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Want to study abroad? Why not?

Nowadays, more and more students are choosing to do their degrees at a university abroad rather in their own country. Not only are foreign universities more attractive to them but Polish students are also becoming more adventurous and courageous. They are more and more willing to face new educational challenges.

According to the latest research, the number of adolescents who moved out in order to study at foreign universities increased from 50,000 in 2014 to 110,000 in 2019.

In fact, the majority of these young people are unreservedly satisfied with their education there. Have you ever wondered what motivates them to make a decision to start that kind of studies? Why do they find studying abroad so appealing?

The main reason is the high level of teaching. It's true that requirements at foreign universities are higher, but there's also a highly-qualified teaching staff, including the world's best specialists. Thanks to that, teenagers learn more effectively and their knowledge is getting broader and broader.

Students are encouraged to get involved in projects, do a lot of research experiments on their own, which aims at giving them more freedom and independence in studying. Studies abroad have a practical dimension

and young people need not concentrate on the theory.. They elicit the possibility of gaining experience which increases their labour market opportunities. It's easier for them to get a well-paid job afterwards. Adam, an Oxford student from Poland, claims that studying abroad would be an unrepeatable chance to establish international relations and befriend principled peers. A huge advantage is also polishing language skills.

'I can safely say that my studies opened my eyes and my mind. I remember problems with my fluency. To be honest, I was convinced that I'd never improve my language abilities. No idea when and how, but I overcame the language barrier. I did it! There're only benefits. Studying abroad is the best thing that has ever happened to me' - says Adam.

In my view, studying at a foreign university would be really terrific. I suppose that it would be also a great adventure for me. I would develop on many levels, broaden my horizons and meet new people from around the world. If I had a chance to study abroad, I would decide to study there without thinking.

Agata P IIB

DON'T WANT TO STUDY ABROAD? Get ready for POLAND!

CEMS Chance is a project organised by CEMS Club Warsaw, a student organisation in Warsaw School of Economics. The project is for third year middle school students and first year high school students. Its main aim is to make young people aware of the possibilities that the world offers them. The organisers want to help teenagers make a decision about their further educational path and motivate them to make their dreams come true, achieve goals and work on overcoming their weaknesses. The CEMS Chance project takes place twice a year. Firstly, students from all over

Poland who are willing to take part in this initiative send in applications. Then the organisers choose those people who will come for four days to Warsaw. During these days participants attend lectures, workshops and panel discussions leading by interesting people such as actors, journalists, professors and businessmen. There is a variety of subjects discussed during these meetings for example motivation, time management, social media, career guidance. Thanks to them, young people are able to broaden their horizons, become more open-minded and get to know themselves better. But it is not the only attraction! Attendees visit

many museums, entertainment centres and science parks. In the evenings they go bowling, ice-skating or dancing which allows integrating with other participants. What's more it is all for free! All you pay for is a ticket to Warsaw and a return one. I took part in this project 2 years ago and if it was possible, I would go for it once again. I met many interesting and ambitious people thanks to whom the atmosphere was remarkable. It was an amazing experience I certainly won't forget for a long time. I can recommend CEMS Chance for everyone!

Julka IIB



IIB

AP

EVERY DOG HAS ITS DAY puppy, bowwow, pup, pooch, man's best friend



No one can deny that dogs are people's best friends. If you want to find a wonderful companion, why not search in an animals' shelter? It is certain that your life will change for good and your new pet will receive as much love as it deserves. Some people can be insecure about an adoption so I would like to tell you some positive aspects

of giving a new home to a dog. A lot of dogs from shelter have a difficult past. They may have been taken to the shelter after weeks spent in the street or after a car accident. It is true that this kind of dog may be distrustful at first but over time it will be grateful for the adoption and it will show its gratitude all the time.

It is common that if the pet feels good, the owner does as well. So you should remember about the positive emotions which accompany the dog's adoption. You will feel that you have done something brilliant because you have given a home to a pet which was in need. You will be proud of yourself every time you look at your dog. You must also know that there is usually less money than it is necessary in shelters.

So if you decide to take care of one pet, it will improve other animals' living conditions. To conclude, I would like to encourage everyone to adopt a dog. We cannot be indifferent to dogs' fate. Every dog deserves to have a loving and protective owner. So do not waste time, go to the nearest shelter and find out if you are looking for a dog.

Weronika Ż IIB

Food – good or not good ?

Read about the healthy food pyramid When we are

young, we don't even realise how healthy food is important to our health, both the body and the soul. So we should know the food Pyramid that is divided into five different groups of products and the shape helps

to illustrate which food we should eat more or less of if we want to be in good shape. Firstly bread, cereal, rice and pasta forms the base of the pyramid, which means they should make up the biggest part of our daily diet. These

foods are a major source of energy. Secondly, fruit and vegetables form the second level of the pyramid- they provide vital vitamins, minerals and fibre- help you to look good and feel healthy.



The third level of the food pyramid comprises of two groups. The first is dairy products- milk, yoghurt and cheese, They are important to our health. Dairy products provide calcium and proteins which help the body grow. No matter if you want to build muscles or strengthen your bones, you will need these products. However, these foods can be high in cholesterol, fat and calories.

The fourth food group on this level is meat, fish, eggs, and nuts. These foods provide protein and they are a good source of B vitamins, iron and zinc. Unfortunately, they may also contain cholesterol, fat and calories.

At the top of the pyramid there are fats, oils and sweets. These products are usually loaded with calories and are not very healthy. They should be only consumed in very small amounts.

To sum up, everything we eat has a big influence on our health, condition and mood!

Adam S IIB



You eat to live, not live to eat!



IIB

ILO

UPS & DOWNS of Dąbrowski High School

After thousands of hours spent in our school during my education I can certainly say that I have known it inside out. It's time to sum up its pros and cons from my perspective.

The **first positive aspect** is having your own school locker. It's a great facility - you may leave inside whatever you want: the PE kit, shoes, coursebooks and notebooks. Not only do you spend less time packing your backpack at home, but also your backbone isn't overloaded because you don't carry unnecessary things. My locker always has something inside and sometimes I have difficulty in closing it! **Another advantage** is the school broadcasting centre that makes breaks more pleasant. Music easily puts us in a good mood and helps us to forget about lessons for a moment. It sounds nice to hear your favourite song having a bad day, doesn't it? The „lucky number” might make your day! It's impossible to be prepared for each lesson every day (even if teachers think differently). Fortunately, when your number from the register is selected, you are excused from unexpected tests and oral answers for the whole day. Once it happened to me and consequently I avoided getting a bad mark. It really does work! What our school can boast about is **sports equipment** in the gym and the sports field outside. These places are willingly visited by sports lovers. Moreover, students can spend breaks in the open air provided the weather is good. As a consequence, you may stop thinking about school for a while and just enjoy the twitter of birds.

On the other hand, there are some disadvantages about our school. Firstly, it's a common situation that you start your lessons at 7:10 am. It's demotivating, hard to take and ridiculous when you have to write a test so early! What's more, it's problematic for students living away from Kutno who have to use public means of transport. Can you imagine getting up at 5 o'clock in order to be at school on time? For the majority of students it's absurd, but for some of them it's reality... Another negative aspect is the lack of a place which could seat the whole school community. Our school gym is too small to provide everybody a comfortable seat and a sufficient amount of oxygen- we have to bunch up to attend school ceremonies. Wouldn't it be great if we had an auditorium where we could enjoy our Jaśki, Heńki or graduation days? One more small thing is something which motorised students complain a lot about- a car park. Did you find a free parking spot? Congratulations. If the answer is no, you may keep looking for one near the school but remember- it may take you some time because of many one-way roads around. Another problem is how our school canteen works. Although the dishes are tasty, there are no weekly menus. Even when you ask in the morning what is going to be served for lunch you don't get a satisfying answer. It's inconvenient for people who can't eat some ingredients because of being an allergy sufferer, have to follow a restrictive diet or are vegetarians and vegans. Then, those people don't know whether they should prepare lunch at home or if they will be able to buy something in school.

All in all, I can truly say that ups definitely outweigh downs. I have never regretted choosing this school. Who would worry about having to sit on the floor on some important occasion at school or be smart at dawn?

An ideal school doesn't exist and we should appreciate what we have!

Karolina J IIIB



Our school has good and bad sides – who or what doesn't? Lockers or no parking space? Broadcasting centre or morning lessons? Sports facilities or no scheduled menu? No matter what you choose, remember the prom night RULES!!!

PROM TIPS

(for senior
years-to-be)

1. NO FEAR - Don't be afraid to go alone. It isn't the end of the world! You won't be the only partnerless person, trust me. If nobody invites you, maybe you could

invite somebody? Being too shy to do it, just don't worry and go alone. Having no partner can't break your prom night!
2. TRAIN - Practise the polonaise. Even if you don't dance the show polonaise, everybody will dance the polonaise later. You don't want to feel embarrassed.

Remember to appoint people dancing with teachers! It's a shame leaving your teacher without a partner. (Another advice concerning teachers- think about a hit song you may dedicate to your class teacher)

3. DANCING COURSE - Believe me or not, it may be beneficial having dancing skills up your sleeve. Cha-cha, tango, samba, salsa, rumba- familiarise yourself with them and your chances for becoming the queen and the king of the prom will rise.

4. OUTFIT - I know that everyone wants to look special- it's a unique night. But remember that the prom will last about 10 hours! The most important aspect is your comfort. Your hairstyle, outfit and shoes should be matching but also convenient. You wouldn't like to remember sore feet, would you?

5. RELAX - Before the prom don't think about school and your problems. Leave them behind. Spend the whole day pampering yourself. Sleep how much you need, take a long bath, watch a movie and do what you always forget because you lack time. Remember- the more relaxed you are, the more spectacular you look.

6. FUN - Enjoy every moment. It's the only time you attend your prom (providing you don't have to retake a year). Don't be ashamed to dance. If nobody invites you to dance and you aren't brave enough to ask someone- dance on your own and have fun!

7. AWARENESS - Remember that after the prom there are about 100 days to your matura exam. Learn, learn and learn! Don't waste time and stay motivated. Don't forget about the longest holidays ever which are coming! If you aren't confident whether you should go or not- go! No need to stay there all the time. You may leave when you want- it's better to leave the prom before the end than regret not having gone!

MAY THE FORCE BE WITH YOU!

and the dance floor will be yours!

Karolina IIIB

Teens' Voice

BOOKS, BOOKS, BOOKS

chatting to my German friend about her passion for reading

This statistic shows data on how often teenagers read books in Germany in 2016 and 2017.

In 2017, roughly 40 percent of German teenagers claimed to read books daily or several times a week.

Lately, I've read lots of articles about the extent of reading in Germany and become more interested in this topic. I had an opportunity to ask a German student directly, due to the fact that I made a lot of friends in Germany during last year's student exchange. Me and Paula, who was living in my place at the exchange, had an interesting conversation about books and topics connected with reading.

Ania: Which book do you remember the most from your childhood and what made you remember it until now? (the one that you did not read by yourself, I mean a book which for instance your mom used to read you to sleep)

Paula: The one book that I always remember when I'm thinking about my childhood is „Nils Holgersson”

(„The Wonderful Adventures of Nils” in English) by Selma Lagerlöf. Maybe I remember it because I never actually finished the book or at least I can't remember the ending. Whenever I visited my grandparents, they would read it to me, but never until the end. In hindsight, the story is also pretty weird because the main character shrinks and travels with geese.

A: In Poland, we often discuss the topic of having to read set books in school. Many students really don't enjoy reading these books, because the books usually use the language which is hard to understand and students simply don't see a sense in these stories. So, here comes the question: what was the set book that you really enjoyed reading? (only if u have set books in Germany, books which students must read, talk about in the school, write tests and so on)

P: So, I've almost never enjoyed the books I HAD to read for school, but this year we had to read a Greek drama („Medea” by Euripides) and though I usually don't enjoy dramas because they are written in a complicated way and they repeat everything, but „Medea” was understandable and compelling.

A: What is your favourite type of books right now?

P:

Right now, I have to say that fantasy books are my favourite, because our world is frustrating.

A: Imagine this situation: you are in a library and on the highest shelf you find a really thick book with a shabby, old cover. The text on it says „Reading could be dangerous”. What are you going to do with it?

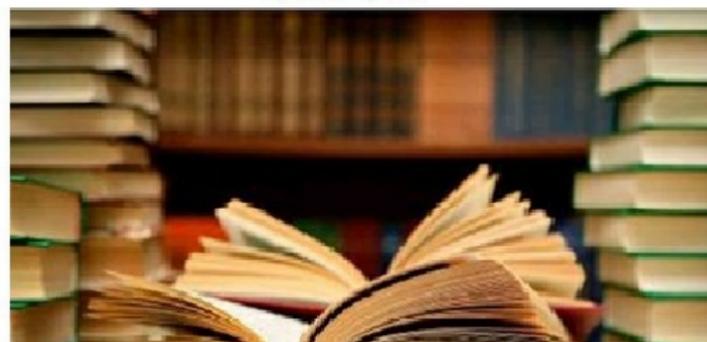
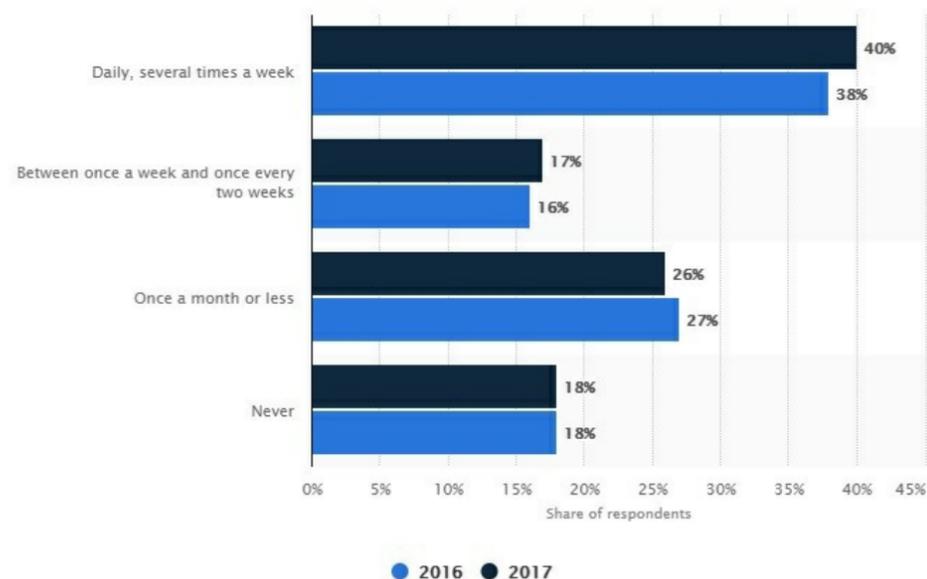
P: The text would intrigue me and I would probably open it because I'm a curious person. As I said, I really like fantasy books and this one seems to be one of them.

A: What kind of book characters do you like the least and which personality traits of these characters put you off them?

P: Hmm, I don't like many characters, but I don't think that there's a special type that I never like. I don't like the character who are overly misogynistic and homophobic. General characteristics that I don't like are naivety and self-pity.

Ania Ż IIB

How often do you read printed books?



The German-Polish exchange program has been operating in our school since 2015. The program was initiated by our German teacher and is very popular with young people. Every year students from Dąbrowski High School and the international secondary school in Geithain have the unique opportunity to visit the countries of their foreign colleagues, exchange opinions and experiences, get to know their culture and make new friends. In 2018, our German colleagues discovered Masuria with us and it was at that time that an interview about reading books was created. Do Polish teenagers differ from their German friends? Do we have the same preferences as far as the books go?

Read and check it out.



How to start a zero-waste lifestyle?

Zero waste is a philosophy according to which people try to generate as little waste as possible in order to reduce environmental pollution. Leading such a lifestyle can be a great lesson of awareness and empathy for us. It can also help us to break consumerism and even save some money. Changes can be noticed every

day. But what to do when you want to start this lifestyle? At first, it may seem to be difficult or even impossible. You might be confused when you realise that we generate waste during almost every activity. It happens not only when we buy food in plastic packets but also tickets or clothes. In practice, it comes down to

following some rules, being aware and thinking about what's good for us and our planet. The 5-R rule:
1. Refuse - When you want to buy a coffee in a café, take your own reusable mug and don't allow to be given a plastic straw. We don't think about it customarily but these things are a big percentage of all waste in the oceans

posing a threat to many animal species.
2. Reduce - Think about how many things you have you really need. It is not about throwing away things but not buying unnecessary stuff. Think your shopping over and spend less money and produce less waste.
3. Reuse - try to use as many things as possible at least once again.

Think about how you can make use of them. Every even the most simple activity is a change. For example you can reuse plastic bags and instead of buying one, every time you're shopping - use the one you bought last time.

4. Recycle - primarily sort your rubbish, when you get used to doing it, it doesn't involve much investment. But this point is not only about segregation. You can also try to remake something you will not use anymore.
5. Remember - your choices have an influence on our environment.

Bear the rules I have mentioned above in your mind. Be aware and stay open-minded. If you want to start living in compliance with plans of zero-waste, don't get frustrated if everything doesn't go as you hoped. Let yourself make mistakes and learn. Just try and remember that baby steps are better than nothing.

Julia M IIB



ZERO WASTE

1. refuse
2. reduce
3. reuse (+repair)
4. recycle
5. rot

Make a difference to the world and change it for the future generations

How to succeed?

Follow 6 rules
Know your limits
Have a plan
Visualise your goals
Ignore the doubts of others
Embrace positivity
Understand fear



THE KEY TO SUCCESS

Nowadays everyone wants to succeed, be successful, get to the top, win ...

The rat race pressurises young people and makes them stressed and desperate. But what is actually the secret of achieving success? Let's find out what is the mystery behind successful people and their daily habits. It is known that in contrast to average people, high-fliers don't watch much TV.

Despite this, they read a lot of diverse books which broaden their horizons and make them have knowledge about various topics. TV produces negativism and stunts the activity of our brain. It is better to avoid such effects and care about self-development.

Interestingly, successful people often keep a journal. They write down emotions and feelings, which is important to keep the psychological balance. Apart from it, they often write down their goals and plan the next day. Such people make a to-do list as well to be productive and to avoid procrastinating. They also create vision boards, which help them to achieve their goals and stay motivated. Getting up early is one of the most important habits in successful people's life. In the morning we can visualise our success, meditate or exercise, because we have a lot of time. Our day might be more effective and optimistic.

Another secret of these people is that instead of criticising and being envious of other people, they support them and they are proud of their goals. But essentially high-fliers focus on their own achievements, not paying attention to criticism and not wasting time on comparing themselves to others. These habits might seem banal for you, but did you actually introduce them into your life? If no, try to do it. If yes, you can wait for succeeding. Remember that your habits shape your personality and your personality shapes your destination. And everything depends on you and your attitude.

Natalia S IIB

Teens' Voice

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THE IMPACT OF THE ANCIENT PEOPLE ON THE CULTURE OF THE BRITISH ISLES

History of every country consists of the achievements of the people who used to inhabit its territories in the previous times. Things are no different in Great Britain, the history of which is full of waves of invaders bringing their culture and inventions with them.

In the earliest times the British Isles were peopled by the ancestors of the modern British. They were similar to today's people in appearance – they were only shorter and their lifespan oscillated at around 30 years of age. These people led a nomadic life, because they weren't able to grow any plants. They used simple flint tools, similar to these found in the North European Plain. Unfortunately, they almost died out after the ice cap advanced and the British Isles became hardly habitable. Nevertheless, they left the foundation stone for further

development of the Isles. After the ice cap had regressed, a new wave of invaders arrived in Britain. They were named 'Neolithic' people, after the geological period they lived in. Due to the fact that Britain had already been an island then, they used small, round boats to cross the English Channel. The 'Neolithic' people probably originated from the Iberian Peninsula, or even further, from North Africa. They brought some new skills: they could keep animals, grow crops and make simple pottery, so there was no longer need to lead a nomadic life. These people were polytheists, and they built plenty of graves called 'burial mounds' to plead the gods of soil not to make it barren. It was in fact the first well-recognized tribal culture in Great Britain. The most recognizable building left by the 'Neolithic' people is Stonehenge, though. They used to build such henges to keep the control of the lands nearby. They were also places of trade, where traders coming from different parts of the island could gather and exchange the goods. Interestingly, Stonehenge used to be the most powerful henge. We can assume that because the stones it is made of came from Wales, and Stonehenge is located in Southern

England. The story of the bluestones – as they are called – was so important for the society of that time, that it had been repeated for centuries and finally written in the 'History of Britain' in AD 1136. The British Isles had always been very attractive to the invaders from the mainland because of their low-lying fields and quite good soils. That's why a new group of invaders crossed the Channel about 2400 BC. They are today called the 'Beaker' people, named after the pottery found in their graves. These graves are very characteristic of them, due to the fact that they gave up building the communal barrows and started burying people in individual graves. The reason for that is barley – a new type of plant brought by them to Britain, which does not need such good conditions to grow as wheat. As a consequence, they didn't need to care about the soil getting barren so much. The 'Beaker' people were good warriors and mental-workers, so they quickly became the leaders of the British society.

The 'Beaker' people are significant for the British culture, especially for the English language. They spoke an Indo-European language, on which English and another European languages are based. They also used bronze tools, and their religious ritual of throwing the swords

in the river is probably the source of the legend about King Arthur. Around 700 BC there was the next wave of invaders – the people whose impact on the British Isles has survived till today. These people are named the Celts and they came from the Central Europe or

even further east. They were so well assimilated with the local people that Julius Caesar described them as 'indigenous' inhabitants of the British Isles in 55 BC. The Celts introduced the currency in coins to Britain.

Their clothing gave birth to the Scottish national dress: tartan. In the Celtic society women had much more independence than during the subsequent years. They had the right to co-rule the country and they regularly fought in the battles. I would even claim that the Celtic culture was more matrimonial than patrimonial, because the heir of the family was the daughter, not the son. This system remained until the Roman period, when Christianity changed almost everything in terms of social bonds. The most famous Celtic commander, fighting against the Romans in AD 61, was also a woman. She was called Boadicea and impressed the Roman soldiers with her courage and strength of women in battle.

Morphing to the Roman Times was the most powerful period in the ancient history of the British Isles. The Romans brought to Britain new culture, religion and architecture. For instance, they built plenty of towers to keep the territory safe (such as York, Chester or Caerleon). There towns were inhabited by the Roman settlers and they also exist today. What is crucial for the British society, the Romans were literate. They knew Latin and Greek, and the Celtic dwellers of their colonies soon took to writing and reading. People of this period are believed to be better educated than those from the Middle Ages, and the level of development similar to that one was reached only in the 17th century.

Speaking of the Romans, we cannot omit the architecture. Apart from obvious objects such as roads and aqueducts (some of them were foundation stones for modern British roads), the Romans set up plenty of colonies. They divided the kinds of inhabiting into three categories: the *coloniae*, the *municipia* and the *civitas*. The *coloniae* were the towns settled by the Roman soldiers, whereas the *municipia* consisted of the Celtic people who received Roman citizenship. The last category – the *civitas* – were former Celtic tribal capitals maintained to keep the Celtic peasantry under control. What is revealing about the architecture, most of the towns set up then exist today and these cities are prosperous (vide London). The history of the British Isles is an incredibly complex topic, and the text above can only be a side dish to its proper look. Nevertheless, it is unbelievable how many things in the modern society originate from the ancient times - the language, the architecture, even the women's role. It also proves that a nation which does not know its history ceases to be a nation. It is vital for people to know their history, not only to explore the interesting facts, but also to find their identity.

#dabrowszczakjezykiobce

Piotr M IIB

OBSESSION WITH CELEBRITIES**Do you follow the alluring lives of famous people?**

If you do, have you ever wondered why you feel the need to check the latest gossip or how much time you spend doing it?

We love to identify with someone who seems to lead a perfect life and to follow their vicissitudes of this life which as we know, is never perfect. We try to copy them in any feasible way – buying clothes that are similar or even the same, wearing the same make-up or posing for photos in the same way. If it's only about changing the looks, it is ok but when we decide to change our system of values, religion or accepted moral norms, it may be a cause for concern. Moreover, we think we know them. It probably

sounds strange but that's the fact. We are so familiar with details of their lives and as a result it seems to us that we know what they feel or what they are like. We don't realise how many hours we spend following them, which may lead to an addiction.

To sum up, it is normal to be fans of great musicians, actors or celebrities. It's vital though to keep one's common sense and have your own outlook on life. You should remember about real life and real people. They are more important than the big screen stars.

Dominika S IIB



„I was born to make mistakes, not to fake perfection.” Drake
„Sometimes you can't see yourself clearly until you see yourself through the eyes of others”. Ellen Degeneres

"We all have our imperfections. But I'm human, and you know, it's important to concentrate on other qualities besides outer beauty. "

Beyonce

"Born together, best friends forever."
"You can't understand why other people can't tell you apart from your twin because you know all the differences."
"Twins: two unique souls united by birth."

Everyone of us knows some twins, don't we? They look identical, behave identically and even think identically. But the question is - must it always be like that? It turns out that it is not the principle. Sometimes twins are similar to each other only in terms of genes. Despite the fact that they are almost genetically the same which is unusual considering the fact that every person in the world has a different genetic code, they unthinkably can have different fathers. It happens extremely rarely but still happens nevertheless.

Consequently they are not as similar as children who have one father. There are seven such cases in the world. One of them takes place in Poland. In Lublin twins were born and then their mother took her husband to court because she wanted to reject his paternity. He had to have a paternity test done and then it turned out that he is the father of only one of the twins.

TWINS: God has a a great sense of humour,

Interestingly, twins can have different colour of their skin or eyes. For example, one of the kids can be white and the other one - black. Or one of them can have blue eyes and the other - brown eyes. They can have different colours of hair etc. It happens when parents are of a different race or they have ancestors with different colour of skin. Such a situation chanced the parents

of Lucy and Mary Aylmer who were born in England. Lucy has white skin and straight red hair whereas Mary has black skin and curly brown hair. Now something about the characters of twins. Are they always similar or entirely different?

he created two of us.

It is believed that the reason for their similar personality is related to the fact that they spend a lot of time together but there are also some situations when twins were separated after they were born and they were brought up by different parents and grew up in a different environment. This was the case for American twins who found out about each other after years and it turned

out that they have the same name, occupation, and even their wives had the same name. Despite various environments in which they lived they had similar beliefs and hobbies. It shows that twins are connected with an unusual bond. Their remarkable relation will be a mystery for scientists for a long time.

Natalia S IIB

Movie development and the cinema world

Have you ever wondered how the film industry was created? If you haven't, I will help you to explore this interesting topic. According to encyclopaedia Britannica cinematography is the art and technology of motion-picture photography. The product of the 19th century, over the past century has become an industry employing thousands of people and a medium of mass entertainment and communication. I would like to show you the history of the film from the birth to the present day.

Let's start from the beginning. What's interesting, the cinema wasn't invented by a person, it was rather a combination of several events. In 1891 the Edison Company in the USA successfully demonstrated a prototype of the Kinetoscope, which enabled one person at a time to view moving pictures. The first to present moving pictures to the audience were the Lumière brothers in 1895 in Paris. At first, films were very short, sometimes only a few minutes or less. They were shown at foregrounds and music

halls. It might have been shown anywhere by setting up a screen, too. Subjects included some activities, local scenes, views of foreign lands or short comedies. The films were accompanied by lectures and music.

By 1914, several national film industries were established. Europe, Russia and Scandinavia were as important as America. Film became longer and storytelling or narrative became the dominant form. As more people paid to see movies, the industry which grew around them was prepared to invest more money in their productions, distribution, development and exhibition, so it started to build special cinemas. The First World War limited the film industry in Europe, and the American industry grew in relative importance. The first 30 years of cinema were characterized by the growth and consolidation of the industrial base.

Then, color was added to black-and-white movies. By 1906, the principles of color separation used to produce so – called "natural color" moving images with the British Kinemacolor process, first presented to the public in 1909. The early Technicolor processes from 1915 were expensive and color wasn't used more widely until the introduction

of its free-color process in 1932. The next important thing are the first attempts to add synchronized sound to projected pictures - producers used phonographic cylinders or discs. The first feature-length movie incorporating synchronized dialogue was *The Jazz Singer* (1927), used the Warner Brothers' Vitaphone system. This system was soon replaced by an optical, variable density soundtrack recorded photographically along the edge of the film.

By the early 1930s, nearly all feature-length movies were presented with synchronized sound and, by the mid-1930s some were in full color, too. The arrival of sound secured the dominant role of the American industry and gave rise to the 'Golden Age of Hollywood'. The popular silent actors and actresses were Marlene Dietrich, Joan Crawford, Charlie Chaplin, Rudolph Valentino, Pola Negri. They were idolized by millions all over the world because Silent Movies held no language barrier.

World War 2 interrupted the Golden Age of Hollywood as famous stars joined the armed forces. The 1960s were a great period for the film industry when iconic film directors and stars from Hollywood's Golden Age worked along with some of the young upstarts who came to define

the next generation of stars. The best movies of the '60s spanned many genres as well. Thrillers like Alfred Hitchcock's *Psycho* and Stanley Kubrick's *2001: A Space Odyssey* are considered classics. There were also musicals adopted to the big screen like *West Side Story*

. Tough guy movies like *The Good, the Bad and the Ugly* introduced Clint Eastwood to the mainstream. Movies such as *A Star is Born* with Judy Garland, *My Fair Lady* with Audrey Hepburn can't be forgotten.



In the 1970s, a group of American filmmakers such as Francis Coppola or George Lucas emerged. They had greater control over their projects, which led to some commercial successes, like Coppola's *The Godfather* films. Thanks to Spielberg's *Jaws* we have the concept of the modern "blockbuster". However, the enormous success of George Lucas' 1977 film *Star Wars* led to the popularization of blockbuster film-making. The film's special effects, sound editing and music had caused it to become one of the most important and influential films. During the 1980s, audiences

began watching films on their home VCRs. The Lucas-Spielberg couple would dominate "Hollywood" cinema for much of the 1980s. Two follow-ups to *Star Wars*, three to *Jaws*, and three *Indiana Jones* films helped to make sequels of successful films. The early 1990s saw the development of a commercially successful independent cinema in the United States with movies like *Titanic*, *Pulp Fiction*, *Jurassic Park*, *Forrest Gump*.

In 2001, the Harry Potter film series began, and by its end in 2011, it had become the highest-grossing film franchise of all time until 2015. After James Cameron's 3D film *Avatar*

became the highest-grossing film of all time, 3D films gained brief popularity. A difference between the start of movie industry and recent years is unbelievable and it's definitely worth appreciating. Technology within the film industry has advanced greatly over the last century, allowing movies to tell greater, more realistic stories than ever before. The cinema has evolved from black-and-white silent films to 3D digital computer-generated content. The digital age has allowed for a better quality, color, sound and imagery.

Hania K IIB

Pol'and'Rock Festival

I would like to describe the most beautiful festival in the world :-)

Pol'and'Rock Festival is organized by **The Great Orchestra of Christmas Charity** Foundation with money from sponsors and by volunteers who collect money for the foundation. "Przystanek Woodstock" is named after the legendary Woodstock festival and the atmosphere of the children's era of flowers. However, the word

"przystanek" refers to the popular television series "Przystanek Alaska". The festival is free for fans. The idea to organize the festival appeared in 1994. The first edition was organized in 1995. Since 2004 the festival has been taking place in Kostrzyn nad Odrą. Every year there are bands from Poland and all over

the world. They perform on a large stage and a small stage. The tradition is the non-fencing of the scene with barriers - the artists are not fenced from the field for participants. The front wall made of wood can be covered with flags. It is also popular to prepare flags of participants who come from different cities,

marking their whereabouts at the campsite. Fans of the Pol'and'Rock Festival are supervised by a group of volunteers, the Peace Patrol. Some participants of the Festival participate in collective mud baths, under a giant shower. A very important element of the Pol'and'Rock Festival is the Academy of Fine Arts. It is there

that public figures meet festival people. A special award, Złoty Bączek, is awarded for the best performance of the band. The main slogan of the festival is love, friendship and music. The festival connects people. Everyone should attend the most beautiful festival in the world at least once.

Kasia M IIB

Crowd surfing is the process when a person is passed overhead from person to person during a concert. The "crowd surfer" is passed above everyone's heads, with everyone's hands supporting his/her weight.



IIB

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HOW TO DEAL WITH AN INJURY?

Practising sport is a good way to spend our free time. It allows us to keep our bodies in shape. However, sport can sometimes make us injured. An injury is a physical harm or damage to someone's body caused by an accident. Harm can happen to you at any time. When you are going to a shop or are coming back from school, there is a possibility that you might get injured. Such unfortunate accidents affect us a lot. You need treatments and rehabilitation. An injury excludes us from practicing for days or months. In extreme cases some people never come back to sport or to full efficiency.

How to handle an injury? Have a few helpful people around you ready to help you. Focus on something else than your injury. If you can't move, watch a movie, read a gripping book or start painting. You will soon feel over the moon. Mental work is useful as well. There are a lot of brain teasers which can challenge and motivate you to spend free time without sports activities. You should contact a doctor or physiotherapist - health first! Remember, an injury is not the end of your life, is it? The key to dealing with the damage is thinking positively. You cannot be down in the dumps. Fight it, work hard to overcome your own difficulties and be proud of your results after all.

Marysia F IIB

Fossil fuels are not unlimited sources on Earth. People should take care of the environment and reduce the use of coal. Here are some tips on how to do it.

Replace your normal cars with electrical ones. Use bikes or public transport instead of cars running on petrol.

Use solar panels to heat our houses during winter. We don't have to buy coal or wood if we have this energy resource.

Use reusable containers. Try packing your lunch in a plastic box instead of a foil

bag. Don't use straws. Buy metal ones and take them with you when going out. Think about buying a good quality thermal cup. Take it whenever you feel like buying a coffee or tea when you are out. Just ask a shop assistant to fill the mug with your drink and enjoy it. People can also take care of the environment through recycling their old

Replace your normal cars with electrical ones. Use bikes or public transport instead of cars running on petrol. Not only will you save the environment or money, but you will also keep fit.

Use solar panels to heat our houses during winter. We don't have to buy coal or wood if we have this energy resource. Use reusable containers.

Try packing your lunch in a plastic box instead of a foil bag. Don't use straws. Buy metal ones and take them with you when going out. Think about buying a good quality thermal cup. Take it whenever you feel like buying a coffee or tea when you are out. Just ask a shop assistant to fill the mug with your drink and enjoy it. Recycle your old clothes. There

are a lot of places in cities where you can give them away. Recycling things is a good way of helping our planet as well as just giving away things we don't use anymore to the poor. There are many more ways of helping our planet and saving the environment, but I have mentioned only the ones which personally appeal to me the most. I think

it is our duty to help the natural environment because our life depends on its condition.

It doesn't have to be a lot
If we each just do our share
So take time out on Earth Day
To show the Earth you care.

Julka P IIB

Teens' Voice

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Colours' effect on people

In modern times, no particular attention is paid to what colours we wear or how we paint our apartments – it is mainly conditioned by fashion trends. But it has been for long that colours affect our feelings and behaviour.

Johann Wolfgang von Goethe was one of the first to realise that. In his work, "The theory of colours" he expressed his views on the impact of colours in people's lives. Despite the fact that he was often criticised, Goethe is now regarded

as the father of colour psychology.

It is obvious that each individual perceives colours in a different way, but as Goethe believed, every colour has its universal psychological meaning established in most people's consciousness. So, how can different colours actually affect us?

To start with, red is a hue mainly associated with energy and passion, but also aggression and danger. But most importantly, red stimulates and excites the brain, so it is very useful in marketing. It has been experimentally proved by changing the green button to red one on the online shopping

site, which resulted in boosting conversions by 21%!

Another example is blue. This colour can be often associated with sadness, but its main trait is that it calms our minds. It has some soothing properties. This effect was proved by visible lowering rate of crime in the areas where blue street lightning was introduced.

Green is in general representing good luck, but in some countries, like in France or China it's not associated with success.

But yellow is probably the most controversial one. Most people see it as optimistic and joyful colour, which brings happiness but in some time in history, it was seen as the colour of hostility and falsity. This meaning was used by the Nazis who ordered the Jews to wear the yellow star of David on their

arm to make them stand out from the crowd in the streets. In conclusion, every colour has its own meaning and carries some significant message, information. Is this knowledge of any use to us? Yes.

It enables us to notice human strengths and weaknesses. We can recognize others' feelings and reactions better. Our thoughts are full of colours. We follow them in life and we miss them. Without colours, the world would be empty and miserable!

Julka P IIB



WHAT TO WATCH WHEN YOU FEEL BORED:-)

One of the most brilliant and memorable films is "The Godfather", directed by Francis Ford Coppola in 1972. It was given 3 Oscars and countless various film awards. Its influence on crime films is invaluable.

The film is a screen adaptation of Mario Puzo's novel. It stars Marlon Brando and Al Pacino as the leaders of fictional New York crime family. The film presents the story of Vito Corleone and their sons. It emphasises the transformation of Michael Corleone from an honest citizen into a ruthless mafia boss. The family has some trouble with other criminal families, who are constantly trying to involve Corleone's organization in drug trade, embezzling money and other criminal activities. The domination of the family is threatened. Vito Corleone must defend his family and keep control of his empire, which ends in many sacrifices and a lot of blood.

The film was made with care for details. The acting style is perfect, as the actors show emotions very realistically. The film is absolutely brilliant, full of thrilling and gripping situations. The soundtrack is absolutely stunning with music that nowadays is considered to be iconic.

To sum up, The Godfather is a masterpiece. For me it is the best movie ever made. It's the kind of a movie which can be watched many times, and never becomes dull.

I loved the Godfather.

I thought that was the best interpretation of our life that I have ever seen.(Sammy Gravano)

Bartosz

What does it feel like to have Captain America around you all the time?

Over the past few years superhero films have changed a lot. The evolution wouldn't be possible without the Marvel Cinematic Universe which made use of superhero potential. The films quickly became a staple of pop culture. I have recently seen the third installment in the Avengers series directed by Anthony and Joe Russo.

"Avengers: Infinity War" was a long awaited culmination of story lines that have been written since 2008 when the first Marvel film came out. "Infinity War" faced the challenge of bringing together over 100 characters that until now existed in separate series. It tells the story of a group of people called Avengers (people with supernatural powers) who fight against Thanos, a giant who wants to destroy the Earth. Old conflicts need to be forgotten and new alliances must be forged.

This film lives up to expectations by relying on complex and likable characters. It appeals to large audiences by creating engaging story lines and surprising plot twists. Skillful fight scenes, realistic special effects and thrilling soundtrack make this film a fun experience. "Infinity War" was a huge box-office hit. It earned 2 billion dollars worldwide as the fourth film in history. And the amount is still growing with DVD sales!

Marvel presents how mainstream art can be entertaining and valuable at the same time. The film industry should make this film an example of quality mass entertainment. I feel grateful for living in the times when technology makes it possible to illustrate stories with superheroes for the cinematic screen.

Ania