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Paweł Kotowskí 🙂



Jakub Arczewskí 🙂



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We are students of our school, representatives of almost each age group. It was a great pleasure and fun to work togethger to find the interesting materials, ideas and write about them. We wanted to include not only the interesting but also important facts as ecology, volunteering and good manners.

**We**, with help of other students, have created this magazine. **We** were not able to print all sent articles. **They** will be released next time. Thank you for cooperation.

All engaged in creating this magazine had the opportunity to improve their language skills and cultivate their interests. In most cases, we and the authors chose the subjects of the articles. So if you read this magazine, you will have a chance to get to know us better. The choice of the title "Enjoy" was not coincidental. We are the optimists and we want to give our optimism to you.

Have a good reading. Have a nice holiday! Enjoy English! Enjoy your life!

#### "Guests in home, God in home"

#### Guests

It is a group of people making a visit, that the househost should take care of them, pamper and not boher them

with their problems.



#### FIRST

#### Guests should not expose the househosts to danger.

Fact: They were invited to somebody's home, they were blessed with trust and respect!!! Very important:

- do not look at the refrigerator, the cabinets
- do not criticize
- do not talk about politics

#### Secondly

#### Guests should take care of their own entertainment

Fact: The hausehold are very busy preparing food, drinks and they have to clean!!!



Thirdly

#### The gesture will be to bring some food

Fact: Help in cleaning, preparing dishes, praise the dishes!!!

Very important:

Praise food even when it is not too good

#### Fourthly

Households should present the person who first came

Fact: Then the rest should be presented according to age, degree of importance or in the order of seating

Very important:

Introduction is a social ritual!!!

People like it when we remember their names. Therefore, it is worth trying a

# Spring

Spring, the sweet spring...Spring is here! You can smell fresh flower in the air. The whole world is green. You can see colours everywhere. Birds are backing and singing. Bees buzz and make honey. The sun shines high and brings everything life. Come outside and see this!



- you can walk for a long walks
- do sports
- meet friends
- read the books
- pick up flowers
- clean up
- eat healthier
- have a picnic



### EASTER



It is the oldest and the most important Christian holiday commemorating the Paschal Mystery of Jesus Christ: his Torment, Death and Resurrection, celebrated by the Christian Churches retaining the Nicene Confession. It has evolved from a feast celebrated in spirit and truth within the Jewish customs of Pesach. Eventually took the form of a three-day celebration of the so-called The paschal triduum,

preceded by a forty-day preparation period (Lent) and continued joyful celebration of the fifty days of Easter until the Pentecost. Holy Week begins with Palm Sunday. Once it was called a flower or a willow tree. Palms-willow buds, boxwood twigs, raspberries, currants - decorated with flowers, moss, herbs, colorful feathers. One of the greatest traditions of this period is the blessing of the Easter basket.



Here are a few things that should be in our baskes:

- eggs (symbol of new life)Easter lamb (symbolizing the resurrection of Christ)
- > bread
- sausage (as a sign that Lent ends)
- horseradish (symbol of passion)



Another important tradition is making Easter eggs. Red Easter eggs are said to have magical powers and drive off bad charms, they are a symbol of heart and love. There are many types of Easter eggs, eg. stickers, scratches. On Easter Sunday after the resurrection, everybody sat down to celebration breakfast. First, people shared eggs. There could not miss *mazurek* on the Easter table. Wet Monday, funnel feast - is a game that we all know perfectly well. It was possible to drench everyone and everywhere. The virgins, drenched on that day, had a better chance of getting married.



Easter is also the time to make a wish. Here's an example:





### CARMGUAL



Carnival is a Western Christian festive season that occurs before the liturgical season of Lent. The main events typically happen during February or early March, during the period historically known as Shrovetide. No matter what your opinion on religion may be, it remains a fact that the advent (period when everyone's awaiting Easter) is followed by the Carnival! Starting December 31<sup>st</sup> with New Year's Eve we start almost two months of partying, dancing, eating and drinking. As in most countries in Europe it's a period of celebrations, parties, eating greasy food and having lots of fun.





Historically, New Year's Eve wasn't celebrated by Polish noblemen. During the First Republic, which lasted until the turn of the 18<sup>th</sup> and 19<sup>th</sup> centuries, the nobility spent 31<sup>st</sup>December at home or in church. Party time began in January, after Three Kings' Day. And once it started, it didn't last just one day or evening. It lasted for a whole season called the Carnival, which ended on what was known as Devil's Tuesday, a day occurring just before Ash Wednesday. During this time the nobility participated in fetes, masked balls and other merrymaking events. The sleigh parties were usually the crowning attractions of the Carnival season. An old Polish sleigh party was a truly spectacular event. It commonly started with a couple of gently born neighbours deciding to go on a sled trip. Together with the grown-up members of their families and numerous servants they would form a joyful sleigh procession and go, uninvited and unannounced, to the nearby homes of their noble neighbours. There they would demand food and drink. The procession typically included musicians that would play along the way for those wishing to dance.

When you're in a major city, like Warsaw, Gdansk, Krakow, Poznan or Wroclaw, you will find a proper carnival party at any weekend. All the night clubs are offering special dress-up carnival parties at least once a year, so you're certain to find one at any time. Polish carnival is not in the streets, but it is a good time with companies organizing their staff parties, people partying at home and in clubs. In the past the biggest highlight of this period, apart from the usual dancing, eating and drinking, was a special party called sleigh ride. It's main attraction was a sleigh ride followed by all kinds of traditional alcoholic drinks and hot food. Some people follow this tradition until today.





The last days of the Carnival ("Fatty Thursady" and lasting until the Ash Wednesday) are particularly intense. Every February, people in Poland eat doughnuts. Fat Tursday, the last Thursday prior to Ash Wednesday and the beginning of Lent, is one of the most important holidays, and it mainly revolves around eating as many doughnuts as possible, all in the name of good luck. Statistically, every Pole eats two and a half doughnuts – on that day, which constitutes a whopping 100 million for the entire nation. In the most famous pastry shops people queue up to purchase these balls of fried dough, traditionally filled with rose jam or plum preserve. Poland's love affair with doughnuts dates back to the 16th century. Another Fat Thursday favourites are faworki – thin dough ribbons, fried until crispy and sprinkled with powdered sugar. The number of these baked goods consumed annually on Fat Thursday is truly astronomical.

### **MELTING MADDER**



During the Great Lent that begin with Ash Wednesday and lasts about six weeks, a well-known rite of summoning the spring has been practiced by us all for centuries. This custom, celebrated to this day throughout Poland, is called the melting or burning of a straw effigy called "Marzanna", "Morena", "Death", and "Śmiercicha". Marzanna is an image and symbol of winter, death, all diseases and evil, and its destruction symbolizes its end, the birth of a new life, the magical summoning of spring. People who are tired in the winter, not wanting to wait longer for the arrival of spring, try to summon her by drowning Marzanna's puppet. The melting ritual usually takes place on March 21, on the first day of spring, or just on one of the early spring day.

The puppet is made of straw and depending on the region in which the ceremony is celebrated, it is clothed in a white cloth or dressed in Christmas clothes: a white shirt, a corset, skirt, necessarily with a wreath on the head. Thus made Marzanna, in a solemn procession, bring from house to house so that she takes away all evil from all illnesses, troubles and failures. Then it is put up and set on fire, the burning effigy is thrown into the water, the pond, the lake, the river. All these activities performed by the participants are covered with certain orders and it is better not to risk behaving inconsistent with the ritual, because it can bring misfortune. For example, you can not touch Marzanna who is already floating in the water because she can dry her hand, you should leave as soon as possible from the place of melting Morena without looking back because you can get sick. You have to be careful that when you leave you do not stumble and do not fall because it will mean imminent death.







# EATING TIME

Sometimes you are very hungry and you have not idea what to eat. Then I propose you my recipes to help you with that problem.

#### **PASTA WITH BROCCOLI**

#### **Components:**

- -pasta package (400g)
- -1 medium-sized broccoli (preferably fresh)
- -salt
- -basil (for decorations)

#### **HOW TO DO:**

Cut a broccoli for rubella and wash under stream of cold water. Next broccoli put in boiling water. In a second pot, cook pasta with pinch of salt. Drain water from pots and add pasta to broccoli. You can add too any more vegetables as you prefer to eat.



#### **SPAGHETTI**

#### **Components:**

- -half a package of spaghetti pasta
- 2 cans of sliced tomatoes
- -3 cloves of garlic
- -5 tablespoons of tomato concentrate
- -4 bay leaves
- -1 tablespoon of oregano
- -2 tablespoons of olive oil
- -1,5 small tablespoons of sugar
- -salt pepper
- -parsley

#### **HOW TO DO:**

- 1. Cook the pasta with pinch of salt and one tablespoons of olive oil. When pasta be good drain it and pour cold water.
- 2. Heat the olive oil in a frying pan and fry the garlic pressed through the press. Fry for a minute, then add canned tomatoes, tomato paste, bay leaf, sugar and oregano. Stew on medium heat until a thick sauce forms from the ingredients given (about 15-20 minutes from time to time mixing). Remove the bay leaves from the sauce. Season the sauce to taste with salt and pepper.
- 3. Put the cooked pasta in a pan and mix everything thoroughly. You can put on diner parsley.



#### PASTA WITH SPINACH SOS

#### **Components:**

- -350 g penne pasta
- -packaging of frozen spinach
- -packaging of ricotta cheese
- -cheese package brie
- -grated yellow cheese
- -4 tablespoons of rapeseed oil
- -garlic powder
- -salt and pepper

#### **HOW TO DO:**

Sprinkle with spinach, then fry in rapeseed oil. Season with salt, pepper and garlic powder. First add the ricotta cheese, then the brie and mix until you get a homogeneous consistency. Pour the pasta sauce and sprinkle with grated cheese.



## **Spring Playlist**

This is my spring playlist. I think that those songs will evoke you a lot of spring feelings cheerful and sad, in the loved and unloved, wrathful and untroubled. You can listen them in different situations. Just see! First song that I want to show is my one of favourites springs songs - Ed Sheeran's song - 'Shape of u'. This song is about a very tender love that was made between two people who met quite by accident. Ed composed the instrumental perfectly, including the guitar and music from the launchpad. This song will definitely make you very happy.



The second song that I want to show is very motivating - Eminem and Gwen Stefani's song - 'Kings never die'. The song comes from the soundtrack of the movie 'Southpaw' and it talks about an invincible man who never gives up. It's a rap, so I can only say one – the beat is perfect. I think that this song will motivate you to do a lot of things in this gloomy spring.



Third song that I want to present you is a very sad one. It says about common daily grind which we meets every day. 'Heroina' of the Happysad band evokes a lot of sad feelings and it's perfect for the winter 'hole'. We can hear a lot of electric guitar sounds in it, but the best moment in this song is the sax solo made by Michał Bąk.



Another one song that I want to show you is Logic, Alessia Cara and Khalid's song – 1-800-273-8255.

The song is seemingly cheerful - its rhythm gives it a cheerful atmosphere, but it really challenges the heavy depression of a man excluded from society. Words are not able to express the feelings that are contained in this song. You just have to listen to it.



The last one song that I want to show is Gotye and Kimbra's song – 'Somebody that I used to know'. The song is about unhappy love between two young people. Song summons many feelings and emotions, so you want to sing it. You must listen to it!



That's all from me now. I hope that you listen it and it makes you feel better.

## TOTO

**Toto** is an American rock band formed in 1976 in Los Angeles. The band's current lineup consists of Joseph Williams (lead vocals), David Paich(keyboards, vocals), Steve Porcaro (keyboards), Steve Lukather (guitars, vocals), plus touring members Lenny Castro (percussion), Warren Ham(saxophone), Shem von Schroeck (bass) and Shannon Forrest (drums). Toto is known for a musical style that combines elements of pop, rock, soul, funk, progressive rock, hard rock, R&B, blues, and jazz.

Paich and Jeff Porcaro had played together as session musicians on several albums and decided to form a band. David Hungate, Lukather, Steve Porcaro and Bobby Kimball were recruited before the first album release. The band enjoyed great commercial success in the late 1970s and 1980s, beginning with the band's eponymous debut released in 1978. With the release of the critically acclaimed and commercially successful *Toto IV* (1982), Toto became one of the best-selling music groups of their era.

Widely known for the Top 5 hits "Hold the Line", "Rosanna", and "Africa", the makeup of the group continues to evolve. Hungate left in 1982, followed by Kimball in 1984, but who rejoined the band in 1998 until 2008. Jeff Porcaro died in 1992 of a heart attack. Hungate rejoined Toto as a touring musician and later a band member. In 2008, Lukather announced his departure from the band, and the remaining band members later went their separate ways. In the summer of 2010, Toto reformed and went on a short European tour, with a new lineup, to benefit Mike Porcaro, who had been diagnosed with amyotrophic lateral sclerosis (ALS) and was no longer an active member of the band. He died in 2015.

The band has released 17 studio albums, and has sold over 40 million records worldwide. The group was honored with several Grammy Awards and was inducted into the Musicians Hall of Fame and Museum in 2009.

### Guardians of the Galaxy 2

I'm going to review a science-fiction movie entitled "Guardians of the Galaxy 2" released in 2017. directed by James Gunn and produced by Marvel, the film achieved a great success, earned over 863 million dollars during its premiere and became a real blockbuster. It's dedicated to any type of audience.

The movie tells the story of rather unique group of friends. One day, they decided to experience a space travel. During their journey, for several Times they have to fight for their survival in difficult cosmic conditions. What is more, the climax of the film is when the main protagonist finds out the truth about his heritage.

The film is filled with amazing special effects that pin you to your seat and old school soundtracks. Clever situational jokes and overall ironic humour only add value to moral conclusions coming out of the action. Every character has rich personality and is funny in its own way. Also the actors did wonderful job playing their roles in the most authentic manner. While watching the film, the audience has an impression of participating in a real life story.

In conclusion, I would definitely recommend this film to anyone.

I personally enjoyed watching it since the beginning to the very end.

Although it has humorous nature, it can really make you wonder what's really important in life.



# "Kimi no Na wa"

It could be translated as "Your name". It is Japanese animated fantasy film by Makoto Shinkei from 2016y. Anime is based on manga also created by the same man.

Mitsuha Miyamizu (one of the main characters) is a girl going to the high school in the small town Itmori. She dreams about leaving her previous life in the countryside and moving to Tokyo. All the same time Taki Tachibana lead organized and busy life. In his free time he works as a waiter in one of Tokyo's restaurants.

One day Mitsuha wakes up in not her room and sees the scenery of the big city. After a while she realizes that the body in which she is also does not belong to her. The same situation happens to Taki. He sees wild beautiful landscapes.

I recommend this film for everyone who likes take a rest and maybe shed a tear with the movie. I think that each teenager will like "Your name". We can also learn a little about the culture of Japan.

君の名はo

# "Assassin's Creed"

This is a popular series of adventure books based on the game with the same title.

Series contains eight parts and its author is Oliver Bowden. They even created a film based on a game in 2016y.

Action of first three parts takes place in renaissance Italy and tell about Ezio Auditore da Firenze. His family was murdered and he joined Assassin's brotherhood. They fight with Templar and try to find away to stop them from controlling the world. Finally they get magical artifact and protect all the people.

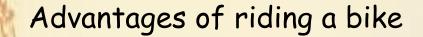
Another book tells the story of Altair – the legendary leader of Assassin's. Next parts describe further fights between Assassin's and Templar through the centuries.

I recommend this series of books for everyone who likes interesting adventures with a little bit of fantasy. It has got very confused plot and contains a lot of different characters and historical places. I think that every teenager will like it.

# Sport today

Sport is a form of human activity that aims to improve physical fitness. It has been accompanying humans since antiquity. In those years took place Olympic Games. The Olympic pentathlon included: running, long jump, discus throw, javelin throw and wrestling. Today sports are very different. Football is the best know sport. The beginning of football are conaidered 1857 but now it is more popular. Most people play it from a small age. People however prefer to watch matches of professional footballers. Another important sport nowadays is volleyball. Despite the fact that this sport was created in the previous, it's just now enjoys its popularity. In Poland, ski jumping are very important sport. The most famous Polish ski jumper was Adam Małysz. The aim is to make the longest jump after acceleration and reflection from the hill's threshold. Today are also very strange sports. Examples can be: racing on ostriches, underwater hockey, plays football on bicycles or racing on shovels. People have different ideas, that's why I think that other, crazy sports will be created.





Fresh air, amazing views and gentle wind on your face. Sounds great, doesn't it?

Actually, riding a bike guarantees you all of these things and much more!

There are some examples:

- Had a stressful day in school or work? Bike can help you
- it offers you the possibility of communing with nature and chance of real relaxation.
- While you are riding a bike your brain oxygenate it works better for few days. It can help you in learning for your exams.
- One hour of peaceful cycling allows you to work off about 500 calories without much effort.
- After a serious injury, like broken arm riding a bike helps you to regenerate faster.
- Cycling to school is good not only for you it can also help environment because while riding a bike you don't consume fuels and don't poison the air.
- Cycling with your family or friends is a great way to spend time together.

As you can see riding a bike has only positive influence on your life therefore taking your bike out of your garage it's worth in effort.

# **ŚWIATOWE REKORDY GUINNESA - GUINNES WORLD RECORDS**

# I am going to show you some of the most interesting and the most dangerous Guinness World Records.

#### • The youngest writer!

The youngest writer Dorothy Straight wrote 'How the world began' for her grandmother when she was (just) 4 years old.



# How the Word Began by Doroth

#### • The highest!

In 2012 Nik Wallenda walked a rope over the Niagara Waterfall and in 2013 he did the same over the Grand Canyon.



#### • Sleep!

American photographer Tyler Shields was not sleeping for 40 days.



#### • The oldest human!

The oldest human on the planet was French woman Jeanne Calament. She has lived for 122 years and 164 days.



#### • The largest pizza!

The largest pizza is 1 261,65 m<sup>2</sup> and was made by Dovilio Nardi, Andrea Mannocchi, Marco Nardi, Matteo Nardi i Matteo Giannotte



# **Automotive**

Motocross is special kind of off-road motorcycle racing. Motocross first evolved in the UK from motorcycle competitios. Tracks for motocross are ussualy made from sand, gravel or clay. Motorbikes used in motocross are similar to enduro motorbikes. There are some differences like: enduro have mirrors, and they can be used on roads. Best known companies are Suzuki, KTM, Yamaha, Kawasaki and Husqvarna. Now some about typical polish rider. The best rider in motocross is Tadeusz Błażusiak (born in 1983) from Poland. He won 28 cups in other countries. He won 4 times in a row Erzbergrodeo - the hardest motocross cup in a world. He's manager is his older brother Wojciech Błażusiak. In 2017 he ends his carrier. That was the worst time for his fans... But they stil belive in his power and skills. His favourite motorbike was KTM. He allways took it for competitions and trainings. Now he's living like normal people in Nowy Targ in Poland.





### ---BE ECO---

The Earth is animal's, plant's and our home. We breathe, eat, move and live here. Because of it we all have to protect this planet.

#### How should we do it?

- \*Try not to buy pre-packaged food. The packaging creates a lot of rubbish.
- \*Use less washing-up liquid. It pollutes the seas and rivers
- \*Put aluminium cans into recycling bins.
  Factories can use them to make new things.
- \*Use public transport intend of car.
- \*Never light fires in forest. Trees will burn.
- \*Don't drop rubbish in the street-it looks and smells horrible.
- \*Don't throw plastic bottles into the see. Fish will die.
- \*Do not use aerosols. They pollute the air.

If we protect the environment, our life will be better. Plants, animals and people will be healthier and have a longer, happy life. But, what will happen, if we don't start to protect the Earth?



#### What are the threats?

Serious dangers are:

- -Global warming
- -Ozone hole
- -Smog
- -Acid rain
- -Polluted air, water and soil
- -Animals and plants dying out
- -Bad smell
- -Dangerous people's illness

Spring is coming, so it is good time to think about our planet. The nature is coming back to life, after winter. Small animals are born, new plants grow. Unfortunately they do it in a polluted environment. Let's think about our future and healthy lives.

## Who is a volunteer?

There are people who voluntarily and without help bring themselves involved in work for people and institutions operating in various areas of social life. They can be found, among others, in orphanages, hospices, nursing homes, museums and animal shelters. They work in public institutions, non-governmental organizations, cultural institutions, sports and many others.





# Is my age important?

A volunteer can be anyone regardless of their age. However, some forms of volunteering require an adult volunteer. It should also be remembered that it is necessary to conclude a contract for volunteering - and the way it is made depends on the age of the volunteer.





#### **How to Beat Exam Stress in 5 Easy Ways**

1

#### Take breaks regularly

Short breaks between working can help you switch off. But longer breaks are important too. Make time for fun and for yourself even if this means that you have to schedule time away from your work. You'll hopefully come back to your work feeling fresh.



2

#### Sleep (and sign off social media)

Sleep is always the best medicine and some people find that small 20-minute naps can help increase productivity.

Failing to switch off from work because of your electronic gadgets will only make you even more stressed.



3

#### Eating Dark Chocolate

Believe it or not this is 100% true. Eating dark chocolate which is over 70% cocoa fights the exam stress hormone cortisol and has an overall relaxing effect on the body. Plus chocolate releases endorphins which act as a natural stress fighter.



4

#### Drink some tea

When it comes to stress relief, tea is definitely the best option! So next time you're studying, and you need something to soothe you, put on a comfy sweatshirt and make some tea. You'll feel better in no time!



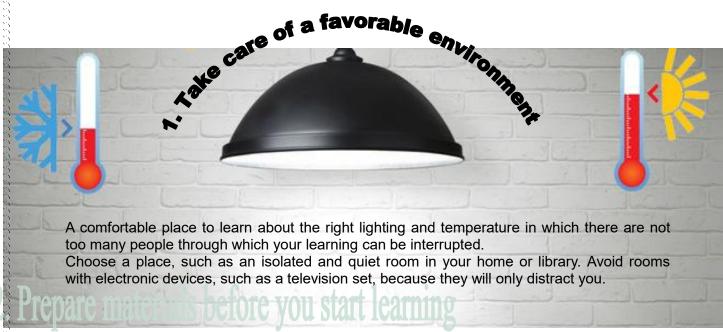
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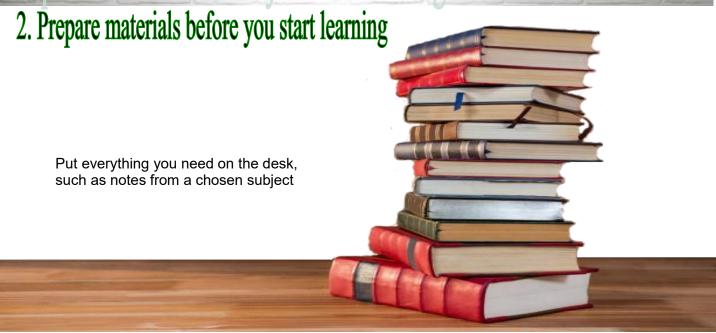
#### Avoid stressful people

Stress is contagious, so resist the urge to have a study session with your apprehensive friends before an exam, especially if they're complaining about all the work they have left to do and pulling their hair out.

Their stress will only add to your stress and make you doubt yourself, even if you know that you will be fine.







### 3. Take shoft breaks

You must rest and detach from the task for a few minutes. Researchers recommend 15-minute breaks every 2 hours.

Przerwa na Herbatkę



# 4. Set priorities



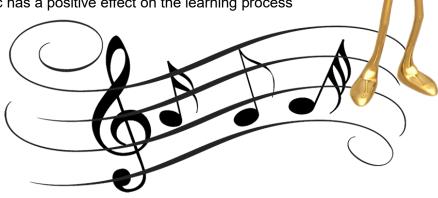
Not everything is just as important, so prioritize tasks and estimate the time needed to master them.

# 5. Motivate yourself

Promise yourself a reward after reaching your goal.

# 6. Listen to music

Music has a positive effect on the learning process



### 1. Turn off the phone



### Please Turn off Your Mobile Phones

If you're going to learn, you do not need a phone at your fingertips. Reading e-mails and checking text messages makes concentration difficult every few minutes and interrupts learning.



It is more important to sleep at night, for example before exam





# Our Project







The Animal Kingdom





# Thanks For Reading