

SPRING



May 2019



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Editor's Note

Hey Everyone! Before we begin just a small introduction.

Welcome to Spring! No, not the season, the newspaper! Spring is a yearly newspaper collecting articles written by the students of our beautiful Escola Secundária De Fafe for their English classes and to come together and work for a single cause.

Just as a side note from the editorial team, this was a massive pain to edit. Why? Well, for the fact that this 33rd edition of Spring is the biggest to date! We, both students and English teachers, are extremely happy we managed to achieve this feat thanks to everyone's contributions.

On the following pages you will find almost everything imaginable! From issues that plague the world, to your average teenager's problems, science, music, poetry and even historical recounts!

It was a pleasure to oversee the making of this project and I hope from the bottom of my heart that you enjoy this newspaper as much as I enjoyed pulling all nighters listening to Queen's entire discography editing this!

But why English? Well the easiest answer is of course that, for those who have a deep understanding of the language, it's the simplest way to get an amazing grade. English teachers will say it provides you with skills which will be extremely helpful in the everchanging world of today.

But you know why I chose it for the classes I would have on 12th grade? For both of those reasons and, most importantly, I like it! Which is something rare for me. Sure having a 19 or a 20 on your grade sheet, or knowing how to communicate with most people in the world is helpful, but above all, what I wish to convey to you all is choose something for you and your future which you love. And don't let go of it. If that is English then I am happy to tell you, you won't be disappointed! But since I am obliged to give you more arguments to make everyone pick English, up next, students of our schools English classes will tell you why you SHOULD pick English.

And now... LET THE SPRING BEGIN!

Chief Editor,

Lucas Pereira



Why English?

Twelfth grade brings with it a choice for students of picking two subjects among a select pool to have for the rest of the year along with the compulsory ones. These choices depend on whichever course you've decided to follow and students usually have a few differing opinions on how to make the choice: from some valuing subjects which will be useful on their higher education undertakings, others choosing the ones they're the best at in order to help their grades and others still trying to strike a nice balance of both. Among the options there is English, which I find can sort of be applied to all philosophies I previously stated. That is why I'll be elaborating on reasons for picking English as one of your facultative subjects in this article.

To begin with, a major talking point of anyone when promoting English is its many uses and prevalence as a sort of global language, and while I'm sure most student readers might be tired of hearing these same talking points, bear with me since they're still worth mentioning. First of all, in 2006 a survey concluded that 51% of the population of the EU either spoke English as its native language or knew enough to hold a conversation, not only that, as of 2019, fifty-five sovereign states included English among their official languages, with some notable markets and locations that might interest you, being: India, the Philippines (and of course the US, Canada, Australia New Zealand, etc...). It's perhaps an undeniable fact that it holds universality and speakers worldwide, from South Korea to Brazil to Austria to Singapore, making itself a staple in business, entertainment and the internet. There is always the counter argument of you being able to live and work in Portuguese speaking countries, but consider this, the world keeps trending towards becoming more globalised. Less and less countries limit themselves to their country of origin, in fact, did you

know that Samsung is a South Korean corporation? That Nestlé is a Swiss company? There are a lot of opportunities to be gained from expanding globally, and knowledge of English is something that might just put you in a team spearheading an expansion to other markets.

On the other hand, in a more academic and school environment context, among the choices one is offered, English is a good flexible support choice, striking a nice balance of being useful no matter what you follow, not being demanding enough to take over study time (essential for other classes) and its program is built to allow teachers more creative liberty and thus more interesting classes, with debates and the like, providing a nice reprieve during your school day where you won't be as pressured as you would in other classes where you'd need to be a more lot strict with your attention.

Still in an academic context, many useful tools for learning are in English, from university papers, to studies, useful websites, academic/student forums, to name a few.

It is of course also worth mentioning projects like Erasmus and other European Union initiatives available to students which use English as their standard communication avenue. Adding onto that, travelling in itself also becomes a nice bit easier, as you'll usually find English speakers just about anywhere on the planet.

All in all, English is a good choice for one of your facultative subjects due to its usefulness in business, academic and everyday life as well as not being too demanding on your last year of secondary school.

Nuno Lobo, 12º E

English: a good choice or just a boring subject?

I did not mean to be attending English in the 12th grade as it was not my primary choice. Nevertheless, I ended up in an English class, "Yet again" I thought.

You may think that I do not like English nor understand how useful it can be in my future life. Well, I am sorry, but you are wrong. I like this language and know how important of a tool it can be. The reason why I did not desire to have English classes is simple: I already had two certificates in it and my level of English is above that taught in the 12th grade. By no means do I want to brag myself, it is just a fact - though I quickly acknowledged there was room for improvement, to be fair.

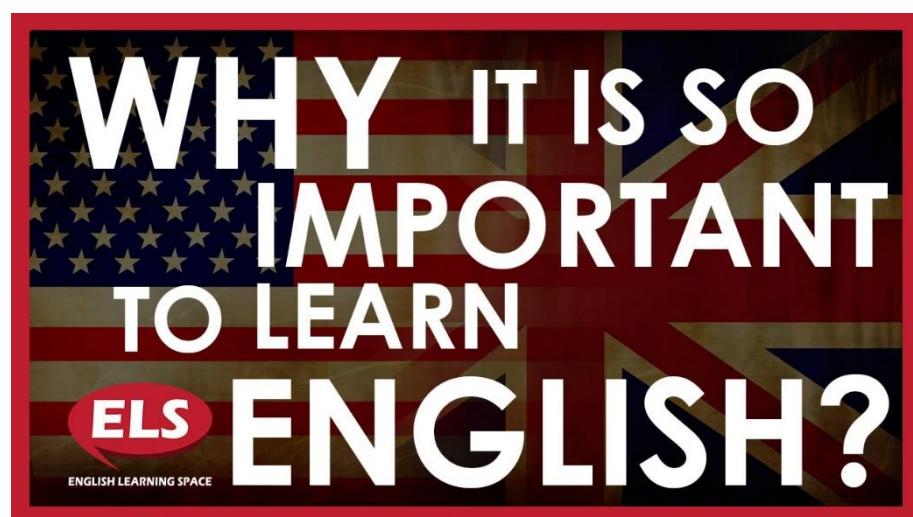
And I believe I have improved. English is a language and as such needs to be consistently practised and tested, otherwise one gets rusty and loses the flexibility of speaking in a fluid, dynamic way. Speaking about the themes on the book, discussing them and having arguments is great because it is a simulation of a real world situation. And, ultimately, a language is all about being able to communicate with one another and understanding what is being said.

This is why I did not get sick of having English week after week. Quite the opposite to be honest! I knew it was an opportunity to build on the foundations I had and to make them just that stronger. And you know what? I took that opportunity and have no regrets about it.

Nonetheless, not everything was a bed of roses. I was not excited in the beginning of the academic year. I could not foresee the advantages of another year with the language I already knew well. Basically, I thought it would be more of the same. To be completely honest, it was not an overwhelming experience that changed the way I treat the English language, however, it was a journey to discover more of it. After all, life is a constant discovery.

To sum up and according to my own experience, choosing English as a subject is never bad, whatever the scenario is: on the one hand, if one is not that good at it, there is a chance to improve and enhance their skills. On the other hand, there is always room for improvement, so if one knows a lot about English, they are not stuck with a boring subject from which they will extract zero knowledge – on the contrary.

Hugo Gonçalves, 12º F



School News



FORUM Cidadania

On Wednesday, April 24th an event called "Forum cidadania" took place at our high school. It consisted of many and different activities that were related to the theme of citizenship.

All began at 9:30 am, then the day continued with several activities, like traditional games from other countries; a singing moment provided by some 10th grade students that sang "Imagine", by John Lennon, that talks about the world and how it would be if we all lived in peace together; lectures to keep the students informed about many things, for example, the dangers of social networks; and many others. However, the activity that counted with a huge collaboration/presence of people was "Sabores do Mundo", "Flavours from the world".

It was held at the school's canteen and was attended by teachers and 10th-grade students that brought typical foods from several countries, such as France; Spain; Mexico; UK; U.S.A; Italy; China and Netherlands. This activity was developed so that 5th-grade students from Arões could learn and get to know the origins of some common and daily food. My class represented the U.S.A and we brought waffles, pancakes, jam, peanut butter, popcorns, cookies, jelly, bacon, muffins and chips, and of course I couldn't forget the decoration provided from our Citizenship and English teacher.

The others also brought traditional food and all the teachers provided great decors. Everything was perfect and amazing, but the most important thing is the effort that everyone had, they were all serious and devoted to what they were doing, you could see people cooking in the kitchen, people running everywhere, people having really careful putting everything in order, it was somehow funny, curious and fascinating seeing this. After all the kids were happy and ate all kind of foods, they even sang a piece of music. Then, all the classes that participated in this activity gathered together and ate the rest of the food, and they were all happy talking and having fun.

Anyway, it was definitely a different day and all due to the collaboration between the teachers and the students, between society, because at the end it is a duty of all of us to value and respect the others, know how to live together in the world that is our home because this is being a citizen.



Teresa Alves, 10º H

Erasmus Experience

Since I got the news about participating in an Erasmus my exciting was on the edge. It is a lifetime experience that I embraced with both hands. My Erasmus had a forests background and the countries who participated were Latvia, Romania, and Belgium. I spent a week away in Talsi a small city of Latvia, furthermore I had the opportunity to visit Riga and Frankfurt. When the 4 countries met in Talsi, we were all getting really involved in the atmosphere created by the Erasmus students and society. The orientation program gave me the possibility to learn more about Latvia culture, the beautiful city of Talsi and also helped me meet and interact with people who would shortly become friends.

Honestly, no words can accurately describe the Erasmus experience. You have to experience it! I can only tell you to prepare yourself for spending days and nights in endless conversations, for finding out some of the strangest food ever, for getting to know so many unthinkable places it makes you feel like you're dreaming, for celebrating the nights you will always remember with the people you will never forget, for changing your mindset and really for changing yourself.

That week gave me the chance to get to know the forests, the people and the lifestyle of a Nordic country which was a huge goal. I will never forget the outstanding landscapes nor the beaches. Erasmus made me believe that the world can be brighter, that we can be brighter. I stand by my opinion that traveling makes you grow, and Erasmus was a proof of that.

To sum up I will quote Desiderius Erasmus " The pleasures which we most rarely experience give as the greatest delight."

Emília Pinho, 12º E

English Poetry Session

On the 8th of May the library of our school hosted a session of poetry organised by the English teaching staff. The event captivated a significant number of students who volunteered to participate in this celebration of the English language.

In spite of the session having been organised by the English teachers, they did not intervene in the session while it was taking place. As a matter of fact, the 11th A students were the ones who conducted the ceremony and presented to the audience the names of the guests as well as what each one of them was going to perform: Alexandre Ribeiro, Mariana Pereira , Maria Castro, Bruno Castro, Maria Eduarda Marinho, Rafael Torres and Tomás Barros were part of the panel of presenters of our poetry session.

As far as I am concerned this was a delightful event not only because it was amusing but also because it addressed current issues as the environmental problems of our planet. Those who attended the session were presented not only with splendid recitals of famous songs, and the declamation of poems, but also with speeches by the students of Fafe secondary school. By the way, I would like to emphasise Diogo Antunes's performance, which was amazing and unique and on top of that made everyone laugh.

Besides, I must say that I greatly appreciated the cosy ambience of the library that made this poetry session even more special. Actually, it seemed that we were all gathered at the fire pit to share our hidden talents. And isn't that the purpose of our lives? I believe that sharing our talents with others and trying to make them happy should be our main goal in life. We should never forget that our evolution from cells to complex organisms has occurred due to

cooperation and not to competition. Therefore, I feel incredibly happy to have participated in the Poetry Session and for it to have been a moment of exchanging where we shared thoughts and marvellous ideas.

To sum up, I would like to restate the success of this event as well as its usefulness to the school community since it has allowed students to relax from the day-to-day bustle and realise that what truly matters are the relationships we have with people.

Mariana Pereira, 11º A



We all have something to say when it comes to exploring our feelings, how the world is going, what can we do about our daily life that can be an improvement to the morals of society, well... endless topics that we, young people, have the need to share. This being said, my school, had this outstanding idea of having an activity for us to be able to share all of the above and more.

The participants contributed by exploring their emotions while singing, making a speech, reading a poem and so forth. I can only talk about my experience, nevertheless I am pretty certain that everyone who made part of this was able to grow a little more as a human being. In my point of view, I loved it. I loved how I was capable of speaking out about

climate change. Moreover, I want to enhance two ideas. Firstly, the library, place where everything took place, was crowded with people, which highlights the importance and the need for these moments. Secondly, and most notorious I could see the participants' gaze of fulfilment after their performance, a feeling of happiness after doing something they were afraid and nervous to do. This being said, I just want to congratulate everyone involved in this activity, you are, without any doubt, changing the world.



Emília Pinho, 12º E

(More pictures available at the end! ^-^)



Field trip

On the 24th of April classes 10ºO and 11ºO went on a field trip to “Castelo de Almourol” and “Renova” factory in Torres Novas.

The trip had to do with the subject of Marketing because everything we learned on that day was related to what we learned in this subject.

At the Renova factory we learned things like how different types of paper are made but the biggest and most impressive thing about that big company is the warehouse. There we saw various ways of organizing all products and that technology helps a lot so that nothing is confused and everything is easily found. This company has many workers although there are some machines that help in transportation inside the factory.

Basically, we now have a better perspective of what a big company is and we have a better understanding of our course.

Marta Silva, 10º O



World Issues



One World, Different Realities

Nowadays, liberty is considered a precious gift. According to article 18 of Universal Declaration of Human Rights: "Everyone has the right to freedom of opinion and expression.", and throughout the times, our ancestors have been fighting for liberty. Unfortunately, it is still not a reality for everyone.

On the 25th April, Portugal celebrates the day that represents a huge turning point in the life of Portuguese people. During the time of dictatorship, Portugal was a country where people could neither express their opinion nor belong to or defend any political party different from the government's and those who dared to defy these impositions were immediately punished.

The desire for change was evident. It was then that, on the night of April 24, 1974, the military left the barracks and carried out a coup that threw down the Government. In fact, without this event - the Revolution, Portugal would have continued to be a country with no expression, isolated and poor when compared to most countries in Europe.

Despite the successful case of our country in overthrowing a dictatorship, there are several examples of nations that still live crushed by political power, where human rights are violated every day. In this manner, one of the most known and infamous cases is North Korea, where people are governed by a tyranny that does not give voice to different ideals and forbids the freedom of thought. Moreover, citizens do not



have access to the Internet at all, being considered one of the most isolated countries in the world, limiting the population's access to external information. Furthermore, North Korean citizens can only leave the country with the authorization of the state and after paying a large amount of money, otherwise traveling abroad is an illegal act.

In conclusion, it is impossible to deny that the 25th April was one of the most important and crucial events in the history of Portugal and that, without it, life would not be the way that we know in the current days.

Ana Luísa Pereira, 10º C

Is being good, good?

Life is not fair! The world is not fair!

We simply believe good people will always be rewarded, and the bad ones will always be punished. However, that doesn't really happen!

There are so many good people suffering and many bad people that always get everything they want!

Sometimes the world seems to be so confusing! It seems that being good to others doesn't matter, it's worthless!

Well, being good is something really necessary to the world we live in.

Relationships lack of goodness, and good people bring light and brightness to any relationship although many times their way of behaving isn't recognized by others. But what really matters is that they feel themselves comfortable with their own way of loving life and people.

So, my advice to you that are a good person is the following: don't regret because you're good. Goodness brings peace to your heart!

Beatriz Pereira, Beatriz Leite, 11º D

ARGUMENTS FOR ASSIMILATION

Some cultures should not be accepted due to their beliefs. We can argue cultures are not equal and so should not earn equal rights in society. For example, cultures that believe that "honour killings" and female circumcision are justifiable should not be given the same rights as those cultures which have similar laws to the laws of that nation. For instance, Sharia Law has many questionable beliefs that we should not be eager to accept. The mixing of cultures ultimately picks up both the good and bad points and we can say with full certainty that society would be worse off with this practice.

Firstly, in this politically correct time people feel that any comments against other cultures and their beliefs is right away considered an act of racism. This should not be the case as moral and cultural standards do not have anything to do with anything based on race.

Secondly, if you are willing to take the resources of a country away from its people and have an increased standard of living as a result, then you should also be willing to accept the culture of its natives.

Furthermore, while multiculturalism does attempt to protect the cultures of immigrants, in doing so, it diminishes the culture of the host country. Adding a new culture into society with an

established culture already makes the original culture lose out, having less space to express and exercise itself. Multiculturalism has its cultural costs, just as assimilation does. But if historically rooted cultures are seen as more important to protect, than the assimilation model may have greater preservation value to the original citizens of a nation.

Take as an example the 300% rise in racial hate crimes in London alone after the 7/7 bombings. The 7/7 bombings clearly showed a difference between Muslims who had not integrated and those who followed the current cultural patterns of Britain. Although it was only a minority who committed the appalling acts, the feeling of resentment toward this particular racial group made social interaction, following the attack, uneasy and awkward.

Another good example is Sweden, which has adopted a multiculturalist model, and has simultaneously seen a rise in its Muslim population. Consequently, even if not as dire as some misrepresentative graphs show, it has also seen a rising level of violence between Muslims and native Swedish, with many scholars attributing this to the clear distinctions that arise between these groups under the Multiculturalism model.



To conclude, one may wonder: Will humans eventually all be one race? I don't think so and find it unquestionably doubtful, because of human behaviour and default nonrandom mating. You are more likely to mate with someone living in your continent or who speaks the same language. While interracial mixing will become more common in the future as nations become less homogenous, not all nations today want that path. So much so that some estimate that it would take more time for the world to truly become a melting pot (instead of a salad comprised of multiple parts placed in the same space) than there is time for our planet to exist. But even if we pretend humans mixed in perfect averages: no blonde ever mated with another blonde, and so on, would humans reach an average colour? No, because genes don't average! Let's think about it this way: do children ever look like the exact mix of their parents' traits? No, they look like a mishmash of traits from the mom, traits from the dad, some traits that look like mixes of both (such as skin colour, which is dependent on at least seven different genes), and some traits that don't seem to match with either (but which could be traced to the grandparents, or which are double-recessive traits that both parents were carriers for). If all the blondes and dark-haired people mated, the children could all have dark hair, *but blondes would reappear in the next generation!* So, don't be afraid, gingers will never go extinct.

Ana Carolina, 11º E

Overpopulation

The number of people living on our planet is becoming bigger and bigger. That is a fact we can't deny. The result is that this results in overpopulated countries where available resources can't support the population.

There are many factors leading to this situation. For example, improvements in medical science have increased life span and reduced the mortality rate. People now live longer while more children are born. In fact, in developing countries, because of the lack of family planning, there is a high birth rate.

Consequently, the more people stay in the world, the more natural resources are depleted, as well as the environment is degraded. Besides, the world population tends to concentrate in megacities with problems facing population rate and criminality.

To conclude, we must do something to reduce the growth of population. In my opinion, there are two solutions: programmes of family planning in poor countries and incentive to adopt children.

Joana Patricia Queirós, 11º E



Causes and effects of overpopulation. Some solutions

Over the last half century, the population of the world has grown in an unprecedented way. There are seven billion people on the planet and this number is projected to grow in a short period of time. Issues like pollution, climate change and water shortage all seem to take precedence, but overpopulation is one of the main contributors to many other environmental issues.

There are some factors that contribute to overpopulation like the reduce of mortality rates caused by the improvement in medical technology, the lack of family planning, because there are people that are unable to understand what it is, and also the increase in the average life span.

To make things worse, there are some effects caused by overpopulation like the depletion of natural resources, because Earth can only produce a limited amount of water and food. Conflicts over water, which is becoming a source of tension between countries, could result in wars, and a higher cost of life because people have to pay more to survive and feed their families.

In conclusion, overpopulation is a problem that needs to be solved but with the correct measures, to ensure the well-being of everyone, like sex education, family planning and tax benefits for couples who choose to adopt rather than procreate.

Beatriz Fernandes Oliveira, 11º I

OVERPOPULATION



We are living on this planet as if we had another one to go to



NO-GODS-NO-MASTERS.COM

This statement means that humans are polluting, damaging and destroying the planet in spite of knowing we have nowhere else to go to.

Humanity is facing several problems due to climate change, the advances of technology and the astonishing growth of population. This problem is more common in places where population has grown too quickly (China) or in developing countries (India). It's evident that this will trigger many more problems like poverty and lack of fresh water.

Overpopulation is caused by good and bad factors like the bettering of our lifestyle, the decrease of the mortality rate and the lack of family planning. Again, it's evident that this will trigger other problems like poverty and lack of fresh water.

Obviously, we need to reduce the population and try to solve the problem. Humans can do it by promoting family planning and adoption rather than having children of their own.

Humankind must act and try to solve this, or overpopulation will prompt a more severe and serious crisis.

Ana Sofia Dantas, 11º H

Causes and effects of overpopulation



Overpopulation is a problem that is rapidly growing. We have, as a species, overcome many problems and now our population is increasing steadily because we are at the top of the food chain. One of the main solutions to this problem is as simple as offering sex education classes to kids while they are still in school. The governments could also offer family planning services for free as it happens in developed countries. Finally, offering benefits for those who choose to adopt would also be a way to

fight overpopulation.

If we don't start taking initiative in solving this problem, chances are we're going to run out of resources and space to live in, creating very unpleasant conditions for all of us. Unfortunately, at the end of the day, fixing this massive problem will take a collective effort, since the options mentioned above would require every country to participate and take responsibility in order to actually make a difference.

André Cobanco, 11º E

7,678,174,656 problems

Overpopulation is a problem which started thirty years ago and has been ongoing non-stop since then, draining our resources, getting us more and more worried about this subject.

Like all problems, a cause leads to an effect and overpopulation has a lot of causes, bringing effects that, one day, will be irreversible. The reduced mortality rate, implied by advances in medicine is one of the most important causes of overpopulation.

Also, technological development, in certain areas, like cloning, are trying to change some parts of our bodies, making us live longer.

Nonetheless, overpopulation has many effects like water shortage, which means the most important resource to life is compromised; poverty; conflicts and wars due to the reduced number of resources, which in turn will imply a higher cost of living.

However, we can prevent and stop this problem with some solutions like family planning, sex education and limiting of children per couple, reducing the number of babies and, as a result, reducing the increase of the number of humans on our already overloaded planet.

To sum up, I think overpopulation is a problem that we need to stop because the effects are very dangerous. So, we need to do something to halt this, NOW!

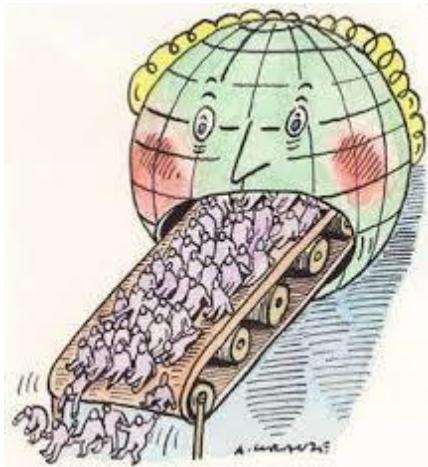
Luis Carlos Ribeiro Correia, 11º E



The issues of overpopulation

Overpopulation is the state whereby the human population is so high that exceeds the carrying capacity of Earth.

This is caused by many factors. Growing advances in technology has affected humanity in many ways, like the ability to save lives. Another example is the bad family planning, mostly due to no knowledge about contraception. Advances in medical technology has led to lower mortality, which means that people are living longer than ever before.



One of the biggest problems of overpopulation is depletion of natural resources, Earth can only produce a limited amount of them and nowadays it is falling behind the current needs. Pollution is another example, with the overuse of coal, oil and natural gas. We started to acknowledge some serious effects on our environment, like global warming. Also, a concerning number of wildlife species are at risk of extinction.

To sum up, if we continue acting like that, if we don't change our attitudes (for example, sex education, better family planning or tax benefits for couples who choose to adopt rather than procreate), the problems that I highlighted and many others will lead to untold issues in the future.

Andreia Novais, 11º E

Gender Gap

The truth about gender gap has constantly been overshadowed in our current society, this due to a lot of reasons, so in this text I'm going to explain what the gender gap actually means and why it has been looked at very incorrectly.

The overspread common idea that women receive less than men lacks quite a lot of fundamentals to begin with, as they only consider the average salary of women and men as a way to find the gap, while not considering the amount of hours worked and other influences on the wage.

By using logic, you can easily understand how this whole gender gap is a lot smaller than is described. If women really were paid less while having the exact same qualifications and amount of hours worked, why wouldn't companies only contract women as the salary is one of the biggest expenses of a business while being able to pay less and receive a worker with the exact same value would obviously be a must?

Whose fault is it that we think like we do about gender gap? Feminism is the one to blame, since it also blurs its own meaning, feminism does not pursue equality between genders, that movement is called liberalism, the principles of feminism are actually not achieving equality but by doing the same as the male counterpart, it's just focusing on women instead of men/women parity.



In conclusion, gender gap is not actually as some people try to make it seem like, and the common idea that it conveys that women get paid less than men is also pretty far away from the truth, in fact, in the current days women and men are getting closer and closer to a complete equality, at least in the financial department, which is a good thing, however overshadowed by the evolving feminism that misplaces statistics and our knowledge about the situation.

Pedro Oliveira, 11º G

Just someone's Life

Would it be right to take someone's life to save another?

To begin with, the specific subject that we are dealing with is a family, John and Sarah Robertson, who live in Newcastle and have two children, Ben aged 3 and Lucy aged 6. Unfortunately, Ben has a serious illness and must take painful injections each day so that he can live another day.

Scientists and doctors have now found a cure for Ben, using the latest DNA technology, he could be given a transplant of cells from someone matching his tissue type. Indeed, the Robertsons are thinking of raising a baby to save Ben's life.

Therefore, this has two strands - they can raise a baby of them and when he reaches Ben's age, take his life and save Ben or they can create a clone of Ben and do the same thing they would do with their own son.

Let's begin with the first option, John and Sarah would have just had the son who would serve to provide a normal life to Ben, for obvious reasons they would have to raise him until they could transplant his cells.

My first thought over this choice is, they would raise him for about three years, so wouldn't he have the same sentimental value that Ben has for them and Lucy? They would just replace Ben's life for a "better" one and kill his other son.

Now imagine that they decided to create Ben's clone, the only thing they would have in common would be his DNA, so the sentimental value does not imply in this case, but would it be right to take the life of someone who is nothing to us and save our son? He would be a baby like any other and as such has the right to live. Even from a religious perspective, both cases would have problems associated, whether or not a child of them, it would be wrong to take his life. Isn't this supposed to be a God's work? Only God should be able to create a life. Aren't we abusing of our power by playing God?

Particularly, I'm not a religious person, so for me there is no problem in raising someone genetically modified, however, in my point of view it is wrong to even think in saving a life if we're killing another one. Moreover, this can be considered a murder, whether by authoritarian entities or by society and we must not forget that, even if the goal is to save a life, we're taking another life, they have the same rights we do.

Briefly speaking, I must say that sometimes we should think outside the box, it may be due to changes in our feelings, but we must make an effort to think about the others and not just about us and those that are close to us.

Rui Guimarães, 11º G



Guterres's New Year's speech

This is a very heart-warming message by Guterres. As we already know, Guterres is a Portuguese politician and diplomat who is serving as the ninth Secretary-General of the United Nations. Guterres was the Prime Minister of Portugal from 1995 to 2002 and was the Secretary-General of the Socialist Party from 1992 to 2002. He served as President of the Socialist International from 1999 to 2005.



Guterres mentioned many trending topics during his speech, but he talks in a very hopeful way about our future, he believes in humanity and believes that we are walking into the right direction, we are taking the right steps into a better future. This makes us look up and admire what we have accomplished so far. Guterres surely knows how to make us feel happy in such a deep way and at the same time letting us know we can still do a lot better.

Daniel Leite, 12º E

Our world is going downhill. Let's face it as the truth. Unlike what some world leaders may think, climate change and global warming is here and it's creeping in fast on us. Just look at the current temperatures. The US freezing in -40 degrees Celsius while all the Aussies (yes, I'll call them that) are roasting in 50 degrees. And let's not even start talking about a third of the world's countries having a dispute or feud with another territory. Yes, a lot of diplomatic work exists, but it's mankind, they will never get tired provoking other people, which more often than not leads to war that makes thousands of people flee and look for shelter outside of their borders. These are of course only or the majority of the ones who don't possess a dime to their name, because extreme inequality is not a thing which exists in a world where a very reduced number of people own as much money as half of the Earth's population. Yeah, you read that right. Around 100 people hold as much wealth as 3.9 billion humans. But there is a dim ray of sunshine coming down from the sky. Or at least that is what the United Nations would like to call themselves. I'm not saying that they don't do anything, on the contrary. They have managed to give Yemen a chance for peace and quell some tension between Ethiopia and Eritrea (I had no idea that was a thing actually). They'll keep uniting people and never give up on humanity. Which they never should. A lot of people need help and they are one of the few or even the only organisation which can provide it. So Guterres, get down to business!

Lucas Pereira, 12º F

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The Terrorism War

"One of the biggest wars we are fighting is related to terrorism."

Nowadays, terrorism is something that scares everyone because the 9/11 attack proved nobody is safe, even in this modern world with advanced technology everywhere. Terrorists believe they are doing the right thing, they are blinded by their religion and believe it justifies the killing of innocent people, they believe their religion is the one and only and are willing to do anything to prove it. This is often associated with racism. Actually, we usually associate terrorists with Muslims, and even though it is true that most terrorists are Muslims, not every Muslim is a terrorist, in fact, they suffer in the hand of terrorists too. They are slaughtered and sometimes they are victims of wars they never wanted to be in in the first place.

This is a war we have been fighting for a long time and sometimes innocent people die as a consequence. Thus, we need to stop terrorism, it's one of the biggest threats we face today.

Daniel Leite, 12º E

The Wall - Donald Trump



Throughout his 2016 presidential campaign, Donald Trump called for the construction of a much larger and fortified border wall, claiming that if elected, he would "build the wall and make Mexico pay for it."

But was this a good idea? Research at Texas A&M University and Texas Tech University indicates that the wall, like border walls in general, is unlikely to be effective at reducing illegal immigration or smuggling. But if it did work, would it be wise to keep Mexicans out? Well, yes. It would probably not only improve

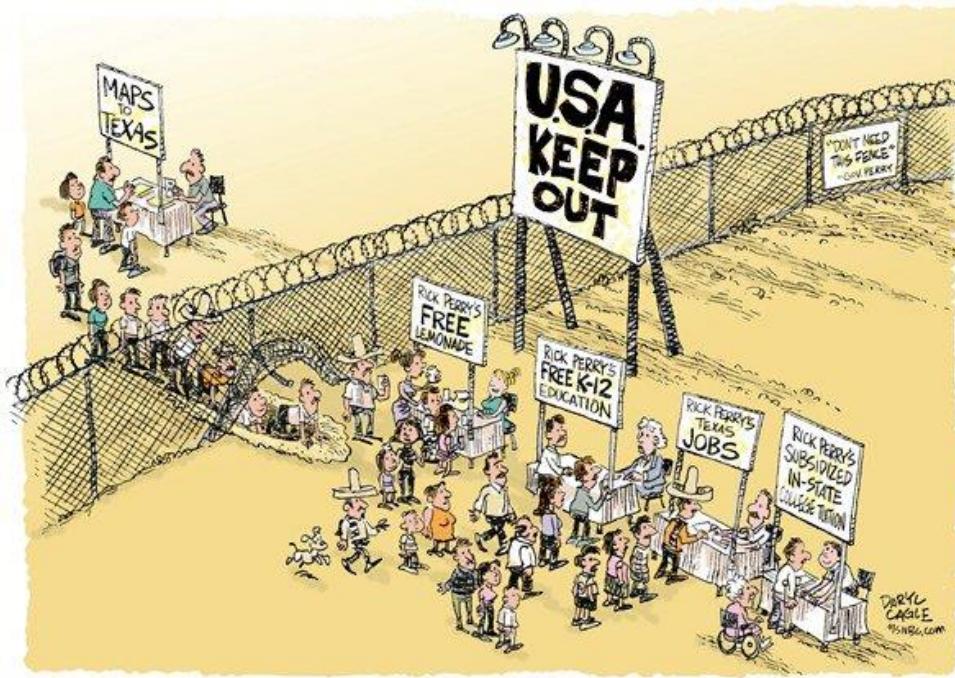
the unemployment rate (and I am not being racist here) but also drop the criminality rate. If this worked, it could also help with the overpopulation issue (at least for the USA). On the other hand, it would cause a lack of hope for the Mexicans that are looking for a better life outside their country, there is a reason why they risk their lives to cross the border.

Good or bad, it's very subjective because there are many viewpoints we need to ponder, I believe it would be good for some and a disgrace for others.

Daniel Leite, 12º E

The Wall: is it really the best solution?

Just to start off, I want to say that I don't agree with the construction of the border wall. USA has many things that need to be fixed. The first thing I can remember is the school shootings. I wouldn't feel safe going to school, and if kids don't go to school, how is the country going to be in some years to come? But we are talking about the wall, right? So, I understand that Trump is trying to keep Mexico problems in their country only, not allowing drugs, guns and illegal immigrants crossing to the States. But for me, building a border wall is a bold, costly and a bad move. I get what he is trying to do, but I bet there were plenty more and better ways to deal with this problem.



We can all agree that Trump is not a common president, he had some really controversial situations and scandals, such as sexism, self-enrichment, among others. But the point here is: is the border wall a good idea? Definitely not. Too much money that could be used to tackle other flaws. The problem with drugs, rapists, guns and illegal immigrants is for real. But, instead of isolating Mexico and their problems, how about helping them solving their

problems so that they won't need to cross the border? Showing a little altruism is good, even though it is not altruism, because helping Mexico is a benefit for the USA. As much as I understand his position, I can't support it. Thinking of a solution for this problem is no easy task, but I bet he has a lot of people by his side that can come up with better ideas.

Bernardo 12º F

Trump's border wall

I'll comment on Trump's ideal solution to end the humanitarian crisis on the southern border: the wall.

Now, although I believe something should be done to stop the illegal entering of people in a country, we



should never forget that we are talking about human beings here and anyone of us could be in their position, had destiny decided so.

The wall will cost a whole lot of money and, if ever is to be built, will take considerable years to be finished. This is another setback: the problem is happening right now, nowadays, therefore a potential solution needs to be accounted for as such. The fact that the majority of people don't agree with it is another argument against it.

There is no way around it: there is a serious problem when it comes to migration which must be quickly tackled. However, we all need to be aware that we are not talking just about rising "some bricks" and that is it: no, we are dealing with a humanitarian problem.

Hugo Gonçalves 12º F

Not Another Brick in the Wall

There have been a lot of walls in the History of humanity, both physical real walls and in fiction. China has the Great Wall, Germany was split into two by one, the Seven Kingdoms have a gargantuan fortification of ice, the humans from *Attack on Titan* don't have one wall but 3 to defend themselves from titans. And now the great nation of America, or at least their president, wish to build a wall of their own.

But what is it, that ties all those walls, bar the last one, together? Well, the simple fact that at one point they were all rendered useless or got destroyed. The Huns can't go over the Great Wall to invade ancient China? No problem, they just use their horses to run around it. We can't have people circulating between both sides of Germany? A dumb politician will read a document wrong, and the people will bring the wall down. The nightwalkers can't invade the Seven Kingdoms? Giant zombie dragon. I won't add any more details to that. Humans are safe behind 50-metre-tall walls? Nope, a 60-metre-colossal titan will kick their front walls down, literally.



All these serve to prove to Mr. Trump that his wall, apart from being stupid and a waste of money, will eventually have no purpose, due to people either revolting and breaking it or finding a way to go around it. Oh also, I am pretty sure that this very wall breaks a ton of migration laws and, it's America, they will find it as an excuse to severely hurt or kill any innocent people that get close or try to cross it, even by legal means. Because yes, the idea that America is the land of God and freedom is as much of boulder dash as their current president, aside from his financial skills. And I actually have friends over there which can confirm as they have lived through some tough things. But oh well, let Donald build his wall, as long as I have a front row ticket to when the Mexicans set that dump ablaze.

Lucas Pereira, 12º F

“The Wall”

From times to times the same subject appears on our TV, “the wall” that Trump is trying to build is becoming more and more a controversial theme in our society, even in the Portuguese society!

So, what's so important about this theme, right?! Well, it comes down to a lot of politics, media and (very little) to national security. This whole thing started at Trump rallies across the US as an election promise that Donald made. After that the media ignited a “war” with the president elected by saying that it made no sense to build such a structure. Then, Trump did what Trump does, he responded and he took action towards building the wall! Probably you're questioning right now: Is this it? Is this just hunger for power? The answer is clear, NO! Despite all the rumors and all the images that the media are trying to pass, building a wall will solve tons of problems, not all, but it will solve a lot of troubles that the Border and the border agents are exposed to! It's a fact that most of the illegal immigration is made by crossing the border physically. This happens most of the times, because there are no agents enough to guard the border! A wall with some cameras would definitely lower this type of crossing and also lower the percentage of illegal crossing. However, it wouldn't be a solution to the US illegal immigration crisis! There are still plenty of ways to make it into the US through illegal ways! Those problems should be discussed as well later on!



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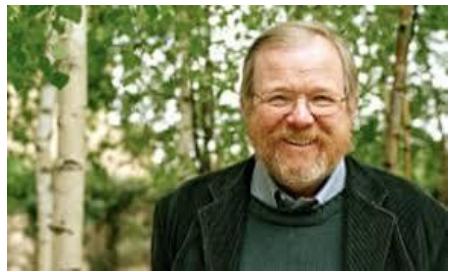
All in all, the wall is a good solution to the current crisis, despite not being the perfect solution (which doesn't exist). Most of the information the media share is not correct and we've been seeing this type of things all around the world with the media (controlled by the opposition) attacking constantly the government, from Portugal, to Brazil, to the US, Japan, Israel, India and so on. We should consider the fact that the Border Patrol agents defend that the Wall is needed and NOW! So, now it comes down to your decision, will you trust people that are on the field actually fighting crime or will you place your bets on people that pass the whole day writing in their offices?

Vasco Martins, 12º F



In the 21st century, globalisation is an irreversible trend. While the positive aspects of economic globalisation might seem irrefutable, the debate between pro and anti-globalisation experts is intense, and from that debate emerges inspiring quotable quotes that fuel further thought-provoking discussions about the risks and rewards of globalisation.

Even though the evolution of technology makes a global economy practical, logical, and seemingly inevitable, an interdependent global economy is not a concept that everyone happily embraces, and it's not a reality that is easy to achieve. The pro and anti-globalisation leaders from the fields of business, politics, and economics will continue to define the appropriate boundaries of economic globalisation by examining its positive and negative aspects and sharing their ideas to the world that can be summarised in the form of quotes, such as this one. It's actually scary when you think about it, we are all in the hands of a handful of corporate owners and whatever they choose to do with their company will affect millions if not billions of us.



Summing it all up, is it scary knowing that our economy is being controlled by the minority that don't even know how the rest of the people live without their fancy cars and houses? Yes, it is, but there is not much we can do about it.

Daniel Leite, 12º E

Globalisation

Is globalisation just another word for Americanisation? Are we all becoming "Americans"?

The world we live in today is different from what it was a century or two ago. We are all connected in this globalised world.

On the one hand, globalisation has been great as it allows people to communicate with others overseas, information is quickly and widely spread, and we get the best of each people's own culture. Nevertheless, the aforementioned can also be seen as a disadvantage: mixing of cultures results in loss of identity.

It is undeniable that the USA is the more international/global country, so to say. Films, series, music, food, clothing, technology, all these come mainly from the states. One would say we are being fed with American propaganda and, therefore, becoming "Americans".



Though this is somewhat true, we need to remind ourselves that we are the ones who choose what we want to consume, whether it comes from America, China or anywhere else. So, to conclude, I believe that all these American globalised products do make an impact on us, but it's nowhere near big as critics claim.

Hugo Gonçalves, 12º F



Well if that were the case, we would live in a world full of fluffy stuffed animals and otakus running all over the place carrying katanas and ninja headbands on their heads. Jokes aside, that is definitely true. We might not notice, but every time we go to McDonald's and order a Big Mac, we are essentially ordering the death of a cow.

"But the cow was already dead when I ordered it" I can hear some voices claiming. That is obviously true, however while was that cow executed? Because they knew some overweight American would order 3 whole menus for lunch. Why did those children from Bangladesh knit those fancy Zara's clothes? Because the soulless demons who rule over the company know some teenage girls will all buy matching clothes to prove they are BFFs.



Every time we take out our wallet or credit card, we are telling the companies all over the world what we need. What we want. The world we want to live in. So, if you have been feeling revolted that you didn't vote on Earth's next president don't worry! You already vote to shape the world every day... into a society where humans are completely controlled by large companies and by the consumer market!

So, let's use that power and votes we all have to change the world a bit. Here, start by buying a salad and not kill any more cows. Now you are just murdering the loved father of a beautiful family of lettuce.

Lucas Pereira, 12º F

A globalised world

In the world we live in, globalisation is a word we are all acquainted with.

It's hard to say when the word "globalisation" appeared. Although we may think it's recent, it's actually something that had its beginning last century. But now, when we think about globalisation, it's impossible not to think about America and their culture.

We can all agree that belonging to a globalised world is an amazing thing. I mean, would we really be happy without American movies and their music? Or without all the weird but awesome goods that Chinese people

tend to invent? It's kind of terrible, but we wouldn't, because it's already part of us, like a kidney.

So sure, globalisation changed our lives in many different ways, but it's also stopping us from reaching our true potential, not as one, but as a country. Because with all the American and Chinese things around, we forgot to give credit to our own, our movies, music and even gadgets.

And most importantly, we forgot that the world may be globalised, but not to everyone. Not everyone has access to these things, and that isn't really fair, is it?

Ana Beatriz Freitas Barros, 12º I

The Brightest and Darkest Side of Globalisation

When we think about globalisation, we immediately think about the world coming as one. Globalisation is the process of international integration and interchange of world views, products, ideas and other aspects of culture. Since the foundation of the European Union, globalisation has taken a large step, because trades, plus cultures, plus currency are all connected as one.

In my opinion, there are both advantages and disadvantages about living in a globalised world. In the brightest side: different countries can work better together; we have better access to products; free trade; cheaper products; more job opportunities; economic growth; increased access to technology, information, health care, education and consumer goods.

Even though, in the darkest side we found exploitation of developing countries; bad effects on economy and environment; loss of national identity; companies facing more competition; cases of xenophobia and intolerance among countries.

However, globalisation has affected the respect of human rights. People affected are left powerless and vulnerable; there are natural environments being exploited and there are few effective tools to prevent human rights' abuses.

So, to conclude, in my opinion, globalisation should be seen as an amazing thing as long as human rights are respected.

Beatrix Gomes, 12ºI

Globalization brings us together

Nowadays, we are living as one. All of the countries in the world are dependent on each other. Is that so bad?

Globalization has brought us together. Because of it, we live in a world where we have access to every type of food, clothes, technology... If it weren't for globalization, we wouldn't be able to eat Indian or Chinese food in Portugal. Or worse, we wouldn't be able to eat McDonald's hamburgers! We also wouldn't be able to wear any type of clothes that come from other countries and that would definitely be horrible. And, of course, we would not have access to so many varieties of mobile phones or computers. As a consequence, companies can work together even if

they are on opposite sides of the globe, which increases employment rates in developing countries.

However, everything has its downsides. In this case, globalization is leading to the loss of national identities all around the world. We, as countries, are losing our own unique languages and cultures. In spite of all that, I do believe, that we have gained more than what we have lost. We can work together as one and bring the best of each culture into one.

To sum up, globalization is a movement that is changing our world and it will keep on doing so, whether we like it or not.

Joana Leite, 12ºI

Art or property damage?

Both? What should we make of the graffiti we encounter in our day-to-day lives? Are graffiti artists bringing to life sterile urban environments, adding creativity and colour to otherwise run-down areas? Or are they making cities appear dangerous and crime-ridden, unwelcoming and ruled by street gangs?

When it comes to graffiti, two fundamental rights are in conflict with one another (as is evident in the various court cases against the artists). The courts must weigh the freedom of expression against the right to own property.

If someone painted all over your house without your permission you would not be happy. Before you even look at it you would call it vandalism because no one has the right to do such a thing without your permission. BUT if you saw an amazing complex artwork on an otherwise dull and blank wall somewhere in the city, would you feel the same way? Even if the world loved it, according to authorities, without permission, it is considered an act of vandalism.

There are many urban art festivals around the world created to promote street art everywhere and to encourage young creatives to pursue their artistic talents. Many of them are city-funded as well, with the scope of brightening up a dull environment with some amazing artworks. Even big corporations such as Red Bull and Adidas have engaged graffiti talents in their advertising campaigns. In cities like Stockholm and neighbourhoods such as Brooklyn's Bushwick, you can find the world's most famous legal graffiti wall areas. In South America street art is so ingrained in their culture and tradition that it's impossible to imagine it otherwise.

Therefore, there will never be a right answer. Still, there is a museum for graffiti which was built very recently, so this "art" is gaining visibility and people are starting to understand the power and the messages it may have. Due to the fact that they are usually painted by young people, it is a way to express themselves and how they see the world.

Francisca Valente, 12º E



Citizenship is a tough occupation which obliges the citizen to make his own informed opinion and stand by it.' Martha Gellhorn

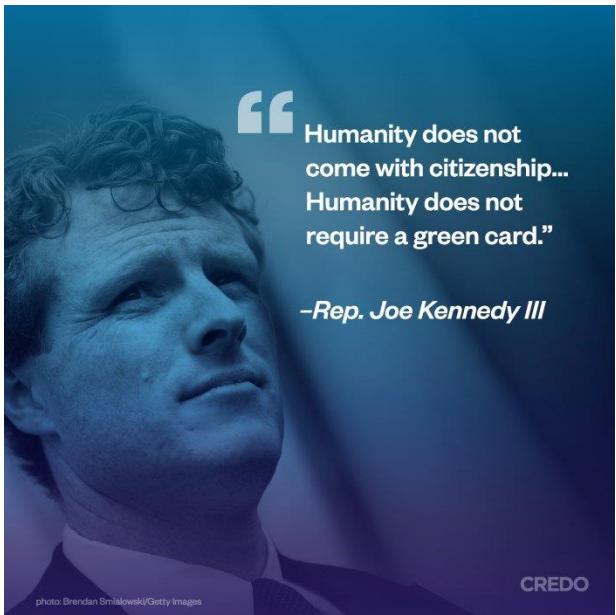
Democracy as a system, in a general sense, allows its citizens relatively good influence on how they are governed and ideally, they would use this power for their own benefit. However, it can be very easy to fall prey to demagoguery, misinformation and ignorance, even those that actively try not to be affected by this, still fall prey to it.

It is a firm belief of mine that arrogance and self-entitlement is one of the worst traits a person can have and whilst I admit, even I can sometimes fall in those pits. When faced with an opposing perspective I try my best to listen and be objective, perhaps try and rethink my own values, even if it causes self-consciousness and self-doubt as a side effect. The moment a person becomes secure in their beliefs and critical capacity is the moment they become complacent and get easily manipulated, radicalised, close-minded or hypocritical. This is why citizenship is a tough occupation! You must elect from a number of candidates that try to make themselves as appealing as possible, even if they have to do it through misinformation campaigns, hypocrisy, contradictory statements and even sweeping the opposition, reasonable arguments and straight up facts or studies under the rug. As such, the citizen must keep a critical mind and try to listen to every possible side, to avoid falling into an echo chamber or being manipulated by shills. Thus, it is a difficult task to undertake because of the sheer effort and scale required to be ahead of the curve and on present topics, since it's much easier and faster to spout nonsense based on loose ideas that have not been given much thought and heard from somewhere else than it is to factually, objectively and critically form them or disprove them.

In conclusion, citizenship is a tough occupation because it's taxing to objectively try and root out every single detail that doesn't add up in a statement, opinion or political idea and pick the right candidate for yourself, while not falling prey to demagoguery.

Nuno Lobo, 12º E





The definition of humanity is something really wide. First, Humanity can be the term for all humans. And to be part of Humanity, you need to have values such as kindness, social intelligence and love for the others. It is a hard topic to touch, but in my opinion, humans have certain defects that make me think that we cannot change.

Everyone is selfish. That is probably the main point I would like to make. Asking someone if he is fine is so ironic. Like people give a damn about how others feel, especially if they are not your friends or family. People donate money or goods to feel good with themselves. People don't understand people. We can never know what the other is going through, and we just act like we know. We act too much instead of being real. Personally, if I ask

if you are ok, it's genuine. It means that I really show interest. I don't show love to people I don't know, but wait... am I being hypocrite? Yes, definitely. You shouldn't be indifferent to anyone, but that is human: if I don't know him, I don't care about him. Being human is being immoral. People would rob to keep their families alive, even stealing being wrong. But letting their family starve isn't even more wrong? This is why perfection is impossible to reach. You do something right, but at the same time you are doing something wrong. Is there any way to solve this? In my opinion, no, there isn't.

What for me is possible is that people can become more perfect and more ethically correct. But it's impossible to reach anywhere near perfection. Wars are going to keep existing. Interests are going to be all for people. Selfishness is going to keep reigning. Altruist acts are hardly done. Don't even try changing humanity, people are fine with this world, they are not willing to change their lives to be more altruists. They think citizenship makes you be someone, but it's really just something that proves your existence, like people care about your existence! People don't understand people, and humanity is just a word.

Bernardo Soares, 12º F

Krista asks, ‘What is it about society that disappoints you so much?’ Elliot thinks ‘Oh I don’t know, is it that we collectively thought Steve Jobs was a great man even when we knew he made billions off the backs of children? (...) Or is it that we voted for this? Not with our rigged elections, but with our things, our property, our money.’ Mr. Robot, Sam Esmail



First of all, let me say that I chose this quote because I used to watch this series. Stopped watching somewhere around the 5th episode of the second season.

I agree with Elliot's words: we often praise people who do bad things and though we know that, we kind of force our minds to forget it and praise them as if they were superior entities. For instance: it is obvious that Steve Jobs was a genius and a great inventor in our modern days, but that doesn't change the fact that we used defenseless people to get richer and richer. Often, we say that X singer was great and all, while we know that same person used drugs, was

a pedophile, etc. Do we tend to recall the good part of famous people? Why don't we do it with our families, friends and acquaintances?

Regarding the other part of his message I have to say this: every time one buys a pair of Nike shoes, he/she is contributing to children exploitation. There is a reason why most of its products are made in Bangladesh, Vietnam, and so on.

I also love the fact he roasted politicians ("rigged elections").

Hugo Gonçalves, 12º F

Sustainability

"One of the biggest wars we are fighting is related to the sustainability of our planet."

This January was the third hottest in record (1880 was the first year to have been recorded, I believe). There's, therefore, no doubt that global warming really exists and is taking matters into its own hands (alright, Trump?).

Not only is the average temperature increasing, the amount of natural resources available is also troublesome. It is shrinking day after day while we consume (and need) more and more each day that passes. If we cannot control ourselves, there might be no solution for the gigantic problem we have been creating.

However, it isn't simple nor easy to suddenly fix everything. The efficiency of renewable energies is very low, the costs to implement them are high and their own disadvantages need to be considered as well.

Nonetheless, we are the biggest of all problems: we need to change, our mentality has to be altered. If we really want to, we can save Earth.

Hugo Gonçalves, 12º F



"THE BRIGHT SIDE OF TEENS"

Teenage time

A complex stage of life. For us, teenagers, it means freedom. That's why dealing with us and understanding our brain and behavior becomes a total nightmare for our parents. The fact is that we feel those emotional highs and lows in our day-to-day, mood swings which make us feel happy at one minute and the next minute, sad and head down, the feeling that everything is going wrong with our lives. Double personality, troubled and mixed feelings, humor changes, unexpected reactions mark this transition between childhood and adulthood. Actually, some of our attitudes can have extremely dangerous consequences in the present and future, too. However, being a teenager in these days has, of course, a bright side and that's exactly what we intend to show, to explain that side that most people can't see and present some of the several advantages of being a teenager nowadays.

Volunteering

So, let's start with volunteering. At first sight, this activity might seem to be destined to support only those who don't have a shelter, those who have no food on the plate, who have nothing to wear, dogs which are left in the street. However, doing volunteer work offers unquestionable benefits not only for those who are helped but also for those who help.

Firstly, volunteering is a way to learn new skills that you probably were unaware that you had, gain life experience, improve teamwork and it provides you with a sense of responsibility.

Secondly, volunteering gives you the confidence that you may need in the future, once it is one of the most requested and crucial qualifications for the job market nowadays. The third and last reason, I dare to say that it is THE most important one. If you do volunteer work, the sense of helping someone and fighting for a better planet is so comforting and rewarding that is almost overwhelming.

All these reasons I just mentioned are attracting more and more teenagers. Actually, this is something really good due to the fact that we are the future and we must create good adults to ensure the future of the actual and next generations.

Concluding, I would like to reinforce that to be a volunteer isn't just asking for food in the supermarkets or work in a hospital, but it is related with the daily simple actions, helping an elderly woman crossing the street or give your place to a pregnant woman in a bus, for example.

Technology

Technology is shaping tomorrow's society by conquering today's teens. And if for many, it can be viewed as a social obstacle since teens seem incapable of having a quality face-to-face conversation that lasts more than 2 minutes, for others, including me, technology, like every cloud, has a silver lining.

What I am trying to defend is the idea that technology can give us access to a whole new modern world of people and information and that there are billions of credible sources on the Internet just waiting for us. Without the Internet, we, specifically adolescents, wouldn't be able to find things as varied as music, a funny video, information about computers, mobiles, cameras quite as quickly and easily. Even a simple message for a friend asking for help in the homework or a video calling to a foreign family member wouldn't be possible to send or make. In a sense, we are using it to take a few short cuts and simplify life for ourselves.



Finally, the internet has become an involved part of our modern lifestyles once it allows us to express ourselves as individuals and connect with others on a global scale. The fact is that “Today’s teens are trying out tomorrow’s technology.”

School Education

Here it is the third reason: school education. Well, as teens we need to come to school every day and it is undeniable that the plenty of tests, works we do during the year to evaluate us are pressing and burden us very much. And that's the truth, we can't hide that, can we? Yet, we have to be conscious about the positive things that school provides us once they extend in several ways and perspectives and those are little things that we may take with us for the rest of our lives.

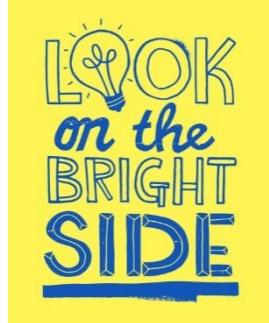
And when I say this, I am not talking about the huge amount of stuff that we are bombed with in maths, science or chemistry lessons every day. I'm talking about what neither tests nor grades can measure.

From the constant personal growth up to the shaping of our minds for the future, school provides us with countless skills. It is, for example, the responsibility of choosing what our future job can be like, qualities like teamwork, punctuality, the confidence to speak in public. Besides, it is in adolescence, when we are becoming more mature and more conscious, that is when we build the strongest friendships, which we will probably have for life.

So, I conclude that school plays an important role in our lives, because more than the knowledge we achieve, the grades we obtain, the success we make, there is the subconscious development every day, to make us the person we become.

Change and fun

Last of all, we can't forget two crucial words that define what it is to be an adolescent: change and fun. Basically, teenage is a time to enjoy our freedom. And the difference that marks this phase is based on the fact that every experiment we have, the challenges we face, the moments we live in adolescence, have not only such a huge impact in our teen day-to-day, but they will also influence our future.



In this stage that we are young, vigorous and healthy, we start thinking about the life ahead of us. We live in a constant search for the unknown, and that's what captivates and motivates us every day. Meeting new people, going to festivals of a famous person that we really appreciate, having fun in disco or bars, having our first date, ... these are all new experiences, that most of us try to live to the highest possible. We really want our parents to give us all the freedom. And I think those are the things that define us perfectly.

It is also the moment when we become aware of who we are and what we can be, when we get new visions of ourselves, when we discover our personality and our tastes, like finding our style and our music tastes, improving our self-esteem and reflecting on our attitudes. We always try to bring out our ideas, feelings and emotions through the way we are or feel. Every song we listen to, the clothes we wear, our likes and dislikes are the reflexion of ourselves.

Concluding, I can say that adolescence is the best time to enjoy everything and have the best memories of our life. Because as Eckart Tolle said: “Realize that the present moment is all you have. Make the NOW the primary focus of your life”.

*Ana Beatriz Leite; Ana Carolina Silva; Ana Luísa Pereira;
Catarina Ferreira; Valéria Peixoto, 10ºC*

Adolescence, a controversial topic

Today, in this newspaper article, I decided to write about adolescence.

Some people say that "Today's teenagers are more mature than ever before". Personally, I disagree, because currently many teenagers don't leave their parents' house when they become adults. This didn't occur in the past.

Firstly, adolescence is the phase in which we stop to be children, but we aren't adults yet. The problem is there. Most of the time we don't know what kind of behaviour is right for us. This can generate wonderful moments and/or a big confusion.

Secondly, on the one hand, being a teenager can be horrible, stressful and so confusing!

In my point of view, adolescence is a very difficult time to overtake, that permanently changes us in an irreversible way, being impossible to go back, no matter how much we want, we aren't who we were before.

Moreover, there is a lot of pressure on us coming from everyone; we feel that we have to be "perfect" basically, because a simple mistake can destroy our whole life and everything we always strive for.

As a result, we feel more insecure because we think that other people are better than us in all aspects.

However, on the other hand, being a teenager can be incredible, because we have much more freedom than in childhood, but we don't have responsibilities like adults. In this time, we can earn our own money, meet new people, build/develop strong and lasting relationships, hang out with our friends, and have fun at festivals, parties...

Finally, in conclusion, adolescence is a time in which we discover ourselves and the world around us. In addition, we can make decisions that will influence all our future.

Your life is only in your hands, don't forget!

Catarina Dias, 10°C

Being a teenager

Adolescence is a stage between 13 and 18 years old, although these numbers don't reveal the uncertainty and confusion of being a teenager. It's a roller coaster of emotions where you can be angry with half the world and worship the other half.

On one hand, teens have a dark side, which we don't want to invite anyone to. We feel the pressure of parents and peers. It's the time of life where you feel more insecurity, anxiety, low self-esteem and we have to take a lot of exams and we must study hard.

On other hand, after the storm comes the sun. There is also a bright side of being a teenager. It is a time of opportunity to try new things, because we have more freedom. We can go out, have fun at parties or festivals, and hang out with our friends...

Therefore, being a teenager is not easy. We are paddling in the high sea, while adults have already found the island, but, with calm and help from everyone, we'll get there.

Clara Teixeira; Diogo Seca, 10°C

Hi Followers!

Today I'm gonna talk about adolescence.

Adolescence is a time of opportunity, a complex period too and for us, teenagers, adolescence means freedom and that's here that the nightmare begins for our parents, from the double personality, the troubled and mixed feelings, humour changes to all sorts of unexpected reactions.

However, being a teenager isn't so bad like the majority thinks.

So, being a teen means living experiences to remember later, means dreaming about future prospects, a job, a good marriage, a big family and of course enjoy the time without responsibilities.

On the other hand, teenage life sucks because we need to deal with a lot of stress and pressure from school, our parents, peers, society and we are always worried with our body image to please others, most of the time the boys/girls, the opposite sex...

In conclusion, being a teenager has, like everything, a bright and a dark side and we must think that's just a period and learn how to deal with it.

Ana Carolina Silva; Belmira Miranda, 10º C

The maturity of today's teens

"Today's teenagers are more mature than ever before"

Adolescence is the stage of one's life between childhood and adulthood. During this time the teenage body undergoes a number of mental and physical changes as part of the process of growing up. It's the time when the maturity required to be an adult is developed. In my opinion, though, this maturity will only come much later in the lives of today's teens.

A few decades ago, in the time of our parents, someone in the age of 14 was already qualified to work. In our current days, however, with the higher levels of education required, a teenager must attend school for many years, which delays their social and professional development. Furthermore, adolescents these days tend to have more commodities, not having to deal with the harsh aspects of life as early on as our antecessors.

In contrast with this, today's teens have access to endless amounts of information, namely on the internet, which could positively influence their development. What most people don't realize, though, is that immaturity is not necessarily a bad thing. Youth means having fun and discovering yourself but if you grow up too quickly you just won't have time to enjoy life.

This said, I strongly disagree with the quote above. Teenagers these days are growing up slower than their parents which by no means represents a serious threat to our society, instead, I believe it's great that young people enjoy themselves before assuming their maturity.

Tiago Lucas Mendes, 10º C

Teens' Problems

Last week, our friend Joana told us a terrible story about her friend Veronica. Veronica has always been a good student but, by the time she moved into tenth grade, her marks dropped dramatically. The entrance into the high school is a very difficult stage and some students can't keep up and Veronica was one of them. Joana told us that in the first term, Veronica had told her that she was feeling a lot of pressure. Firstly, she felt the pressure to fit into a new group of friends because she didn't know anyone in the class. Secondly, she felt the worst pressure of all: parents' pressure. Veronica was afraid of talking about tests with her parents because she knew they were going to yell at her. Joana also told me that at the end of the year Veronica tried to commit suicide. Fortunately, her mother found her and avoided the worst. I was terrified with the story! Veronica tried to commit suicide! Oh my God!

Yesterday, we decided to talk to her. We offered her our support and our friendship. She said she felt better. I hope that everything ends well and that she won't try to do the same again.

Alexandre; Bruna Santos, 10º F

Be Someone

Everything is changing around me. I can't understand if I'm getting bigger or if things are getting smaller with time. They expect me to grow up, they want me to have nice marks and a "nice future" but I honestly don't know how I will reach stunning coming days.

My uncle has always told me to be someone. At the beginning I thought he referred to graduating at the university and having money, which is usually named as a nice future. But how many "someones" are really that someone my uncle told me to be? That seemed easy to me when I was younger. But now, my concept of "being someone" is kind of different.

Actually, it's pretty easy to have a nice job and live well. The true challenge is to be brave enough to change and save the world, or at least try the best to do it.

But I have got a lot of dreams. When I die (because I often think of the moment I'll close my eyes forever), I want to be remembered because of the great things I have done. I want my name to have a meaning. When I die, I want to be sure, in my last seconds of breathing, that I have done everything I could and, in some ways, I have changed Humanity for the better.

I want to visit new places, maybe write some books, and, in every action I take, I want to help someone even knowing that, for now, I can't do it as much as I wish. I'm just a teenager and I barely can do something to make a better world. But let's start with small actions like finding a way to make someone smile, because a sincere smile is priceless. People have value for their knowledge and how they use it. I know I seem lunatic when I say I want to save the world, I'm not a superhero, am I?

I'll tell you a secret: I believe we all are superheroes, but most of us haven't found it about them yet.

Ana Carvalho, 10º I



Teenagerhood

Teenagerhood is a very intricate and complicated period of life. It is the time where you face some of your first struggles, have new experiences for the first time ever and all of those factors will help shape who you are as a person.

I feel like, in most ways, being a teenager is almost easier nowadays than 30-50 years ago. We are, undoubtedly, more comfortable and well off now than we've ever been in the past. There is a swarm of opportunities and experiences to be had that can shape your personality and your life in so many ways, just waiting to be discovered, and that's the most exciting part of being a teenager - your future being in front of you and it's direction, in your hands.

However, for all the opportunities you have, there is a lot of pressure on you and it can get really stressful at times managing everything at once. There is pressure to be successful at school and to balance your social life and interests all at once, which can be overwhelming. Although social media is beneficial, it can also perpetuate wrong notions that affect a great amount of teenagers. Pressure to find who you are might lead you to feel misunderstood and wronged, and that's likely the worst part.

To conclude, despite the many struggles and issues being a teenager offers, it is also the most exciting and bountiful time of your life, and you should enjoy it. You should really make an effort to grow with every experience. That's why being a teenager is so special in the first place.

Lucas Barros Gonçalves, 11º A

Are teens savvy shoppers?

The idea that teens are savvy shoppers is fundamentally flawed, and can be explained by the fact that this age group is still going through their formative years as people, and getting to know who they truly are as human beings.

Unfortunately, given the impact that marketing and peer pressure have on younger audiences, who are immensely permeable to the cult of identity due to their natural self-doubts, this exploitation of the normal growing process by companies who aim to profit on the inexperience of teens is quite effective, and manages to cater to the whims of this "yet unsure of who they are" group, who try to define themselves by what they own, instead of focusing on who they are.



Therefore, one could argue that teens are illogical in their buying decisions, since they - very visibly, just look at the companies' profits-, buy into these cleverly constructed ruses and marketing messages, fueling and being molded by this predatory industry.

Tomás Barros Gonçalves, 11º A

Teens are savvy shoppers

I don't agree with this statement.

Nowadays, teens do part-time jobs or get an allowance from their parents to earn some money. But it is a well-known fact that teens spend their money on the most random and useless things, moreover, they are really attached to their material possessions. And why is that? Teens believe that the more things you have, the cooler you are, so they buy things that they don't really need. A research shows that 60% of teens spend their money on clothes, trainers, mobile phones, etc. And only 40% of teens are saving money for their future.

These are some scary numbers we are the future and therefore we need to learn how to spend our money wisely so that in the future we don't get financial problems (like debts). Subsequently, we should really start thinking of our future lives, if we want to be financially stable.



To conclude, I don't agree that teens are savvy shoppers but I believe they can change that if they are taught to do so.

Vitória, 11ºA

Hello! I'm Vitória and I'm going to tell you what it feels like to be a teenager nowadays.

"I'm too short, too skinny, too fat, (...)", these are the kind of thoughts that haunt teenagers nowadays. We have the need of fitting in the society, because we don't want others to judge us. We care too much about what the others think of us, and we want to please them, when we should be worried about pleasing ourselves, because we are all different and we have the right to be happy in our own way! Being a teenager is awful, because we are always buying random things and food, for example if I don't eat every three hours I will be in a bad mood, because I'm always hungry, and the worst part is that we are always eating and it seems like it's never enough. Now the last disadvantage of being a teenager is that we feel like the world is against us and we are always arguing with our parents, because it seems like they don't get us.

The best part of being a teen is high school! I love high school, everything about it, the friends and the teachers. Oh, the teachers, the only adults that actually get us, they understand what we are going through, and sometimes they help us (for example, my English teacher) I love her, because somehow, she is really connected with us! And friends, having a best friend in high school is the most important thing, because our days can be really exhausting and hard, and we need someone to share our things with.

In my opinion, this is what it feels like to be a teenager nowadays.

Vitória, 11ºA



The «terror» of living in adolescence

Since the beginning of times, teenagers had to deal with different problems every day. Not very different from us. However, technology is advancing, the world isn't what it used to be and our concerns aren't the same. Actually, they are... We still think our parents don't understand us, a broken nail will kill us, we will be no one in the future, and our friendships will last forever. Who are we trying to fool?

Firstly, we know that our body and our mind will start to change but we don't know when and how it will happen. Thus, we feel a mess for a long time. By mess I mean feeling everything at the same time: fun, excitement, frustration, boredom and fear. Fun and excitement because our hormones are literally dancing inside of us. Frustration because we feel that no one understands us. Annoyance because it seems adolescence won't end. Fear because we are the ones making our choices, we are the ones building our future and we are the responsible for what is forthcoming. Adolescence is also a time for self-discovery. Despite of every adult that we know telling us that, we know that it doesn't work like that. We don't get ourselves but we have more reasons to start thinking and suspecting who we really are, and who we will be. Another point is every person we know asks us who we would like to be. Ignoring the fact that they were teens one day and, like them, we have a lot of time to get to that. Following this thought, when we are 15, we have to make an important decision that can condition our whole future. Deciding which path we should take isn't just a decision made by ourselves but it's a mirror of our teachers', families', friends' and our own ideologies all-in-one. And, as you know, our ideas aren't always 100% correct. The truth is, we choose depending on others, we have also to decide what matters the most: happiness or money and how big we consider the world. For me, the world has always been big but for the majority of people Portugal is big enough.



Having stated all that, the problem that I am about to write isn't just a teen issue, but because we are in this complicated age and we can't be sure about our lives and our future, I guess we can allow it to be

in this list. We feel a lot of pressure not because our parents are constantly talking about this (mine seem to have stopped, but they already did it, more than once actually) but because we already have a standard in our mind that forbids us to be this or that, and we can't blame anyone. This happens because we live in society. If we smoke, if we try drugs, we will become addicts, if we go out we won't have time to study, we'll catch aids if we have sex, we can't be alone at night otherwise we will be raped and the list goes on and on, as we all know. For every experience there's a huge consequence and it looks like people will die because we did what we shouldn't have, which is not true. This can happen, it surely can, but it won't happen to everyone. If we don't do this while we can, that is right now, when are we going to do these things? Hopefully, or not, I am becoming an adult, like all of you, but I do not feel ready to lose my craziness nor my accurate sense of justice! One day at a time...

Juliana Oliveira, 12º E

Drowning

What I am about to tell you happened some 5 or 6 years ago. I am not sure regarding how long it was. To be honest, I am not even sure if it really happened or was just a mad dream based on something similar that actually happened.



Nonetheless, let me explain first the context of this adventure: I had gone to a pool with a friend of mine, his parents and a cousin of his (whose mother was also there, if I am not mistaken). I believe it was in Guimarães. A nice place with a garden and two pools: one for kids and a deeper, bigger one for adults. Anyway, we went there in the morning to spend a good, relaxing day.

Now comes that confusing episode. I didn't know how to swim at the time, so I used the kids pool (after all I was a kid anyway). However, my friend, who also didn't know how to swim, went

to the bigger pool. The thing is that he had that orange object used by lifeguards to keep him safe. I followed him and went to the adults' pool as well. From what I can remember, it had stairs, making it possible to be there calmly without feeling endangered. So this is what I did. The problem emerged when my friend went to the deeper part of the pool where I would be completely covered by water (even when standing still on the stairs I would be submerge). I started swallowing water and feeling really scared. I could see everyone's legs and feet while I was afflicted. It was like everything was perfectly normal and I was almost drowning, it felt truly awkward. Then I don't remember anything else: I don't know how I got up to the surface, if anyone noticed I was scared, nothing. As I said before, I am not sure this really happened.

Hugo Gonçalves, 12º F

Behind the scenes of my life

Life is too short to be wasted on unhappiness. However, sometimes life gets us and one of those moments was the death of my grandfather last year.

It was very difficult for me, because he was the kindest and funniest person I had ever known. When I was a kid, he always played with me and once he even fell trying to catch me. He was always ready to make a joke about my clothes, especially when he took me to school. He watched with me all the episodes of "Morangos com Açúcar", every afternoon; he loved to tell the same adventure stories about colonial war in Angola; he hated to be left behind when someone of my family was to travel and he always hated to watch or hear any arguments among us, because he wanted the whole family to be united.



I know that I am supposed to write about some episode of my life that has changed me in some way and this was the saddest one of my entire life, but I believe I should remember him for who he was in life, instead of remembering all the bad moments he had before he died and when he died.

My grandfather was taken from us by a lung cancer and the months before his death were the most horrible months of my life, because I cried every day just imagining the day his death would come, but now I remember him as a soldier, a fighter and the most amazing person I have ever known.

Inês Costa, 12º F

A game change

I had to write about something that really changed me, right? Well, I have two words: David Goggins. Goggins basically shaped the man I became without even meeting me personally!

So, who is this guy? Well David is a very special man who had the guts to completely change his life and give it a purpose! He was disoriented with no purpose to live, he wasn't living, he was just surviving... And that happens to a lot of teens nowadays (NOT ME!). He was fat, with no discipline, he had a rough childhood and he was becoming what everyone told him he would become, A FAILURE! One day, as he was trying to sleep, he saw a documentary about these guys getting their a**** kicked: The SEALs. What he actually saw was BUDS (basic underwater demolition SEAL training), basically a process to "make you tough". That day he decided he had to change his life, but in order to do it, he should re-shape the way he thought! He went from being obese to become an absolute machine, a beast! The day I heard this man's story (told by himself) I knew that despite of having always been happy (unlike him) I could be and become more. At this stage I decided I would join any branch of the Portuguese military, probably the Air Force, because it was the coolest! As I tried their physical requirements, I failed on the push-up test... I could do 3 push-ups... Yes, you read it right, 3 lousy push-ups! The easy way would be to quit, but after hearing this man, if I had quit, I wouldn't ever have forgiven myself! I had to do it! This was during the Summer Vacations, so I was working on the construction business with my dad. Thus, every day I came home, and even before I left to work, I would do push-ups, each day I would do 1 more than the day before. Guess what? I got to the fifteen. Even though Air Force is not that physical demanding I had to get to the twenty! And I did, but after getting there it seemed like it was still a small number. And it actually was, I was still in bad shape... I went on to read, just because I saw a documentary about them, the Portuguese Army Special Forces Requirements... I was just stunned by those numbers, I could never accomplish that, it was just too much... Every day I was still on the 20 push-ups count. And day by day I felt like it wasn't worth it, so I stopped doing it. Some months later (March 2018) as I spoke to a close friend, we ended up talking about the military and stuff, and he told me he was on the Parachute Regiment, that was when he challenged me to a push-up contest. He is overweight, so I thought he wouldn't make it through the 20th. Well he made it to 15, but I hadn't done 1 single push-up for months! To my own surprise I made it to the 17! It was still bad... That day I decided to end all the "BS" and excuses in my life, I was going to become a machine. I was running, I was pushing, I was pulling (I couldn't do 1 pull up), I was training hard as I've never trained before till June! (In June I had to stop because of my school exams). In July my cousin joined a Gym, and I told him: "Bro, I'm going with you to the gym!". I was working from seven to seven on a regular basis with my dad (construction is rough by the way, really really rough) and going to the gym after that. During Summer holidays before I came back to school to the 12th grade (September) I did a PFT test to myself! I could do 37 push-ups, 3 pull-ups and 2400 meters in 11,30 mins. This was awesome to me and it gave me bragging rights, ha-ha! But after holidays I realised this wasn't

enough! I was now fighting to enter the Military Academy, Naval Academy or even the ISCPsi (police academy)! I had to do even better! After a long process of hard work, tons of discipline (both in eating and training), I'm now suitable to do 55 push-ups, 7 pull-ups and running up hill in almost the same time!

To me, this proves something! Discipline is the key! For everything! I wake up every morning motivated and energetic! Every day I feel like I'm so awesome! Because I have goals and I'm making those goals become real! That's why I never feel sad or tired! I never do! Every day I'm driven by this hunger of getting better! I see so many teens surviving and not living! I see them



in parties getting drunk and sharing it with their so-called "friends" and saying they are living their lives... Are you kidding me? That's not living!! If you are living to get drunk at the weekends you are not living! I have never got drunk. I sometimes drink but I've never got drunk. If you get drunk, you're not in control of yourself, you're lost!

Vasco Martins, 12º F

Oral presentations in the English classes

Hello everyone,

In this article I will write about a subject that affects many people, particularly students: oral presentations.

Well, just like everything, oral presentations have pros and cons, depending on each situation. For instance, if someone can speak the language with relative ease and feels comfortable talking to an audience, I don't see a reason for the presentation to go wrong. Therefore, the grade evaluated will surely benefit the final classification (if we take for granted the reliability, integrity and impartiality of the evaluator, as well as the truth holding the facts studied by the speaker).

On the other hand, if the person that is going to expose their work is not confident, unsure, and doesn't master the language in the slightest, chances are that this presentation will be tough (for the speaker) and might lower the final grade, considering the criteria. But I don't think that a teacher would jeopardize a student, knowing the difficulties that one has, especially - and this is important – if the student made an effort to try and improve his/her speaking capabilities and made a productive research.

To illustrate the previous paragraphs, I am about to use a personal example. So, I had a presentation that had something to do with the jobs of the future, a subject that is not the most

interesting but which, in turn, is pretty cool and about which I actually ended up learning facts during the research. I must be honest, I didn't take a single note from my research, the only thing I did to prepare myself was to read and research until I had the confidence needed to talk about the subject. Also, I structured in my mind what I was going to do during the presentation, with the help of my partner (when I made my mind up, I talked to him to decide the course of action). To make the presentation more appealing, I decided to interact with the audience and draw some stuff on the board which had to do with some classmates, to keep (almost) everyone interested.

So, I think that oral presentations can help you if you prepare them properly. Also, I consider the research that has to be done before the actual presentation pretty helpful and positive if you want to learn stuff and then test yourself. It will help you in the future because you will always need to interact with other people, and some jobs are based on presentations.

Rafael Ricardo Torres, 11º A





Dolphins: our smart, sociable stars of the seas

Hi Followers!

Today we are going to talk about our favorite animal, the dolphin.

Dolphins are very intelligent and they seem to be well loved by humans. This aquatic mammal has been able to fascinate us in a variety of ways. They are curious, form strong bonds within their pod, and they have been known to help humans in a variety of circumstances including rescues and with fishing.

Dolphins are highly intelligent marine mammals and they are part of the family of toothed whales that includes orcas and pilot whales.

Dolphins are very playful, agile and love doing acrobatics.

Dolphins live in flocks of two to a thousand individuals and they are excellent swimmers.

Characteristics

There are 43 different species of dolphins that have been recognized: 38 of them are marine dolphins which are those that we are the most aware of and 5 of them are river dolphins.

Dolphin's color varies, but they are generally grey in color with darker backs than the rest of body. The dolphins live 20 to 35 years, measure 2 to 4 meters and weigh 250 to 500 Kg.

Diet

Dolphins consume a variety of prey including fish, squid and crustaceans, they use echolocation to find prey and often hunt together by surrounding a group of fish, trapping them and taking turns swimming through the school and catching fish. Dolphins will also follow seabirds, other whales and fishing boats to feed opportunistically on the fish they scare up or discard.

They can consume up to 30 pounds fish per day.

Habitats

These clever, streamlined mammals are found in most of the world's oceans. Most species live in shallow areas of tropical and temperate oceans throughout the world. Five species live in the world's rivers. The enemies of dolphin are sharks, orcas and the human being itself.

Conclusion

The dolphin symbolizes water, love, purity, harmony and joy.

This fabulous animal has been interacting with humans for as long as we have known of their existence.

Rodrigo Cunha; José Silva, 10º C

Technologies...

We often don't even notice its constant presence in our lives. Whether we are with our friends or alone at home, even without realizing it, we use technology. Basically, it's almost impossible to be somewhere where there isn't the slightest sign of technology.

So, just as everything in life has its advantages and disadvantages, technology is no exception.

On the one hand, the benefits of the technologies are: it's faster to access the information (it's just searching on the Internet that we obtain, in an instant, several websites where we can get the answer we are looking for); to communicate with friends and family (for example: by Skype); we can currently perform many types of tasks faster; people feel more secure and don't feel alone...

On the other hand, technology has been detrimental to us, because besides not having as much privacy as before, we also feel that we have "eyes" to observe us everywhere; we practice less exercise because the machines do basically everything for us; we can catch viruses in computers and in mobiles that can be dangerous for us; people isolate themselves more, causing a loss of their social skills...

In conclusion, I believe that technologies should be used with care and moderation rather than in an uncontrolled way, which can lead to serious problems at all levels.



Catarina Dias, 10º C

The new (dis)connected era

Our today's world is way different from it was a few years ago. Nowadays, I feel like everyone is just too busy either working or having fun on their smartphones.

Back in time, as far as I can say, people were happier and more humanly connected than they are today. Even



though we're called "the connected era", I don't think we are connected, in fact, I think we're telling us apart more and more every single day.

It really bothers me when I see the youngest generation playing on their tablets instead of having fun on the streets with all other kids. This is probably caused by the increasing danger of the streets but, for me, the main boost of this isolation is the advance of technology.

I know I've mentioned children to talk about social isolation but it wouldn't be fair if teenagers and adults weren't brought to this discussion. In fact, I think adults are the ones who push kids to go to their tablets because they don't want to deal with them and the consequence of that is our isolated generation that barely leaves the house because everything, including friends, are on their phones.

Honestly, I don't know how much more time we will be able to keep up with this behaviour but even if we can, I don't think this is the smartest solution for our future unless we want to lose our side that distinguishes us from all other races.

Duarte Sousa, 11º D

To clone or not to clone



Now more than ever, mostly due to technological breakthroughs, cloning and genetic manipulation have become a matter of public discussion worldwide. On the one hand, the use of genetic manipulation in food may be a way to respond to nowadays' booming population's needs by producing higher yielding crops, as well as ones with greater pest and disease resistance. Moreover, cloning could help infertile couples whose reproductive organs have severe damages or people with hereditary and degenerative diseases such as hemophilia.

On the other hand, there are, among several others, ethical issues. For instance, genetic manipulation is, from a religious point of view, unacceptable since human life is sacred, so we have no right to manipulate a living being's genes. Furthermore, despite offering a way to produce suitable organs for transplants, cloning wouldn't be affordable to everyone so the gap between rich and poor would accentuate.

In short, I agree with genetic engineering as a way to avoid starvation. The risk of jeopardizing human rights might not be worth taking, though.

Petra Fonseca da Silva, 11º B

Cloning and GM food

The first time I heard about cloning, I got very surprised. Later, when the word GM food appeared, the surprise doubled. Why do scientists manipulate the human genes, as well as the genes of plants and animals, and create a new being or plant?



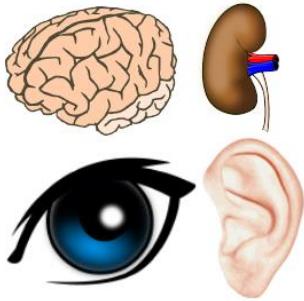
Well, nowadays' cloning can help cure hereditary and degenerative diseases, and help infertile couples solve their problem as well. When it comes to GM food, there are more benefits than risks, as far as I've read. Firstly, farmers save on pesticides and

herbicides because these crops almost don't need both of them. Secondly, as there's more production of food at a faster speed, there's the possibility of fighting world hunger. However, no safety studies have been done on GM food, so we don't know if it is a risk for our health. GM crops aren't the only ones to grow faster. Battery hens, for example, are given hormones in order to get fatter at a faster speed. They live under inhuman conditions, but fortunately there are people that worry about them and adopt another lifestyle in order to protect them. Vegetarians don't eat poultry and red meat, protecting this way not only animals but also the environment.

So, in my opinion, I agree with genetic engineering because there's more production of food at a faster speed, and this way, there's the possibility of fighting world hunger. However, some animals live under inhuman conditions, which is not good. So, I guess we should think about it and try to change.

Beatriz Leite, 11º D





Cloning will enable mankind to reach eternal life

Cloning will enable mankind to reach eternal life in the sense that either cloning organs or full humans themselves will allow us to remain healthy for longer and hence get closer to what we can call living forever.

Ana Carolina, 11º E

Cloning – why should you avoid it?

It's quite understandable that cloning is a highly controversial issue. Some people do agree with cloning, but others don't accept it any way mainly because of its cons.

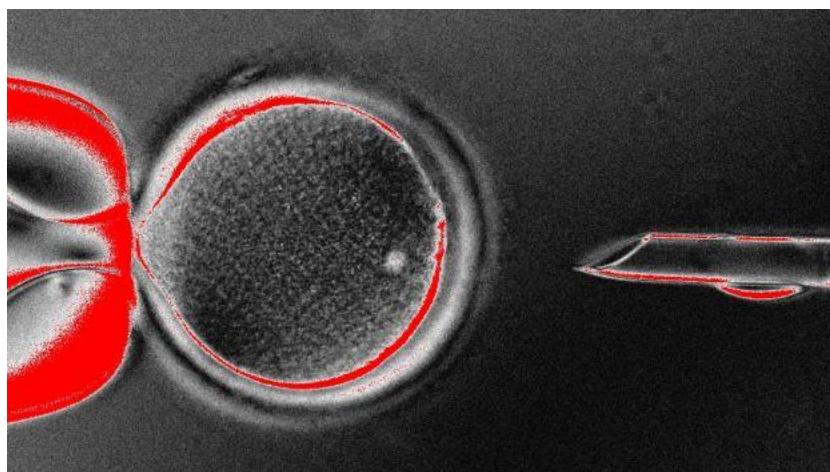
It's true that some people only value the bad aspects of the technic. They believe that it is unfair and unethical to create a person similar to other being. They also mention the possibility of using cloning the wrong way since we can create our army of murderers.

However, some other people, including me, understand cloning as a new challenge to humans, they say that a clone isn't a person to replace another one since only part of the bodies can be cloned but never the souls, which are always different. At the moment, if we have a transplant, our body can reject the donated cells because it may see them as foreigners, cloned cells wouldn't have this problem, though.

In my opinion, speaking of cloning is speaking about the future of humanity. Science is evolving so much that new possibilities are appearing every day to help us.

As I see it, cloning is an excellent way to treat diseases and is good for our lives if we use it the right way.

Beatriz Magalhães, 11º G



On the threshold of cloning



Cloning animals has been made for some years now opening a door for human cloning. It brings advantages to the humankind but creating problems at the same time.

Due to advances in medicine and new diets people now live longer, facing new necessities such as organs replacing or any body part, making cloning a great way to save a lot of lives.

However, cloning raises religious and ethical issues, we could bring someone into the world just to be killed or used as a place where I could pick "pieces" to replace when I needed, either way someone's life would be condemned. In addition, what rights would cloned people have, once they are human just like us? Yet, we would be changing a lot the natural process delaying our aging, without knowing the consequences of our options.

To conclude, I do not agree with bringing a child to life to save another human being as, for instance, religious reasons would raise dilemmas difficult to overcome. Animal cloning has been a great step, but that is where it should all end up.

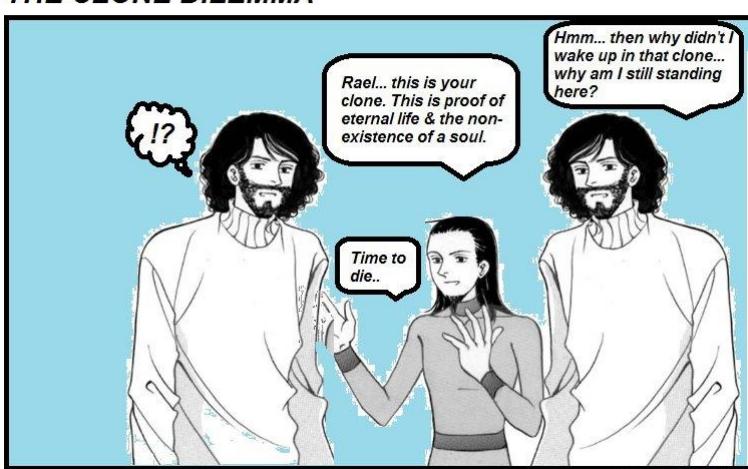
Diogo Marques, 11º G

"Cloning will enable mankind to reach eternal life" Claude Vorilhon

For some experts, cloning is not ethical and ends up with the real meaning of being a human. In a biological way, human destiny is to be born, to grow, to reproduce and to die. Using cloning to live more and extend human life artificially does not seem fair or ethical.

THE CLONE DILEMMA

Gonçalo Cunha Barros, 11º E



What online games taught me?

I'll write about how I met a big friend of mine via online games.



I enjoy playing online games a lot, especially Counter-Strike, a shooting game that has a lot of strategy involved. And, in this game, you can meet new people by queueing into a game and getting matched with 9 other people that you might or might not know. About a year ago, I got matched with a bunch of people and we were going to play a game, which is normal. We played the game normally (we won the game as well) and in the end of the game, everyone left the server and the software that we use to communicate inside the game. But I just stayed there longer. And so did another guy, he stayed there and we talked for a while after the game. Afterwards, we went to play again. But this time not randomly matched, but as known people. We played for one day, two days, a week, and it kept on going. Normally you make friends inside the game, but you don't talk to them as frequent as you would talk to a classmate. But we were kind of different. We were getting used to talk to each other daily, and in April, 2019, it has been a year since we played our first game. If one of us queued five minutes later, we wouldn't probably get matched up and we would probably have never met. Sometimes small things such as a video game can give you friends that school or your neighbourhood can't. And fortunately, that online friendship is not online anymore. Last December, we went to an event in Lisbon and it was a banger. People can talk a lot of smack about video games, but for me, it was never wasted time. People can make friendships via internet, friendships that can be stronger than a friendship made in our childhood.

In conclusion, games never took anything away from me, instead they gave me things that I wouldn't be able to have if I didn't play.

Bernardo, 12º F

A week without "oxygen"

I often find myself in moments of introspection about materialism and the influence this concept has in my life and society as a whole. I wonder about its importance and necessity. From this perspective, I have come to the conclusion that there is an ominous interdependence between man and the Object where the smallness of true relationships is notorious. Do we have any kind of freedom? Where does my autonomy end?

The truth is that the human being has learned how not to enjoy the magic of the moment and to put technology, more precisely, the mobile phone in a higher plane. This leads to having some source of the duty to register and share everything in a compulsive way. With this in my mind, I decided then, to understand and confirm or not the trueness of this indispensable object, for that I established a week without the use of the mobile phone as if it had never been created.



About what I learned in these weeks I can divide it into two great strands. On the one hand, I apprehended its importance in the sense of the "last minute changes", the communicability, the notion of time and the ability to record small moments of the day. In addition, I noticed that I listened sparingly to music. On the other hand, my productivity has increased exponentially, in parallel with my energy. It seems fleeting to say that I felt happier and alive. I believe that the prediction is mainly due to the fact that my brain is 100% fruitful in the analysis of the course of my 24 hours, antagonistically to if it was interpreting and registering the stereotypes, the farces and the uselessness of the social networks.

On the basis of this data, I conclude that, nowadays, the mobile phone is useful but not vital and therefore I strongly advise the reduction of its use and the consequent increase of creativity and spontaneity. Before this week I used the cell phone one hour a day, I currently use it from twenty to thirty minutes. It is a personal challenge that is hardened in a change that is imperative for those who want to ascend and must be done not only with the mobile phone, but also, for example, with the use of plastic.



Emilia Pinho, 12º E

Music & Cinema

RISE – Jonas Blue

We choose this song to tell our story because it talks about a problem of nowadays.

Jonas started dating with a girl and his parents didn't accept the relationship. The girl was from another country and he gave up from his studies because of her.

Both their parents think that they gave up and that "they don't speak our language", because they don't understand the love that they have for each other. Their parents think that they are savage, because they abandoned their lives to go to live together.

After this, Jonas and Lindsay had the idea of getting married and they started searching a city for them to live and settle. They don't care about what the others say and they won't give up of searching the perfect place. When they find the perfect to live they will stop searching and nothing will stop them.

They found it in Paris, this city is the perfect place for young couples. Paris is the city of LOVE, there is the "Eiffel Tour" and many places to visit, on a date, as well as a good gastronomy; it is a good place to live and create a family.

Two Years later they are having a good life, they have a nice apartment and now they are resuming their studies, they have good grades and their parents are very proud of them.

One day, the parents called them to check out if everything was ok...They talked a lot and they decided to make amends between them.

It's Christmas and they are having a family dinner and they will enjoy telling the parents that they will be grandparents. In the beginning, they looked surprised, after a few seconds they came to their senses then they accepted and looked very happy about it.

So they started to talk about the future, because they are now grandparents:

-Son, what we are going to do now? – mother of Jonas.

-I don't know, I thought you, both of you would love the news! – Jonas.

-Yeah we liked that. I wasn't prepared for that, me and your father we're not prepared. – mom of Jonas.

We liked the story of this song, because it talks about today problems: the fact that parents don't accept and understand the relationships of their sons and daughters.

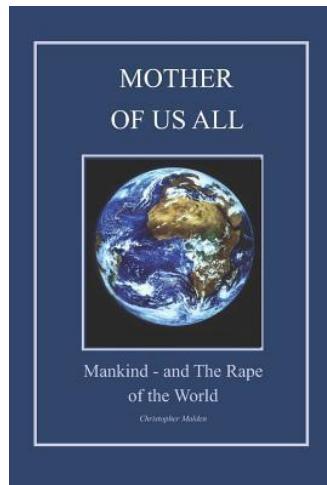
With this song we learn that we should never give up on our dreams, whatever they are, and we hope to have transmitted this to you!

Diogo Pires; Tiago Abreu; João Leite; João Gonçalves, 10º G

RAPE OF THE WORLD by Tracy Chapman

This song is criticizing the unsustainable and unmeasured exploitation that Earth is subjected to in the name of “development” and profits, by people led by greed and lack of moral compass. It can be related to contents such as consumerism, that end up fuelling this illogical “rape of the world”.

Tomás Barros Gonçalves, 11º A



“Man in the Mirror”, by Michael Jackson



Nowadays, in this cruel and uncaring world, Michael Jackson is trying to say we should be more kind, generous as well as friendly. Moreover,

Michael Jackson states that in order to change the world, in order to make it a better place, we have to change ourselves first. That being said, if we change our ways and our attitude our world will be a happier and nicer place to live in. Furthermore, after changing, we can convey this important message of caring about others to mankind.

Mariana Pereira, 11ºA

Michael Jackson's “Man In The Mirror”:

In his song ‘Man In The Mirror’, Michael Jackson wonders about the role he, as an individual, is able to play in making the world a better place. He comes to the conclusion that the best way for one to make an impact on the world is to start by oneself and attempt to correct their behaviour, acting in accordance to what feels most correct, as explicit in the sentence “I’m starting with the man in the mirror.” This is a very good pragmatical stance, which instead of trying to affect change in a large scale, that being somewhat implausible and, in the long term, ineffectual, actually manages to alter the world insofar as it is easier for one to get their house in order rather than the entire world.

Lucas Gonçalves, 11º A



Head Held High

Head Held High is a song by the Irish pop-rock group Kodaline, taken from their last studio effort - 'Politics of Living'. This is a markedly upbeat and inspiring tune, not only due to its musical structure and harmony, but also because of its lyrical content, portraying the struggles and readiness to quit one might be experiencing - as evidenced in lines such as 'you're nearing emptiness and you've barely got the will to fight' and 'you wonder if you're gonna live or if you will survive at all' - but simultaneously encouraging the listener to pull through and keep their 'head held high'. As it is the case with many of Kodaline's songs, the approach made by the band is one of connection with one's emotions and inner demons, struggles and suffering (whether it be a breakup - 'All I Want', 'High Hopes' or 'Love Will Set You Free' - , the loss of a loved one - 'Angel', 'Shed a Tear' - , or the feeling that you're not good enough - 'Human Again', 'Autopilot' or 'Ready'), in an attempt to find reassurance and comfort in those emotions, while simultaneously allowing yourself to experience and recognize the normality of those feelings - a key characteristic of what makes us humans. And isn't that what music is all about?

Tomás Barros Gonçalves, 11º A



Wish You Were Here

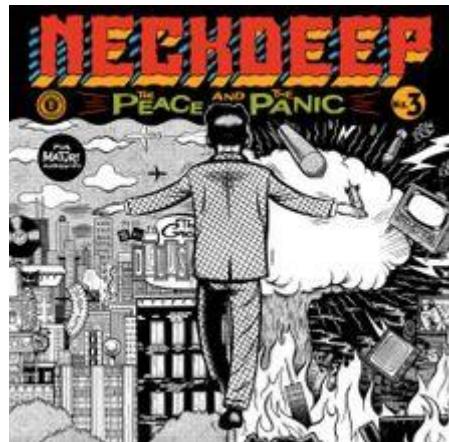
Wish You Were Here by Neck Deep is an acoustic song written by bassist Fil Thorpe-Evans and vocalist Ben Barlow in 2017 for the album *The Peace and The Panic*.

The song is about the passing of loved ones. The old pictures of someone we lost are the only things that we have of them, they make us feel sad because they make us remember the good moments that we have spent together and that will never come back again. When someone dies, it is common to hear "he/she is in a better place" but it doesn't help so much because a better place is right here with us. We always think "it should've been me" and "I wish you were here" but in the end we can't do anything about it.

The narrator tells us about school times when they thought they had nothing to fear, but bad things happen and now he just wants his friend to be with him again.

I love this song because it's very relatable, most of us have already lost someone, someone from our family or some friend and no matter how much time has passed, we still wish they were here. Lest we have regrets in the future, we should spend time with our loved ones, make good memories and show how much we love them.

Ana Sofia, 11º E



Human – Christina Perri

"Human" was released in 2014. This wonderful pop music is sung by Christina Perri who intends to convey her differentiated feelings.

In most of the song, Christina sings softly and calmly, accompanied by the piano, showing us that she can do everything, even if she has to surpass her own limitations. And so, the singer expresses (in a lovely way) all her emotions which oftentimes are hiding from the world: "I can fake a smile"/ "I can hold my breath".

On the other hand, the chorus presents us a suffering and desperate side of the singer. The sound of the piano is on hold and all words can stand out. Firstly, it starts with the phrase "I can do it", because the singer wants to convince herself that she can make many sacrifices and so that she can "be a good machine". Then the inspirational sentence reaches our heart and ears: "**I'm only human**", which means that the singer understood that sometimes she can't correspond to the expectations that the

others have about her ("I bleed when I fall down").

I conclude by saying that for me this song hasn't got any negative aspects. This incredible song has a powerful life lesson: it makes us understand that we should always do our best, but as we can't be perfect, there are things which we cannot do. In this way, at all times we must believe in our inner strength even though we are not bulletproof. In addition, we should ignore those who try to put us under pressure thus leading us to act wrong according to our values.

Ana Beatriz Barros Ferreira, 11º E

A new way to bleed

A New Way To Bleed is an amazing song by Evanescence, which is, in my opinion, one of the greatest bands of all time.

This magnificent piece of art is gothic metal, which is a subgenre of heavy metal and is characterised by dark lyrics and by having classical music instruments, like the piano, the violin, the cello, among others. I think the harmony in this song is just terrific, and the fact that the piano is so well combined



YOU BUILD ME UP
THEN I FALL APART
CAUSE I'M ONLY HUMAN



CHRISTINA PERRI

with the electric guitars gives a whole new level to it.

The lyrics tell a story of a person that is struggling with depression, but no one believes that she is suffering ("it's my, my heart, my life that you're calling a lie"), and she can't ask for help ("You know your whole world is waiting so why can't you speak?"). The "new way to bleed" can be taken in a figurative sense, like her self-loathing (she is bleeding out of herself), or in a literal sense, such as self-harm. I think that by doing these things she asks herself if she really wants to end her life or not ("Is this the end of everything? Or just a new way to bleed?"). And there is an excerpt where she says she's sick of all the pain, and asks for reasons to believe that suicide is not an option, because of the disbelief she's getting ("I've played this game before and I can't take anymore", "Give us a reason to believe again").

In conclusion, I think that this song delivers, or at least tries to convey, a very deep message, and I believe that this band should have more outreach, because every single song of theirs has an interesting story to tell.

Bárbara Carneiro Pereira, 11º E

Let her go Passenger

This song is about the fact that people miss things when they end or disappear. This shows the need to value the present time and not only the things that happen or the people that pass in our lives and that we should enjoy what we have so we do not regret when we lose them.

Li Wang, 11º H



Film Review

In the film “Wonder”, released in 2018 by Stephen Chbosky, Auggie is about to start the fifth grade, marking his first time at school with other kids, rather than learning at home with his mother. Born with a genetic abnormality, he has a significant facial difference. Surgeries that he made in his short life have left him able to hear, see and speak. Since he can't wear his beloved astronaut helmet all day at school, he has to face the kids calling him names and bullying him.

In my opinion, this drama is earnest, sweet and it has a strong message about loving the others. Auggie and the people around him will learn to think more of the others and find happiness inside themselves. Moreover, the story is exciting and the actors are extremely convincing.

Beatriz Fernandes Oliveira, 11º I





When it comes to films

When it comes to films, very few manage to impress or stick with me, I discovered *Hunt for the Wilderpeople* due to a recommendation on the Internet, it referenced that the director for this film was the same one as *Thor: Ragnarok*'s which was a film that I had thoroughly enjoyed, so I decided to give this one a chance, and I'm glad I did.

First of all, it is an “adventure comedy-drama”, taking place in New Zealand and dealing with a plenitude of wacky caricatures. The main two characters being Hec Faulkner, a relatively simple brusque man with a knack for the

outdoors, and Ricky Baker, a rebellious juvenile delinquent that gets placed into his care after being bounced around in foster care. They both head into the bush, a charming name given to the wild woodlands of New Zealand. As such, they get targeted for a nation-wide manhunt due to child protective services wanting to return Ricky to the Foster Care programme. The plot takes a warm, buddy-cop sort of atmosphere, with kind-heartedness and amazing dynamic between the two main characters with too many moments of just pure brilliant dialogue, filled with puns, inside jokes, witty one liner and even haikus. Of course, besides those two characters, the rest of the cast is quite brilliant, and I have to say the New Zealander accent makes the lovable/innocent humour's delivery ten times better. Along with that, the film's soundtrack is quite outstanding, to the point that I even enjoy listening to it on my phone occasionally. Finally, the cinematography is majestic, beautiful, enthralling, showing the New Zealand countryside at its most delightful.

In conclusion, *Hunt for the Wilderpeople*, might just be one of my favourite films of all time, with absorbing, heart-warming storytelling and character dynamics, witty un-obtrusive/not over the top humour and legendary soundtrack and cinematography.

Nuno, 12th E

Healthy Lifestyle



**Being healthy
isn't a trend
but a way of
living**

For me, choosing a lifestyle which is healthy is the best option to have a good way of living.

I will give you the example of vegetarianism. I would certainly like

to become vegetarian because it's a healthy lifestyle and has a lot of benefits to my organism.

On the one hand, there are the advantages, like weight loss, avoid health issues (diabetes, cholesterol) and gain a higher self-esteem because if your body gets better, I think your mind and self-esteem will be better too. Let's stop the guilty feeling after eating «bad» food.

On the other hand, there are the disadvantages, as you know, vegetarianism doesn't allow you to eat meat, and vegetables don't have all the protein you need, so you have to learn more about this way of living to control this lack of protein with eggs or tofu for example. Moreover, the lack of vegetarian restaurants can be a problem but more and more vegetarian restaurants and vegetarian options can be seen in normal restaurants, what makes this transition easier.

However, being healthy is better than being unhealthy so think twice about this and, of course, you do not have to become vegetarian to be healthy, there are other steps you can follow to be healthier, like avoid red meat, sodas, sugar, fried food and drink water regularly. If you do this, you will be healthier without having to change your lifestyle a lot.

Think about it: «Being healthy and fit isn't a fad or trend. Instead, it's a lifestyle»

To sum up, I want to make you think about your health because if you don't look for yourself, who will do it?

Francisca Nogueira, 11º K

The choice that makes us strong

Nowadays people are overloaded with work and lack of time. They live under the pressure of different problems, social, ecological, economic among others.

Studies show that almost eighty percent of the adult population constantly suffers from stress, noise and pollution in the big cities, diseases and instability when what is recommended is to be strong and healthy.

Therefore, some people begin to change their lives by choosing a healthy lifestyle. There is a huge variety of lifestyles such as the practice of sports, being in contact with the nature, volunteering, meditating or simply starting a healthy diet!

The practice of sports is indicated for those who seek to maintain a balance between the physical and psychological state. It can be practiced individually or collectively, in a casual or professional way.

Another interesting option is to take a break and get in touch with the nature since this retreat has many advantages like increasing the sense of well-being and longevity, a better quality of life and it reduces stress and anxiety.

Volunteering is suitable for those who love to help others and feel a great satisfaction in doing it. Nothing better than improving our lives while helping others!

A lifestyle that has become quite popular is meditation thanks to yoga, Buddhism and Hinduism. Its main objective is to forget the exterior and align our thoughts and the inner self that is present in each one of us.

Last but not least there is a healthy diet. You can do it by changing your food according to your needs. Now a large number of people are becoming vegetarian or vegan thanks to the advantages that this choice brings.

In short, it is possible to notice that more and more people choose to change their lives, even with simple daily decisions reducing negative energies and achieving their goal which leads us to conclude that opting for a healthy lifestyle only makes us stronger!

Liliana Costa, 11º C



Historical Recounts

The Siege of Jerusalem (during the first crusade)

At the point of the siege of Jerusalem, through sheer happenstance, blind faith, luck, byzantine support and a lot of pillaging, the Crusaders had remained undefeated. Thus, having arrived at the city of Jerusalem, undersupplied and exhausted, they were faced with poisoned wells and only tree stumps outside the city which the garrison had done expecting the crusaders to be on the brink of collapse and unable to wait out a siege.

Faced with such a tough situation, the crusaders consulted a local hermit, who gave them optimal advice for the siege that they followed to a T. They marched barefoot



zealously singing religious songs, participating in religious activities, and listening to sermons on nearby landmarks. After that, they were readied for an assault. The Crusader army, who at the core was composed of four main factions, the dukes of Normandy, Flanders, Boullion and the count of Toulouse, who organised themselves with the 3 dukes lining up on the north side of the walls and the count on the southern part. With practically no preparation besides religious ones, the crusaders attacked and were easily repelled. However, fitting with the theme of sheer luck of the first Crusade, Genoese ships arrived nearby, and were then looted and scavenged for supplies to sustain the men and wood and parts that were sorely needed for the construction of siege weapons. With that and the wood they had managed to capture in a nearby region, the crusaders built two siege towers. Again, they formed up and launched an assault on the walls of Jerusalem, with one siege tower in the north and another in the south. During the assault, the southern tower was burnt to the ground. However, the northern tower met resounding success, having managed to reach the wall and giving the attackers a breach, forcing the garrison to retreat inwards into the city and allowing the crusaders free entrance resulting in its capture and the subsequent massacre of civilians.

After this siege, the Kingdom of Jerusalem was established and lasted for another 90 years, but the battle/siege is really only notable because it was actually won and did not result in complete disaster, all that, because of Genoese ships arriving at just the right time.

Nuno Lobo, 12th E

THE HUNDRED YEARS' WAR

The Hundred Years' War was an intermittent conflict between England and France, two of Europe's *biggest names* at that time, which occurred from 1337 to 1453. This war was set to determine who would be the successor to the French throne. Lasting 115 years, its death toll wasn't nearly as bad as some pretty shorter ones like the WWII.

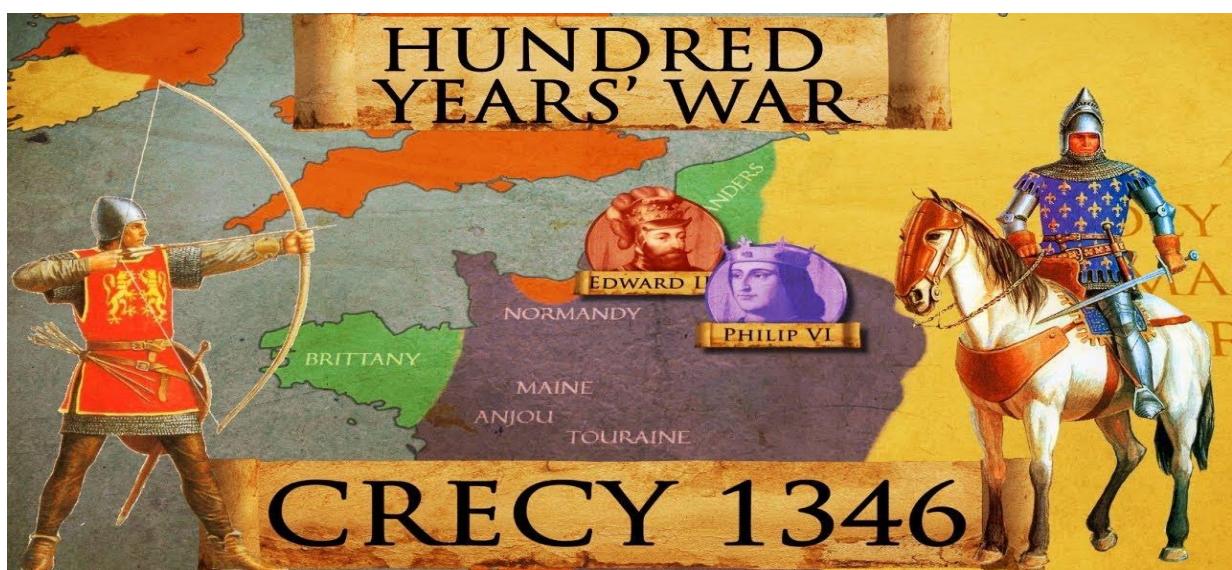
It was when Charles IV of France died without a son in 1328 that his first cousin was the chosen one to replace him, becoming King Philip VI. This happened because of a 1316's principle which denied women succession to the throne. Although Charles had a part on his cousin's will, Edward III from England, having the closest male relation with the deceased, was considered by some to have the stronger claim on the throne. This reason beyond all was the main one to trigger the so called Hundred Year's War.

A series of battles and conflicts followed: The End of Homage, The Outbreak, The *huge* Battle of Crécy and The Battle of Poitiers; until the First Peace period chimed in. From 1360 to 1369 (9 years), there was "peace" for the first time in 23 years. Why "peace"? Well, even during these years the French King, John II, was being held captive in England. It was for this reason, as France was so fragile, that the Navarrese, supported by Edward III, tried to take over France's power.

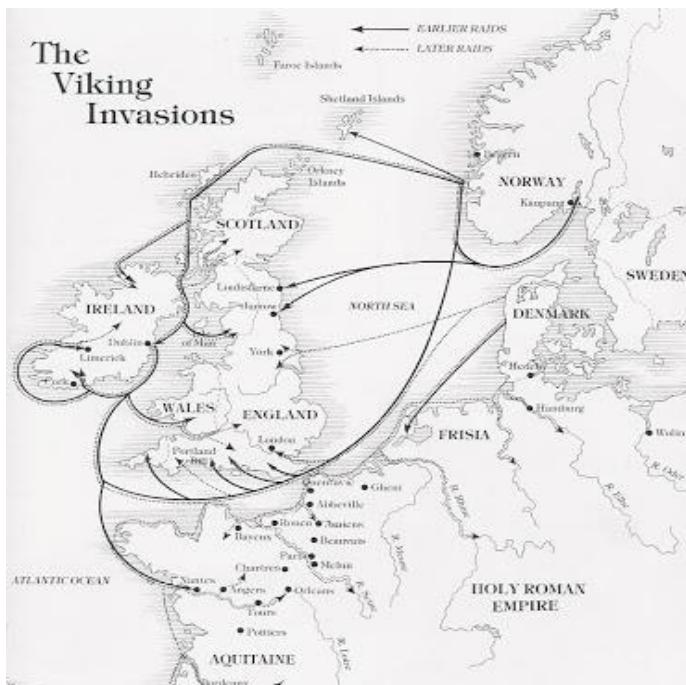
After this peace period came to the end, the war started all over again, having the first war after this period occurred in 1366 (Spain's civil war). Many other different disputes happened and the war itself lasted so long that Edward III was replaced by Henry V who battled out its remaining fights.

In the end, the French took the victory over the English, which marked the end of a long period of instability that had started with the Norman Conquest in 1066. Although France won, the country lost half of its population during the war. In addition, those numbers also got affected by the plague in the same period of time. The Hundred Year's War is seen as just *another conflict*, a small sample of war, not even having made one tenth of the dead in World War II.

Ricardo Costa, 12º E



The Scandinavian Invasion of Britain in the 8th Century



Beginning in the 8th century, an economic and political change occurred in Scandinavia, which provoked among its population a feeling of discord and adventurous activity. They began a series of attacks upon all the lands next to the North Sea and the Baltic. Their activities began in plunder and ended up in conquest. These Norse seafarers were known as Vikings, whose period of activity extended from the middle of the 8th to the beginning of the 11th century, popularly known as the Viking Age,

which had an important role into making what now is modern day Europe.

The Scandinavians were incredible sailors with impressive ships and navigational skills. However, the Vikings were most times seen as barbaric warriors, rather than tradesmen. One reason for this was the violent raids they performed in many locations. A place which suffered an increasing amount of attacks along the centuries was the British archipelago, at first only simple plunders, which later evolved into full on war expeditions.

English is a language of Germanic origin, just like German, Dutch, and all Scandinavian languages. Towards the end of the Old English period, English underwent a foreign influence, resulting from contact with the Scandinavian. The colonization of the British Isles by the Norsemen, especially the Danes, who founded the dukedom of Normandy and, later, conquered England, had a big effect on the English language and vocabulary, as well as culture.

With these several invasions, the Vikings clearly had an influence on the English language itself. From hundreds of Scandinavian place-names that can be found in the British Isles, with endings such as “-by”, “-ness”, and “-thorp”, which constitute typical Scandinavian namesakes, to the number of words that were borrowed and are still part of everyday vocabulary. A possible reason for this was that Old East Norse and Old English were somewhat comprehensible between each other. Therefore, many Norse words were incorporated into the English language, such as the words “law”, “sky” and “window”, together with the third person pronouns “she”, “they”, “them” and “their”. Old Norse also influenced the verb “to be”, since the replacement of plurals by “are” is of Scandinavian origin, as is the third person singular ending “-s” in the

present tense of verbs. Some Norse words even survive in the dialects of North-eastern England, with over a thousand words eventually becoming part of standard English, including “landing”, “score”, “beck”, “fellow”, “take”, “busting”, and “steersman”!

The similarities between Old English and the invaders’ language makes it, occasionally, very difficult to decide whether a certain word in Modern English is a native or a borrowed vocab, due to the most common words of the two languages being indistinguishable. So how do we figure it out? One answer to this problem is the differences in the evolution of sounds in the Germanic areas. While native words like “ship”, “shall” and “fish” have “sh” in Modern English, words borrowed from the Scandinavian are typically pronounced with the “sk” sound, just like “skin”, “skill”, “bask” and “whisk”.

To sum up, although the brave sea warriors of Scandinavia only wanted riches and territory to conquer, by migrating and settling *en masse* (yes that exists in English, not borrowed from Norse, but from French instead) in the British Isles, their language naturally had a humongous influence on the English language with Scandinavian vocabulary penetrating nearly every area of the language, forever changing the physical landscape of Britain, but also its linguistic one.

Lucas; Moniz; Raquel; Inês; Eva, 12º F



Travel Guide

Sustainable tourism

We all enjoy meeting new cultures, exploring unknown places, seeing outstanding communities and trying a different cuisine, but there is a problem... we will not be the only ones to do so. With tourism comes pollution, waste of materials and consumption. Because of this, there is an urgent necessity to change our travelling patterns to a more sustainable way of travelling.

Firstly we should consider some facts about tourism statistics: international tourism has increased from 25 million globally in 1950, to 278 million in 1980, 527 million in 1995, 1.32 billion in 2017 and it is expected to reach 1.8 billion by 2030 and the global travel and tourism industry creates approximately 11% of the world's employment (direct & indirect). This being said there is no need to add that travelling is fundamental to the economy and it is a vital part of our identity.

Second of all, we must all open our eyes to what is happening worldwide when talking about climate and look at some data such as the numbers of cars on the road has surpassed 1.2 billion and will reach 2 billion by 2035; eating beef is the most water consumptive practice by travellers; by 2050, climate change could have directly led to the extinction of 30% of species, the death of 90% of coral reefs and the loss of half Amazon rainforest; 1 acre of trees absorbs 2.6 tonnes of CO₂ per year and since 1970 a third of the natural world has been destroyed by human activity. Considering all this, we should take some environmental precautions, for example: when visiting a city, rent a bicycle or walk instead of using transports that need fossil fuels to work; try to change your diet and look for Mediterranean, vegetarian and vegan meals; choose sustainable snacks; don't purchase or eat endangered species; avoid plastic packings; use your own shopping bag; do not go to the circus or zoos; preserve water by taking shorter showers (the average hotel guest uses over 300 litres of water per night and in a luxury hotel it is about 1800 litres); educate yourself about the city you are visiting as in places like Mayan Riviera there is still no proper recycling and mountains of plastic are created; reduce energy consumption by unplugging your mobile phone charger and turning the lights off and ask your accommodation provider about their sustainability practices - do they compost? Recycle? Have fair labour rules? Have an environmental policy?



Moreover, it is also fundamental to understand and respect the culture of the country you are travelling to as well as helping their economy. You can do so if you buy locally made souvenirs; eat at local restaurants; donate or contact a local school and see where you can be helpful; don't support the illegal drug trade nor the sex trade.

To sum up, the industry of tourism is growing faster and faster, therefore we must ensure that the world and all cultures are well preserved and protected for future generations. The solution to reach this goal is embracing and practising sustainable tourism.

My dream destination

Choosing only one place seems like an impossible task, consequently, I had to put a lot of effort into this matter. Taking tradition, culture, lifestyle, and beauty into account I have to elect Hawaii, in particular Kauai as my dream location.

Firstly, Kauai is the oldest island in Hawaii, therefore, it carries a particular type of ancient history full of myths and legends including stories of gods and men, of love and betrayal and of birth and death. Almost every place on this island has a backstory that ties its name to the culture and the people who used to live there centuries ago. As you can see, by going to this sanctuary you will find the roots of Hawaiian beliefs which includes surf, cuisine, and rituals.

In addition, you'll find green mountain peaks, hidden waterfalls, and spotless beaches, where you can practice watersports. There is beauty wherever you look. Kauai is the ideal location for outdoor lovers as well as for people who aim to reconnect with their inner self.

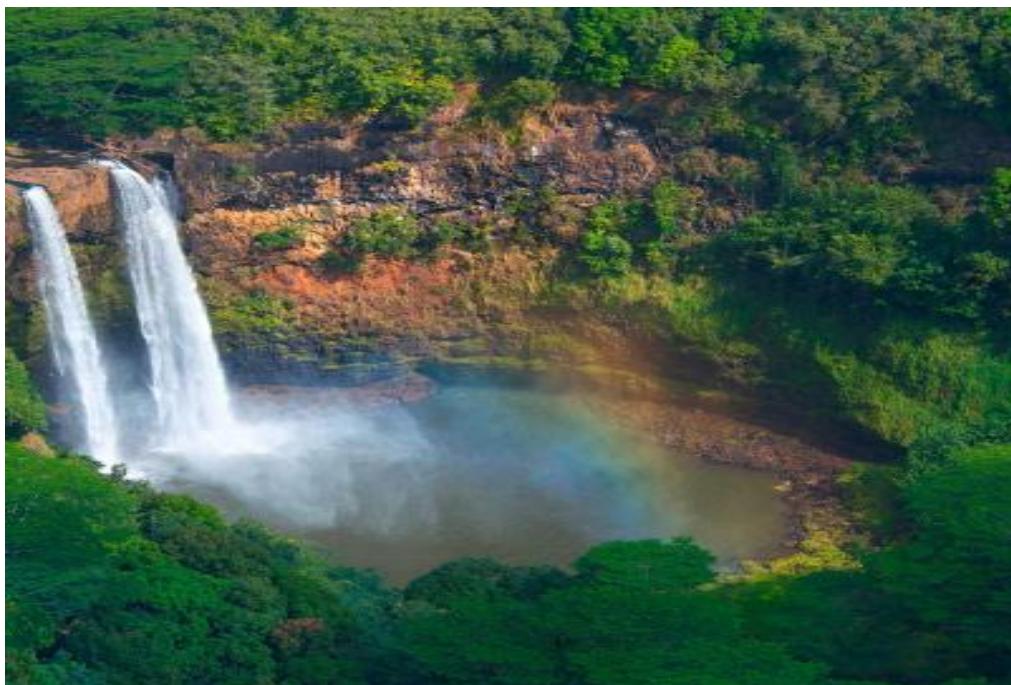
Hawaiians are full of joy and enthusiasm. They respect nature, culture, and foreigners. Due to this fact, you can expect to be treated with kindness and hospitality.

Moreover, you can visit Kauai on foot by doing trails. These hikes, for example, the "Awaawapuhi Trail", will allow you to reach unbelievable viewpoints and experience epic sunsets.

Thus, to this richness, I find this island the perfect place to go to. Magical spots like this one are marvellous creations of nature that we must visit.

To sum up, I really want to travel to Hawaii and see those wonders for myself, I cannot wait for the chance of spending some time there.

Emilia Pinho, 12º E



My dream holiday

My dream holiday involves a trip throughout Europe and there aren't any countries that I wouldn't like to see because each and every one of them is special and has a totally different culture and architecture.

First of all, I could not pick only one place to spend my time because Europe has so much to see that having an interrail seems like the best option due to the price and the number of places we can visit.

When the time comes, I might choose two cities at a time to visit, for example, Barcelona and Florence.

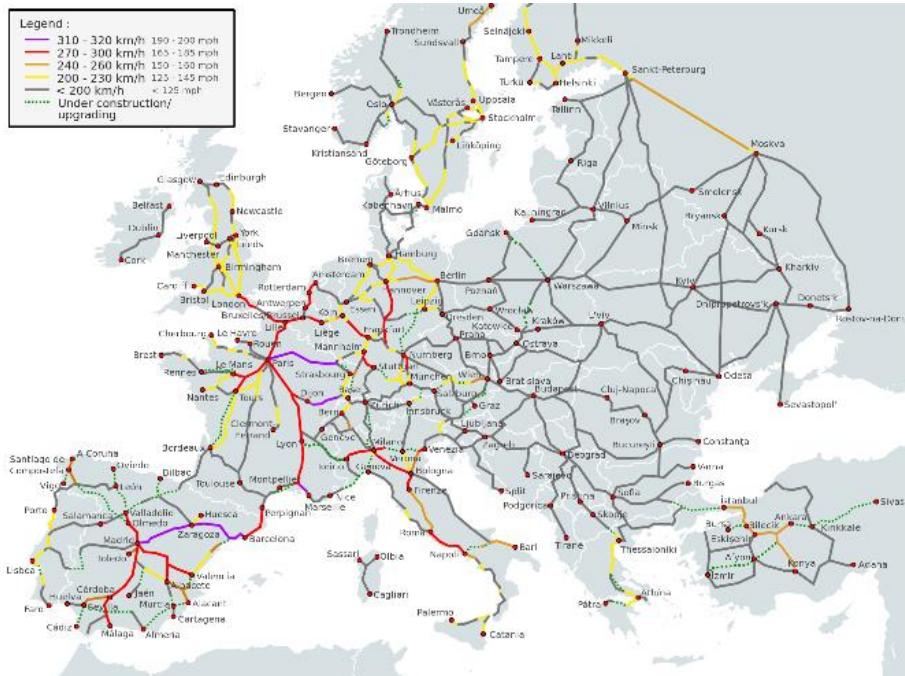
In Barcelona I would be able to contemplate the Sacred Family Cathedral, known by its Gothic style which sends us to the romantic architecture, the "Casa Batlló", the building itself is an apartment block that Gaudí altered.

Mainly, people describe Barcelona as an agitated city with lots of people and turmoil and it makes you feel like you are integrated and never alone. People will be nice to you since they are not very different from Portuguese people but you'll have to make an effort and talk in their language because even though our languages are similar, they don't understand Portuguese.

There are transports to everywhere because it is a very touristic city, but hotels and restaurants are expensive, so you will not be able to eat good food like in your own, but eating out, especially abroad, isn't like our grandmother's food anyway, right?

Although I have a specific itinerary in Spain, in Florence there are no places that I would like to visit, due to the extreme beauty of the city, there's no need to seek for monuments. One disadvantage of Florence is the price. In fact, as a result of the affluence of tourists, the prices are very high, in terms of food, transport (which is wide and good) and hotels.

One the other hand, the quality of the atmosphere will blow your mind, because there are a lot of parties, any time of the day or night. Italian people are very loud (it is the spirit of Western Europe) but they can be unpleasant for tourists and it is normal, because we make their lives difficult when we are everywhere, like a plague.



To sum up, the interrail will bring you a different way to look at the world because you can acquire new visions based on varied cultures, and I have learned at first hand that contacting with different people, culture and religion can be life changing, even though you had strong ideas and convictions about certain matters, you might change your mind.

Francisca Oliveira Valente, 12º E

Can this be my next destination?

This is a place with a unique tradition, full of history and cultural monuments and has also fabulous and tasteful food, but what I really want to try is their appetisers. This is all I ever wanted, everything packed together in one big country named ITALY!

Located in the Southern Europe, it is one of the neighbours of France and Switzerland. Italy is quite a big country with 60 million people who are both impatient and kind to others, depending on the side they wake up on their beds in the morning. Despite this, I love the harmonious inflection and the beautiful sound of the Italian language.

I do have a list of what to do when I go there and it's time to share it with you. In my opinion, I MUST chiefly visit the most historical cities such as Naples, Rome, Florence, Milan, Bologna, not to mention Sicilia, the city that embraces the giant Volcano called ETNA.



And obviously, the capital of this amazing country, that is Rome. This city is situated between the Apennine Mountains and the Mediterranean Sea and is particularly known to have many famous and historical monuments which I really want to see, for instance, the great St. Peter's Basilica, The Fontana di Trevi, The Colosseum and the Roman Forum. In addition, Rome is also known for its great *Maritozzo*, which appears to be a soft bread with whipped cream and some small chocolate chips and, of course, for the very tasty *Prosciutto*.

Apart from Rome, Milan is also an iconic city in Italy. It is internationally recognised as one of the most important fashion capitals and with the greatest number of sartorial hubs in the country, followed by Rome and Florence. Also, Bologna is a perfect destination to be explored on foot because it is a flat city and the main attractions are concentrated mostly in the city centre.

To sum up, I am truly excited to go there and to learn new recipes, to meet new people and to get to know more of this amazing European country.

Inês Silva, 12º E



My Dream Holiday

As the largest city of the state of Washington, located near the US-Canadian border, Seattle boasts a spot as one of the fastest growing cities in the United States, being large, important and simultaneously culturally and geographically interesting enough to be considered a nice tourist-friendly city, with many attractions, without the hectic and overcrowded feeling other more mainstream cities like Los Angeles and New York possess.



Whilst normally overlooked, and mostly associated with set landmarks, such as the Space Needle, Seattle very much has a very pleasant feel to it, with impressive displays of modern architecture, multiple prestigious museums, gardens and parks of recent make, as well as vintage New England/Boston Romanesque residential districts riddled with hip shops, restaurants and bars.

Along with that, its coastal position and importance as a harbour shows, with multiple attractions such as the Washington State Ferries, which take you along the Puget Sound, with its astonishing views and wildlife, to visit local communities. Likewise, for a little bit more of a nature experience, the Seattle Aquarium whilst not necessarily an outdoors ordeal, has multiple exhibitions, from sea otters to various types of fish, to an underwater dome, in which you can observe the seashore wildlife directly, going so far as to being able to observe sharks.

It is also worth mentioning the musical history of Seattle, with a large jazz movement between 1918 and 1950 and more notably being the birthplace of the grunge rock movement, with iconic names such as Nirvana and Pearl Jam having its roots there, of which you can find many vestiges whilst exploring.

In conclusion, I'd really enjoy visiting Seattle as it is a city which has many of the qualities I find attractive in an American tourist destination whilst maintaining a moderately tranquil atmosphere.

Nuno Jorge Araújo Lobo, 12º E

My Dream Holiday



As I've been asked to write about my dream holiday, I am going to address the United States of America as my perfect destination. As a whole.

All of the fifty states of this nation have a certain appeal to me, whether it is for the great cities or even for the vast fields. It is known for a fact that movies have had a huge influence on that. Almost every production we see on the big screen is made and recorded there. Apart from that, the USA simply fascinate me with things like the food franchising and the huge stores compared to ours. Moreover, their monuments, immense buildings and the simple fact that the USA kind of runs the world amaze me in a way that I do not only want to go there on a holiday but also live there as an option for the future.

I must say there are a lot of places and certain states I would like to visit the most. One of which being New York just for its vastly known main streets and California for the landscapes and beaches. Monuments like the Grand Canyon (in Arizona) and the Empire State Building (in New York!) are just two of the sights I would love to experience personally. The atmosphere there seems amazing when I watch videos of people living or just sightseeing in the USA and that is another thing that adds to my current will of going there.

In conclusion, my dream holiday is mainly based on a trip to the USA to get to know some states better and sightseeing in general. Meeting famous people would also be a great thing but the odds of that happening are quite low (still, who knows!).

Ricardo Costa, 12º E

The land of the Southern Cross

Australia is a very unique place: several animal and vegetable species only inhabit its extreme/ amazing/ weird land; it's hot pretty much all year round and there is a continent, named Oceania, that is basically Australia (don't think I am uncultured, I know New Zealand exists).

Though the capital city is Canberra, other cities come to mind whenever one hears "Australia". Sidney, Melbourne and Brisbane emerge as tourists' favourites. Located around one of the biggest natural ports in the world (Port Jackson that is), Sidney presents us the Royal National Park, Sidney's Bay and also the infamous Sydney Opera House as its powerhouses. On the other hand, Sea World, South Bank and the Glass House Mountains, all Brisbane locations as well as Flinders



Street Station and Yarra Valley (Melbourne steps in as the destination here) are must –visit places for me.

All in all, Australia is one of the best, if not the best, countries to live but also a great destiny to visit, discover and enjoy. I would absolutely adore going there (who knows, I could even meet a kangaroo!).

Hugo Gonçalves, 12º F

My Dream Holiday

Amazing traditions, a unique culture, and a distinct lifestyle. A place with these characteristics is my number one dream destination: Mars.

Located in the Solar System, Mars is known for its mystical red natural colour, mountains and dryness. Mars is quite a tiny place: the third smallest in the system even.

Although there aren't many famous cities or monuments, I still wouldn't want to miss remarkable geological landmarks, such as Olympus Mons, Valles Marineris or Phobos and Deimos, two adjacent moons.

Olympus Mons is officially the largest volcanic mountain in the solar system, a volcano so huge in the northern Tharsis region that it deforms the roundness of Mars! I can't help but erupt with excitement!

Apart from this record-breaking mountain, Valles Marineris is also a well-known landmark. A gigantic equatorial rift valley whose canyon system stretches, as a reference, a distance equivalent to the distance between both coasts of the United States, in fact, the Grand Canyon could easily fit into just one side canyon of this humongous chasm.

I really want to visit Mars and make my dream come true. It's such a different place with lots to offer and also, my good friend Opportunity lives there, so I can't wait to be able to spend time with it.

Lucas Pereira, 12º F



Poet's Corner

Love him or hate him?

Love him or hate him?

The magnificent William Shakespeare
The one who was born in Stratford-upon-Avon
The one who grew deeply in me with his poems
The one who is known to write Romeo & Juliet
How not to love him? Is that even possible?

That incredible man wasn't a noble,
he was a simply nobody who studied Latin,
a nobody who didn't go to university,
a nobody who married Anne Hathaway with only 18.
How not to hate her? He was taken!
(He wasn't that good looking anyways...)

April 23 rd, 1564
The day that the world changed,
(not sure, but his mother's belly did).
Finally, the chosen one was born.
Actually, not the chosen one, but the lucky one,
'cause he watched his sisters died from Black Death,
And he was the one who lived long among his brothers.

Joan, the only sibling to survive after him
had a strong bond with her brother (not because of
incest!).
They loved each other so much, 'cause when he died,
He left her well provided with Money.
She lived on to see her brother become famous.

Considered as one of the finest writers in the English
language,
Shakespeare performed before Queen Elizabeth I,
and later before James I, who was passionate by his
work.
Surprisingly, Abraham Lincoln, the beloved president
of USA
was also a great lover of his plays.

John Shakespeare and Mary Arden,
what to say about them? Yeah, they're William's
parents,
and they were from two very different worlds!
He was a farmer and then started a business trading,
on the contrary, she was a wealthy young lady,
which reminds me a lot of his romance "R & J".

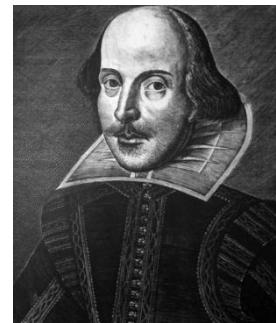
Shakespeare's best known play,
it's simply beautiful and heart breaking.
We just watch two lovers who defied their families,
to end up dead? At least, they died together, but
c'mon...

Does it make any sense?
People have the right of choosing their own destiny,
to be in tune with themselves.

Society. What can we say about it?
It sucks, 'cause it's already rotten.
Yes rotten! Everyday we watch people dying,
violence, unfairness...
How can we be comfortable seeing these?
Shakespeare spoke out making this theatre.
We have to do the same, so we can move on
and find peace (What seems impossible!)

As Shakespeare said:

"You say you love rain,
but you open your umbrella.
You say you love teh sun,
but you find a shadow spot.
You say you love the wind,
but you close your Windows.
This is why I am afraid
When you say that you love me too."



At first I didn't pay attention,
But then something in my mind pulled the trigger,
And I realized that we humans are so complicated,
we are contradictory, we have the tendency to difficult
everything.
Why can't we see that things are damn easy?

This crazy beautiful soul was so different,
that he penned a curse for his grave,
daring anyone to move his body from that "final resting
place",
and he said he would curse the person who moved his
bones.
He died in 23 rd April of 1616 with only 52 years old,
and his grave is still undisturbed.

RIP notable Shakespeare.
And please God bring more people like him,
'cause we need it urgently,
Or it will be the end of us.

LOVE HIM OR DOUBLE LOVE HIM??

Cláudia Araújo, 12ºI

In a World Of Roses

1. In a world of roses

I was born a sunflower

And all I ever wanted was to be red

Cause bright yellow will never be

A classic beauty

And it's such a tragedy

That I cannot see

That different is gorgeous

And the beauty of others

Does not mean

The absence of yours.

And they hurt so much

That I still have the scars

But what hurt more

Wasn't the whispers my mind created

It was the way you looked at me

With one tear dripping from your eyes

And it didn't hurt because

You were crying but because

I knew it was the last time

I would see the love of my life.

2. Sweet butterfly,

I envy you

Your pretty wings

And specially the way you fly

But most of all

I envy your privilege

Of simply leaving whenever you want

Feeling the wind blowing through your mind.

But, sweet butterfly,

I am so sorry

Cause despite your pretty wings

And being able to fly

You will soon fly away

So far away

That you will be

In the forever skies.

3. As you walked into that train

All the beautiful things I once knew were gone

As you sat and looked through your window.

I could see all the shadows that framed your face

My mind was filled with whispers of you

4. They say that tears are a way to show weakness

But to me

They are the greatest way of showing strength.

5. She lost him

And through all the screaming

A glance of memories filled her brain

The first time he put his tender hands around her waist

The countless times her stomach was a garden for butterflies

And specially the way his big arms held you,

Even when everything was okay

But also the way he looked at her

When he slammed the door

Calling her names

And other things she couldn't understand

All the nights he stumbled his way home

Then she realised

She lost him

But she found herself

And somehow that was everything.

Annie Harada, 10º J

Photo Ark

And here as the big finale, the remaining photos of the poetry session, see you next year!!



