



In the last in this school year issue:

- Easter traditions around the world.
  - Useful words for your Matura exam.
  - National Depression Day.
  - May long weekend round the corner - what places can we visit?
  - Energy drinks - to drink or not to drink?
  - What does prolonged sleep deprivation lead to?
  - Polish final on the volleyball champions league.
  - Looking back on high school graduation vigil.
  - How to keep your life organised? - keeping a bullet journal.
- Enjoy your reading :)



## Easter traditions around the world



**Polish Easter traditions are well known to us. I think everyone knows what a wet Monday or Palm Sunday is, everyone also knows what we put in an Easter basket. But do we know the traditions celebrated in other countries, even in our neighbours?**

For example, in **Germany** on Holy Saturday, German people do not celebrate Easter food, while in the evening bonfires are lit in front of churches and fire rituals are performed. On Easter Sunday, after breakfast, children start looking for sweets hidden by the Easter bunny. On Monday, however, they rest - a concept such as Wet Monday is completely unknown to them.

In **Great Britain**, the youngest, like German children, are looking for hidden eggs - Egg hunt. However, the English have their own specific tradition which is Egg rolling- i.e. a race in which the competitors have to roll their egg on a grassy hill. When talking about Easter in Great Britain, one cannot fail to mention Hot cross buns, i.e. small, slightly sweet yeast rolls baked especially for Good Friday, usually with raisins. Their hallmark is a cross cut evenly on top of each of them, and after baking they are filled with icing.

Moving to another part of our continent, we go to **Spain** - where Processions are a fundamental custom during Easter. Processions begin as early as Palm Sunday and take place every night during Holy Week and continue until the early hours of the morning. In large cities, these parades are huge and can sometimes go on for miles. A traditional dish completely different from ours is Torrijas - it is bread dipped in milk and then fried and sprinkled with sugar or drenched in honey.

Now let's move to the other end of the world - **the USA**. During Easter, the Easter Parade takes place in New York. Participants of the parade march along Fifth Avenue, between 49th and 57th streets, dressed in colourful clothes and fancy hats with the spirit of the coming spring. The most popular Easter dish in the United States is baked ham.

However, in **Mexico**, Easter is a time of fun and enjoyment. Mexicans set up huge stages on the beaches where numerous activities take place, bring food and celebrate together. Our processions, compared to Mexican ones, are quite calm. On Good Friday there are processions and dramatic stagings of the Way of the Cross. People can actively participate in the marches, volunteers who want absolution first carry the cross and then are scourged and then let themselves be "crucified" - hands are tied to the cross with a special ribbon. This is how Mexicans can atone for their sins.



ph. Pixabay



Easter traditions in **Finland** include sowing watercress and decorating wreaths by hand, as in Poland, but at this time Finnish people must beware of "little witches". Children dress up - just like for Halloween in the US - and tell rhymes in exchange for sweets. And on Easter Saturday in Finland, bonfires are also lit to drive away witches and all kinds of evil from homes.

**As the old Polish proverb says "Co kraj to obyczaj".**

by Amelia Łaszewska

## Useful words for your Matura exam

**Matura is coming in less than a month, so I gathered some of the most useful words that commonly appear on the Matura exam. Check if you know them all!**

1. **Injury**- uraz He got a leg injury from a football match last week.
2. **Advise**- doradzać I advised her to take this test again.
3. **Describe**- opisać Describe this photo, please.
4. **Agree**- zgadzać się We all agree with you.
5. **Believe**- wierzyć I believe that I'm going to pass all of my exams on the first try.
6. **Pretend**- udawać Let's pretend that didn't happen.
7. **Advertisement**- reklama This advertisement is really convincing.
8. **Forbid**- zakazać It's forbidden to drink alcohol if you're under 18 years old.
9. **Explain**- wyjaśniać Let me explain it to you, you will understand it fast.
10. **Consider**- rozważać I have to consider a few options.

11. **Available**- dostępny I hope this room is still available, it's my favourite.

12. **Complain**- narzekać I don't like Anna, she's always complaining about everything.

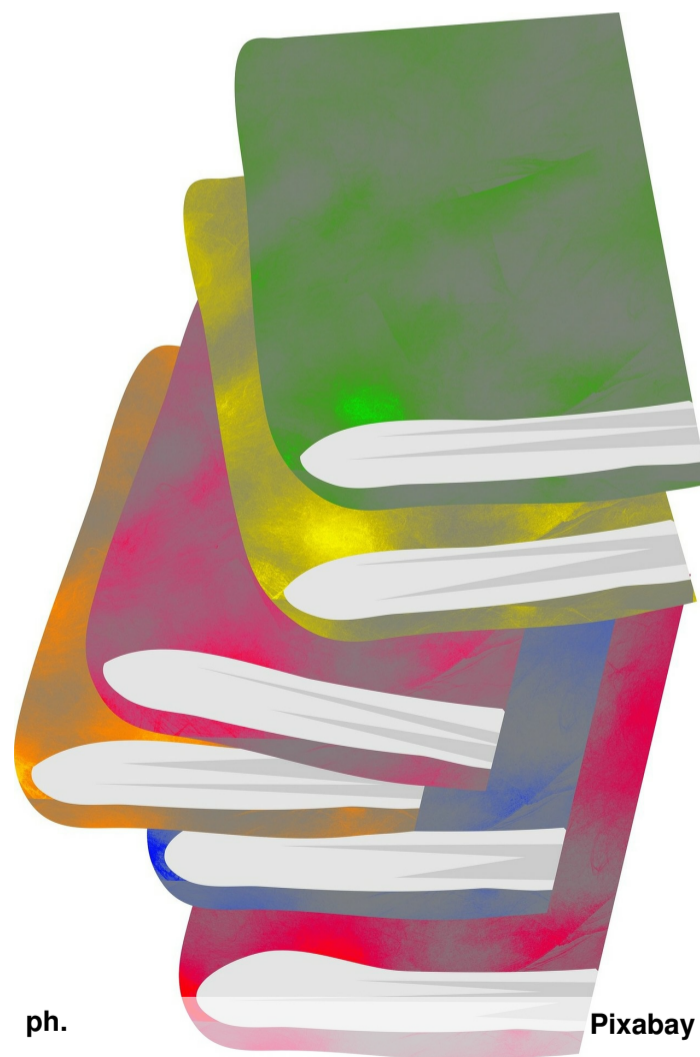
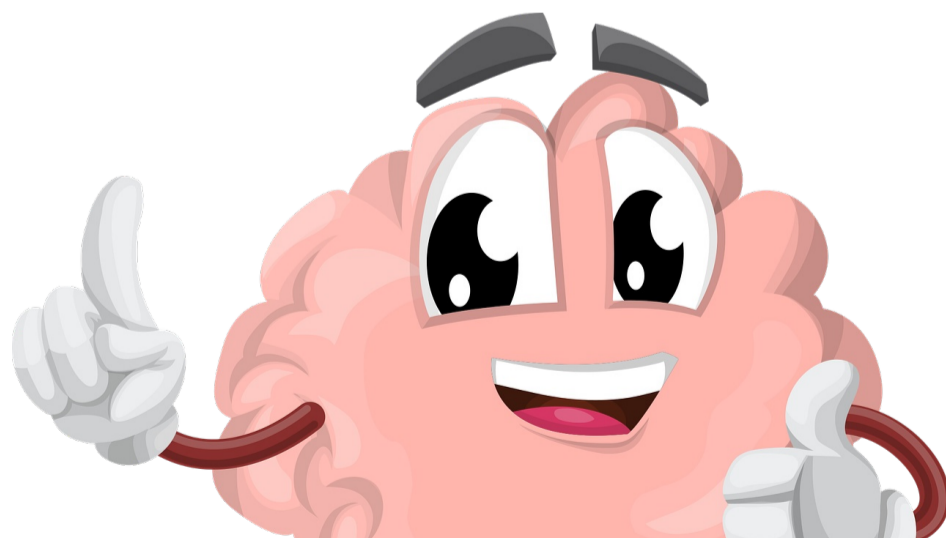
13. **Convince**- przekonać Ok, I'm going to buy this, you convinced me.

14. **Manage**- radzić sobie I don't need help, I can manage it.

15. **Compare**- porównać Come on, let's compare our answers.

Once again, good luck on your exam. Be prepared ;)

by Maja Januszewicz



ph.

Pixabay

## 23 February National Depression Day

On 23 February, we celebrated national depression day, it is a very important topic that can affect everyone regardless of age, gender or position. Suicide statistics in our voivodship in 2022 are terrifying, according to Grow space research, the suicide rate among youth under 18 is **17.8 percent!**



Let's start with what depression is. Referring to patient.gov, "Depression is a mood disorder (sadness, loss of pleasure, pessimistic view of the world and oneself). We can suspect it if the condition lasts more than two weeks and has a significant impact on everyday life. Depression is not a temporary low mood, but a serious mental disorder."

But what about depression? How to recognize depression and what are its basic symptoms? -Remember that it can look different for everyone. The main symptoms are menstrual disorders, insomnia, a great need for sleep, weight loss or increase, migraines, lack of appetite, excessive appetite, dry throat, constant fatigue. However, it is important to remember that the temporary appearance of these symptoms does not mean that you are depressed. When diagnosing depression, it is also important to consider; constant malaise, lack of humor, loss of interest and enjoyment - being more tired than before.

Now that we know the symptoms, let's get to the causes. The causes can be both biological- genetic conditions and environmental- stress. The cause of the disease is something very individual, each person is exposed to factors contributing to depression.

But what to do when we suspect depression in ourselves or a loved one? Above all, conversation!!! Sometimes a simple conversation can even temporarily improve the mood, highlighting the positive aspects of life and not overinterpreting reality can help to see the good way of life. Showing attention and affection can ease the symptoms of depression. We cannot forget about professional help. Fortunately, less and less often people react with fear or shame to the word "psychologist". In the Internet, in a few seconds you can find contact with many free specialists, our only task is to verify this information. If you are under 18, talk about your situation with your parents or school psychologist, and if you are over 18, you can make an appointment with, for example, a psychological clinic in your city.

In our hometown Malbork you can contact **OŚRODEK ŚRODOWISKOWEJ OPIEKI PSYCHOLOGICZNEJ I PSYCHOTERAPEUTYCZNEJ DLA DZIECI I MŁODZIEŻY (Malbork, Marii Konopnickiej Street 4/3).**

**If you notice symptoms of depression in yourself or someone you know, contact a specialist and remember that you are not alone!!!**

*by Amelia Łaszewska*



## HOLIDAY DESTINATIONS NEARBY

As the sun shines brighter, nights are softer and days are longer I've come up with some ideas of spending incoming May long weekend or summer. Generally promoting our state Pomerania, and more. I'll present its riches.

I have picked valuable places which have impressive resources. What's more, each mentioned attraction is quite well located, so you can travel simply by train, take public transport and search for cheap hostel accommodation. This form is the most convenient and the cheapest for non motorized people.

So, starting with my collection I've prepared!

### 1. Cruises on the lake Jeziorak - IŁAWA

Ship port named 'ISLAVIA' is located next to the shopping mall 'Jeziorak'. Great way to spend a day actively. It gives the abilities to integrate with nature and also a pinch of time to relax. This is undoubtedly an unusual idea for sightseeing the area. The prices are affordable. Here's more info in the link.

• <https://it.miastoilawa.pl/co-zobaczyc/ilawa/statek-ilavia>

### 2. Park Oliwski im. Adama Mickiewicza

Park Oliwski is an unusual and beautiful place in Gdańsk. In summer, the vegetation takes on colors. You can even watch some exotic specimens here. The garden is enriched with Japanese elements. On its property there is also the Palm House, another amazing place! The interior reflects the tropical climate. It is full of lovely palm trees. What's more, various music festivals are played in the Park Oliwski.

• [https://parkoliwski.gdansk.pl/chapter\\_76486.asp](https://parkoliwski.gdansk.pl/chapter_76486.asp)

### 5. The biggest Zoo in Gdansk

This is another simple way to fill the boring days of July or August. The zoo is huuuge! In its area there are gastronomic points, souvenir shops, photo booths and benches are placed all over the area.

The zoo gives you the opportunity to cuddle with alive animals - reasonably safe ones. The animals that can be seen are: flamingos, llamas, pumas, wolves, kangaroos, giraffe monkeys, etc. It's best to get off at the railway station Gdansk Oliwa and from there take a bus or walk to the resort in 30 min.



<https://zoo.gda.pl/>



PGS-Sopot-facebook

### 3. Open'er Festival 2023

This year's edition is taking place on 28th June - 1st July 2023 in Port Lotniczy Gdynia - Kosakowo. Big stars have been hosted here: Lana Del Rey, Coldplay, Depeche Mode, Imagine Dragons, Twenty One Pilots and The Weeknd.

When deciding on this event, the best solution will be to book a few days' accommodation. Only this attraction has the most complicated communication. So everything must be set up in advance.

• <https://m.trojmiasto.pl/imprezy/Opener-Festival-2023-imp526889.html#all>

### 4. Oceanarium MIR Gdynia

Something for nature lovers! Apparently, the biggest attraction for lovers of zoological adventures is the coral reef. Among the water you can observe many species of marine animals. In the aquarium you can see sharks, electric eels and crocodiles. Sightseeing the aquarium takes 1 hour. It is a good idea for gloomy summer days. Animals are the best cure for those days.

### 6. State Art Gallery in Sopot

There could be no lack of seriousness in this article. This is an offer for people interested in art and all the non-obvious things that painting can be related to. An art gallery differs from an art museum in that it is generally a private initiative. This gallery is a local government institution financed from the budget of the Sopot commune. It collaborates with galleries and museums in Poland and abroad. Yearly, it organizes about 25 exhibitions of modern and traditional art.

It is worth taking a look at what is new and how art is changing in the current time.

by Nikola Wiktor

## May long weekend

**Majówka** or **May long weekend** is coming and many of us have no idea how to spend this free time. It's a popular holiday in Poland that begins on May 1st. People frequently travel during this season to take advantage of the longer days and warmer weather. Here are some suggestions for local tourism in the Pomeranian Voivodeship if you're seeking fascinating places to visit at this time.



1 - **Gdańsk Old Town** - is a beautiful and historic part of the city that offers visitors a unique and unforgettable experience. The Old Town is home to numerous museums, galleries, and historic sites, such as the Artus Court, St. Mary's Church, and the European Solidarity Centre. It's also known for its beautiful architecture, with colorful buildings, ornate facades, and intricate details. The city's historic buildings and landmarks are well-preserved and offer visitors a glimpse into the city's past.

2- **The Park at Oliwa** -The Oliwa Park is a sizable park in Gdańsk that extends over roughly 122 hectares. The park is the ideal location for a picnic because it has many historical structures and lovely gardens. Visitors can take advantage of the shade provided by the trees, visit the monuments and gardens, or simply unwind on the grass while having a picnic with loved ones.



G. Bobrowicz



P. Szydłowski

5- **Malbork Castle** - Of course most of you probably have already seen it, but the ones who didn't, definitely should do that this Majówka. It was constructed in the 13th century, and it is now a UNESCO World Heritage Site. The castle's numerous halls and galleries, as well as its sizable gardens and adjacent parks, are all open to visitors to explore. Additionally, the castle conducts a variety of cultural activities all through the year, such as concerts and reenactments of medieval times.

**In conclusion, there are many interesting places to visit over the May Day holiday in the Pomeranian Voivodeship. In this area of Poland everybody will find something enjoyable to do, whether you want to unwind on the beach, see historical sites, or hike through the breathtaking countryside. But a lot of us unfortunately will spend this free time studying some more for the coming Matura exam.**

3 - **Słowiński National Park**-Famous shifting sand dunes can be found in Słowiński National Park, which is situated along the Baltic Sea coast. Visitors can climb through the up to 40-meter-tall dunes and explore the neighboring lakes and woodlands. Deer, wild boar, and several bird species live in the park together with other kinds of wildlife.

4 - **Kashubian Switzerland** is a gorgeous area with undulating hills, forests, and lakes that is situated in the center of Pomerania. Visitors can visit the enchanting towns and villages, hike or bike through the stunning landscape, and eat local food.



*by Julia Wąsicka*

## Energy Drinks

People of all ages now frequently choose energy drinks as a beverage, especially students and athletes who utilize them to increase energy and promote performance. Studies have found both beneficial and bad effects on human health, therefore there is still worry about the health repercussions of ingesting these drinks. The effect of energy drinks on health and how they influence our bodies will be discussed in this article.

First of all, it is well known that energy drinks are heavy in caffeine, a stimulant that improves alertness and lessens weariness. While excessive use of caffeine can have negative consequences including anxiety, headaches, sleeplessness, and irregular heartbeats, it also has certain advantages. Studies show that exceeding the recommended daily intake of 400 milligrams of caffeine can have negative consequences on the body, including raised blood pressure and heart rate. Up to three cups of coffee's worth of caffeine can be found in one serving of an energy drink. So, drinking more than one energy drink per day may result in caffeine overdose, which can have serious negative effects on one's health.

Secondly, in addition to caffeine, energy drinks also include additional components including sugar, taurine, and B vitamins that have various physiological effects. When combined with caffeine, the amino acid taurine, which is frequently included in energy drinks, has been linked to elevated heart rate and blood pressure. B vitamins, which are necessary for the generation of energy, might be advantageous in modest doses, but excessive intake can have negative consequences including nausea and cramping.

Energy drink use can have a harmful impact on a number of our body's organs and systems. Energy drinks' high caffeine concentration can cause irregular heartbeats, high blood pressure, and an increase in heart rate, all of which can put stress on the cardiovascular system. Dehydration brought on by excessive caffeine use might have an impact on the kidneys. High sugar content in energy drinks can increase the risk of developing type 2 diabetes and contributing to weight gain. Energy drinks can have negative effects on the nervous system, leading to anxiety, nervousness, and insomnia. Excessive caffeine intake can also lead to headaches, migraines, and even seizures in some cases. Finally, energy drinks may harm the liver and have adverse effects on the organ. According to certain research, consuming too many energy drinks can cause hepatitis and liver damage.

In conclusion, the effects of energy drinks on health might be both favorable and unfavorable. Although excessive consumption might have negative effects like anxiety, irregular heartbeats, weight gain, and dehydration, they can also increase energy levels and performance. As a result, it's crucial to use energy drinks in moderation and to be knowledgeable about the potential health concerns associated with their components.

*by Julia Wąsicka*



## What does prolonged sleep deprivation lead to?

Have you ever wondered how important sleep is? Surely you have heard many times that you should sleep 8 hours a day or that sleeping 5 hours is unhealthy. But what is the truth? Yes, teenagers should sleep from 7 to 11 hours, and young adults from 7-9 hours. Do you know the effects of not getting enough sleep?

Let's start with the role of sleep. Thanks to sleep, our memory and concentration improve, we are more creative, we are better at solving problems, we have a better mood and the ability to control emotions, our immunity and other processes in the body related to reconstruction are strengthened, we look better and have a better metabolism.

Not getting enough sleep is dangerous, the basic symptoms of lack of sleep are the feeling of stress, anxiety, irritability, slower thinking, weaker memory, difficulty concentrating, and lower energy level. Doesn't sound good, does it? But it could be even worse. From the latest research according to the Independent magazine, research by scientists from the University of California has shown that sleep deprivation increases the perception of pain. Could there be anything worse than the intense feeling of even the slightest pain? Apart from the above symptoms, our immunity also suffers. Lack of sleep increases the risk of infection. In turn, according to Harvard Medical School, sleep problems are additionally associated with obesity and cardiovascular disease. Now let's think about if we need to add SUCH problems to ourselves at such a young age.

Here are some tips for sleeping problems. The last meal of the day should be easily digestible and consumed no later than two hours before bedtime. It is recommended to eat foods that stimulate the pineal gland to secrete melatonin before going to bed. Such products are raspberries or strawberries and products rich in tryptophan such as bananas and nuts. Products containing valerian extract and hops may prove helpful. Herbs have a calming effect, and relaxing, which can be very helpful with insomnia. However, if home remedies are not able to help us, we should seek the help of a specialist.



To sum up, many specialists confirm the fact that a small amount of sleep is unhealthy not only for our mental and physical health. I hope these arguments will be enough to persuade you to find time for a minimum amount of sleep in the rush of everyday affairs.

by Amelia Łaszewska



## Polish final of the volleyball champions league and more!

The volleyball Champions League 2022/23 season is coming to an end. Three Polish teams took part in the knockout stage: Aluron CMC Warta Zawiercie (debutant), Jastrzębski Węgiel and Grupa Azoty ZAKSA Kędzierzyn-Koźle, which won the previous two finals by defeating Itas Trentino. The Polish debutant in this tournament was eliminated in the round of 16 facing ZAKSA. Jastrzębski Węgiel in the quarter-finals twice defeated VfB Friedrichshafen 3:0 and in the semi-finals, they played against Halkbank Ankara once winning the match 3-1 (29<sup>th</sup> March), and then losing the match 3-2 (5<sup>th</sup> April) but the loss didn't matter because after two sets won it was them who got to the final.

ZAKSA played against Itas Trentino in the quarter-finals, on 7<sup>th</sup> March they won with the Italian team 3-2, while during the second match on 16<sup>th</sup> March they lost 3-2. The semi-finalist was selected in the golden set, which was won by the Polish team beating Itas 15-9. In the Semi-Finals, they also played against the Italian team - Sir Sicoma Monini Perugia, winning twice 3-1 (on 29<sup>th</sup> March and 6<sup>th</sup> April). The final will take place on 20<sup>th</sup> May in Turin and I am sure it will be a great spectacle.



This is a great season for both Polish teams and they are in great form, which they also showed in the Polish Men's Volleyball Cup by meticulously defeating their rivals. In the final, both teams met on 26<sup>th</sup> February and after a fierce game, the team from Kędzierzyn-Koźle turned out to be better by beating their rivals in sets 3:0 (24:26, 27:29, 23:25).

In the meantime, dominated by the Norwegian Halvor Egner Granerud and the Austrian Stefan Kraft the 44<sup>th</sup> edition of the Ski Jumping World Cup came to the end. The Norwegian won the Four Hills Tournament, Raw air and the Ski Jumping World Cup, and the Austrian won Ski Flying World Championship and Planica 7. The Nations Cup was won by Austria. Poles took the following places:

- Piotr Żyła - 6th place
- Kamil Stoch - 14th place
- Paweł Wąsek - 31st place
- Aleksander Zniszczoł – 32nd place.

Dawid Kubacki got dropped to 4<sup>th</sup> place after his absences during the last few world cup competitions due to his wife's health issues, which all players understood, and Anže Lanišek showed their support by bringing



by Kamil Koi

## One way to prepare for high school graduation

What does it take to have a high Matura score or just pass it? Some will say that to achieve this you have to study on the fly. Others will say that you have to count on luck. Still others will say that you need to be able to shoot. Believers will say that you need to pray for good exam results. Seven high school graduates from our school - including myself - had the opportunity to take part in the high school graduation vigil of the Elbląg diocese at Jasna Góra.

This vigil took place on the night of 24-25 February, specifically from 9:00 p.m to 2:00 a.m. First, however, we had to get to Częstochowa. We travelled to Jasna Góra by bus together with high school graduates from Elbląg. We set off at 9:30 a.m. We were there around 4 p.m. Częstochowa welcomed us with rain. So we had some free time. We then split up. In groups of 2 or 3, we went to eat something at various places. Then we went to buy some souvenirs.



The vigil - as I mentioned - began at 9:00 p.m with the Jasna Góra Appeal. It was also the farewell Appeal of the Apostolic Nuncio in Poland, Archbishop Salvatore Pennacchio. On this occasion, we managed to have a commemorative photo with his excellency. At approximately 9:40 p.m the main part of the vigil began. Conferences for young people were preached by Father Kamil Leszczyński from Bielsko-Biała. In his talk, the emphasis was on building relationships with God and with people based on trust. The conference itself was interspersed with the singing of the schola. During this time we also had the opportunity for confession. After the conference, we had the opportunity to hear the testimony of a boy who was converted through the sacrament of penance and reconciliation.

The final element of the vigil was a Mass presided over by the Bishop of Elbląg, Jacek Jezierski. During it, I had the opportunity to serve as lector. Mass ended a little before 2 a.m. Then we went to the bus and returned to Malbork.

For each of us it was an unforgettable vigil, despite a sleepless night. The conference fitted in perfectly with our current life situation (although to each in a different way). For my part, I can say that it was my best vigil.

*by Mariusz Waleryś*

# HOW TO KEEP YOUR LIFE ORGANISED

Have you ever wondered how to keep track of your "to do" list and chores? If yes, then I have a solution for you that you might like. **There's this thing called a bullet journal in which you can keep track of your goals and habits.** For example, if you want to improve the length of your sleep, you could make a whole page dedicated to it and see what you can do to make it better. Or if you set up a goal to earn money for a trip abroad but the whole process might overwhelm you a bit, then you can set up smaller goals in your bullet journal, so the progress is going to be more noticeable. There's a lot of ways in which you can use your journal, it really depends on what you want to keep track of.

Also if you don't like the paper version of it, you can use an app for it. It has a lot of benefits for you, like keeping your mind calm by having all of your tasks at one place. Moreover, it really helps with gaining organizing skills. Even if it sounds boring you can make it fun by customizing it however you like.

But how to start doing it? First of all, you take your notebook or open an app and write down things you need to do this month. You can also start adding things you want to achieve during some period of time. By adding more things to your journal you will see what solution works the best for you.

It's a good start for a beginner. It's really important to be scrupulous about it so you won't lose track of keeping it all together. Second of all, your inspiration might come from the internet but make sure to have your own rules and be yourself, let your creative side peak through.

For me, keeping a bullet journal made me achieve many small goals that I wouldn't be able to notice if I hadn't written them down. I think it can really help with self appreciation. I have a paper version of a journal and personally I find it so inspiring to look back in my older journals and see how much I have already accomplished. I really recommend giving a bullet journal a chance, even just to try. Who knows, maybe it will help you somehow.

by Oliwia Darnowska

Graphic taken from <https://www.instructables.com/Bullet-Journal/>

