



Valentine's Day Fever

It's February right now. And what do we think when we hear "February"? **Valentine's Day, of course!** Day of hearts, flowers and chocolates. It's mostly recognised as a day of love, and romantic relationships, but it is not only that. Nowadays, a lot of people treat this day as a day of love in general, not only love to your partner, but for every person you love.

It's known worldwide, and it's celebrated on the 14th February. The most recognizable symbol of this day is a heart ♥ and a Cupid, which looks like a little child with angel wings, and a bow. One of the traditions is sending greeting cards- valentines. It started in early modern England, in the 19th century. But the holiday started in Paris- in the city of love!

And now, Valentine's Day in numbers:

- 145 million Valentines are exchanged every year
- about 20% of the pet owners, give their pet a Valentine's Day present
- over 1 billion dollars worth of chocolate is purchased every year on Valentine's Day
- chocolate box has been around for about 150 years
- 250 millions of roses are grown just for this one day

Happy Valentine's Day to everyone!

P.S. Don't forget to send a greeting card to the person you love 🐱 *by Maja Januszewicz*



Aquarius (January 20 – February 18)

On this Valentine's Day, single Aquarius should focus on self-love and self-care, while Aquarius in relationships can count on a lovely day with their other half.

Pisces (February 19 – March 20)

Pisces Valentine's Day this year will be spent unusually. Maybe a trip with the other half to the seaside, or a date at the cinema, regardless of whether they have a significant other or not.

Taurus (March 21 – April 19)

Single Taurus should stop hiding their feelings this valentine's day and make a move to their crush, it certainly won't end in rejection, while taurus in relationships can count on the settlement of their relationship.

Gemini (May 21 – June 20)

Singles on this day can have a chance to meet someone for whom their heart will beat faster. Those in relationships should prepare something to surprise their partner

Leo (July 23 – August 22)

Leos on Valentine's Day may be surprised what fate has in store for them. Unbelievable confessions and unusual promises can come true.

Virgo (August 23 – September 22)

Virgos will be insecure about their partner's feelings - unnecessarily. Single virgos should take themselves on a date, maybe to the cinema?

Libra (September 23 – October 2)

Valentine's Day for Libra will be quite peaceful and enjoyable for both those in relationships and those without relationships.

Scorpio (October 23 – November 21)

Scorpio can count on big surprises on Valentine's Day, there is a big chance that their crush will pay attention to them. For Scorpios in relationships, the perfect Valentine's date should be in nature.

Sagittarius (November 22 – December 21)

Sagittarius should not unnecessarily worry about plans for Valentine's Day, all sagittarius should spend this day among friends and relax a bit. Lonely sagittarius can count on favorable coincidences.

Capricorn (December 22 – January 19)

Valentine's Day for capricorns is getting quite busy, but they should not forget that it is worth spending more time with friends, partner or beloved pets especially on this day.



Technical school no. 3 in Malbork- one of the best technical schools in Poland

We, as the students, are very proud of the score that we got in the ranking of Best Technical Schools 2023.

Technical school no. 3 in Malbork was awarded a Silver Disc and is in 15th place in the whole Poland. That's very impressive and it's a big success in the school's history.

The criteria that were applied in that ranking:

- the results of high-school certificate in compulsory subjects (20%)
- the school's success in olympics (20%)
- the results of high-school certificate in additional subjects (30%)
- the results of professional qualifying exam (30%)

School's community is waiting for new successes and will work hard for it.
We keep our fingers crossed for new achievements!

by Martyna Ropel

PROM TRADITIONS IN POLAND. SHOULD THEY CONTINUE?



ph.

Radosław Konczyński

2
Secondly-hair. If you want to pass your exam you shouldn't cut your hair before this day. It applies for everyone, but boys should also remember not to shave on this day. It came from the Bible, and Samson.

His strength came from his hair, and it is associated with wisdom and intelligence.

Boys should also buy a new suit for this occasion, and wear it again on the exam day. It is believed

that if you wear the suit to the prom, it will take on a good energy, and give you luck on the exam.



ph.

Radosław Konczyński

1
Traditions in the world may differ, some may seem weird to others, some may be cool. But let's be honest-our Polish traditions stand out a bit, especially when it comes to prom nights.

First, and probably the most popular tradition is women wearing red garters on their left leg on the party,

and wearing the same one on the right leg, on the day of exams. Red colour symbolises confidence and helps with fighting difficulties, and it's meant to give you luck.

3
Also, one of the popular superstitions is a red thread. You have to ask someone kind to tie a red thread on your wrist, and it should stay here until the Matura Exam. If it doesn't rip before, you won't have any difficulties with passing the Exam.

a red thread won't actually make you know everything, but it's good to have something for good luck. Me and my friends actually did some of this stuff, and we don't regret it.

by Maja Januszewicz

But should these traditions continue? In my opinion-yes, of course. Why? Because it's a part of the fun! Of course,



Radosław
Konczyński



ph.

PORTAL

Radosław Konczyński



ph.

Radosław Konczyński

Prom at our school

On 14th January, pre-graduates from our school celebrated 100 days to their final exams. The party started with a traditional dance "polonez". Our students danced beautifully, the choreography was made by PE teacher, Aleksandra Woron. There was also a contest for Prom King and Queen, the headmaster announced the results at 12 am. The winners were Krzysztof Głodnicki and Małgorzata Onisk. For sure it was well deserved as they both had a lot of fun dancing and participating in group challenges, which were given by the RSR band.

I asked a few participants about their opinion on prom

"It was great, everyone had fun, even the teachers. I would love to go for a second time" Maja 4Gł
"Food was good, I really enjoyed being there. The music could be better but still it was really good" Jakub 4IF

by Oliwia Darnowska

100 days to the *matura* exam and even less!! - What to choose not to lose?

A period of three months until the matura session, in my opinion, is a proper time to begin revision. If you focus on that completely, this time should be enough to pass it.

What method of learning I can share. Firstly, peace and silence plays the lead role in the revising process. The best is to isolate yourself from any noises and interrupting influences.

Also, it cannot be forgotten that the meaning of quietness has not got an absolute sense. Gently rhythmic music turned on in the background, helps plenty of people concentrate on tasks.

To keep order & mental calmness it's needed to collect all the exam materials and create the schedule out of it. The schedule, reminding of what should be done while revising, at what time. Being systematic gives visible and quick effects. Leave for later all the activities that can wait.

The only thing left is to grab determination, keep the commitment and not to give up till the end.

by Nikola Wiktor

100 days until matura and less! - how to revise before the exam

With each day, we are getting closer to the most important exam we had to take yet in our lives. The most important thing apart from revising for it, is not to wait until the last second to study. There is simply too much material to get through in a week or even a month, you should start much sooner. Here are some tips I want to share with you that might help. First thing is to know exactly what kind of material you have to revise and which we have the most problems with that need more of our attention. Another one is to look at old exams from years before and solve them. It's important not to overload yourself and study regularly, organize your work, practice (especially when it comes to math exam) and find a space where you can study without distractions. At last, it is significant to take breaks for yourself, relax and get a good amount of sleep.

by Julia Wąsicka

How to repeat before the final exams?

When it comes to English, my exam preparation is not too complicated. I listen to songs in English and translate them into Polish. In addition, I write articles in English for the school newspaper. And as for the times I watch the youtube channel Rock Your English. The man running this channel explains grammar very simply.

When it comes to mathematics, the teacher who is teaching me organizes additional classes only for my class, during which we solve matura exams from previous years.

As far as the language of Polish is concerned, I practically do not repeat anything. I had a fairly high result from the mock exam, so I'm not worried much about it.

by Mariusz Waleryś

Learning tips for Matura Exam

As it is one of the most important exams in a young adult's life, it's important to know how to prepare yourself. For me, one of the most efficient ways to do that is doing exams from the past. By doing that, you get to know what type of exercises are on this test, and you, kind of, prepare yourself psychically for them. Also, by doing past exams you know what you have to train more, and what you can already do, so you can spend more time focusing on your weaknesses rather than just doing what you are good at, so you'll get more points.

Good luck on your Matura!

by Maja Januszewicz

Reviews section!

Here we added sections created especially for you and for book reviews which you may write!

On the next pages you can read a review of "Star Wars. Alphabet Squadron Novel", read by Mariusz

and a review of "Marilla of Green Gables" read by Oliwia! :)

You may write your own short review either in Polish or English or both!

Polish review- send it to Mrs Balcer-Marel on

karolina.balcer-marel@tech3malbork.pl

English review- send it to Mrs Balcer-Marel on

karolina.balcer-marel@tech3malbork.pl

You will be awarded additional grade from the subject in which the review is written. Enjoy and share your views on an interesting book :)



Star Wars. Alphabet Squadron Novel.

I recently managed to finish **“Star Wars. Victory’s Price. An Alphabet Squadron Novel”** by **Alexander Freed**. This is the last part of the trilogy entitled "Alphabet Squadron". On this occasion, I would like to share my opinion about the whole trilogy.

My first contact with the first part of the trilogy – that is, simply with "Alphabet Squadron" – was quite unusual. Well, in July/August 2021, when I was on vacation in Warsaw, I entered a random bookstore. As a Star Wars fan, a certain cover caught my interest. I've been keeping up to date with Star Wars book launches, so I was surprised because I didn't associate this book. I was saddened because my English wasn't at such a high level at that time to read the whole book in this language.

When I returned to the hotel, I checked when the book would have its premiere in Polish. It took place on 13th October 2021, so I was excited to see it get into my hands. "Alphabet Squadron" takes place 4 years after the events of the movie "Star Wars. Return of the Jedi." At the very beginning of the book, we meet Yrica Quell, a former pilot of Shadow Wings, or Two Hundred and Fourth Regiment of Imperial Fighters. The name of the unit comes from a rebel saying: "When the shadows come, the regiment wreaks havoc". Yrica is a deserter from the troops of the empire. She finds herself in a special camp for those like her, the "Scruple of the Traitor". The intelligence of the New Republic – specifically Caern Adan – sets a condition for Yrica. She will be released from the camp if she agrees to lead the squadron that will defeat the Shadow Wing. The main character agrees to this. Later in the book we get to know the rest of the squadron.: A-wing pilot Wyl Lark, B-wing pilot Chass on Chadic, Y-wing pilot Nath Tenset, U-wing pilot, Kairos.

The first battle between the Shadow Wing and the Alphabet Squadron took place over the planet Pandem Nai. The battle turned out to be unsuccessful. The Alphabet Squadron accidentally damaged the planet's infrastructure, causing massive damage to the planet and the death of many people. Yrica Quell was wounded. Nath Tesenth killed the commander of the Shadow Wing, and the regiment itself fled the battlefield.

After reading the first part, I immediately began to wait for the second. The fate of the characters drew me in so much that I wanted to get to know them further, despite the fact that the features and behaviors of some of them irritated me (such as the pomposity of Chass, or Nath's tendency to gamble).

The second part of the trilogy had its Polish premiere on 26th January, 2022. Its title is **“Star Wars. Shadow Fall. An Alphabet Squadron Novel”**. The action of the book takes place practically right after the events of the first part. At the beginning, Yrica Quell is seen recovering from the Battle of Panda Nai. Meanwhile, Soran Keize has returned to the Shadow Wing. He was the mentor of Yrica as well as of every other pilot of the Two Hundred and Fourth, and of Nestor's longtime deputy. He left the imperial army and went into exile. The catalyst for his return was the news of how the New Republic contributed to the destruction of Pandem Nai and the death of Shakara Nuress.

Keize became the new commander of the Two Hundred and Fourth. The book describes the battle between the Alphabet Squadron and the Shadow Wing in the Cerberon system. The battle turned out to be inconclusive. The Shadow Wing severely damaged the planet, destroyed a New Republic cruiser and fled the planet. Instead, the Alphabet Squadron destroyed the Shadow Wing's star destroyer.

Meanwhile, Yrica Quell, when she learned that Soran Keize had returned to the Shadow Wing, also decided to return.

The book ends with a scene when Quell reports to Keize.

After reading the second part, I felt somewhat unsatisfied. It was clearly weaker than the first. I was most surprised by Quell's betrayal.

I wanted to know the ending of the story as soon as possible and, above all, what drove the main character to such a decision (although I had some suspicions).

The last part of the trilogy in Poland was released on 28th September 2022.

Its title was **“Star Wars. Victory’s Price. An Alphabet Squadron Novel”**. This title contains a very interesting message. Well, the question is asked: what price is a person willing to pay to win?

The new commander is the youngest and most talented member of the squadron, namely Wyl Lark. Other squadrons also came under his wing to eliminate the Shadow Wing.

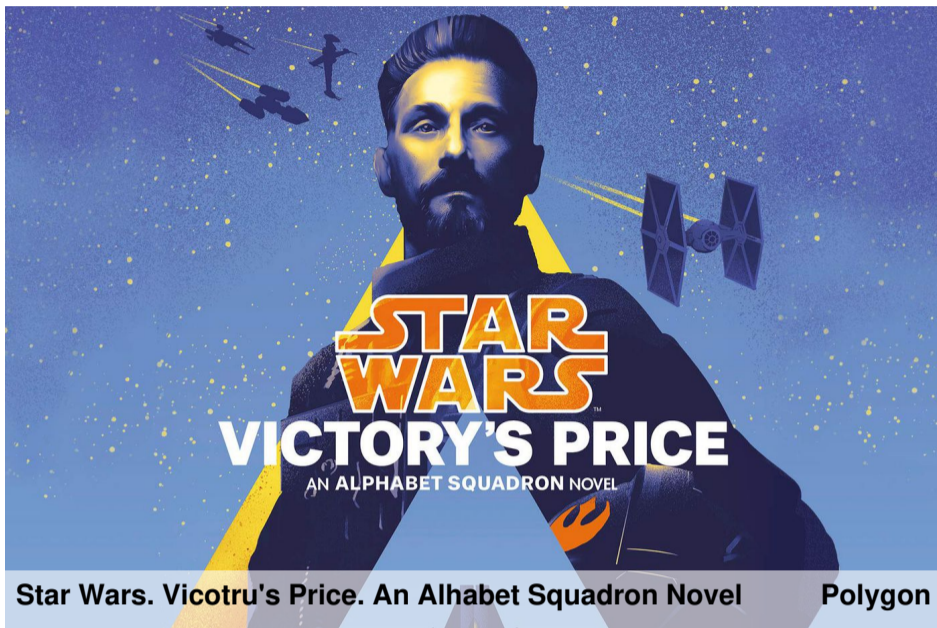
The book describes two clashes between the Alphabet Squadron and the Shadow Wing - over the planets Chadawa and Jakku. During the battle of Chadawa, the title squadron split. Chass and Kairos go on a chase mission after Yrica. The rest of the Squadron takes part in the battle. The battle itself turns out to be unaddressed again. The New Republic suffered huge losses, and the Imperials fled the battlefield.

Meanwhile, Kairos and Chass are back with Yrica, who have again switched sides in the conflict. She wanted to stop her former mentor from his new mission on the planet Coruscant. The second part of the book describes the battle for Jakku and the clash between Yrica and Soran on Coruscant.

After all, the fate of the squadron members after the end of the war between the New Republic and the imperium is described.

I rate the last part of the trilogy better than part two, but minimally worse than part one. In my opinion, the ending was highly predictable and this weakened my rating.

Recommended!

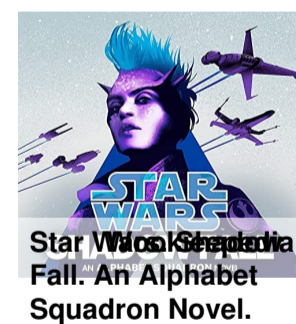
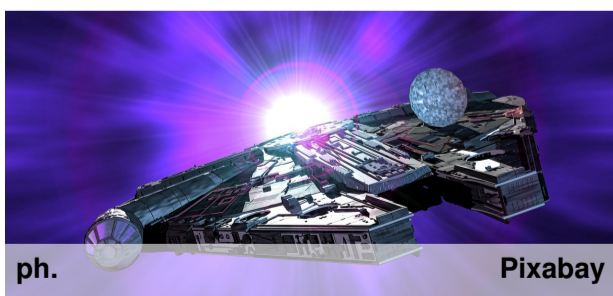


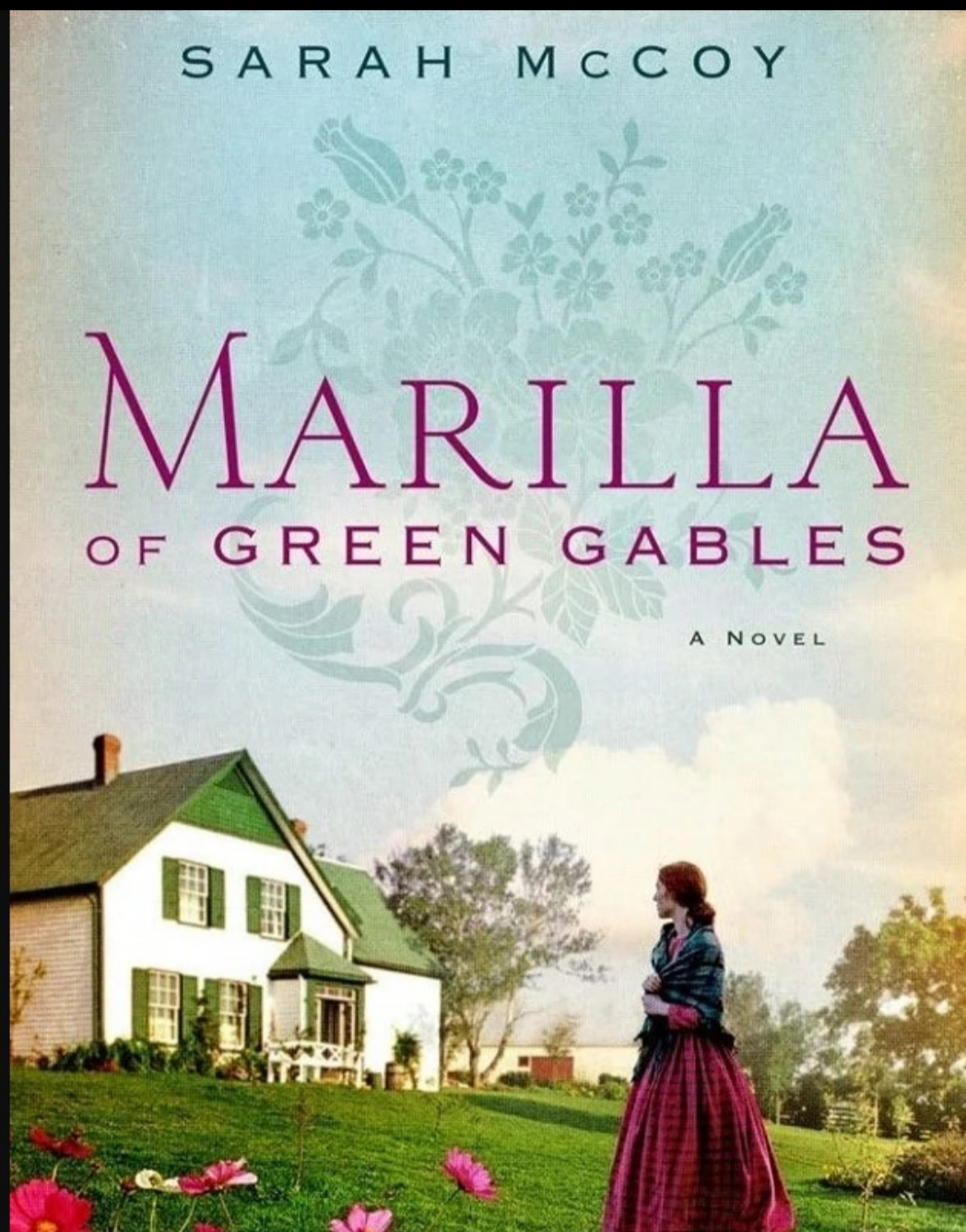
Pixabay

I rate the whole trilogy definitely positively. Its merits are mainly action scenes, and depth of characters. I liked the character of Soran Keize the most. Despite the fact that he was a commander in the empire's forces and took part in the genocide, he cared about his people and wanted the best for them. When he saw that the empire in this shape would not survive he deserted himself to set an example. On top of that, he wanted to destroy the database so that his subordinates would not suffer the consequences. He was also a mentor to every pilot in the regiment, a tactical genius and a great pilot (he was called an ace over aces by pilots). My second favorite character was Wyl Lark. I like him mainly for how he has grown up throughout the trilogy. In the first

part, he gives the impression of still being a child. When he takes command of the regiment in the third part he is already a grown man who takes responsibility for what he does. I also rate Quell herself positively, even though at first I did not understand her betrayal at the end of the second part. **The trilogy is truly recommendable!**

by Mariusz Waleryś





https://anneofgreengables.fandom.com/wiki/Marilla_of_Green_Gables

Book review "Marilla of Green Gables"

Have you ever wondered what Marillas' life looked like during her teenage years? If yes, I have wonderful news for you. This book describes Marillas' first love, her friendships and many more. To many people's surprise her life was filled with interesting stories such as helping orphans in a new Scottish orphanage. The book was published in 2018. It is a book written with a huge respect towards Lucy Maud Montgomery and her series of "Anne of Green Gables".

We get a great look into what life was like back in the 1830's for residents of Avonlea.

While reading this book, once again I fell in love with the universe of Avonlea, the beauty of nature and relations between simple people. The book itself was great, I cherished every moment while reading it. I deeply recommend this book to everyone who read "Anne of Green Gables" before or is just starting to read.

by Oliwia Darnowska

Oxford debate about Żuławy



ph.

Technical school no. 3 in Malbork

3
The meeting was attended by, among others, **the Vice-Governor of the Malbork District Waldemar Lamkowski, the Mayor of the City of Malbork Marek Charzewski,**

principals of high schools, and a representative of the PUP. Participants in the meeting (debaters and the audience) had the opportunity to broaden their knowledge about our region, draw attention to issues

of concern to residents, and express their opinions, which could contribute to making Żuławy a friendly place for young people.

by *Olga Klemarczyk*

1
The Oxford-style debate took place on December 8th, 2022 in the conference room at Technical School No. 3 in Malbork as part of the **"Centrum Wsparcia Doradczego Plus - Partnership: Functional Area of the Żuławy"** project, initiated by the Ministry of Funds and Regional Policy. The debate was organized

by Sylwia Grabowska, the main specialist for promotion at the Powiat Starostwo in Malbork with the cooperation of the head teacher of Technical School No. 3 in Malbork and representatives of the Polish Cities Association. The debate was attended by students from four high schools in Malbork: **Ist and IInd High School,**

Technical School No. 3, and the Technical School Complex. The aim of the meeting was to **deepen the results of the surveys conducted among high school students in the Malbork area.**

2
Our school was represented by students *Tymoteusz Majcher, Kajetan Mąder, and Jakub Amling*, prepared by *Mrs Beata Zych*. Students from class 4 AR listened to the debate. The debate was meant to defend or refute the thesis stated at the beginning of the meeting: **"Żuławy is not a good place to live."** The youth showed a great deal

of knowledge about Żuławy and fervently defended their arguments. **A hindrance for the debaters was the fact that participants randomly selected the side of the debate an hour before the meeting.** They had to be prepared to argue both the proposition and the opposition and be able to defend arguments that they did not have to agree with in reality. It is also

worth noting that the debate followed the rules of the Oxford-style debate and the students showed that one can discuss and argue with the strength of arguments and in a cultural way.



ph.

Technical school no. 3 in Malbork



31.Final WOSP 2023

„We want to win with sepsis! We play for everyone - small and big!,,



The reason for this year's collection was sepsis. Why?

According to the latest research, sepsis is the cause of 20% of all deaths. But what exactly is sepsis?

Sepsis is an incorrect response of the body to

an ongoing infection.

Here is the list of devices that the Great Orchestra of Christmas Charity wants to buy this year as part of the 31st Final:

- devices for the identification of microorganisms by Maldi TOF type mass spectrometry,
- multiplex PCR analyzers for molecular diagnostics
- for the identification of microorganisms along with the determination of drug resistance,
- analyzers for detecting bacterial and fungal amplification products and for determining resistance mechanisms using magnetic resonance technology,
- automated culture systems for microbiological samples,
- systems for automatic
- drug susceptibility testing using the microdilution method,
- laminar chambers for microbiological laboratories.

Almost every year, the WOŚP beats the record of the sum of money collected, PLN 154,606,764 - this is the amount collected during the 31st Finale of the Great Orchestra of Christmas Charity. The final result of the collection will be known on March 31.



Fundacja WOŚP Jerzego Owsiaka

<https://en.wosp.org.pl/>

Collecting such an amount is not easy and requires a lot of work, the work of people who selflessly collected money, exhibited and auctioned items.

The **number of volunteers this year amounted to 120 000**, starting from the youngest, because **the youngest volunteer was only 27 days old**, ending with the oldest, because **the oldest volunteer was 96 years old**.

37,324,800 pieces of stickers of hearts

- the symbol of the Great Orchestra of Christmas Charity were printed, 191,797 – the number of auctions that took place on the Allegro website until 2nd February. These numbers are impressive and are still growing, which only confirms that Poles have "big hearts"

This year, the auction for **the staggering amount of 301,100** (as at the end of January) is at most **a weekend with Omena Mensah and her husband Rafał**

Auctions staged by celebrities and influencers always arouse more emotions and gather many people who will be happy to bid on them.

However, the most interesting auctions this year can be undoubtedly vacuuming the apartment by Andrzej Grabowski or a trip to a second-hand shop with Strycharczuk-Tiktoker.

It is amazing that such small gestures and people willing

to pay for them, can save lives.

It is wonderful how a non-governmental action can grow to such gigantic proportions, mobilize and unite Poles, but also many people from outside Poland.

by Amelia Łaszewska

Source:

<https://www.wosp.org.pl/aktualnosci/pozytywne-liczby-31-final-wostatystykach>

How to be healthy?

Sport is health, we all have heard these words. Physical activity nowadays is one of the best things you can do for yourself, because it has a big impact on everyday life, well-being and health. Many of us don't know how to start an adventure with sport, feel overwhelmed by duties or are simply ashamed. But is it really that hard to find physical activity which is good for you? Well, no, because physical activity doesn't have to mean running any training plan, taking part in professional sports, it can be recreational like cycling or dancing, and it can give us a lot of pleasure. Other such activities can be rollerblading, walking, and also any team games like football, volleyball or basketball that you can play with your friends. But health is not only affected by physical activity itself but also by our daily habits and lifestyle.

Avoiding smoking cigarettes, vaping or being passive smokers is very important because smoking is not only addictive, but also increases the risk of many diseases, such as lung cancer or bronchial asthma.

Limiting alcohol. As you know, everything is for people, but too much is not healthy. An excess of alcohol can impair the functioning of the circulatory system and cause liver disease.

You cannot avoid stress, but you can learn to relieve it, because it can lead to cardiovascular disease and even a heart attack. To avoid stress, do not demand too much from yourself, find time to relax, and to meet friends. Telling your problems to a trusted person can also relieve stress.

Lack of sleep reduces our concentration, we can become more nervous but it also lowers the body's immunity, which can make us sick more often, so taking care of healthy sleep is very important.

Regular preventive examinations, which help not only to check the state of health, but above all, to detect disturbing symptoms at an early stage that may lead to infection or more serious diseases.

Drink water instead of sugary drinks. During the day, a person should drink 1.5-2 liters of water.

When we hear "healthy eating", the first thing we think about is fruits and vegetables, because they are a source of many vitamins. It is worth maintaining a varied diet, which means that your daily menu should include not only fruit and vegetables, but also products that are a source of protein (dairy products, fish), healthy vegetable fats (nuts, avocado), it is also important to avoid sweets.

by Kamil Kot



QUIT SMOKING



juiceplus.com

"ADHD stands for..."

1. ADHD is a disorder which contains a condition of being extremely active, attention problems and worse control of reactions. ADHD equals **'ATTENTION DEFICIT HYPERACTIVITY DISORDER'**. Those issues cause a weaker ability to control human behaviours. People learn **how to live with ADHD, they don't heal it**. It isn't a disease, it's a disorder. ADHD is diagnosed easier in a tender age because the symptoms of hyperactivity are stronger and so also more visible. However, adults are exposed to problems with concentration, memory and sleep.

2. SYMPTOMS ACCORDING TO 3 MAIN ADHD GROUPS

A). Hyperactivity features of:

- moving the limbs, difficulty sitting still, talkativeness, loud behaviour, inability to keep calm, inappropriate doings in different situations.

B). Concentration-attention disorder

- not paying attention to details, having trouble focusing on uninteresting activities, not finishing started tasks, forgetting things, leaving tasks to the last minute, people seem not to be listening to the speaker.

C). Impulsiveness

- interrupting during conversations, answering questions before the question is finished, expressing thoughts without thinking beforehand, inability to wait your turn.

3. A CURIO

There exists a huge risk, **ADHD may be accompanied very often by other mental disorders** such as anxiety disorder, depressive disorder, dyslexia, dysgraphia or body tics.

4. CHILDREN & ADULTS' BEHAVIOURS COMPARISON

INFANTS

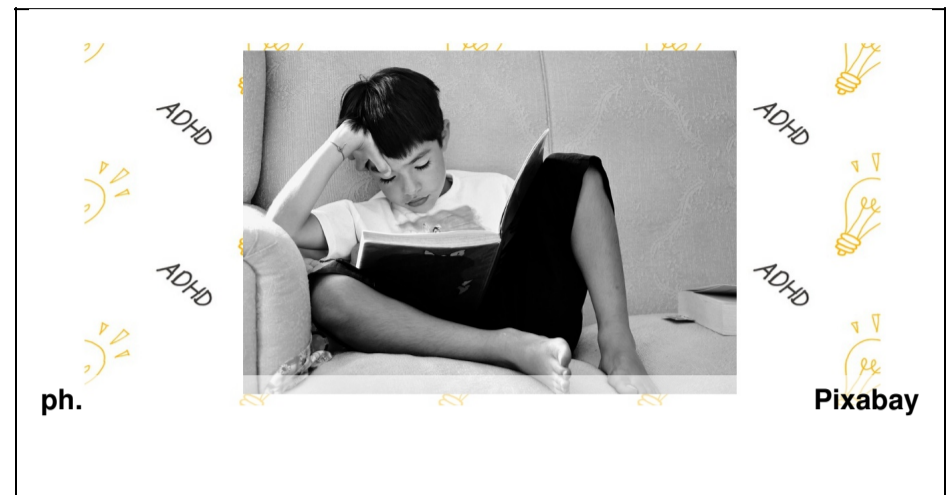
Babies in this period suffer from sleeping disorders. Little ones are woken up easily because their sleep is very shallow. Also, the process of falling asleep again is more difficult. These little ADHD'ers are likely to gesture and show facial expressions more lively. Their moves are rapid and emotionally energised.

POST-INFANCY & PRE SCHOOL CHILDREN

What's noticeable is the delayed speech development, speaking with a stutter and difficulty pronouncing glosses in words.

SCHOOL-AGE CHILDREN

There exist problems in building solid sentences out of not following grammar & stylistic rules in writing and speech. Of course, it isn't made purposely. It may touch their handwriting which gets sloppy. Not finishing thoughts, changing one topic to another, and problems regulating mood, motivation and energy as well as paying attention for a longer time, are the common things.



ADULTS

Adults' symptoms get changed. As I mentioned, attention deficit shows up in the foreground. They quickly get distracted during long talks and run away from conversations' topics. Punctuality, keeping order, and waiting situations aren't their strengths. Another example is a tendency of being in constant motion.

Unaware of their disorder ADHD'ers, are judged about being just lazy, too energetic and talkative. They are treated like people who are not listening to their speakers and like stuff-forgetting people. The point is, it's like a harder level to control it without behavioural help from a specialist.

Giving a pinch of sympathy to these and other people suffering from various disorders is kindly recommended as getting through their way of living and letting them explain their perception of reality. It might even be found as an extraordinary feature.

by Nikola Wiktor

Argentina wins the 2022 World Cup



2

Before the draw, 32 teams were sorted into four pots based on the FIFA World Rankings. The first pot included the home team (which was automatically assigned to the A1 position) and the seven best teams, Poland was in the third pot as the 26th team according to FIFA ranking.

While the draw itself took place on April 1, 2022, during which the teams were drawn into 8 groups (Poland was in group C along with Argentina, Mexico and Saudi Arabia). After playing all matches of the group stage, the top 2 teams from each group advanced to the knockout stage.

Even then there were a few surprises, i.e., Germany, Denmark or Belgium did not get in, but Japan (which defeated such national teams as Germany and Spain) or Morocco which got in from the first place in the group.

3

During round of 16 Australia, USA, Japan, South Korea, Senegal, Poland and Spain got eliminated from the tournament. England, Brazil, the Netherlands and Portugal were eliminated in the quarter-finals, while Argentina faced Croatia and France faced Morocco in the semi-finals.

After their victorious matches, Argentina and France got to the final. The match for the 3rd place took place on 17th December, Croatia defeated Morocco 2-1 (Gvardiol and Oršić scored for Croatia and Dari scored for Morocco).

1
The FIFA World Cup took place in Qatar from 20th November to 18th December.

The Polish national team was eliminated in the round of 16 by defending champions France, who played against Argentina in the final.

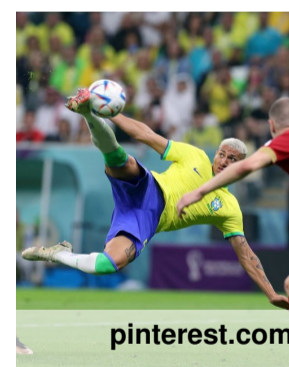
In the match for third place, Croatia faced Morocco.



pinterest.com



pinterest.com



pinterest.com



polskieradio.pl

World Cup - final day



dziennik.pl

3

The World Championships in Qatar also aroused a lot of **controversy**, such as the **suspicion of corruption in the selection of Qatar** as the organizer of the event.

However, it was certainly a tournament that provided many memories and emotions.

For many footballers, it was the last World Cup, for many their first such event, and for many, a dream coming true.

by Kamil Kot

1
The final match was played on 18th December. Argentina won its 3rd World Cup by defeating the 2018 World Champion. This match was conducted by the Polish referee team, headed by Szymon Marciniak. The game was going well for Argentina from the start. In the 23rd minute of the match di Maria won a penalty

and Messi converted it into a goal, then di Maria scored himself in the 36th minute. Until the 80th minute no one expected France to return to the game, then Mbappé scored from the penalty and scored again one minute later. In extra time, in the 108th minute, Messi scored to make it 3-2 for Argentina, and 10 minutes later

Mbappé equalized the score which led to a penalty shoot-out in which Argentina won 4-2.

It was a great spectacle for football fans and not only, it gave a lot of emotions and showed that as long as you are in the game it is worth giving your best.

2

It is worth mentioning that Emiliano Martinez played a great role in this match, who in its last minute saved a 1v1 shot that could have given France a win.

After the final there was a decoration ceremony during which Argentina lifted its coveted cup, and the best players of the tournament were awarded:

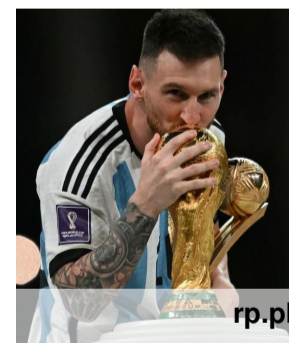
- Top scorer - Kylian Mbappé
- The best young player - Enzo Fernandez
- The best goalkeeper – Emiliano Martinez
- The best overall player – Lionel Messi



dziennik.pl



worldcupupdates.org



rp.pl

What is your style of learning English words?



Some of the students know how to learn new English words and they remember them easily, but there are also people to whom learning English words is challenging and can be tough.

Here, the editors of Beehive will present their methods of learning vocabulary.

by *Martyna Ropel*

It can be caused by not having energy, not being focused enough or even by not favorable surroundings.

Personally, I don't have a specific way to learn vocabulary, but there are a few things that help.

One of them is **listening to songs** and when I don't know some word, I just check its meaning. The sung word is more memorable than the spoken word. This is why we often know the entire lyrics of frequently listened song, and it is so hard for us to learn a poem.

The second thing that helps me learn vocabulary is **playing games**, but games that have conversations or instructions in English. In this way I combine

what I like to do and I learn at the same time.

The best games are those that have an elaborate storyline. This makes us more involved, and if we want to perform well, it's obvious that we need to understand what's happening on the screen in order to be able to control what we want to do.

In my opinion, both of these ways are very good for learning English because no one imposes on us what pace we have to do and it is simply what we want to do, and not what we have to.

Kamil Kot

Using the language you're learning daily and engaging with the media in that language is a more natural and effective way to learn than solely relying on memorization for tests. When you **immerse yourself in the language** and engage with it on a regular basis, you give your brain the opportunity to **naturally absorb and retain the vocabulary, grammar, and pronunciation**. This type of exposure helps to build a strong foundation and improves your overall fluency and comprehension.

Additionally,

when you **use the language in real-life situations**, you can more easily apply what you have learned and connect the new information to meaningful experiences, making it easier to recall and use the language when needed.

So, if you want to learn a language in a more effective way don't force yourself to memorise, engage and use it.
Olga Klemarczyk

My way of learning vocabulary is by creating **flashcards**.

Just creating flashcards helps me remember words and using them later is more pleasant than sitting and memorizing.

Such learning is more fun and easier, you can learn at every possible opportunity and in every place.

This way you won't get bored of learning. It is ideal for visual and kinesthetic learners.

What is flashcard learning? It's simple.

Holding a bundle of cards in your hands, you "ask yourself", trying to remember what is on the other side.

Amelia Łaszewska



ph. Pixabay



ph. Pixabay

Is it worth to use social media?



1
 Social media has become an integral part of our lives, providing us with a platform to connect with friends, family, and the world at large. Over the years, social media has grown significantly, evolving from simple text-based networks. However, despite its many

benefits, social media also has its downsides, which must be considered. One of the main benefits of social media is its ability to bring people together from all over the world. This has never been possible before, and it has opened up a whole new world of opportunities for people to connect, share information, and collaborate.

For example, people can join online communities, such as Facebook groups, that share common interests, or they can participate in Twitter chats that allow them to connect with people in real-time. This level of connectivity has also made it easier for people to stay in touch with friends and family who live far away.

2
 Another benefit of social media is its ability to provide people with access to a wealth of information. For example, social media platforms like Twitter and Facebook allow people to follow news organisations, experts, and influencers who share information and insights on topics that interest them. This has made it easier for people to stay informed about current

events and to learn about new topics and ideas. Additionally, social media has made it easier for people to connect with organisations and businesses, providing them with a platform to share their products and services with a wider audience. One of the downsides of social media is its impact on privacy. The platforms are designed to encourage people to share personal information, such as

their location, interests, and activity, which can be accessed by others. This information can then be used to target people with advertisements, or even to steal their identity. In some cases, this information can even be used to harm individuals or groups. For example, cyberbullying and online harassment are becoming increasingly common on social media, with some

3
 people using the platforms to spread hate speech or to bully others. Another downside of social media is its impact on mental health. Spending too much time on social media can lead

to anxiety, depression, as well as to a low self-esteem. This is because social media often creates unrealistic expectations and reinforces feelings of inadequacy, as people compare themselves to others who they

perceive as being more successful, attractive, or popular. Additionally, social media can foster feelings of loneliness and isolation, as people spend more time online and less time interacting with others in person.



4
 Finally, social media has also had an impact on democracy and freedom of speech. While the platforms have made it easier for people to express their opinions and to participate in political discussions, they have also become a source of misinformation and propaganda.



5

In some cases, social media has been used to spread false information or to manipulate public opinion.

Additionally, social media companies have faced criticism for censorship, as they have been accused of suppressing certain voices and opinions in order to maintain their business interests.

In conclusion, social media has both benefits and downsides, and it is up to individuals to weigh these factors and make informed decisions about their use of the platforms.

While social media provides us with a powerful tool for connecting with others and accessing information, it also poses risks to our privacy, mental health, and democracy.

Ultimately, it is important to use social media responsibly, to be mindful of the impact it has on our lives, and to make choices that promote our well-being and the well-being of others.

by Olga Klemarczyk



Paper photographs - are they still needed?



Right now we could not imagine our lives without photographs whenever it is to take a picture of our surroundings or of ourselves, but currently, we can do that on our smartphones without needing a special camera or developing them.

With times changing constantly, the question is do we actually need the paper version when we can have them digitally?

When we have such unlimited storage in our phones, we take a dozen photos from different angles with great quality, but we will not likely look at those pictures more than once or twice because they do not have such a significant meaning

as paper photographs do. As an example, when we take 50 photos of a family gathering, with years they will probably get lost among thousands of other ones.

On the contrary, when we take that special photo that we will take to get developed to put in an album or adorn a wall, will remind us of that moment every time we look at it. You can actually

hold, feel, and touch them unlike digital ones. All of those memories are touchable. Of course, you can decorate your home with digital frames, so you can change images on them whenever you want to, but it will never have the same meaning as the material ones you can pass onto the next generation.

Another thing is that with such a ubiquitous availability of digital photography people rarely

develop pictures, the ones we decide to, are carefully selected that we want to share with loved ones which gives it indisputable sentimental value. We will look at them many times.

To sum up, although the fact that digital photos and the fact that we can take as many photos we want on phones is amazing, it will never replace having an actual feeling of having a possession of paper photos in our homes.

by Julia Wąsicka

What's the best mood improver?

Undoubtedly, there will be as many ideas of making a free time joyful, as people existing on this planet. I admit, it's quite hard to choose one way. Starting the day, it's healthy to arrange a sweet and wholesome breakfast as the carbohydrates are approved in the morning. But food isn't my writing subject today.

MY GO-INTO-GOOD-MOOD BOOSTER

Suggestion I am giving, refers to activity. Spending time outside actively lets the mind be occupied by all the things happening around, HERE & RIGHT NOW. Using resources of nature allows us to produce glorious vibrations and to breath with all our lungs. For instance, practise a walk by the sea, to a forest or a park. However, a better way than doing it alone is to fulfil it in a duet! Invite the person you feel comfortable with and share this bliss together. A spontaneous meeting gives a big amount of endorphins.

If the weather doesn't provide the opportunity to spend time outdoors, find a solution to make it indoors. Travelling to the nearest city and an invitation to a cat cafe or any other cafe, sounds awesome. Eating delicious food and then letting fate create the rest of the day may be quite an adventure.

At the end I'll mention that physical effort and cats improve the human's mood. It is proven :).

by Nikola Wiktor

My way to improve my mood

Physical activity has a big impact on our well-being, but it's important to adjust it to yourself, to what you like. Some people like to do sports on their own, while others prefer to do it in a group of friends, some like a calm walk, and others prefer a sport where they can go crazy. Physical activity can become a method of not only overcoming a bad mood, but also staying in a good mood for a long time. Doing sport, we throw unnecessary thoughts out of our heads and simply forget about them because we want to have fun.

My favorite way to improve my mood is playing football or volleyball with my friends. Scoring points or goals already gives me a smile on my face and the time spent with friends gives memories. When there is a willingness to play, there is also involvement, and when we are involved we additionally find motivation that gives us the strength to do our best.

Improving fitness and reaction time is another of the many advantages of playing frequently. It can greatly affect our everyday life because these aspects are needed not only on the pitch. Playing with friends just gives a lot of pleasure and teaches us to cooperate and build relationships with people. To sum up, by playing team sports we combine pleasant with useful aspects and they work great for our well-being.

by Kamil Koi

What improves mood?

Listening to music while drawing can be a great way to brighten your mood and improve your overall experience.

Music can provide a source of inspiration and help to stimulate creativity, allowing you to let your imagination run free and bring your drawings to life.

Additionally, the rhythm and melody of music can have a positive effect on your emotions, helping to reduce stress and anxiety, and bringing feelings of joy and happiness.

So, whether you're working on an intricate piece or simply doodling for fun, adding some music to the mix can be a great way to boost your mood and bring a little extra joy to your creative process.

by Olga Klemarczyk

How to have a good mood?

In my opinion, the best mood enhancer is an evening with home SPA and a movie. A moment of peace and breath with the opportunity to take care of yourself is always welcome. Calming down and taking care of ourselves allows us to gather motivation and look at things differently. It is worth introducing such a moment of relaxation into your habits. If we are in a good mood, home SPA can improve it even more.

by Amelia Łaszewska

What's the best mood booster?

In my opinion, the best way to cheer yourself up is either spending time with your loved ones or listening to music. Whenever we feel bad, it is always a great idea to call or even text your friends, family, girlfriend, boyfriend etc. If we are close to them, then they will know how to lift our spirits. Going with them for a walk, club or restaurant or calling them up to come over to watch a movie and spend some time together will definitely make us smile. Venting to them about your problems will make you less stressed, they may give you some encouraging words and make sure that you know that you always have their support in every situation. An alternative for that if you just don't want human interaction, because we all have those days, is listening to your favorite music. There is nothing better to get in a better mood than blasting music in your living room or headphones while cleaning, cooking or just doing absolutely nothing. Another great thing that works great for me is playing my playlist loudly in a car.

by Julia Wąsicka

Advantages and disadvantages of home office



Home office is a way of working at home and not in the office or other working environment. It became more popular when the pandemic started and people could not interact with each other. There are people that are fans of the home office, but also there are people who prefer working with others in the work office.

Here I will present advantages and disadvantages of home office.

For home office there are lots of advantages, such as:

Flexibility. Home office gives us more opportunities WHEN we can do our job, but also WHERE we want to do it. Time and place where we are working does not matter, we just have to do the job till the deadline.

Increased productivity. When working in the

home office, we do not waste our time on driving to work and coming back to our houses. In this way we are saving our time which we can spend, for example on going to the gym, eating dinner with family, learning new things. It is a very comfortable option if our working place is far away.

Comfort. The best advantage when it comes to working at the home office. For people who do not like wearing formal clothes and sitting on an uncomfortable chair in front of the computer, it is way better to stay

at home in cosy clothes and sitting in a favourite armchair or laying on a couch.

Even if the advantages are convincing, there are disadvantages. For example:

Not having enough contact with people. People that are extroverts and like being surrounded by their mates may not be that happy with home office. They can feel lonely and not that motivated to work.

Self-discipline. It is a key when it comes to working at home. When there are no people that are

looking at us while we are doing our job, we feel free. With that freedom we can get lazy. At home there are lots of things that may disturb us (TV, phone, family, friends). We should learn how to manage our time if we want to be productive.

Easier communication. Being in a work environment, we can easily ask a mate or staff if we are doing our job properly. In a home office, we can send a message or email but it takes longer for people to answer it.

Depending

on a person, for some of us home office can be a suitable option but also it can not be that favourable.

by Martyna Ropel

Myths that people still believe in

There are many myths in our lives that most people think are actually truthful, but in reality, they are just a bunch of crap. A lot of them are caused by movies and make us under the impression that they are real. I am going to name just some of them that people are the most commonly misinformed about.

Myth 1: Chloroform

We often see in thriller movies that victims faint seconds after being subjected to this substance, but the truth is that for someone to lose consciousness, it would take at least a couple of minutes. But it would not look nearly as cool in movies if they had to do that, right?

Myth 2: Bulls and red color

Everybody knows that bulls get furious when they see red capes, right? It is nowhere near the truth. According to scientists, bulls are red-green colorblind. What genuinely angers them is the movement of the cloth.

Myth 3: Spiders

A lot of us heard that we swallow a few spiders a year while sleeping. While it is disgusting, there is no record that backs it up. There actually is a possibility that you may swallow one. Spiders get frightened by humans, so they will not likely get that close to you.

Myth 4: The 5-second rule

When we accidentally dropped food on the floor, our parents used to tell us about this rule, but the truth is that the second it touches the ground, bacteria can contaminate it instantly. It does not wait 5 seconds to get on your food.

Myth 5: Cracking knuckles

We all heard at least once that cracking your knuckles or other joints is going to give you arthritis or other health problems, right? But there are no actual studies that prove it to be truthful. It does not give you any kind of problems in the long run, it may annoy some people but will not harm you.

Myth 6: An apple in the Bible

Whenever we read the text or see a movie about the story of Adam and Eve when they ate the forbidden fruit, we imagine it to be an apple, but it is nowhere stated which specific fruit it actually was. The confusion came from translating Hebrew into Latin using the term "malus," which translates to both "evil" and "apple."



ph.

Pixabay

Myth 7: Shaving

After shaving out, hair regrows thicker and stronger? Another common misconception. Hairs themselves do not actually grow thicker, it appears that way because when we shave we cut it at blunt angle, and it does not have such a fine point as before first shave and that is the reason why we think so.

Myth 8: Jellyfish sting

You probably hear in one of those survival videos that whenever you or your friend get stung by jellyfish, you should pee on it to make it better. Many scientists actually say that by doing so it can make it sting even more and will not really help in anything.

Myth 9: Coin toss

If someone asked you what are the odds of the coin landing on either side, you would most likely say 50-50, right? It is not perfectly right, because it is more probable that it will land on the face that faces the sky before the toss, researchers put the odds of it at 51-49.

Myth 10: Coffee and growth

Most parents will not give their children any kind of caffeine as an example frappé, justifying it by saying it will stunt their growth. That claim has zero scientific support. Although we should not give kids straight up coffee, it will not have anything to do with their height in their future.

by Julia Wąsicka



ph.

Pixabay

No one is empowered to use your time

Time is a precious resource, and everyone wants a piece of it. In today's fast-paced world, it can be challenging to balance work, relationships, and self-care. But one thing is certain, no one is entitled to our time. It is up to us to prioritize our well-being and set healthy boundaries to ensure that we are taking care of ourselves.

Mental health is a crucial aspect of our overall well-being, and it's essential to prioritize it. Stress, anxiety, and depression can all have a significant impact on our ability to manage our time effectively. Unfortunately, it isn't always obvious when someone is having problems with their mental health, and as a result, people can often mistake your inner struggles for laziness. By taking the time to engage in self-care activities such as exercise, meditation, and spending time with loved ones, we can improve our mental state and be better equipped to manage our time.

However, it's not always easy to prioritize our well-being, especially when we feel obligated to put others first. But it's important to remember that taking care of ourselves should always come first. By setting healthy boundaries, we can make sure that we are taking the time we need to recharge and refocus.

One of the biggest misconceptions about self-care is that it means being selfish. But the truth is that taking a break and putting yourself first is not selfish. In fact, it's the opposite. By taking care of ourselves, we are better equipped to take care of others and be there for them when they need us.

Moreover, it's important to understand that taking a break from work or other responsibilities will not cause the world to end. By taking the time we need to recharge, we are actually making ourselves more productive and better equipped to handle the demands of life.

In conclusion, no one is entitled to our time. It is up to us to prioritize our well-being, set healthy boundaries, and engage in self-care activities. By taking care of ourselves, we can live a more fulfilling and balanced life and be better equipped to handle the demands of work, relationships, and life. Remember, taking a break and putting yourself first is not selfish. It's essential for maintaining a healthy and fulfilling life.

by Olga Klemarczyk





ph.

Pixabay

Effects of smoking e-cigarettes

Cigarette smoking by young people in recent times is becoming less and less surprising. There is a tendency among young people to use e-cigarettes instead of traditional tobacco products. There is even a common myth that electronic cigarettes are definitely healthier than regular cigarettes. Of course, this is not true. The effects of smoking regular cigarettes are rather familiar to everyone. However, let's take a look at the results of smoking electronic cigarettes.

The basic effect of smoking – both traditional and electronic cigarettes – is a narrowing of the airways, and thus deterioration of the condition and shortness of breath. Smoking is also highly addictive. When smoking e-cigarettes, blood pressure rises, heart rate accelerates and the elasticity of blood vessels decreases. Smoke is toxic to developing fetuses. It can also damage brain development in adolescents and young adults, and poses a health risk to pregnant women and their developing child. All of these factors increase the risk of strokes and heart attacks (by 71 percent) and heart attacks (by 60 percent).

The advantages of electronic cigarettes over their traditional counterparts are that they do not cause yellowing of teeth and bad breath. Some flavors of the aerosol even cause a refreshment of breath. On top of that, they do not adversely affect the appearance of skin, hair and nails. In men, smoking electronic cigarettes does not reduce sexual performance or lower fertility. The aerosol from e-cigarettes usually contains fewer toxic chemicals than regular cigarettes.

These advantages, of course, do not make e-cigarettes completely safe. Their smoking has negative health effects just like regular cigarettes.

by Mariusz Waleryś

Laughter is the best medicine

“A: I have the perfect son.
 B: Does he smoke?
 A: No, he doesn't.
 B: Does he drink?
 A: No, he doesn't.
 B: Does he ever come home late?
 A: No, he doesn't.
 B: I guess you really do have the perfect son. How old is he?
 A: He will be six months old next Wednesday.”



ph.

Pixabay

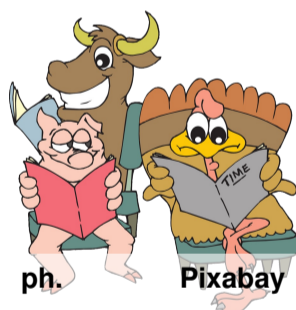


ph.

Pixabay

“How do you know the ocean greets you? – It waves.”
 “A bark beetle goes into a bar and asks: ‘Yo, is this stool taken?’”

“99,8% of people have problems with math. I'm glad I'm in the remaining 1%.”



ph.

Pixabay

“Mother: „Did you enjoy your first day at school?” Girl: „First day? Do you mean I have to go back tomorrow?””

“A: Hey, man! Please call me a taxi. B: Yes, sir. You are a taxi.”

“Teacher: During this lesson we're going to talk about the tenses. Now, if I say „I am beautiful,” which tense is it?
 Student: Obviously it is the past tense.”

“I went to the doctor one day and said: „Have you got anything for wind?” So he gave me a kite.”

by Amelia Łaszewska