect' childhood, you might just be one of the few, but if there had been a traumatic experience at an early age, you may be struggling with that even now.

Firstly, I would like to mention that the way parents treat their child is usually the reason for a child to turn out good or bad. For example, if a child is allowed to express their opinion at home, there is a high chance he will be able to make friends quickly. Good communication is the key to understanding child's needs and wishes. As you're growing up, building a healthy character is pretty important.

Secondly, I agree that childhood is a phase of innocence, with no duties or worries. The priority is learning about the world around you, even if you don't know yourself as a person yet. Another reason why childhood could be the stage of joy is because you probably get attention all the time and don't have to worry about a single thing. You are simply dependent on everybody else to take care of you and make sure you feel loved.

On the other hand, being surrounded by abusive people can affect you deeply and leave some ugly scars. We cannot deny that a child growing up in a poor area with no food, water or even parents can be happy. But there are also many children that are well taken care of, and still have bad parents. If we look at statistics, many children with a single parent tend to have commitment issues or have problems with stealing or even drug

dealing. So something that happened in the time of your childhood, has affected your morals now. Even if you didn't realise it back then, it could be something that's buried in your subconscious. Moreover, having two parents isn't always ideal either. For example, there could be a family where a father puts pressure on his children and is also abusive to his wife. There is a 50% chance that the child could pick up on that behaviour early on.

Essentially parents are the ones who affect us the most, but we have to shape ourselves in the future. There are a lot of things we couldn't understand when we were little, especially why our parents acted as they did when they punished us. But generally speaking, I think a normal parent just wants to give their child a stable childhood.

In conclusion, I think childhood is the most important phase of our development, which is why every child deserves a good one. It's full of ups and downs that really prepare us for the real world, and it also determines how we look at people and relationships throughout our whole life.

Glorija Lebar, 4. Ka

## YOUNG PEOPLE SHOULD LEAVE THEIR NEST WHEN THEY COME OF AGE

People don't like to answer when you ask them if they live with their parents. They usually become shy and quiet, but it's right to talk about that and it should not be a taboo subject.

Our parents grew up quickly, especially those who used to live in more rural parts. If there were a lot of children in their family and if they weren't the youngest, they had to take



care of their siblings and help a lot with household chores. They were very mature at our age and had a lot of experiences. When they came of age, there was no question about what was coming next, they had a job and usually they had a partner and they left the nest and moved in together.

Nowadays it is very different. With the sky-high prices, not just apartment prices, even food prices are higher from day to day, we, young people, cannot afford to live on our own. We cannot be independent whether we like it or not. For example, we go to school from the age 6 to the age 25 to get the education we need to get employed. When we come of age, in Slovenia when we are 18, it's not possible to work in a work field in which you would want to work, because usually at 18 you don't have all the necessary qualifications yet. That's usually the main reason why young people decide to stay at home with their parents after they come of age. Parents give us or make us food, help with the bills, and give us a free place to live. Most of the times the roles are reversed when they get older and we help them or take care of them.

If the above-mentioned problem is the reason for not leaving home, I think it's appropriate for children to stay at home. But some people just don't want to or are not ready to take care of themselves - they are too lazy and don't want to work, or they are not emotionally mature enough to leave their parents. In that case, their parents can get physically and emotionally drained taking care of their adult children. Parents should help us, of course, but only when there is no other option, they should help us to get our life (back) together.

What is more, if you live with your parents for too long, it can affect your relationships – friendships and relationships with your partner. Someone always gets annoyed and leaves the situation. We know the so-called

'mama's boy' and I believe it's hard to deal with him and your mother-in-law at the same time.

In conclusion, I think that when you have enough finances to support yourself and when you are emotionally mature, leaving your parents' house to live on your own and to live your own life is the right thing to do.

Mirjam Vidmar, 4. Ka

## **HOW TO BECOME AN INDEPENDENT INDIVIDUAL**

When you are an adult, you have to be independent in every aspect of your life. Everything you do is your own responsibility, which can become very overwhelming if you are not completely prepared for adulthood. Becoming an independent individual takes time, effort and skill.

Firstly, someone who is independent, tends to be careful about their finances. That means that they are mindful of what they are spending their money on and can differentiate between a need and their wants. They don't need anyone to tell them how they should handle the money as they are already skilful at it.

Another form of independence is emotional independence. People like to rely on others for emotional support. It may be their parents, significant others or close friends. It is all well and good to have close relationships with these people, but depending on them for every small inconvenience won't work out in the long run.

It is also very hard to become independent as you have to be very self-disciplined and ready to take criticism and life's hardships.

Managing the money, the house, the job and relationships can become too much to handle. In the long run, a person can even develop anxiety and other disorders.

In conclusion, it is necessary to develop independence as it deeply affects someone's life, although it is hard to push through problems that come with it.

Petra Jeretina, 4. Fa

### **IS IT BETTER TO BE AVERAGE OR EXCEPTIONAL IN SOME WAY (TALENT, BEAUTY, INTELLIGENCE)?**

Average or exceptional? That is the question. Both have good and bad things about them, so much so, that you might have trouble deciding which you would rather be if given a choice.

On the one hand, if you are exceptional, your life is exceptional as well, in a good or in a bad way. If you are very talented, you of course do and learn a lot of things easily, but it takes all the hard work and all the fun away, leaving you full of talents on the outside, but just empty inside.

Being very beautiful is a bit like that too, but it might even be worse. If you are beautiful, everyone wants to be your friend and hang out with you. That is also the problem. Some of these friends might not like you at all or they even despise you. But they have to be your friend, because you are the most beautiful person around and they want attention or a chance with you.

Being exceptionally smart is probably the best one here. You do well in school, you

understand things most adults don't, you have friends and you finish school a couple of years early. The bad part is the expectations of people around you and the pressure weighing you down and even if you are very smart and intelligent, it just becomes too much.

Being average is just normal. No exceptional events, not super high grades or a high-paying job, just a normal bland life that probably has nothing interesting in it. But at least nothing exceptionally bad happens to you either.

So, as I said in the introduction, both have good and bad sides to them that leave you thinking which you would rather be. Exceptional and possibly have no fun, real friends and be under constant pressure, or just normal, bland and average?

In my opinion, if you suddenly become really smart, it is not bad, but personally, if I had to live my whole life as one of these two, I would rather just be average. But maybe that's just me.

Andrej Sršen, 2. Fa

### **IF YOUR LIFE WERE A FILM, WHICH THREE SONGS WOULD BE INCLUDED IN ITS SOUNDTRACK?**

I personally think music is a big part of our lives. We hear it all the time; on the radio, in the car, at school, on our phones. We listen to music while walking, exercising, driving or studying. There are so many genres to choose from and artists to listen to.

So for me it's quite difficult to choose my favorite songs and even harder to pick three songs that have affected me and my life.

One of my all time favorite songs is Riptide by Vance Joy. It is an upbeat song that talks about a girl that is quiet and shy, but has all her life before her and is destined to achieve great things. I like it so much because it reminds me of myself in primary school where I didn't talk much, but I was quite smart.

The song is sung by a boy who sees this girl very differently than she sees herself, and I feel like that is very similar to my family, who sees me very differently than I see myself.

The second song would start playing around the time I got to high school. I met new friends and I realized that life is not just about school and studying, but also relationships that we make during the course of our lives.

The song is about finally enjoying life, meeting new people, discovering new places. And while with time and new friends, people often change, there is nothing wrong with staying true to yourself and not changing. That is what I realized the first year I got to Ljubljana.

The song I choose to be my last song is Power by Little Mix. It's a song that is all about female empowerment and being confident. I have changed a lot in the last two years and I have gotten more confident and this is the song that helped me.

I'm sure that the soundtrack of my life is not yet finished and that with time I will add new songs. One thing I'm absolutely sure about is that none of these songs will become boring or without meaning in the future.

Petra Bilban, 3. Zb

## **TODAY, THE FUTURE OF THE YOUNG LIES ACROSS THE BORDER**

The youth in our times is more and more looking for exciting and non-traditional ways of life. They are trying to avoid a nine-to-five lifestyle, instead they would rather have a more diverse schedule. That is less possible in slower-evolving countries, so they search for new opportunities abroad.

To some, moving out of their hometown to a new country is a life goal they want to fulfill. They want to experience new cultures and meet new people and that is simply not possible to do in one's home country.

Moving to a more developed country usually means better job opportunities. Everyone knows the best way for a better future is a job you are happy to work at and that pays well. As a foreigner, you may appear more interesting to employers and can take that as an advantage.

In contrast, some young people are simply not able to leave home. Their sentimental values are far more important to them. Therefore, they can get innovative and create a future they dream of right from where they grew up. It might take a lot of determination to get where they want to be, but everyone can succeed if they work for it.

In conclusion, moving countries doesn't guarantee a better future to young people. It depends on the individual and how they create their way of life. A foreign country may open up new possibilities, but it is up to you if you want them or if you aim to create new possibilities right out of the comfort of your own home.

Julija Meglič, 4. Ka

## **MONEY IS NOT THE MOST IMPORTANT THING IN THE WORLD, BUT IF YOU DON'T HAVE IT, IT IS**

Money is a hotly debated topic that often divides opinion. It's an exchange for goods or services and it's the only item that is always acceptable by everyone. In today's world, your success in life is measured by the amount of money you have. Wealthy people are treated with respect while the poor population is looked down upon. People are becoming obsessed with money and they are starting to forget and ignore other qualities life can bring us that money can't buy.

Firstly, let's take a look at the way money affects our lives. It allows us to have a high standard of living. People that have more money can afford a luxurious lifestyle, which is something that everyone craves. This is understandable since no one wants to be restricted from living the life they want. Money can buy you a gratifying living space, car, clothes, vacation, social status and it could provide a good life for your children too.

On the other hand, money makes people think only about material things and they don't appreciate other aspects of life in which money isn't involved. There are things that money could never truly buy like love, friendship, happiness, peace, sleep, knowledge, time and health. Also, we can't spend money trying to buy people's trust and affection.

Another factor to consider is that if you don't have any money and therefore you're homeless and starving, it will be impossible to be happy and healthy. Life for those people is full of suffering and they would do anything for a warm meal and a place they could call home. Based on their mental state they can either wait for a brighter future ahead or see no hope and even commit suicide. Clearly, money is the only thing that can improve their life.

To sum up, the amount of money you have does have an impact on your life's quality - if you don't have it, it's extremely difficult to live a happy and healthy life.

Venera Dimitrova, 4. Fc





## SHOULD MOTHERS GO TO WORK?

In this day and age, there is a question of who should provide for the family. Is it the mother or father? Some say it should be fathers while mothers should stay at home. But there is also a possibility of both parents going to work. Which option is better? This is the question we need to answer.

I firmly believe that mothers should go to work. Not only to earn money but also to get out of the monotonous life that staying at home can become. Not only can it lead to some mental disorders but there is also a higher risk of divorce as wives can get bored easily just staying at home.

What is more, it seems to me that wives should also earn money to help provide for the family. That way they take over the burden of their husbands and as a result, they are more likely to give their children better opportunities for the future.

On the other hand, if mothers stay at home, not only do children get to sleep more, but they also feel more secure in the safety of their own homes. However, if mothers decide to have their children home-schooled, it can lead to children having a hard time socializing.

In summary, I would say that mothers have the right to go to work. But that is a decision they have to make, as it has both pros and cons to it.

Anastazija Podobnik, 4. Fa

## A MOTHER'S PLACE IS AT HOME

In this day and age we still ask ourselves what a woman's place in society is. But the problem we do not speak about enough is where a mother's place is. People have different views on where a mother's priorities should lie - some still have a very traditional mindset while others think in a more forward and modern way.

If we take a look at the history of women, we can not go past their emancipation and liberation. It was not long ago when women couldn't even vote or open a bank account. For the sake of the women that fought and lost their lives during the process of fighting for equal rights, it would be unfair for us now to go back to the starting point, so back to the kitchen. However, when women have children, they are often looked down on at their workplace. They are still disrespected and undervalued and told to go home and look after their children. But being a woman is so much more than just staying at home and watching over children. I believe that mothers have a right to a career, education and a social life.

On the other hand, when mothers work too hard and are too tired after work to play with their children, this is also bad. If children see their mother only when she comes back from work exhausted, this will very likely have a negative impact on them. They might not get the attention and love they want or need. From this point of view, staying at home is the better option. If a mother stays at home, she can cook healthier home-made meals, she can play with her children or maybe even home school them.

In conclusion, I agree with both points of view. If a modern mother goes back to the kitchen, it makes all fighting for the liberation and emancipation of women pointless. But some scenarios make stay-at-home mothers better for their children.

Ema Zabukovnik 4. Fc

## **SOME PEOPLE SAY IT'S NOT ALWAYS GOOD TO BE COMPLETELY HONEST**

Our parents, grandparents and relatives have been telling us since we were little that we should always be honest with people. We have been brought up with the thought that telling lies is a bad thing to do. But have our families been completely honest with us? Haven't they been lying? Is it really safe to always tell the truth?

I believe that we shouldn't lie on a day to day basis, as our friends and partners could lose trust in us. Regularly lying to our partner where we have been, would make them question our dedication to making the relationship work. They could even start wondering if we are being untrue to them. Another example is promising a friend that we would help them with something, but in the end we don't even show up. And maybe after everything, we make up a lie to cover up that we were too lazy to come. If we kept doing that, our friends would not only lose interest to hang out with us, but rather call somebody they know will show up when they ask them to. Constantly doing so would make us lose friends and be left alone as we would come out as unpredictable and unreliable.

Despite everything there are still times we rather opt for a lie instead of telling the truth. We really don't want to disappoint a person we love, and rather keep some things to ourselves instead of hurting their feelings. One such lie has been probably told by every single one of us. For example, when mom, dad, grandma or someone we don't want to disappoint cooks a meal that took a lot of effort and means a lot to them, but we didn't really enjoy it, we would rather eat it and tell them we liked it instead of making them feel like their effort was pointless. Another time when it's probably best to lie is when a pet dies in a family with small children, who loved the animal a lot. Parents then choose

what would cause the least damage to their children's feelings. They usually just tell them that somebody has taken the pet or that it has got lost. And tell them the whole truth when they get over the loss or get older, so they understand the situation.

To sum up, I don't think it's good to lie regularly as that would cause damage to ourselves. But I think we usually lie to protect the ones we love. And that is why I think we all know very well when we have to tell a lie, instead of being completely honest.

Jerneja Malovrh, 4. Ka

## **IT'S ON US**

Close your eyes and imagine that you are somewhere in nature. Think about the things you could observe. You could hear birds chirping, leaves rustling, you could feel a cold breeze passing your body and smell trees, flowers and nature around you. Now, open your eyes and think about the fact that this might no longer be possible in a couple of years. You would hear traffic, smell exhaust fumes and the cold breeze would be replaced by extreme heat. This will be our reality if we don't do something about it.

It is a few days before the annual climate protest in Ljubljana and Maribor and it makes me think about the things that sadden me the most. As a nature and animal lover, I cannot comprehend why the government supports deforestation and consequently the destruction of our wildlife. Forests are cut or burnt down for agriculture, urbanization, fuel or mining. Deforestation completely removes trees and vegetation from land. It also contributes to climate change, soil erosion, water and air pollution and the loss of wildlife habitat. In tropical countries, deforestation

causes the emission of millions of tons of carbon dioxide per year.

When I was in the 3rd grade, the forests around my hometown were completely destroyed by sleet. I am a Scout and we organized an event where people from around the country came and helped us plant new trees, so our forests and town would recover. This year, it has been announced that they will be building a brand new apartment complex in the area where we planted new trees nine years ago. Was all of that for nothing? Would it be better if we had never planted those trees?

Ruining forests affects animals in many ways. It ruins their habitats used to sleep, breed and hide in from predators. When these areas are disrupted, animals lose access to important resources. However, deforestation isn't the only factor that destroys wildlife. Major contributors of wildlife destruction are also poaching, hunting, pollution and climate change, which have severe consequences, leading to a decline of animal population. The effects of wildlife destruction are far-reaching and can have an impact on the whole ecosystem, which leads to several imbalances that also affect humans. Sometimes I imagine what people would do if someone came to *their* home and destroyed it, but of course that will never happen, because they are people and animals are just animals.

I cannot imagine the world without forests or animals. The nature is my escape from reality and stress. When I go for a hike, it's just me, the trees, the sound of birds and the smell of fresh air. As a Scout, I spend the majority of the year surrounded by breathtaking views, clear rivers, high mountains and endless roads that lead me and my friends somewhere new. I live for the thrill of discovering, exploring and experiencing new places with my second family, the Scouts. The forest is our home and all we need is a compass, a map, a tent, a guitar and one another. I want my future children to have the opportunity to see the

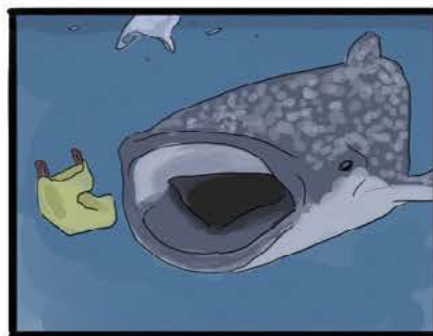
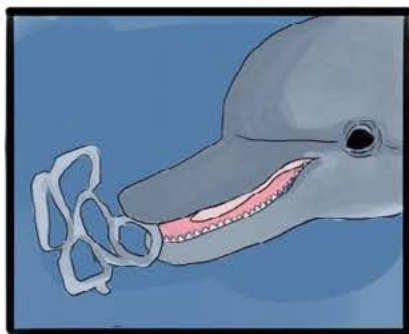
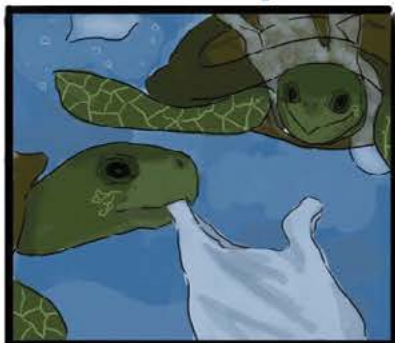
world like I do and continue to. I want them to know what it means to get lost in nature and not wanting to go home. I want them to swim in freezing cold rivers, sleep under the stars, the moon and the trees, climb trees to hide food so bears won't come and eat it, wake up when the sun rises just so they can observe the animals, hike the steepest mountains just to see the view, and have the best memories and stories from all of their greatest adventures.

To help forests and wildlife we should speak up about this problem and educate others as well as do something to help the environment. We can support wildlife conservation organizations, or get involved in activities to protect endangered species or stop unnecessary hunting. We can also start being more 'green' in our daily life by not using unnecessary amounts of paper, buying in bulk, avoiding plastic containers and filling up our own reusable containers instead, eating less meat produced by inhumane livestock farming, and supporting manufacturers that do little to no harm to nature.

I know that there is a lot to do, but we need to start somewhere. I think that we are all sick and tired of empty promises and constant disappointments caused by the people who make those promises but don't do anything to live up to them. The world belongs to the young, so we are the ones that must encourage one another and other people to start making some changes and opting for better, greener activities in everyday lives. It's never too late and I believe that we can do it. I very much hope that someday the constant fear of losing something that is very important and irreplaceable to me and many others will fade away. This is our planet and no one will save it for us. It's on us, so let's come together and make this world a better place!

Žana Čamdžić, 2. Fc

# Beach clean-up



We should do something about it. Why don't we organize a beach clean-up?



All our friends have come to help. We are in two teams. The losing team will have to pay for dinner.

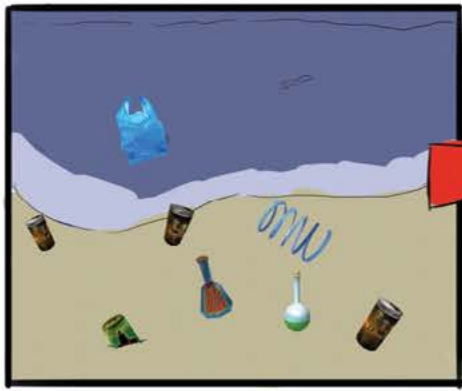
This is a "perfect" beach!



Everybody has put on gloves and the cleaning has begun.







# DEUTSCHE SEITEN

## EINE URLAUBSGESCHICHTE

Ich verbrachte den letzten Sommer im Urlaub in Koper. Ich fuhr zusammen mit meiner Familie ans Meer, wir blieben in Slowenien, weil meine Eltern keine Fernreisen mögen. Oft blieben wir bis zum herrlichen Sonnenuntergang am Strand und machten dann Spaziergänge. Wir besichtigten auch einige Sehenswürdigkeiten.

Wir besuchten den berühmten Prätorienpalast. Der Palast befindet sich auf dem Platz Titov trg und gilt als einer der edelsten Paläste in Koper. Mit meinem Cousin, der in Koper lebt, besuchten wir noch ein paar interessante Orte. Zuerst besuchten wir den Brunnen Da Ponte. Der Brunnen befindet sich auf dem Platz beim Muda-Tor (Prešernov trg). Das Wasser fließt in das Becken durch vier mit Masken geschmückte Mundlöcher. Der Brunnen wurde umfassend restauriert und renoviert.

Wir besichtigten auch den Loggia-Palast. Der Palast ist ein gotischer Palast in Koper. Es ist das einzige erhaltene gotische Rathaus in Slowenien. Derzeit befindet sich im Erdgeschoss ein Café, im 2. Stock befindet sich eine Kunstgalerie. Leider besichtigten wir die Galerie nicht, wir tranken einen Kaffee im Café und gingen nach Hause.

Am nächsten Morgen besuchten wir den Muschelfriedhof, in dem bis zu 234 Arten aller Schnecken im Golf von Triest leben. Die Muscheldüne entstand als Luka Koper durch Ausbaggern des Bodens Schlamm vom Meeresboden enternte.

Der Urlaub in Koper gefiel mir sehr, denn ich hatte viel Spaß mit meiner Familie und ich lernte einige neue schöne Orte kennen.

Emana Mehinović, 2. Fa

## **WIE BEGRÜßT MAN SICH IN SLOWENIEN**

In Slowenien begrüßen sich die Leute auf viele verschiedene Weisen. Wenn man eine neue Personen kennenlernt und sich mit ihr sietzt, gibt man ihr die Hand zur Begrüßung. Ältere Mitglieder der Familie werden dich normalerweise umarmen, wenn sie dich lange Zeit nicht gesehen haben. Zur Geburtstagsratulierung passiert auch oft, dass von den ältern Verwandten dreimal auf die Wange geküsst wird. Wenn dass dir nicht gefällt, kann es mit einer Umarmung vermieden werden. Die Teenager umarmen sich auch zur Begrüßung fast die ganze Zeit.

Und wenn man einen Bekannten auf der Straße trifft, aber will nicht halten und mit ihm quatschen, genügt das Zuwinken.

Svit Jeram, 4. L

## **WELCHE ROLLE SPIELT MUSIK IN MEINEM LEBEN?**

Musik spielt in meinem Leben, wie im Leben fast jedes Teenagers, eine große Rolle. Ohne Musik könnte ich mir mein Leben nicht vorstellen. Ich höre Musik gerne zu, ich singe gerne und vor allem bin ich ein Tänzer- Tanz läuft ohne Musik doch nicht!

Heutzutage ist es sehr einfach, Musik zuzuhören, weil man sie überall im Internet finden und sie immer auf dem Handy hören kann. Vor 30 Jahren konnte man sein Lieblingslied nur im Radio oder auf einer CD hören. Heute ist Musik so erreichbar, dass wir sie fast die ganze Zeit überall hören. Ich bin der Meinung, dass das nicht am besten ist, weil jedes Lied auf diese Art weniger persönlich und nicht so besonderes wird.

Spotify ist ein sehr gutes Beispiel dafür, wie wir heute Musik zuhören. Man kann Spotify zwar kostenlos mit vielen Beschränkungen benutzen, aber nur für einen kleinen Preis kann Musik grenzenlos gehört werden. Ich habe auch Spotify Premium und damit habe ich viele verschiedene Musikstile entdeckt, die mir jetzt sehr gut gefallen. Meine Kopfhörer sind immer dabei und wenn ich sie vergesse, fühle ich mich, als ob etwas Wichtiges gefehlt hätte.

Ich bin auch das, was alte Schule genannt wird. Ich mag fast keine moderne Musik. Ich glaube, die Musikindustrie ist nach den 80er Jahren so groß geworden, dass die Musik die Seele total verloren hat, weil es immer nur um Profit ging und geht. Und das kann man in der unendlichen Menge Musik sehen, die im 21. Jahrhundert angeboten wird.

Svit Jeram, 4. L

# LEISURE AND PLEASURE

## THE VIOLIN

When I was 6 years old, I decided to apply for the entry test in the music school, because I wanted to play the violin. One year before I had attended preparatory music school, where we had learned about various instruments. I succeeded at the entry test, so in September I took the first violin lesson. I still remember that feeling when the teacher put a violin in my hands. I was very excited, because it was my first time holding this special instrument. My first task was to put my chin on the violin and walk around the classroom. I tried to be very careful, because I wanted to be sure that the violin wouldn't fall on the floor. I was also very happy to hear that I could take the violin home the same day. I still remember how I came home and took it immediately out of the case and tried to play it.

For the first few weeks, I was just strumming the strings, but later I managed to play easier songs with the bow. I attended violin lessons twice a week and I also practiced at home every day. Sometimes I wanted to give up, because it took so much time to practice and the notes were usually very difficult. Still to this day, I am very grateful to my mother, because she has always supported me and helped me with practicing the violin.

When I grew a little older, I started playing at concerts and with other instrumentalists in the music school's orchestra. After finishing the fifth grade of music school, my parents bought me my own violin, which I named Cvilka. Before that, I had borrowed violins from our music school, as there was no need

for me to own all four different sizes. The new violin inspired me to complete eight classes of primary music school.

Even after finishing music school, I didn't stop playing the violin. During summer holidays, I like to play together with my sister Lucija, who plays the cello. For the last five years, I have also played in the symphonic orchestra. Sometimes I also play at school events, or I learn a new song on my own and play it together with my sisters or my mother. I am glad that I have had the opportunity to learn how to play this beautiful instrument. I am very happy that music has become such an important part of my life and I also started attending singing lessons this year.

Meta Kržišnik, 1. Za





## MUSIC SCHOOL

A few years ago, in second grade, my sister and I had to do a test to be accepted to music school. I did a test for the piano. I had to sing a song along a lady playing the piano. A few months went by and I got the results. It turned out I hadn't been accepted. Looking back I'm actually happy, because the next year I did a test for the guitar and I was finally accepted.

It was a completely new experience for me. The first day was pretty difficult. I had never played the guitar before and I had to learn how to sit properly and how to strum. At the end of the day, I was feeling really tired and my back hurt from sitting in the same posture for an hour.

Now it's my seventh year of playing the guitar and I still love it as much as I loved it when I started playing it. I have noticed that some kids are very impressed when they start learning an instrument in music school, but after a few years they stop practising and they rather spend time on other hobbies.

After six years, my music school journey was over. I could still have played it if I had wanted, but I decided to quit, because besides learning an instrument you also need to learn music theory. And I wasn't really good at that. But now, I regret it a little bit, because if I had put more effort into learning it, it would be very useful.

Although I quit, that doesn't mean I don't play the guitar anymore. I still play it, but now I can play whatever I want. And that's the best thing about learning a musical instrument.

So if you're not sure if you can learn it, just start. I would definitely recommend it,

because you never know, maybe you will fall in love with a musical instrument or create a future out of it.

Neli Budin, 1. Fc



## DANCING

I started dancing when I was 6 years old. I really loved to dance and I still do, but now is a little different ...

One day, I told my parents I would like to train dancing. As a child, I was very mischievous and I danced all the time, so this wasn't a surprise for my parents. I went to my first training session with my best friend and we were both nervous and excited. The dancing teacher introduced herself and then we started to learn some simple choreographies. After the training, I showed my parents how I danced because I was so happy and proud of myself. From that day I regularly attended training sessions and soon it was time for performances. I don't really remember my first performance because I was very young, but one performance was very special and I remember it very well.

Me, my team and our coach decided to be at the venue where we performed a little earlier so we could prepare and dance our choreography multiple times. The whole team was dressed the same, in simple white shirts and dark pants. I was really nervous because the dance hall was full of people and we were among the youngest kids there. We weren't the only ones performing that day, so we had to wait for our turn and this was even more stressful for us. Finally, a man called us to prepare and be close to the stage because we were next. The team before us ended dancing and we had to get on the stage. I was in the front row, so I was really close to the camera and spectators. I didn't even try to look at my parents because this would make me even more nervous. All I was thinking about was not to mess up. The music finally started playing. We got to half of our choreography, when the music suddenly stopped. We were confused and immediately stopped dancing. All other people were confused too and they started clapping to the beat of the song. Then

our coach gave us a sign to start dancing. We were all laughing and smiling. The choreography ended and we received loud applause. We got off the stage and laughed and talked about the performance. The coach was proud and said that we could go to our parents. Me and my family stayed for a while and watched other kids dance. I was really proud and happy and so were my parents.

In fourth grade, I decided to try dancing Hip Hop. At first I was in the beginner group. When I realized I really liked that style of dancing, I continued to dance. Then I went to another group where there were older kids, kids my age. I trained hard and I was really trying to be as good as I could. In eighth grade, my coach asked me if I wanted to be in a better group where I could compete. At first I was scared to make that step, but I was also a little bored in the group I was currently in and I said I would try.

My first training session in the new group went well. I was very nervous, but the girls there were kind and I had a great time. A month later we found out that we had a competition soon. We were preparing and training, when suddenly everything changed. Due to the lockdown we couldn't train or compete anymore. We started having training sessions using Zoom, but it was awful.

When we were finally able to have live training sessions, a lot of girls quit dancing, one by one. Some did it because there weren't any competitions and others because they were already in high school. In ninth grade, I stopped dancing too. It was very hard to do that, but the team just broke apart and it wasn't interesting anymore. I still like to dance, but because I'm in high school now, I try to focus on school.

Dajana Bojanić, 1. Fc



## HORSERIDING

I started horse riding when I was four years old and still do it to this day. It's the first sport I've fallen in love with.

I had tried many sports before, like dancing, gymnastics, and swimming. My mother could go on and on about how good I was in all of them and how I should not have quit them after a month, but I refused to listen to her. I always felt out of place, but when I rode horses, the story was completely different. I have been enjoying doing this sport for a long time. For eleven years to be exact.

When I first started riding horses at four years of age, I rode a very stubborn horse that I will never forget. Her name was Francka. I hated her so much. She made my head hurt every lesson, but I was not advanced enough to go

on other horses. The first riding facility that I rode at followed the 'natural' way of riding. No real bridles, just halters. That is also why I hated riding at the place, but was forced into it.

The thing that changed my mood, when I went riding every Friday, was my first fall. My pony had got scared of a bird and I went flying off. I regained my consciousness after a few minutes. I started crying like a child, which I was. I was scared and unconfident. I didn't get the confidence back in years. After that, I did not gallop for months. It's never been the same. Every time I fell off, it was more horrifying. Sometimes I still have nightmares about it.

After four years, I decided to stop riding at

my first barn and try out another one. If I had known what was coming, I would probably have killed myself, hanged myself even.

My first lesson was on a real horse, not a pony, and I liked the feeling so much more. I felt taller, stronger and more powerful. My trainer didn't help me that much during the lesson because I was just walking around. My dad was so excited for me. I was riding a Lipizzan, my dream horse at that time. Why wouldn't it be? It looks like a fairy-tale animal. I had a great ride and wanted to continue riding there, so I started riding at Stožice Hippodrome.

I was taught how to ride all by myself. I could canter again, which made me ecstatic. My favourite horse's name was Lina. She was the best. My best friend for three whole years. I didn't ride any other horses, which was bad because I got really attached to her.

I really wanted to improve, so I had to start riding other horses. I started riding Mystic. He was a gentle giant. I had to share him with a girl at my stable who I didn't like. She always wanted to give me unsolicited advice on how to ride him. Unfortunately, my sweet time with him ran out, since he was too old to ride. I was pretty sad that I had to stop improving.

The thing I hated most about riding at that place was talking behind my back. I'm a scaredy-cat when it comes to speed and danger. Horses are living animals underneath you and I was always cautious about my surroundings and if anything could scare them. My trainer hated how slow I wanted to go with learning. She would yell at me until I burst into tears every time I was scared or panicked, which inflicted severe trauma upon me. I'd always cry in the car about how I wanted to give up riding, but my mom just yelled at me for being unreasonable. It was a hard time, and I didn't even enjoy riding.

In eight grade, I was having a hard time and realized I was deeply depressed. In December, there was a new horse available for me to ride, and my trainer wanted me to try him. I thought to myself what great honor that was. His name was Blondi. He was the most cuddly, sweet and beautiful horse I've ever ridden. I would go cry to him and cuddle him when I had a hard time after a lesson. I was so happy to ride him because I could confide in him. One day, I got caught crying on his shoulder by my trainer, but she didn't pay any attention to my feelings, she just told me to clean my stuff up.

At that time, I lost all my confidence because I had fallen off one of the young ins and hit my head really hard. I lost vision in one eye for about ten minutes and hurt my shoulder. I didn't want to even get on Blondi because of my anxiety. I just walked by his side to get closer to him. The next lesson I rode him and even went faster than usual at that time. Me and my mom were bound to rent him as my first horse and even went shopping for him. We bought a new bridle, a saddle pad, and brushes.

This was the biggest mistake of my life, even going on that horse, because I would never be the same after him.

My first lessons felt life changing, but I bumped up against a big problem. My trainer did not want to help me with my cantering on Blondi, and the horse just stopped randomly. It aggravated me and I was mad. I was so down, again. My hero, Blondi's previous owner, finally came, rather late, but still. He taught me how to properly ride him. I impressed everyone with my skills next time I had a lesson. I was successful for a month, and it was awesome. I even met my two of the closest friends to this day in that period.

The happiness did not last long, though. I had an accident in the arena when Blondi almost

threw me off, but I was still riding ... on his neck. He luckily stopped, but I was scared. Next time I was not confident and every lesson I rode, I rode poorly.

I was mad ... I didn't know how long I could take it anymore. At the time I had serious problems with my best friend and people that talked badly about me at school. It all got in my head and influenced my riding performance.

One day, me and my Blondi, were walking in the arena. I didn't have any courage to continue riding and had just cried for fifteen minutes before my coach came. She started yelling at me to pick myself up and to stop being such a coward. She put down a course for me to ride through. I had never jumped a cavaletti in my life. She brought a whip and started hurting my horse. I started yelling at her and walked out of the arena. That was it for me, I thought. I cried for half an hour, knowing I couldn't take that behavior anymore. I called my dad and told him everything, how I wanted to stop riding, how I had left the arena, how I couldn't take the pressure anymore. He told me he would pick me up and I just cried, realizing I had to leave the love of my life, my Blondi, behind. I went back to the stable, got his tack off and took a minute to think. Was I really about to leave the stable I was riding at for five years? What about Blondi? Was I going to see him again? Since no one was in the stable, I cried and cried into his shoulder for ages. I was gripping, holding onto him, not wanting to let him go. My dad came at last, and I needed to leave. I didn't stop crying though. For months. I'm still crying about him at this moment.

I didn't ride for months, until August.

I started to ride again for the club in Trnovo, but now they moved to Črna vas. I've never felt more welcome, everyone is nice, but I'll never let go of Blondi. Every time my mom

mentions him, I silently cry. I miss him very much.

It has been a journey and it has made me a lot tougher.

I hope you have enjoyed my story. I cried a lot writing it.

Sonja Nolimal, 1. Fc



*Blondi and me.*







## MY EXPERIENCE OF SLEEPING IN A HAYLOFT

We were at a summer camp with the Scouts and one day they sent us, my group of eight girls, to a village (hike) to spend the night there and come back to the camp in the morning.

In the morning, we got ready, packed our backpacks and set off for a village called Famlje. We arrived in the village looking for a place to stay. We came to a farm where we were welcome and shown to the hayloft above the bulls. We were all very excited as we had never slept in a hayloft before. We took our backpacks upstairs. In between, they prepared lunch for us, showed us a river to swim in and a rock to jump off from. We also named some bulls in the barn. After dinner, we went to the hayloft where we had a look around and jumped on hay bales for a while. Then we prepared our sleeping bags. The day slowly came to an end and we went to sleep.

If you have a chance to sleep in a hayloft, what are you waiting for? Give it a try, it won't cost you anything and I promise you won't regret it. My experience was unforgettable, as I personally enjoyed it very much and I believe that other girls would agree with me.

Živa Žagar, 1. Fc



# GLOBETROTTING

## LONDON

On 2<sup>nd</sup> November, early in the morning, we started our four-day adventure. We gathered in Ljubljana and then we drove for around three hours to Marco Polo Airport in Venice. Our flight was due at 11.05 a.m., but we didn't take off until 12.20 p.m. We arrived at Gatwick Airport in London at around 2.45 p.m. On arrival, our bus driver Victor was waiting for us. It was very interesting to ride on the 'wrong' side of the road. After half an hour, we arrived in Brighton. It was very windy, but at the same time amazing. First, we had a guided tour, and then we had some free time. Most of us used it for dinner, because we hadn't eaten much for the whole day. After the busy day, we finally drove to the hotel, which was around 2 hours away from our previous destination. The hotel was nice and tidy. Each room had a great view so we could observe double-deckers every morning. The staff was very friendly.

... And it was already the next morning. Every morning we had breakfast at 8 a.m. and then we started our exploration of London. On the second day, we visited the Natural History Museum. We had a lot of 'free' time to see the things we were interested in. After that we walked to the Albert Memorial and took some photos there. Despite the light rain, we walked through a beautiful park that led us to a bus stop. And we drove on the 'wrong' side of the road again, now even on the top of a double-decker! A fantastic experience! The bus took us to Madame Tussauds, where we 'hung out' with celebrities. As a benefit, we watched a 4K movie at the end of the tour.



1 Big Ben

2 Brighton

3 The Shard

4 The London Eye

5 Greenwich Market



3



However, the highlight of the day was the London Eye. We took the tube to the wheel. Slowly, we rose 135m above the River Thames. We had a great opportunity to see London at night. Even though we were tired, it wasn't the end of our adventures. Some students also attended Mamma Mia, a magical musical, while others turned to Piccadilly and then took the Tube straight to the hotel.

4



The next morning we went to see the changing of the royal guards. Completely unexpectedly, King Charles drove past us! That day we saw main London attractions. First, we went to Big Ben and St. Peter's Cathedral. Before we continued our journey there was a problem – some students got lost, but this complication was soon resolved. We quickly took the Tube and soon arrived at Tower Bridge. In this part of the city, we also visited The Shard, Borough Market, Shakespeare's Globe Theatre and a few other attractions. We crossed the famous Millennium Bridge, and on the other side of the Thames, we took a close look at St. Paul's Cathedral, where Prince Charles and Lady Diana got married. Then we took the Tube to Camden Town, where we had some free time. The atmosphere in Camden Town was very relaxed and people were very friendly. For the end of the day, we went to Oxford Street, where we had free time again. Besides all the shops, we could see a lot of buskers - singers and dancers performing on the streets. We finished our busy day walking past China Town to Piccadilly Street, where we got on the Tube.

5



And here was our last day, when we had to say goodbye to London. The day started earlier than previous days. We headed for Greenwich early in the morning. We went to the famous Greenwich Meridian. Unfortunately, it was raining, but it didn't bother us too much because we visited the National Maritime Museum. After the museum, we had some free time for lunch. My classmates and I took advantage of it for a quick tour of the Greenwich Market. Satisfied, we boarded the



boat and enjoyed the ride along the River Thames, admiring the passing buildings, bridges and other attractions. And then it was time to say goodbye to London. We took a bus to the airport and at around 7 p.m. we flew to Vienna. After a long bus ride, we arrived in Ljubljana at around 2 a.m.

Visiting London was an unforgettable experience and I would happily repeat it countless times. My advice: if you go to London, make sure you have a credit/debit card, because almost everywhere you can only pay by card, so you can be deprived of many things if you only have cash.

Sara Jernejčič, 3. Fc

1



*1 The Natural History Museum*

*2 Changing of the Guard*

*3 The Greenwich Meridian*

*4 Inside the National Maritime Museum*

*5 Tower Bridge London*

2





## OUR TRIP TO LONDON

I have always dreamt of visiting London one day. Fortunately, my dreams came true. Our school organized this school trip for four days during the autumn holidays.

It was 5 a.m. when we left Ljubljana and went to Venice Airport. When we landed at Gatwick, we got on the bus and went to Brighton. This coastal town was our first destination. We spent about four hours there. The guide showed us the Pavilion, which is probably its most iconic landmark, designed in impressive Indian style. Then we had some free time to visit the center of Brighton. It was lovely. The sea was very rough and it was getting dark. The Pier glittered in myriad mingling lights. I was really happy and exhausted at the same time because my first day in the UK was filled with so many vivid impressions. Late at night, we drove to our hotel in London. We went to sleep immediately. I slept like a baby.

The next morning we had a traditional British breakfast: bacon and eggs, sausages, tomatoes, baked beans and some fruit. Later we took the Tube to central London. The first thing we saw was the world's most famous Natural History Museum. We were there for about one hour. We saw collections of dinosaurs, minerals and fossils. The guide told us some interesting facts about the museum and its collections. After that we got on the famous double-decker bus. It was a unique experience because we don't have that kind of bus in Slovenia. Our next stop was Madame Tussauds. Madame Tussauds is a wax museum founded in 1835 by a French wax sculptor Marie Tussaud. It used to be spelled as Madame Tussaud's'. The apostrophe is no longer used. Madame Tussauds is a major tourist attraction in many cities, displaying the wax works of famous and historical figures, as well as popular film and television characters. We came face-to-face with some of the world's most prominent faces, from Shakespeare to Lady Gaga. I enjoyed it a lot



and took many photos. My favorite figure was that of Dwayne Johnson. We also had some time to buy souvenirs. Then we went to the London Eye. I was a little scared at first, but then everything was alright. The views from the wheel were the most spectacular I had seen in my whole life. Everything was perfect. For a second I thought I was in a film! The last thing for the day was watching the Mamma Mia musical. I couldn't believe my eyes. The actors were amazing. I loved it. I was emotional at the end of the show. It was an unforgettable experience. We were really tired, so we took the Tube back to our hotel.

The next day we woke up at 7.30 and we left our hotel at 8.30. We went to Buckingham Palace, the royal residence, located in the City of Westminster. Our timing was perfect: we saw the changing of the Guard. It's one of the oldest and most recognizable ceremonies connected to Buckingham Palace. The correct name of the ceremony known as Changing of the Guard is actually Guard Mounting. We were lucky to see King Charles III in a car. From there we went along Downing Street to catch a glimpse of Big Ben. It is actually a huge bell inside the clock tower, which is situated at the end of Houses of Parliament. The official name of the tower in which Big Ben is located was originally the Clock Tower but it was renamed the Elizabeth Tower in 2012 to mark the Diamond Jubilee of Queen Elizabeth II. The next stop was Tower Bridge. I was surprised to see how big it was. I had imagined it completely differently. The guide told us some facts about its history and some of its general facts. Then we headed for St. Paul's Cathedral, a masterpiece designed by Sir Christopher Wren in the 17th century. It was here where the late Lady Diana and Prince Charles got married. It looks really majestic. Funeral services of important people such as Admiral Lord Nelson, Winston Churchill and Margaret Thatcher were held here.



1 St. Paul's Chatedral

2 A black cab

3 A telephone booth

4 Inside Madame Tussauds

5 The Royal Albert Hall





Later we drove to Camden Town. I found it interesting because of different designs of the houses. We had some free time there to visit small shops. The last thing we dropped into that day was Oxford Street. There is a long line of shopping centers, restaurants and hordes of people. It was already decorated with Christmas lights. It was awesome. I can't describe how exhilarated I felt. We had some food and did some Christmas shopping for small gifts. Late at night, we went back to our hotel.

On our last day, we visited Greenwich. Greenwich is a town in south-east London. It is notable for its maritime history and for giving its name to the Greenwich Meridian and Greenwich Mean Time. The town became the site of a royal palace, the Palace of Placentia, in the 15th century, and was the birthplace of many Tudors, including Henry VIII and Elizabeth I.

We saw the Royal Observatory. The Greenwich Prime Meridian was established here in 1851. It is the universal prime meridian of the world-longitude 0. The line divides the eastern and western hemispheres of the world. I could stand with one foot on one side and the other on the left. We took some photos there and then went to the National Maritime Museum. I saw the jacket that Admiral Lord Nelson was wearing when he was mortally wounded at the Battle of Trafalgar in 1805. We could sail back in time and follow the development of England into a colonial superpower. I had the opportunity to indulge the senses in some aromatic exotic spices that England used to import from India such as cinnamon, cumin, turmeric and cardamom. Then we went to the center of Greenwich, where we had our lunch. Our guide recommended us a traditional fish and chips restaurant. I was really astonished when I was served vinegar with it!

We took the tourist boat back to the center of London. By now, we had tried various

means of transport: the plane, the coach, the Tube, the double-decker and the boat, and each was special in its own way. The bus driver Victor was waiting for us. He drove us to London Stansted Airport. We said goodbye to Victor and the UK. We landed at Vienna International Airport at 9 p.m. on the dot. Another bus driver had already been waiting for us to drive us home. We arrived in Ljubljana at 2 a.m. This was the end of our London trip.

I was excited when I heard that we could go to London. When we got there, I was glad because visiting London was one of my biggest wishes. I can't describe how wonderful it was. I am very grateful to my parents for giving me the chance to visit London. I hope I get the opportunity to visit it again one day.

Pia Zadnik, 3. Ka



## EXPLORING BRITISH FOOD

### MINCE PIES

Mince pie is a sweet pie of English origin filled with mincemeat, a mixture of fruit, beef suet and spices. It is traditionally served during the Christmas season in much of the English-speaking world.

Romana Forte



such as cod served with chips. British chips are thicker than French fries. For the addition, ketchup is usually served along with a slice of lemon to squeeze over the fish.

I give it a 7/10.



Amir Lulić, 3. Fb

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### FISH AND CHIPS

Fish and chips is a popular British dish consisting of fried fish and crispy batter served with fish. I would rate it a 7/10 because it was not salty and the fish was very fatty. I wouldn't eat that again.



Eneja Čekada, 3. Ka

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Fish and chips is a popular hot dish of English origin. It consists of fried and battered fish

Fish and chips is a famous British dish. It consists of fried fish, cod or haddock, and fried potato. Usually, they put vinegar over it as well as salt.

I give it a 2/10 because it was oily and vinegar over it just isn't good. Also, I'm not fond of eating fish and it was practically tasteless.



Zala Škofic, 3. Kb

## ENGLISH SUMMER SCHOOL IN BRISTOL

The idea of me going to an English summer school started quite a long time ago. I was 16 years old and my mom got the idea to send me abroad to study English. She met with my English teacher, Ms. Doberšek, and asked her if she had any recommendations, and she recommended Lingula. So I wrote to them but they wrote back that they didn't do that anymore, so I started to look elsewhere. I stumbled upon another language school, LTA. There were many courses to choose from, however, almost all courses had the age limit between 12 to 16, and since at that time I was 17, the range of the courses narrowed. My English teacher recommended a course that took place in England, but preferably in a smaller city like Cambridge or Oxford and not London because of many foreigners living there. LTA recommended the Bristol course based on their good experiences from previous years. I looked through the program in detail and decided this was the one; I decided I would go to ELC Bristol. After quite some planning and signing the papers, it was all done. I was to leave on 10th July 2022 and come back on 24th July 2022. LTA managed the application and the payment of the fees, but we did the planning of traveling to ELC Bristol on our own. I could have applied directly to ELC Bristol and saved some money, but we hoped that LTA would connect me to another participant to travel together, which, in the end, did not happen and so I traveled completely on my own.

I am scared of flying and I would prefer to have somebody from my family on the plane with me, but that didn't happen. I had often flown before, but when the turbulence hit I think the whole plane will fall from the sky. Nevertheless, I decided to go alone and face my fear. It seemed to me so stupid that one thing would stop me from having this amazing experience. From ELC I got all the lists for packing, a booklet with all the important data about the accommodation, health, safety,

very important contact numbers from ELC staff, etc. I had everything prepared handy. In addition, LTA advised me to do online lessons beforehand.

On the day of the departure, my dad, my mom and I left for Treviso, Italy. When we got to the airport, I checked in my suitcase and it was time to say goodbye. I didn't want to go, but eventually I had to go through security. When I saw the airplane cabin, it reminded me of a train, so I just told myself that I was sitting on a train and I was not scared even when there was a bit of turbulence. I was surprised that it was easier than I had thought. When we landed, I went through passport control and then I went to pick up my luggage. Before I had left, it had been announced there was an accident at Bristol Airport and the luggage would be delayed for at least five hours after the plane's landing. So I came prepared with my clothes and a toothpaste in my carry-on, but when I got to the baggage reclaim, my luggage was already there, what luck! I quickly grabbed my suitcase, went outside and caught a taxi. Before I left for the accommodation, Unite House, I was supposed to inform one of the House managers that I was coming, which I did. I was staying right in the center, in a building called the Unite House. During the school year, it is used for students, but during the holidays, it is used as the accommodation for underage students going to ELC Bristol. I went in and the lady at the desk said I looked very tired and that I should get some sleep. So I did exactly that. The room was lovely. I unpacked and tried to get Wi-Fi connection but it was not working, so I went back to the reception to ask. There was a queue so I waited and I overheard a girl and the receptionist talking about a girl that had just gone up to her room and was so tired from her journey, and I started thinking to myself, "Are they talking about me?", so I went to the desk and asked them. It turned out that they were talking about me and the girl was actually Emily, the House Manager. She told me that she hadn't received any text that I was coming, but that didn't matter because



1 At the Harbor Festival

2 Oxford

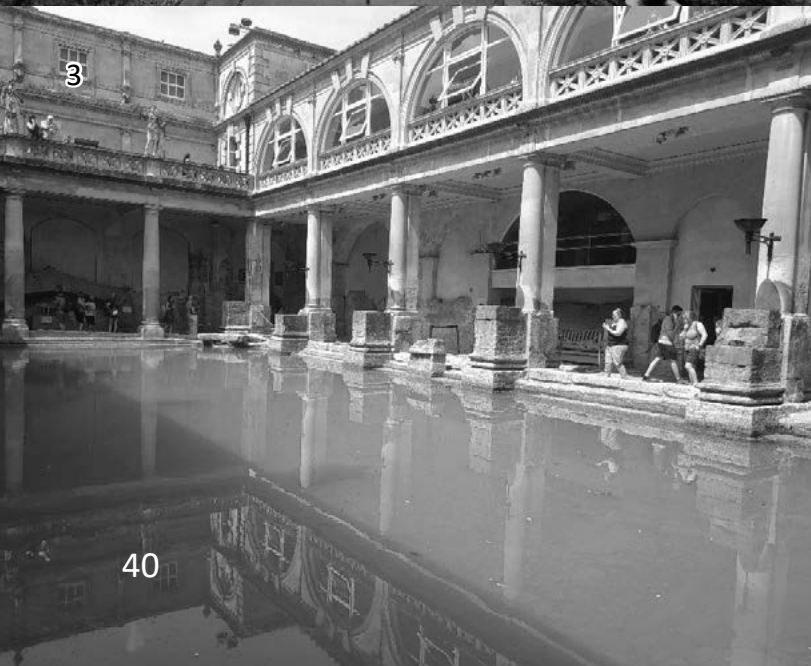
3 Bath

4 Van Gogh Immersive Experience

5 The Clifton College

6 Oxford

7 From left to right: Abisha, Ema (me), Cami, and Desire



I was there safe and sound, already checked in, and all Emily had to do was give me a tour. She showed me how to open the doors with an electronic key, my flat's kitchen, the refuse point and told me that we had to check in every night at 11 p.m. After the tour, I went to my room, got ready to go to bed, and went to sleep.

The next day, after I got ready and had my breakfast, I went outside the building's entrance, where all new ELC students had to meet to walk to school. It was a 20-minute walk through the city center and residential areas to the college. There we were divided into groups and tested our level of English (speaking and grammar). I got 81 out of 100 and got into an advanced class (the level B2 to C1). Then the headmaster gave a speech about how the classes were going to go, about the safety procedures and so on. After the speech, we went to eat in a big dining hall. There I met Desire from the Netherlands, who had seen me when I had arrived the day before, but I didn't remember her. At lunch, we met Abisha from Switzerland and Camille (Cami for short) from France. The four of us became close on the very first day. After school that day, we went to the Unite House and I was starting to feel a bit jetlagged so I slept most of the afternoon. At 17.45, it was time to go to dinner. All students from ELC gathered outside the Unite House, and we went to a restaurant named Za Za Bazaar.

And so from this day on, we had classes on workdays from 9 a.m. to 3 p.m. Each day we had three classes, each 90 minutes long. The first thing when we came to college was to check in and then the first lesson began, which was mostly vocabulary. Then we had a thirty-minute break and continued with grammar and writing. Before the last lesson, we had a forty-five-minute lunch break (I usually went to the local Sainsbury's). The last lesson was mainly writing. I had two teachers, Emily Vicary and Louie. After dinner, Abisha, Desire, Cami, and I usually went exploring Bristol. Later in the evening, we went to check in



with the House managers and went to sleep. This is what my days generally looked like, but there were some exceptions.

I would like to talk about classes. It was a very different way of teaching from the one I am used to in Slovenia. All of the staff were so nice, understandable and polite. In the first days, we worked on our vocabulary quite a lot and that, combined with writing, really improved my English. When we did grammar, we did phrasal verbs, the Present Perfect, emphasizing and exaggerating (adding stress to a sentence), binomials, cleft sentences and so on. When it was hot, we had a lesson in the Clifton College Chapel, which we described in detail. We also had debates, which was fun. For example, I had to defend why a split faucet is better than a regular one. At the end of each week, we took a test to see if we were in the right class and if we had learned something.

For most days ELC had planned afterschool activities, which were not mandatory, but for fun. The first one was the harbor cruise. Bristol has a harbor that was used as a post for slavery ships from Africa to America. We visited some of Bristol's sights, like the suspension bridge and we saw the hot air balloons Bristol is known for. We also went to the Van Gogh Immersive Experience. It was so nice. I had really wanted to go to the Netherlands to see it, but instead I was able to see it in Bristol. There were not only paintings, but also projections of Van Gogh's work on the walls, truly an immersive experience. Also, I was extremely lucky to come to Bristol at the time of the Bristol Harbor Festival, which was a three-day festival ending with a big concert. On the day of the concert, we went out, ate street food, and walked around the festivities. It was something I will not forget. The next day Desire, Cami, Abisha and I decided to go to Bath. We went by train, and I remember Emily, the teacher, telling us to be careful because it was so hot that it might melt the train tracks. I found it absurd, of course, it was hot, true, but for me these were typical



summer temperatures, but for the English it was an extreme heat wave. In Bath, we visited the Roman Baths. After our 'graduation', where we got our certificates, we went to Oxford. We had to say goodbye to Desire early because she was already leaving for the Netherlands. Despite that we had fun and walked around. One of our many stops was Blackwell of Oxford, a bookshop, where we bought some books. I bought the novel Emma by Jane Austen, whom I was named after.

Then came the last day. When the taxi came and Abisha and Cami came to say goodbye, we all broke down in tears, mostly because we knew that the odds of seeing one another again were very slim. And we all knew that in a few years we probably wouldn't even stay in touch. However, to this day we still talk. I will never forget the amazing people I met and things I learned during my stay in Bristol, aside from English. It was truly an experience which I recommend to anyone.

Ema Zabukovnik 4. Fc





## HELSINKI, FINLAND

On Sunday, 23 October 2022, a few minutes past midnight, we left the main railway station in Ljubljana in a van heading to Italy, to Marco Polo Venice Airport. At around six o'clock in the morning we flew from Italy and after three hours we arrived in Helsinki. We went to the Eurohostel, where we stayed for one night. The next morning we used public transport to get to the apartment where we were staying for the duration of the exchange. We were staying at Prinsessantie, which is a culinary school. Then we headed to the nearby shopping center Itis, so that they could show us how to get there and also to get to know where we would be living for the next three weeks.

On Tuesday, we went to Helsinki Vocational College, where we met our mentors. My mentor was Ms. Asta, who showed us where the lectures would be held in the first week. She showed us around the school, introduced us to the professors and showed us the library, where I started the project. In the first week, I attended the lectures for pharmaceutical technicians, which were held in Finnish. During the lectures, I also met other students and asked them a little about the work of a pharmaceutical technician in Finland. I found out it differed from the work of a pharmaceutical technician in Slovenia. On Thursday, after the project work, my mentor and I went to the pharmacy where we started practical training the following week. On Friday, together with the class, we went to the main company that takes care of the distribution of medicines (they send them to pharmacies), named Oriola. They have a reliable system, which is why Oriola makes almost zero errors.



*Helsinki Cathedral (above)*

*Student exchange participants with our coordinator (below)*



I worked at the pharmacy for the next two weeks. The work was similar to work in Slovenia, but I didn't have to make magistral formulas (medicinal products prepared in a pharmacy), because in Finland they have special pharmacies where they only make those. The work was the same every day. When the distributors delivered the medicines, I put them on the appropriate shelves or put them into the drawers. I made an inventory, cleaned, helped customers, placed testers, organized a shelf with products of the month and I learned about some medicines that are not available in Slovenia, e.g. Burana is a very popular medicine in Finland. I also put delivered prescription drugs into drawers. I had to scan each drug, check the delivered quantity and delivery date, and read in which drawer I had to put them. In Finland, they don't have medicines stored alphabetically, so you have to scan each medicine in order to put it into the right drawer. The work itself was interesting, and if I didn't know something, I could always turn to the employees, who were happy to help.

During the exchange, we had some free time, so we explored Helsinki, and at the weekends, we also went on longer trips. We visited Turku and Porvoo. We went there by bus. Both cities are very beautiful, and I especially liked Porvoo because it was very green there (lots of nature). It was also very sunny that day, maybe that's why I liked it more. We walked a lot around the city and admired the beauty of nature and the city itself. We also took a ferry to Tallinn in Estonia. We were in the city for almost the whole day. Many Finns had advised us to go see it. It is a different city from Helsinki and many Finns often travel there. We also went to a sauna. They have separate days for women and men. We swam in the pool and tried different saunas. I liked the infrared sauna the most, because the temperature was not so high and I could stay in it for a long time. It was special because it had lights, so the color kept changing. Sometimes we went to the city center in the evening to see the city at night, because they already had a lot of lights at that time.



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My last day at the pharmacy was Thursday. We compared working in a pharmacy in Finland and Slovenia and we said goodbye. On Friday, Tina, my schoolmate, the professor, and I went to Orion, which is the most famous company in Finland manufacturing drugs. One of the employees showed us the production. We had a look at the labs and later we had to dress in special disposable gowns, put on gloves, a protective cap, and shoes. We looked at various machines used in the pharmacy for the production of medicines, such as the machines for making tablets, coating tablets, granulators, also the machines for tablet analysis, etc. During the tour, we talked about how each machine worked, we also met the workers and had a few words with them. They told us a little about their work. After the tour, we went for lunch, and then to a store selling various Orion products, where each of us bought some of their products. The visit to Orion was very interesting. It was a unique experience because I saw the machines we learn about at school, so I now have a better idea about how they work.

On Sunday, 14 November 2022, we flew from Helsinki back to Italy and then we went to Ljubljana by van. Despite the fact that I was looking forward to returning home, I was sorry that the exchange was already over.

Lara Tomšič, 4. Fc



4

*1 Student exchange participants with our coordinator*

*2 Talin*

*3 Talin*

*4 The Pharmacy where I worked*

*5 Tina and me*



5

## MY ERASMUS ADVENTURE

### – GIJON, SPAIN

The whole Erasmus journey has been one of the best experiences I have ever had in my life. When I applied, I only thought about being able to travel and work in an English-speaking environment, but that couldn't be farther from the truth.



I am an extremely shy and socially awkward person by nature so it can be hard for me to make new friends, especially in a large group, so I thought that I would be alone most of the time since I didn't know any of other students that were also going with me. I was hoping to get a single room, so I wouldn't have to share

it with a stranger, but little did I know that those strangers would become one of the best people I have met till today.

On the first day, we all met up at a specific GoOpti spot and started our journey. In about 2 hours, we arrived at the airport, where we had to wait for additional 4-5 hours. We took a taxi after our flight and we arrived in front of our apartment in Gijon at around 10 p.m. We were starving and the only thing we found open was a Subway. To our surprise, the staff didn't know any English, so ordering the simplest meal was a challenge. We later found out that not many people actually spoke English in Gijon, or they knew only the basics at best. On the bright side, in today's world it's easy to overcome a language barrier since our mobile phones can translate anything into any language.

The apartment where we were staying was huge. It had four rooms with two beds in each one. There were six of us, so we had an extra room that ended up being a storage room.

The apartment was in the city center, so everything we needed was nearby. The beach was conveniently a five-minute walk away, so we were able to enjoy it every day. It was thrilling. November in Gijon felt like May in Slovenia.

The next day all of us went grocery shopping in the supermarket where we bumped into two Erasmus students that were also from Slovenia. They were hair stylists and their internship lasted 3 months unlike ours, which lasted only 3 weeks. We had a lot of fun and spent most of our free time together.



*The Playa San Lorenzo, Gijon*



The pharmacy where I worked was a 15min walk away from our apartment. To my surprise, one of the pharmacists knew how to speak English, which was lucky since none of my friends had this luxury. The staff where they worked barely spoke a few words and some staff members didn't speak at all.

My mentor explained everything I had to do and showed me around the pharmacy. I mostly worked at storage and scanned the items from new orders that came every morning. Sadly, the pharmacy didn't have a laboratory, so I never made any custom creams or other types of medicine, which used to be my favorite part when I worked a pharmacy in Slovenia.

During the weekends, we explored the beautiful city and went to nightclubs. Nightlife in Spain starts at around 12 a.m. The clubs got filled with people of different age groups. We had a lot of fun. We were there during Halloween parties, which were the most amusing since everyone was wearing creative costumes.

Gijon has beautiful sights and restaurants, and it is an extremely underrated city in my opinion. The prices are very similar to Slovenian prices, and we even got discounts in places like the Aquarium for example, when showing our Erasmus document. It's clean and safe unlike other big cities in Spain like Barcelona or Madrid, which are polluted and filled with crime.

All in all, I totally recommend applying if you have the chance. It's one of the most unique as well as memorable experiences I have ever had and I got to meet fantastic new people.

Venera Dimitrova 4. Fc

## PALMA DE MALLORCA

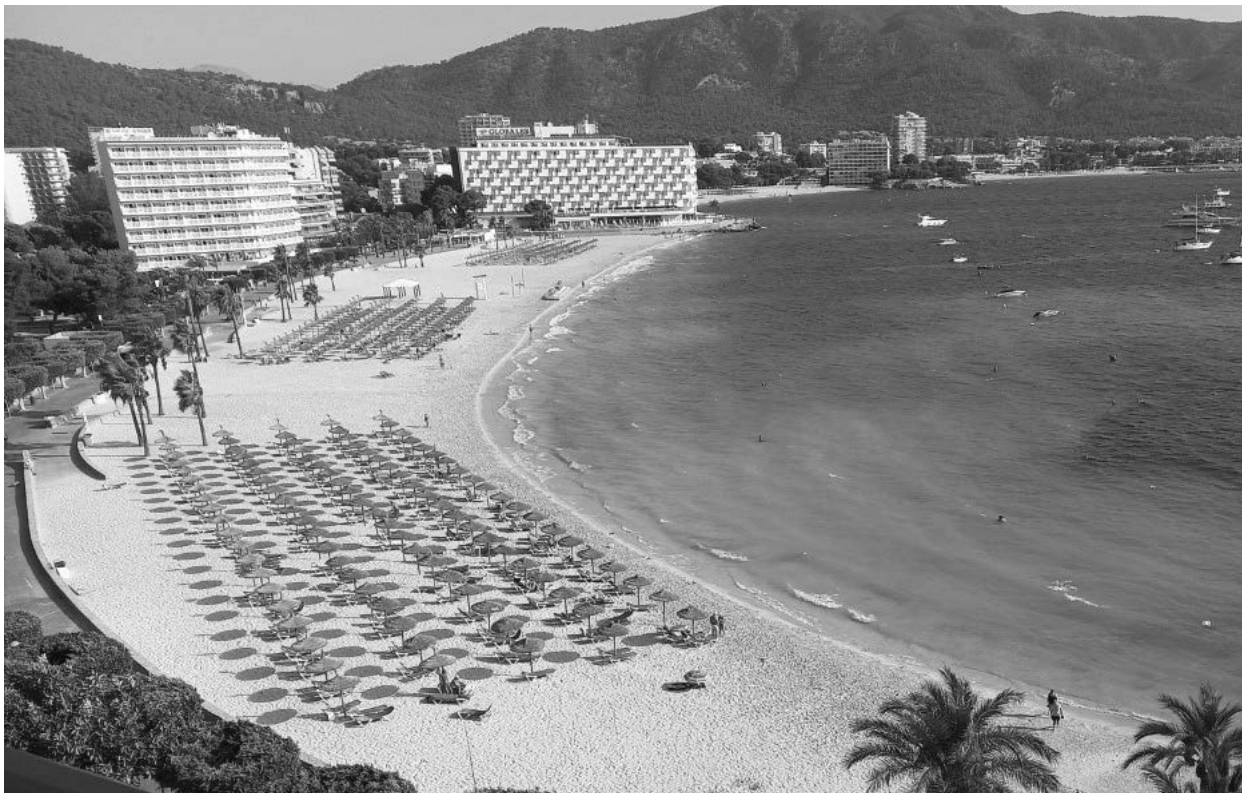
Last summer I went on a family trip to Palma de Mallorca. I was so excited about it because it was my first night flight and was simply awesome. Flying on a plane at night was a completely new experience for me. I would say it was a great beginning of our trip.



*Paella*

The first day was already 'crazy'. We started exploring the island immediately. I liked it a lot because of the intensity that this island and the people there can give you. I was feeling so overwhelmed, but in a good way. I wanted to try everything: ride a jet ski, go skydiving, then go swimming, and to finish it all with some great traditional Spanish food, like *paella*. By the end of the day, we were exhausted but still had enough energy to go relax and swim in the hotel's swimming pool.





*The view of the beach*

I would definitely recommend visiting Palma de Mallorca because it's an island for all ages. You can go party in a club and then moments later chill on the beach sipping a cold drink.



*The Cathedral of Santa Maria of Palma in Palma, Mallorca*

Lenart Anžlovar, 1. Za

## THE PYRAMIDS IN BOSNIA

When we say pyramids, we immediately make an association with Egypt and the Great Pyramids of Giza, but since 2005, the word can be associated with Bosnia and Herzegovina too.

In 2005, a Bosnian writer and businessman, Semir Osmanagić, said that the Bosnians hills in Visoko were actually pyramids, because of their special shape that looked like pyramids. He wrote the book *The Bosnian Pyramid of the Sun*. There are four more pyramids: the Pyramid of the Moon, the Pyramid of the Dragon, the Pyramid of Love and the Temple of the Mother Earth. They are said to be around 30,000 years old.

Visočica Hill, or the Pyramid of the Sun, is 213 meters high. Because of his book and many interviews with Semir Osmanagić, people started to believe that there are pyramids in



*The healing rock*



*The White Mosque, Visoko*

Bosnia, but scientists have proven that they are only hills and not pyramids. In my opinion they are good for tourism whether they are pyramids or not.

There is something very interesting about the pyramids. Under the Pyramid of the Sun, archaeologists have found tunnels in which there is some unusual, but good energy. This is hard to explain. When you are outside of the tunnels, everything is normal, but when you come into the tunnels, you feel better, like the air is fresher because around you there are only rocks and inside there are some water sources. The tunnels are on several levels. When you go to a higher level, there is stronger energy and you feel even better. Of course, some people feel uncomfortable, but most people feel comfortable. Inside the tunnels, there are some rocks which give out special energy that helps to improve your health. One man that lives in Visoko goes walking in the tunnels every morning and he has told me that every rock helps to heal only one problem or illness. For example, there is a rock on the highest level of the tunnels and

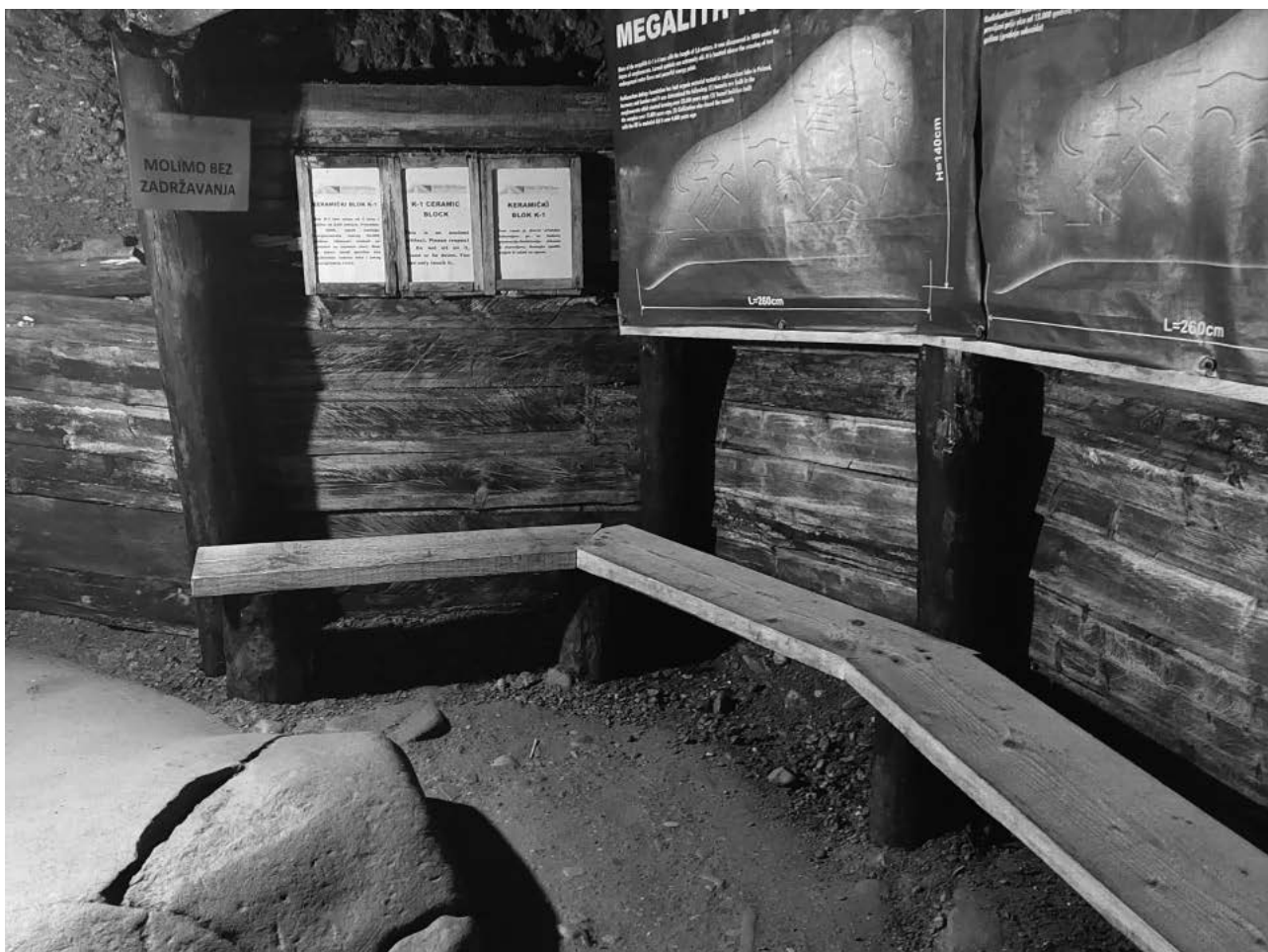
usually older people sit on that rock to have their prostate problems healed. Because of the good energy, the best tennis player Novak Đoković is often in Visoko. He has built a house in Visoko next to the most popular pyramid, the Pyramid of the Sun.

There are many stories about the pyramids in Visoko, but for me the most interesting are the tunnels under the Pyramid of the Sun, because I find it fascinating that the rocks can help to improve your health. When I was in the tunnels, I felt so comfortable and it felt different. Was that really because of the rocks, or just because I was thinking about that? I don't know, but it was undoubtedly impressive.

If you like stories about pyramids, I recommend you to go to Visoko. It can be a very interesting experience. Also, the town of Visoko is beautiful and there is a unique mosque with its unusual and beautiful architecture, named the White Mosque or Šerefudin White Mosque. If you decide to go to Visoko to visit the pyramids, I promise you that when you come there, you will forget what stress means. I don't know if that is because of the special energy of the rocks, or because of the amazing view and fresh air, or it is just the placebo effect. Whatever the reason, the feeling is amazing. There are no confirmed stories about the pyramids, so it's better you make your own story about them. In my opinion, the Bosnian pyramids will remain a mystery forever.

Aldijana Kovačević, 3. Fc

#### *Inside the tunnel*



# POEMS

## PERFECTION

It's hard to have high self-esteem,  
In this world right now,  
"Lose some weight," you hear,  
And your eyes start to tear.

We should love each other,  
No matter our looks,  
You should go a bit deeper,  
Cause we are like books.

We are all perfection,  
In different ways,  
Stop paying attention,  
To how somebody looks.  
Love all the people,  
Cause they love you too,  
The world should be connected,  
And that's what we must do.

Iza Lavrič, 2. Ka



## US

Here we are now, in the 21st century,  
we've been through a lot, haven't we, my  
sun?  
The world is dark, and cold, I know,  
but you'll never have to be in that alone.  
All the darkest nights, and days,  
I will keep your sweetest heart keys.  
Oh, is your heart full of tears?  
With my secret weapon that all will disappear.

The stars are shining just for us,  
Wait, you're gonna miss your dreaming bus.  
But together we're swimming in that sea,  
Oh my world, you bring out the best in me.

Iza Lavrič, 2. Ka

## HERO

Even though we found each other in a strange  
way  
And even though we met within a day  
My hands were nervous and quite shy  
But then we were just saying hi.

I knew he was scared  
Didn't know if he dared  
To fulfill the promise he gave  
And do the thing that seemed to chase him.

To see each other for the first time  
And even hug, felt like a crime  
That day I didn't get that hug  
Thought the first felt like a drug.

We were nervous, like a bird is  
When it's flying for the first time  
From the nest it's lived in all its life  
From the home with just no strife.

It was awkward when we walked  
By the river and we talked  
It was quiet, it was light  
In the moment all felt right.

On a cold bench down we sat  
Didn't feel like we just met  
We compared our hands and bet  
That we'll never just forget.

We were texting all the time  
Like two crazies - it was a sign  
Our minds were met in one  
We were happy, he was mine.

I was not like this before  
Though he tried to hold the door  
Stupid thoughts and barriers started  
But he was sweet and not coldhearted.

He stood by me with his tears  
He would listen to my fears  
They were louder, they were clearer  
He would lead me, we were nearer.

Everything in fortune mirror  
Was reflecting he'd bounce back  
For I believe a courageous hero -  
He would save me every time.

Tinkara Vačovnik, 3. Fa

## THE DRAWERS IN MY BRAIN

I have my own set of drawers. Drawers where you can save your memories and thoughts and sets of secrets.

Those drawers are placed in my head, like an office, but those drawers aren't organised like I would like them to be.

Those drawers sometimes fall apart.

Today is one of those days.

My emotions and thoughts are running away from them.

I am trying to collect them but they are too quick.

Sometimes these drawers are of no use anymore but I would still like them to work.

These drawers are me and sometimes I can't hold my emotions, just like these drawers.

Tina Horvat, 1. Ka





## HIS EYES AND I

I cannot see straight  
When I look into the sky  
It's like another state  
And I am so shy.

It's not like I stare  
Into those eyes  
But I need to lay bare  
It's like my book.

When they move  
Lips soft and shy  
It's like you improve  
My world till I die.

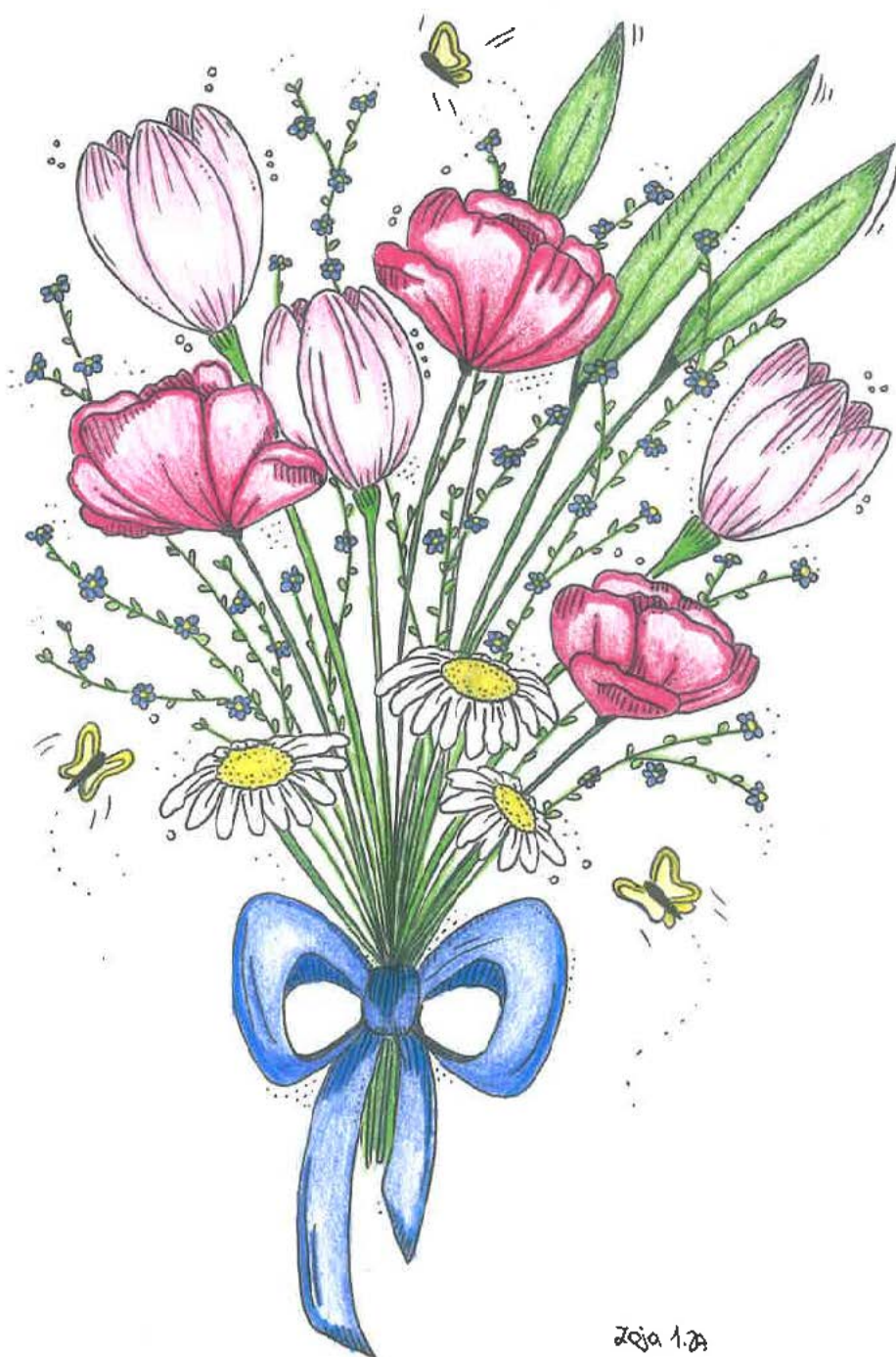
Oh, how I adore you  
You're never my hindrance  
Don't know if you're untrue  
My heart is rekindled.

I just can't see through  
Your eyes are like stars  
But I need the proof  
That they don't just scoff.

My laughs are not timeless  
Except just with you  
I'm not feeling helpless  
When I am with you.

We are just so wacky  
We won't ever fall  
We'll simply be happy  
Till death screws us up.

Tinkara Vačovnik, 3. Fa



# STORIES AND MORE

## MY DREAM'S BUTTERFLY

When I was a kid, my biggest wish was to fly. That hasn't changed a single bit since then. I want to fly. Like birds and butterflies do. They can go everywhere they want. I want to fly. Like leaves falling off an old tree. Floating through the air slowly to their final destination. That is my biggest wish and my dream.

One day I was walking along the streets of my hometown. I love my town. It's small, colourful and full of bright people. I walked along the sea, I took a shortcut. I was walking along a tiny lonely street, deep in my thoughts. The houses were covered in graffiti. It was dark. The sunlight couldn't pass the roofs of tall magic houses.

Suddenly, a small man jumped out of one of the houses. He scared me! He greeted me and apologised for scaring me. Then he told me that he knew about my biggest wish. I immediately got curious and asked him what it was. He said that he couldn't tell me, but he could only show me. And boom! With no time and questions asked, I was in a small room, covered in flowers. In the middle, there was a big portal made of rocks. I was scared. Then he told me to close my eyes and asked me to trust him. I did just that because I had nothing to lose.

A few seconds passed and he told me to open my eyes. When my vision finally cleared, I saw a beautiful small butterfly sitting peacefully on my palm. The second I looked at him, I remembered.

*Every time I flew in my father's arms ...  
Every time I jumped into the water... flying.  
How I watched snowflakes falling from the sky. Flying. I'd always wanted to be one of them ...*

The small man suddenly interrupted my thoughts. He asked me if I wanted to make my dream come true. At that moment I thought I was dreaming. I stayed quiet. I didn't want to wake up. He knew that I wanted to make my dream come true. It didn't matter if it was in real life or just in my dreams. I wanted to fly. So I nodded. And with that he blew at a little butterfly sitting on my palm ... and it flew away.

And again! In a second, we were on the top of a beautiful hill surrounded by the sea and mountains. I looked back and was shocked. I saw a giant hot air balloon, the most colourful one I'd ever seen. It was magical. In that balloon, which looked like a rainbow brought to the ground, there was the small man waving in my direction. At this point I realized I was dreaming. And because of that I had all my confidence and went to that man. I jumped into the balloon and the little man smiled at me. The magical balloon started rising. I was in the middle of the sky, looking down at the world, surrounded with soft white puffy clouds. I was so happy. I looked down and I saw the whole world smiling back at me, living my dream with me. I saw the birds flying under me. It really felt like I was one of them. Like I'd always wished and dreamed.

As I turned around to look at the sea, I saw the butterfly. The same one that had been following me since the beginning. It was sitting on the edge of the balloon's basket enjoying the view.

The butterfly was like my dreams, following me around and waiting for me to make them come true. It never gave up. And no-one should. Now I believe that every dream can and will come true. You just need to see that little butterfly following you around. You should never give up, no matter what. We always need something to push us up when we fall. This might be a dream, a goal, or maybe just a loving person.

Zoja Mažera, 1. Za



## THE STORY ABOUT THE LITTLE PRINCES

Life is a broad concept. Most people on earth are just alive but aren't really living their life. I am alive. But am I living?

His arms are wrapped around me. He's hugging me tight. His palms are covering my ears isolating me from the rest of the world. The only sound that I hear is our heartbeats. I feel his big fingers running gently through my hair. He is softly drawing circles on my back. And once again he tells me everything is going to be okay. I bury my head deeply into his chest and cry my soul out. He starts telling me a story just like in the good old times.

Behind nine mountains and seven rivers there once lived a little girl whose soul was just too sensitive for this cruel world, so she ran. She ran far away till she reached the world where it was all rainbows and unicorns. She always slept with all of her stuffed animals so she wouldn't hurt anyone's feelings. Her favorite movie was Tangled, and till this day I believe it still is, she loved sweets and she never cared about how she looked. She had long brown silky hair, her eyes were dark, but when she smiled, they shone like gold. She always wore dresses and she liked this one in particular. It was pink, with roses all over it. She was his little brunette, Rapunzel. She also had a puppy named Rainbow, who was her best friend, her soulmate, just not in the human body. They always ran around playing in the woods, lay in the grass watching clouds, swam in the river, just being a kid and a puppy without a single care in the world. But everything nice once comes to an end and her own little world fell apart.

Now her little feet are standing on the hard cold concrete floor and very much in touch with reality. She is staring. She is staring into the blank wall that is just as blank as her soul. She takes a deep breath. She exhales. In her



head, she shifts through all the memories of the time when she was a kid. When her biggest problem was that she needed to go to bed early, but now she loves sleeping. Night is the only part of the day when she can escape the real world and her problems, and return to her own little world. When she used to 'smuggle' candy before dinner so her mom wouldn't see her, but now she has lost her appetite. When she used to play dress up in her mom's closet. When she still wrote letters to Santa. When she cried only when she was in physical pain. But now she cries because she is just so stressed out and anxious. When she used to make up dances and perform them to her parents. But now she dances in the rain, the storm going on inside her head. When her eyes shone like gold, but now that shine is buried inside her heart just like the memories of her childhood.

But one thing has stayed the same. He is still hugging her tight. His palms are covering her ears, isolating her from the rest of the world. The only sound she hears is their heartbeats and his calming voice telling her a story. His big fingers are running softly through her long brown hair. He is drawing circles on her back. She sniffles. He wipes her tears, and tells her that he loves her. Her crying stops, her breathing calms down and she slowly falls asleep. She goes back to her own little world.

F.

### I HIDE, I SEEK

There's a single chair in the room like that single thought in my head. Simply just there, standing in complete nothing. I see it. I'm watching it. I'm standing beside it. Sit. Yes. I sit on that wooden chair. It brings back memories. I close my eyes. I lean back. There's me, there's darkness, we're alone, together, intertwined. Hugging. There's me, little me. Little me sitting in my mom's lap. Little me

running down the street. Little me laughing and playing with the neighbours that have just moved in.

We draw. We sell lemonade to strangers. We eat candy. We race down the street. We play hide and seek in our house. "I found a perfect spot!" I shout. I giggle. I crawl into the wardrobe. The wardrobe is dark, I can feel my sister's jeans, a dress, and a pair of gloves crumbled under my body. I'm waiting for someone to find me. "Found you!" says one of my mates. We both laugh and there's me again trying to find a hiding spot. I hide down the stairs and I see my grandma's old wooden chair, I sit on it I close my eyes. I'm hiding from the world, I'm hiding in a warm hug of my parents, grandparents.

I open my eyes. There's me again, but this time a little bigger me. Bigger me sitting on an uncomfortable school chair. Bigger me having to struggle when standing before the whole class being examined. I don't know the answers, I haven't studied. I get an F. I run to the toilets, leaving a trail of tears behind me. I hide in one of the toilets, yes, hide, I hide. I'm sitting on the toilet crying my eyes out. There's my friend coming after me. She hugs me. I'm hiding in her comforting touch. We're hiding and sitting in one of the toilets. I close my eyes behind those wet eyelashes.

Again I open my eyes and there's present me, sitting on a kitchen chair alone in an unknown city with nowhere to hide, no one to hug. With my eyes fixed on the screen, fingers typing down every single letter one after another. Here I am. Not hiding yet, not seeking yet.

Life is a game. For me it's hide and seek.

Ivana Lesjak, 1. Za

# I HIDE, I SEEK

There's a single chair in the room like that single thought in my head.



Sit. Yes, I sit on that wooden chair. It brings back memories.

I close my eyes. I lean back. There's me, there's darkness, we're alone, together. Hugging. There's me. Little me.



Little me sitting in my mom's lap.

Little me running down the street. Laughing and playing with the neighbours that have just moved in.



We play hide and seek in our flat. "I found a perfect spot!" I shout. I giggle. I crawl in to the wardrobe.



"Found you!" says one of my mates. We both laugh.



There's me again trying to find a hiding spot. I see my grandma's old wooden chair. I sit on it and close my eyes. I'm hiding in a warm hug of my parents, grandparents.



Bigger me having to struggle when standing before the whole class being examined.

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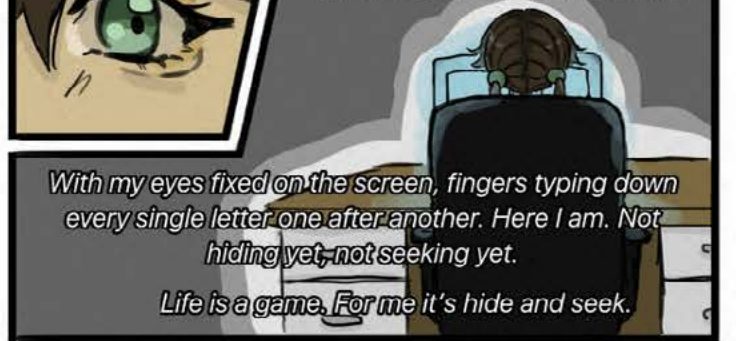


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## A DANGEROUS EXPERIENCE

About 5 years ago, me and my parents were on summer holiday in Croatia spending a beautiful sunny day on the beach.

I was always an adventurous kid and I used to spend time climbing trees, hitting things, jumping into water and much more. I wasn't afraid of water or heights. When me and my family were on summer vacation, I always went on an inflatable water playground, because it was fun and I mastered it in a second. It was easy to move on it because I wore water shoes, which is why I never slipped and fell into water.

But that year we went to a different place and the people who were in charge of the playground and the kids said I was not allowed to wear water shoes. Even though I knew I could fall, I went on it without the shoes. At first, it was pretty easy, but suddenly I started running fast over the barrier and fell into the water. I was stuck under the inflatable playground and couldn't breathe because my nose was full of water. I didn't open my eyes, because I knew my eyes would burn because of the salty water. That's why I was just touching and feeling where a way out was. When I came out of the water, I was still terrified of what had happened. My parents immediately saw that I had been gone for a long time, since I had fallen into the water. They swam to me as quickly as they could and we went to the beach together. I was crying on the beach.

Since that experience, I have never gone on a water playground again. I'm now afraid of deep waters and snorkeling, that's why I only swim close to the beach. Even if I could go on a water playground with water shoes, I would be too scared to go, because I always have that scary feeling of being stuck under water.

Sara Pevec, 1. Za

## MY EXPERIENCE WITH SNOWBOARDING

I have always wanted to learn to snowboard. It seems cool and people on snowboards usually have a great style. My father bought a snowboard, so it was tempting for me to try.

It somehow happened that last winter we went to Kranjska Gora with my father, brother, and my friend Sami. My mom never goes with us because she doesn't know how to ski. We had been skiing for a few hours and I started getting bored, so I decided to try snowboarding. It was a perfect opportunity because Sami knew how to snowboard so she could teach me. I think I did well. I fell a few times, but because of the slushy snow nothing bad happened. I didn't hurt myself. I didn't know how to ride a T-bar, so I carried the snowboard. I got to the top and went down a few more times. Because it was the end of the day, we decided to go home and I was really proud of myself. I was determined to try it again.

We went skiing at Cerklno with my other friend Maša a couple of months later. I was really excited, and I wanted to try snowboarding again. I went on a ski conveyor belt a few times and I did a pretty good job, so my dad suggested I take a ski lift. I went down and everyone was ahead of me. I felt that the slope was icy and hard. I fell a few times, and the last time I fell I almost fell on my bottom but I caught myself on my hands. That was a big mistake. I accidentally sat down on my arm at the wrong angle, and I felt pain shot through my hand. My father, who was ahead of me, told me he would go to get the paramedics. I was left alone on the edge of the ski slope. I looked at my wrist and it was in a strange shape. There was no blood, but I felt scared of what might have been happening inside my hand. Because I started thinking about this, my head started spinning and I felt sick. I lay down and threw up twice and I wanted to die. Thinking back at how my arm looked,

I still feel sick. I don't know, I just can't stand injuries. The one thing I was most thankful for were my goggles that I had on, so people couldn't see that I was crying and they just thought that I was resting. I was really a mess when the paramedics came on the electric sleigh. I must admit I was a little bit happy. I felt like I was in some Der Bergdoktor series. They examined my hand, immobilized and bandaged it. I took the ski lift to get down and into the car. Maša, my dad, and brother still had to use their tickets, so I waited for them there for another hour. We drove home and went to the emergency room. They took an X-ray of my wrist, but it showed nothing, so the doctor told me it should be fine and it was probably because of the hit. I couldn't move my wrist and I couldn't write for another two weeks, because it was my right hand. And I couldn't move it properly for a month or so.

I still think snowboarding is cool, but very difficult. One day I want to book a snowboarding teacher to teach me, so there won't be any more injuries. I think this was a 'great' way to celebrate 8th February, and I will forever remember it as my snowboarding failure day.

Lorina Pučko, 1. Za

## **TRYING ACROBATICS FOR THE FIRST TIME**

When I was 11 years old, I tried acrobatics for the first time. It was an interesting experience. But honestly, I will probably never do it again.

As a kid, I was always active. I'd come home from school and couldn't sit still. I would always do handstands, splits, and other gymnastic exercises. So it didn't come as a surprise to my parents when I asked them if I could train gymnastics. My dad immediately started searching for a gymnastics club that

would be nearby. Unfortunately, he didn't find any.

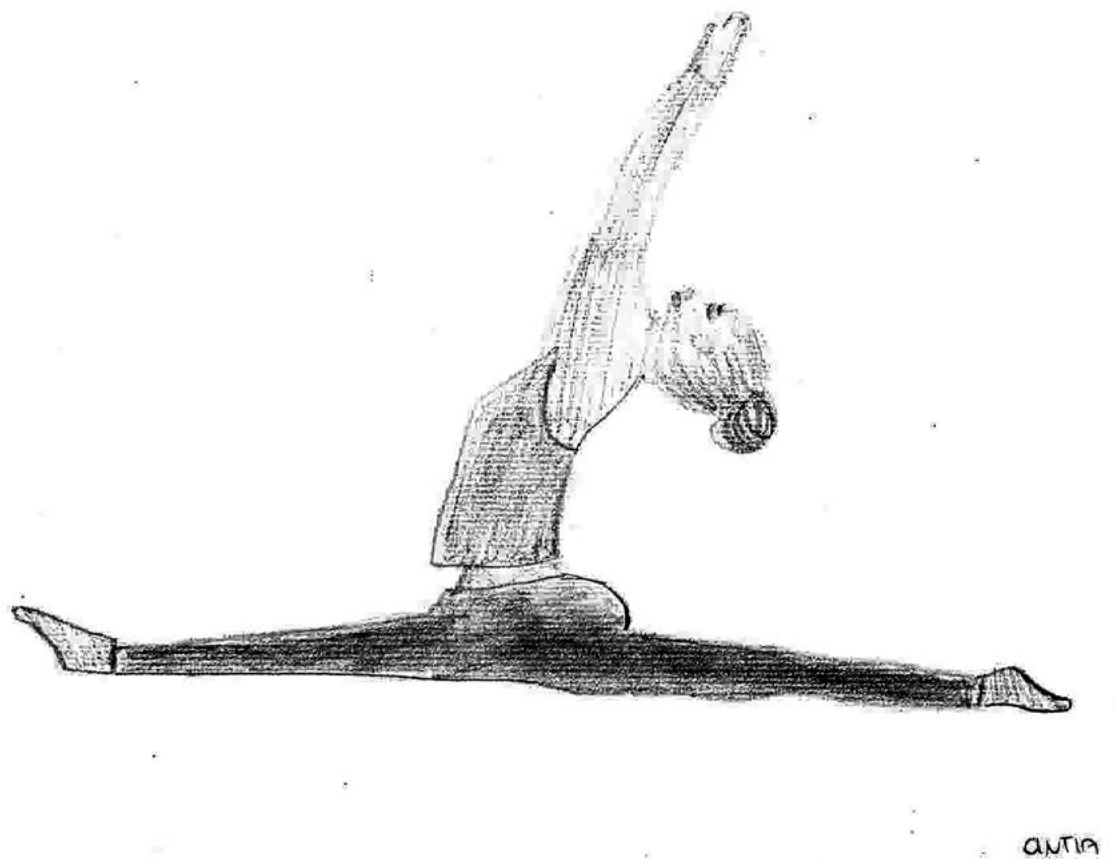
The next day I went to school feeling a bit sad. That day we had sports class. I was doing exercises, when one of my teachers noticed me doing a handstand. She came up to me and told me that she had a student that was training acrobatics in my town. I immediately took interest in it and asked her probably every question that could be asked about it. After school, I hurried home and told my parents what had happened. My dad looked it up on the Internet and found it. He asked me if I was sure I wanted that and I told him that I was. He told me that I could try it the next year. That summer he took me to an acrobatics competition that took place in my town. Honestly, when I saw what they were doing, it was nothing like I had expected. But I was open to try anything. So in September I signed up to their club.

The first day in their club wasn't bad. The coach was really friendly and the training went by fast. But by the end of the week, I didn't feel the same way. I was starting to feel like there was something wrong with me. None of the girls would talk to me and I felt like the coach had forgotten I was a starter and didn't know how to do most of the exercises. It was like he was expecting me to do all those exercises even though I didn't know how to do them. I didn't tell that to anyone, because maybe I was just panicking for no reason. The next week one of my friends told me that she was thinking about joining the club too. I was so happy that I would have at least one friend there with me. So she came with her mom to have a look at one of the training sessions. They left about five minutes before my training ended. The next thing I know is that I saw my dad come to pick me up right before I did a somersault. I jumped off the trampoline in the air and did a somersault. But one of the coach's helpers helped me roll wrong and I hit my nose with my knee. I started crying and my dad rushed towards me. We immediately went to the hospital.

They took an X-ray and told me that my nose was broken. I wasn't allowed to do any sport for three weeks.

I haven't done any acrobatics exercises since that day. I've been left with the fear of breaking my nose again, so I don't intend to do any exercises any time soon. The experience was terrible for me, but if you love acrobatics, have talent and you are willing to take a risk of getting hurt, you should go for it.

Sara Jan, 1. Fc





CINTIA

# THIS AND THAT

## OLIVER TWIST

I think that the play was quite confusing for the most part especially because there were only five actors constantly switching roles. And the places were supposed to be different, but the scene was the same throughout the play and that is another reason why I couldn't keep up with it. Otherwise, I liked the play and in my opinion the singing was perfect and made the play more interesting. The highlight was when one of the actors just popped out of nowhere right next to the auditorium entrance. None of us had expected that.

Personally, I wouldn't pick this play to watch, but it was nice to have something different.

Kim Uhlir Selan, 2. Fc



## BEND IT LIKE BECKHAM – FILM REVIEWS

To me the film was exciting because at that time I knew what the film was about - football. I admit football had always been something I had no idea about. However, this year me and my dad decided to watch the FIFA World Cup and I found out that football could actually be interesting, also the players were handsome ..., even Jess had a poster of her favorite player on the wall.

The film was a little different from others. I must admit that I had never seen a football match played by women or even heard about women's football. But in this film, I got the chance to see how Jess struggled choosing between her family and her sport and team mates. I got to see how people of other nationalities and cultures reacted in different situations. I really liked the part when Jess and her family were at her sister's wedding and she left in the middle of the party to play a football match with her team. I think it was very brave of her to do such a thing. She really broke the toxic culture of women having to do all the household chores, knowing how to cook all the traditional dishes and so on. That's why she's my favorite character. Her determination is what I admire. Jess is really breaking the borders of her life. She is put in situations where I wouldn't know what to do and she still works her way out. That's why I admire her.

Overall, the film was full of drama and knots, the main theme was football, but I think that family also played a big role in Jess' life.

Ivana Lesjak, 1. Za



I liked the film because it involved sports, especially football, which I really like. I liked the training session parts the most and the wedding scene was good too. I didn't like the beginning of the film because I didn't like the attitude of Jess' parents, but later I changed my opinion of them. My favourite character was Jess' father because he was a good dancer and a supportive father.

The themes in the film were sports, love, some drama, friendship, and family. Overall, I really liked the film because I liked the plot. Also, I learned something about Indian culture, so it was great.

Lenart Anžlovar, 1. Za



*Madre Vidani*

Bend it like Beckham is a movie about an Indian girl Jess, whose parents don't let her play football, because they think football is for boys and because they want to protect her. But in the end they find out how talented she is and they let her go to college in America.

I'm not sure if I liked the movie. I loved the story about the girl who wasn't allowed to do what she wanted but in the end they let her and she succeeded, but I didn't like the cringe music that was being played when they were playing football, and I also didn't like Joe and how over the top everyone's acting was. The thing I hated the most was the big poster of bald David Beckham in Jess' room, which was just ugly and weird and shouldn't have been there. My favourite character was Jules' father, because he was always supportive and the only one, whose acting was rather normal.

The film talks about sport, specifically football, family, friendship, and love, but also about more difficult themes like cultural discrimination, sexism, racism, and homophobia.

I think the story would be good if written as a book, but the movie shouldn't have been filmed, especially not with Joe in the cast.

Lorina Pučko, 1. Za

I really enjoyed the film, because it portrayed the crisis of being split between your dreams and your family and their rules.

I didn't however like the relationship between Joe and Jess, because it happened way too quickly. I couldn't see it happening and I saw no real romantic connection between the two. I also didn't like the hate Jules received from her mother, because she thought Jules was a lesbian. The homophobia and racism were heavily portrayed in the film and I think it's good people talk about it, because these things happen to real people in real life.

My favourite character was Tony, because he stood by Jess' side and supported her when she was fighting with her parents.

I don't think there were any similarities to my life, just because I didn't really see myself in any of the characters.

Lea Gaković, 1. Fc

I liked the movie, because of the determination Jess had no matter how many obstacles there were to stop her from achieving her dream of being a football player. I did not like how her parents cared only about their religion and their need to have their daughter married to a stranger. I don't blame her for hiding all she did to satisfy herself.

My favorite character from the movie was the main character, Jess. I love her determination and her personality in this movie, because it reminds me a lot of myself. I can see myself in Jules' shoes too, because I have been called a lesbian in my life a lot. Not from my family but my schoolmates, just because I was not a very feminine girl in elementary school. I also wasn't a part of super feminine sports either. I still get called a teenage boy just because of my fashion sense and my voice.

The characters in the movie I don't like are Jules' and Jess' parents, because of their ignorance towards their children and their egotism.

Overall, I liked the message of the movie and the layout of it. I give it a 7/10.



Sonja Nolimal, 1. Fc

I didn't like the film because a lot of films already have the same plot - parents don't allow something (a hobby, a marriage ...) that a child is very happy about. In the end, they allow it when they see that it is a good thing for the child. I found the Indian culture interesting, with some funny customs, especially the preparations for the wedding, the way they dress. Their rules are too strict and I didn't like that.

Jasminder is my favourite character in this film, maybe because she is also the lead. I like that she perseveres in football, despite her parents not being supportive. In the end, everything turns out well for her, so it has been worth fighting for.

There is no similarity between the film and my life. Fortunately, my parents let me do what I enjoy. Sometimes they are strict about things, but not as strict as Jess' parents, for example about the way of dressing ...

Themes: sport (female football), family, British and Indian culture, friendship, romance, racism, and an arranged marriage.

Naida Keranović, 1. Fc



I have mixed feelings about the film. It's not the type of film I would usually watch but it wasn't that bad. I hardly ever watch football because I find it boring, so the theme of the film wasn't really interesting to me. I like that Jess' parents let her go to America in the end because it was a great opportunity for her and it would have been a waste of talent if they hadn't let her go. There was one thing that I really didn't like. It was the fact that Jules' mother thought Jules was into girls just because she didn't dress or act girly and because she played football. My favorite character was definitely Tony. He was always there for Jess. When he announced that he was going to marry Jess, he was ready to risk his future for her.

I don't think there was any resemblance between my life and the film. The themes weren't interesting to me. I don't like football and I don't like romantic films. This film wasn't a romantic film, but there was still a little romance between Jess and Joe.

Sara Jan, 1. Fc



## THE CYBERBULLY – FILM REVIEWS

I liked the movie but it wasn't really my favorite. I didn't like all the decisions the girl had made. She could have talked to her dad right away and he could call the police, because that type of hacking is probably pretty illegal. I mean in some scenes she was acting smart, but if I was her, I would probably just shut the computer down right away, because the hacker would post certain stuff anyways, but if I was talking to him during that, he would just mentally manipulate me with it. Casey also kind of betrayed her best friend when she let the hacker post her best friend's nudes but not hers. If she had let him post her nudes as well, people might have started thinking that she got hacked and wouldn't just get angry at her. I also didn't like the ending because we didn't find out who the hacker was, what happened to Casey and how her social life was after that.

Overall, the movie is a pretty good example of cyberbullying, but in reality it's pretty rare. I mean not many people have the skills to hack a computer, neither do they have that much energy and most of them aren't brave enough to do such an illegal thing. But of course, in America that's more common than here, I think.

Tajda Todorov, 3. Fc

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In two of our English lessons, we watched a film about cyberbullying, called The Cyberbully. The film was interesting, which, in my opinion, is the most important thing for a film.

One of the things I liked the most was that

it was unpredictable, which is a big plus for a film. I liked the topic of the film and that is why I was attracted to it. I also really liked that the film shows what kind of society we live in today and that these things can happen to anyone. What I want to say is that the film shows a realistic picture of social networks. Of course, I have nothing against them. I use them too and sometimes they can be really useful but, of course, there is also a bad side of social networks, like shown in the film. The acting was not bad either, you could even say that it was good.

On the other hand, there are also some bad points. It was a bit annoying that everything was happening in only one room and the fact that, almost, only one person was actually seen throughout the entire film. For example, we never saw Cassy's father. I also think that some scenes were a little bit, let's say 'ugly' to watch, for example when Cassy was forced to take her pills.

And as an outstanding thing, I would take the fact that after everything that happened, Cassy's best friend still trusted her and she said that she knew that Cassy was not behind everything that was happening, which actually gave Cassy the strength to stand up for herself and to overcome her fear of an unknown person from the Internet and to shut him, or maybe even her, down. That is one of the things I liked a lot, because it shows that true friends may not be able to solve your problem completely, but they can help by supporting you and thus giving you strength or an idea how to solve the problem.

Another problem was the end of the movie, because I did not actually like it. The ending was honestly miserable, because we never found out who the blackmailer was. Despite that, the end of the film was good for Cassy, because she got rid of that unknown person that was blackmailing her. In my opinion, the ending would be better if we found out who

the unknown person was, or that Cassy and her best friend would see each other and talk about what happened, or maybe Cassy could somehow tell her father everything, so that he could help her.

Unfortunately, such things actually happen in real life, which is very sad. I personally have not experienced anything like that, but I have seen many such cases on social networks, for example on TikTok.

And lastly, let's say something about (cyber) bullies. People who mistreat others in such a way probably think that they are the most powerful and can do whatever they want. I think that this is the result of not having enough attention/love from their friends or family, or maybe they don't even have friends. If I am precise, they are dissatisfied with their lives. But I believe that there is hope for them and that they can change. Maybe if someone explained them nicely or showed them what kind of consequences they can cause to people they are bullying, they would stop. Although there are probably some of them that would continue doing that after they have been shown and explained what harm they can cause with bullying. But again, if I think about it, maybe the cause of bullying is some of their problems from the past and if that really is the reason I think they should see a therapist and solve the problem. And as for the victims of bullying, they should seek help and they should never keep it to themselves.

Lejla Islamović, 2. Fc



## RUBY RED TRILOGY

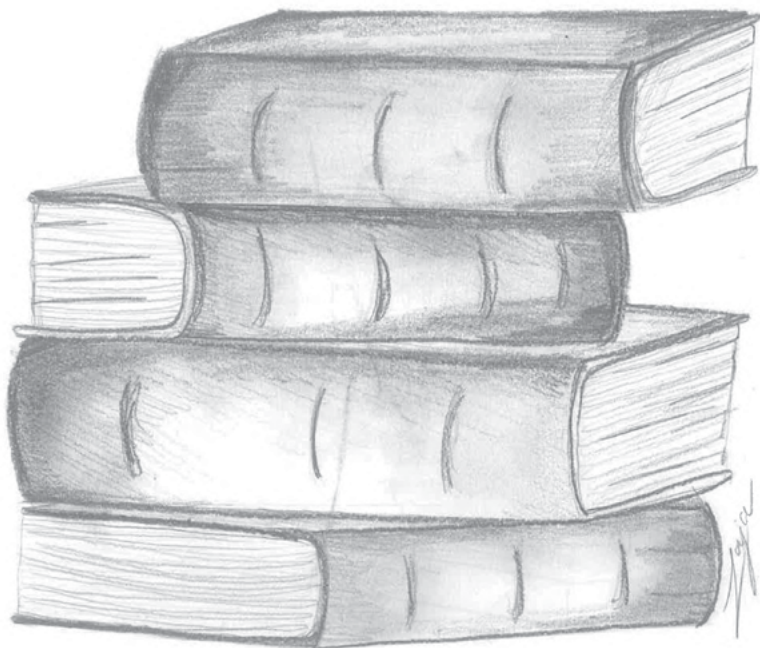
Ruby Red Trilogy was originally written in German and then translated into English, which is probably one of the things I didn't like about the book. The style of writing is a bit strange because of the translation. The sentences are pretty simple. While reading, I sometimes felt like it was written by an author who didn't have much experience. It's really a fast-paced read. I feel like the books would be much better if they were a bit longer. All the scenes in the novels are there just because they are actually relevant to the story. As a result, the romance between Gwen and Gideon looks forced. Because there are no extra scenes in the books where they have time to get to know each other better and connect, there is no chemistry between them.

I know it sounds as if I didn't like the trilogy, but that's not the case. I liked all the characters in the books. The books were a lot of fun to read and I read the trilogy in three days. The story is really gripping. And I highly recommend the trilogy to those who are struggling with English and would like to improve their vocabulary. Because, as I mentioned earlier, the novels are very easy to read.

Lina Mujić, 3. Fc

## THE SEVEN HUSBANDS OF EVELYN HUGO

I learned about this book on TikTok and other social networks. Everyone was talking about how great it was. And when I found out that the main character Evelyn was bisexual, I was even more excited because I had decided to read books with more diversity. For example, books with characters of different races, sexual orientations, and cultures. I was a little disappointed with the book, but I honestly



think that the reason for my disappointment was my high expectations since the book was praised by readers all over the Internet. It is a good book, but not as good as I expected it to be. The author beautifully demonstrates the plight of people with a different sexual orientation at the time. It's one of those books that could be made into a wonderful movie.

Lina Mujić, 3. Fc

Hello!

It makes me happy to talk about my sister's trip. She has been in love with the city since she was little and she's already making plans for the summer. Thank you for agreeing to show my sis around London. It's funny for me to talk to you instead of Neža. She's 23 and still doesn't look at her emails.

And, Alice, because I know that you're busy with college and you probably have bigger fish to fry, don't worry about her, because even if you leave her alone in the city she will always find a way to entertain herself. She's very talkative, friendly, and kind (sometimes she can become too kind, and that can become a bit annoying over some time). She loves animals, so I think that taking her to the ZOO might be the perfect idea. She is also very adventurous and loves sports and trying out new things like bungee jumping, climbing, hiking and so on. She's a really 'go with the flow' type of person so no matter what you will do, she'll be okay with it ... well, that's how I know her.

Her physical appearance is easy on the eye. She looks a lot like me, only she has blonde hair, she dresses casually or classy. She has freckles, tanned skin, she's slim and has a lovely smile. I would say she's the more advanced version of me.

Again, thank you for inviting her and I believe you two will spend a wonderful time together. By the way, I'm sorry about the Queen, she's was an amazing person, and will always be remembered in our hearts.

Greetings from Slovenia.

With love,

Ivana

Ivana Lesjak, 1. Za

# BEAUTY AND HEALTH CORNER

## SKIN CARE TIPS & TRICKS

Don't touch your face with dirty hands since that will bring more bacteria and cause potential breakouts.

Hydration is important so drink at least 1.5l of water a day. It might seem like a lot but take it a glass at a time.

Don't forget to wear sunscreen if you're out in the sun. It can prevent sunburns and premature aging.

If you have strawberry legs, try exfoliating them with sugar pilings or scrubs which are more gentle since they have smaller particles.

Moisturizing your skin is very important especially in the morning and during the night. A light hydrogel or cream will do.

Have a separate towel for your face in order to keep it away from other body bacteria.

If you have sensitive skin, try using a shower gel, an oil-based wash or shower body milk.

Use your finger pads while shampooing your hair in order to protect your scalp. Avoid using nails.

Washing your face in the evening is way more important than in the morning. You have to wash off all the dirt that has accumulated during the day.

Vitamin C serums are great but make sure you use them during the night so the UV rays don't damage it.

Anita Gorišek and Tina Kopač, 3. Ka

## HOMEOPATHY

Homeopathy is one of the best-known and successful methods of alternative medicine, in which remedies of natural origin are used. Its founder was Samuel Hahnemann (1755–1843), a German physician, who was inspired by Hipocrates and Paracelsus. Hahnemann developed homeopathy for many decades. In 1810, he wrote Organon of the Healing Art, the basic work on the theory of homeopathy.

Homeopathic remedies are used to restore energy and spiritual imbalance of the body thus making the body heal itself. There are the pros and cons of homeopathy. Homeopathic remedies are inexpensive and easy to prepare. They can be used to treat both chronic and acute diseases effectively as well as mental conditions such as anxiety, fear, depression, etc. They are also successful at treating children who suffer from various health problems. However, a drawback of homeopathy is that remedies cannot be prescribed routinely. Each patient should be treated individually, which is time consuming and requires a skilled and experienced homeopathic physician. In Slovenia, there are few fully qualified homeopaths.

It is impossible to provide scientific evidence of the healing effects of homeopathy as required by allopathy (Western medicine). Homeopathic treatment is based on the principle that 'like cures like' - a substance that causes certain symptoms can also remove those symptoms. The energy balance between a remedy and a patient is of utmost importance.

A homeopathic pharmacist can also help to treat minor health problems. If we suffer from a serious medical condition, we should either see an experienced homeopathic physician or opt for allopathy.

Neda Veniger



# SLEEP



## PROJECT WORK IN 3. FC

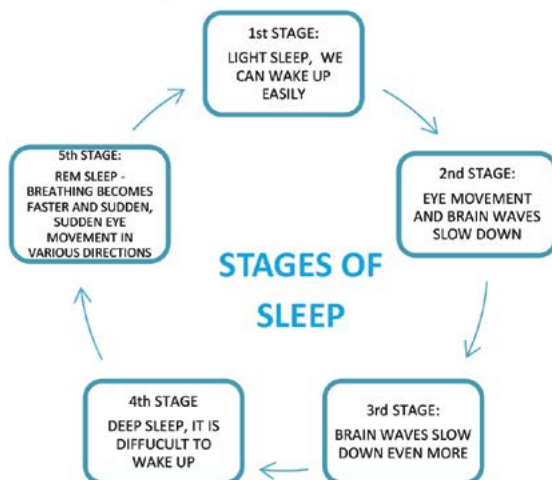
Mentors: Ms. Neda Veniger and Ms. Tina Petkovšek

Translated by Aleksandra Kitanovska

## WHAT IS SLEEPING?

Sleeping is one of the natural psychological functions of all living beings. It is a repetitive state of the body and mind, which consists of an altered state of consciousness, a decreased sensory activity and a decreased interaction with the environment.

In the state of sleep, our ability to react to impulses decreases, and there are noticeable changes in the processes of hormone secretion, breathing and heart rate.



## THE IMPORTANCE OF SLEEP

Sleeping is a very important psychological process and a biological necessity because it affects our physical, mental and emotional health.

### FOR THE BRAIN

- It prevents mental health problems.
- It prevents neurodegenerative diseases.
- It is very important for cognitive functions (perception, thinking, memory, studying).

### FOR THE BODY

- It boosts our immune system.
- It improves our metabolism.
- It strengthens our heart and vascular system.

## THE CONSEQUENCES OF POOR SLEEP

- Mood swings
- Negative emotions
- Mistakes at work
- Increased risk for car accidents
- Depression
- Feeling hungry
- Type 2 diabetes
- Alzheimer's disease
- Clogged coronary arteries
- Weakened immune system

## 9 TIPS FOR BETTER SLEEP

1. Limit the use of digital screens in the bedroom.
2. Physical activity.
3. Drink less caffeine.
4. No snacks before sleep.
5. Have a regular bedtime routine.
6. Use appropriate bedding and pillows.
7. Refrain from drinking alcohol and smoking.
8. Use your bed only for sleeping and not as your workplace.
9. Go to bed at the same time and wake up at the same time every day.

## INTERESTING FACTS

- Sleeping less than 6 hours per night shortens your lifespan.
- Your ability to remember things is increased before sleep.
- New parents are usually in for a 6-month sleep deprivation.
- In the first five minutes of being awake, you forget 50% of your dreams.
- Around 12% of the population dreams in black and white.
- We can only dream faces of the people we have already seen.

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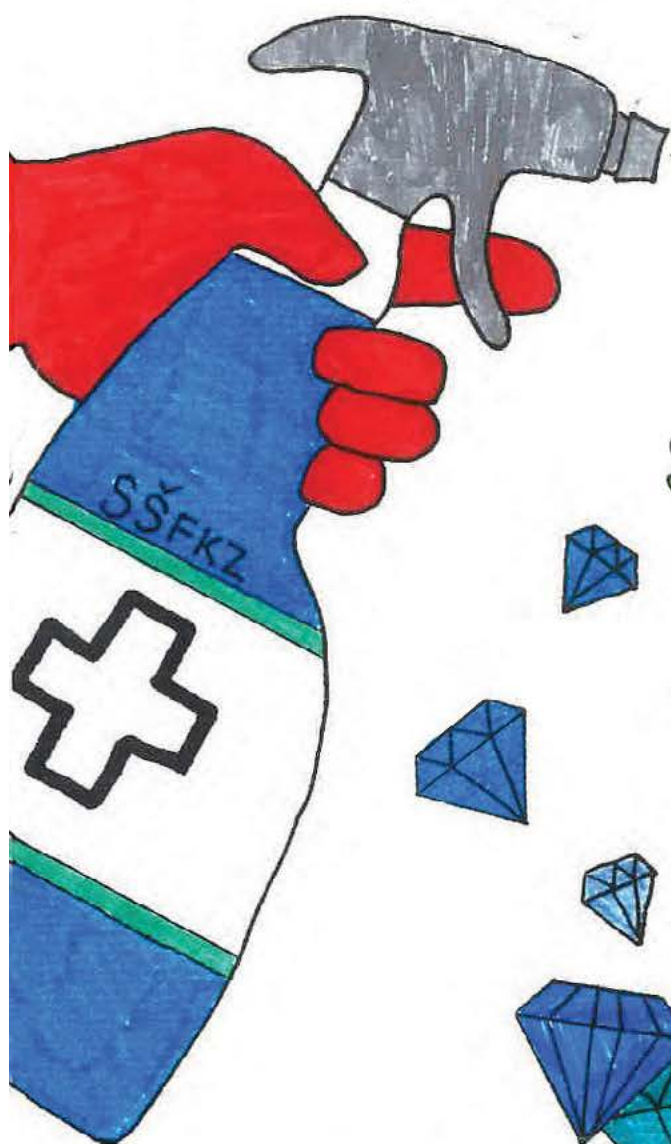
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