

THE GIMJES TIMES

TEŽKI ČASI

PESMI

PROZA

ČLANKI

INTERVJUJI

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ZANIMIVOSTI



UVODNIK



Dragi bralci,

ta časopis smo ustvarili v vse prej kot idealnih pogojih. Ravno to je glavni razlog za podnaslov Težki časi, ki se ga lahko razume tudi kot šaljivi prevod angleškega naslova. Časi, v katerih živimo, res niso lahki. Globalno gledano se že več kot leto soočamo s pandemijo, zaradi katere včasih celo pozabimo na druge težave, ki bi jim morali posvečati pozornost. Dobršen del časopisa smo ustvarili na daljavo. Gotovo bi bilo lažje, če bi se vsak teden dobili v učilnici in skupaj pregledali, kako napreduje prispevek vsakega posameznika. A hkrati nam delo na daljavo ni predstavljal večje ovire (za pisanje člankov nenazadnje potrebuješ samo računalnik). S tem smo dokazali, da so izjave »med korono se pa itak nič ne da« preveč podcenjujoče. Časopis se preverjeno da narediti.

Preden se lotite branja naših prispevkov, bi rad izpostavil še nekaj. Vsa besedila smo napisali najstniki, dijaki 2. a Gimnazije Jesenice. V večini časopisov, ki ste jih vzeli v roke v zadnjem letu, ste lahko opazili neverjetno zasičenost s slabimi novicami. Naš časopis je zato drugačen, je prej revija kot časopis. V prvi vrsti smo želeli ustvariti zanimivo branje. Želeli smo ustvariti časopis, ki bi bil poln tem, ki zanimajo nas, ki bi ga radi brali naši vrstniki, ki bi se spraševal o tem, kakšno mesto imamo mladostniki na tem svetu in kako ga trenutno doživljamo. Časopis, poln naše mladostne energije. Verjamem, da nam je to uspelo in da bo tudi vam, dragi bralci, za spremembo ljubše brati ljubezenske pesmi, napete zgodbe in druge zanimive članke.

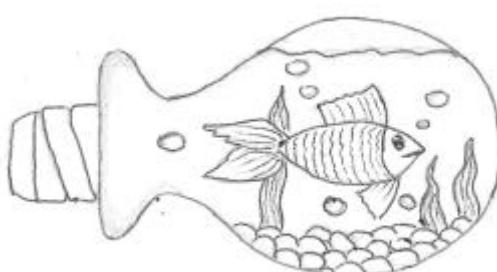
Že naslov vam pove, da je časopis slovensko-angleški, zato se spodobi, da je jezikovno pester tudi uvodnik.

I believe that a person who does not feel passionate about anything cannot write an interesting article. If you think the world has nothing to offer, you cannot write about anything. Yet, here is the catch: I also believe there is no such person. Everyone has something they are interested in. It may be music, travelling, theatre, solving crossword puzzles... what I am saying is: the sky is the limit, but it is not, because you may be interested in space!

I believe The GimJes Times newspaper shows what a variety of interests our students have and I find that fantastic. Have fun exploring our work!

Uživajte v branju!

Jan Čelesnik



POEZIJA

SMISEL

Iščeš ...

... iščeš pot kot mi vsi,
čakaš na prelepe dni,
pa vseeno se ti zdi,
da smisla v življenju ni.

In čakaš ...

... čakaš na rešitve dan,
ko boš ugotovil sam,
da tvoj trud ni bil zaman.
Glej, že dvom privre na plan.

In misliš ...

... misliš, kaj bi bil navdih,
ki zatrl bi prepih,
zadušil sleherni vzdih
in napisal smislu stih.

In drgetaš ...

... drgetaš, ker ti je mar
in ker strah je tvoj vladar,
upov prazen je oltar,
brez smisla je vse ob čar.

In obležiš ...

... obležiš v megli gosti,
ker vsega ti je dosti
in ne najdeš več radosti,
bledi ti duša v slabosti.

Vendar veš ...

... veš, da da se luč prižgati
in znaš jo zlahka pokončati,
da ni treba ti ostati,
da moč za večno je zaspati.

A ti zavpiješ...

... zavpiješ, da se ne predaš,
da napočil je tvoj čas,
saj vedno možnosti imas,
če v usodo se ne vdaš.

In ti vstaneš ...

... vstaneš kakor feniks iz pepela,
izgine gosta megla bela,
kri v žilah je zavrela,
moč v bojevniku je vnela.

Zdaj veš ...

... veš, da ne obstajajo nebesa,
so zgolj zemeljska čudesna
in besede spod peresa,
ki življenju zavrte kolesa.

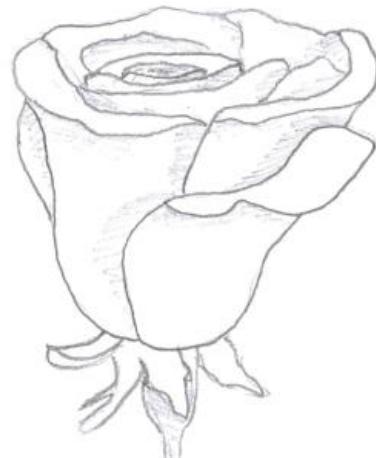
In zdaj ...

... zdaj življenje res živiš,
se nič več megle ne bojiš!
Hrabro z njo se zdaj boriš
in nikomur ne slediš!

In zmagaš ...

... zmagaš bitko z meglo sivo,
za vse tegobe krivo,
ker v srcu imas netivo
in ljubezen je gorivo!

Zmoreš vse!



Nuša Pogačnik

KJER SE RODI

V srcu, tam pod kožnato lupino,
kjer meni vsako okno je odprto,
ujamem misel, v sanjski svet zazrto,
na mah sestavim jo v pesem fino.

Pero poljubi belo površino
in v list vtisne neizbrisno črto,
z besedo misel v srce zaprto,
spusti v brezmejno umetnostno globino.

Ko enkrat se premaknila bo z mesta
in prvi dolg korak bo naredila,
v širni svet vodila jo bo cesta.

Tam svojo si usodo bo krojila,
a vem, da meni bo ostala zvesta,
saj v mojem srcu se je porodila.

Neža Adam

TRPIN

Spomladi z neba pade seme na plodna tla.
Roža kali, v človeku sladko bolečino rodi.
Trdno v zemljji na korenini stoji, steblo in listje zeleni.
Popek cveta veliko obeta, roža raste s soncem objeta.
Skrivam jo, močno, pogumno, tiho negujem, pridno varujem.
Roža vzbrsti in vzcveti, z mladim se cvetom ponaša.
Hoče pred svet, hoče živet, mora dol z vrha parnasa,
izkusit vse, kar brani ji moje srce, mora v dolino po bolečino.

In gledam ... Globoki priklon. Pogumno sestopi, meje raja prestopi,
se vrže v dolino; pada, pada in trči ob dno, spozna bolečino.
Se zvija, trpi, pregnana in sama; v obupu ranljivo boli in tišči.
Cvet k višku obrača, se spomni parnasa in raja minulega časa;
zdaj v temi boleči skeleči še upa na sonca objem.

Kaj s tabo se roža je moja zgodilo, da si v cvetu življenja odšla v dolino,
po to težko, preklet bolečino?
Ti raj, vrh parnasa, nista bila kot hiša domača?
Hotela spoznat si, kako se življenje obnaša?
Zdaj veš, ni več lončka in sonca, sta le še spomin.
Bolečine je polno življenje.
Cvet tvoj je trpin.



Neža Adam

JUST ME

I am sitting at the table,
wishing to be able,
like a bird, to fly across the sky.
To set a spirit free,
just to fly and be,
no attachments: »Just Me.«
In the air,
where everything is fine and fair,
and nobody's bothering me there.
I really need to fly,
away from here and now,
I really need to be,
even for a while: »Just Me.«



Estrella Steenks

FREEDOM

What is freedom?
Different answers at different times.
But I know that this isn't it.
Will we be swallowed by their lies,
they will never admit?
Will we be living the dream life hidden in their eyes?
Will we forget our own dreams,
and let everything just stream by?

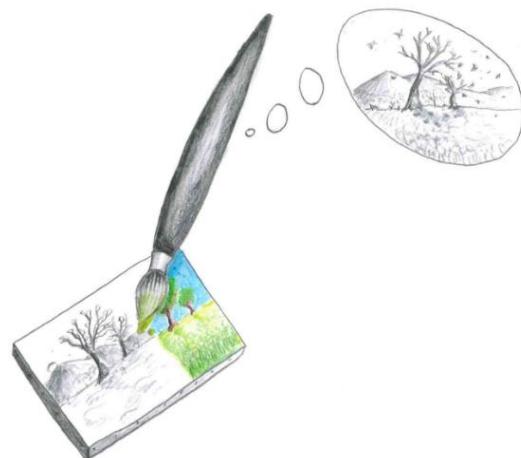
Živa Pintar

AFLOAT

It might seem to you
I am flowing through life
like the gentlest river
unbothered and free.

But, in my mind,
it feels as though
I am swimming in a pot of boiling water,
where you keep dragging me down,
and I struggle to keep afloat.

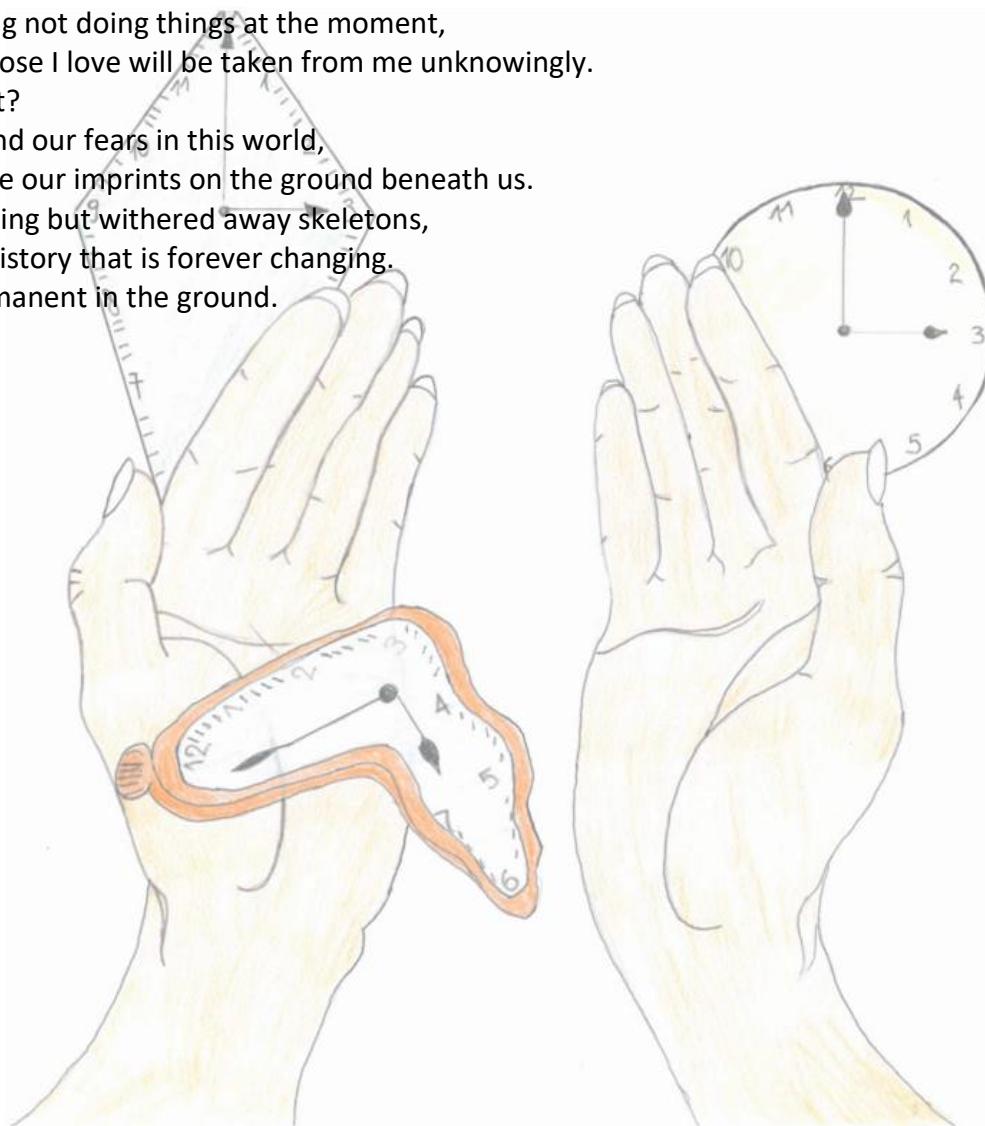
Yet, still I stay there
because I know
what I needed all my life
was for you to make me smile.



Janja Bogataj

HOW STRANGE

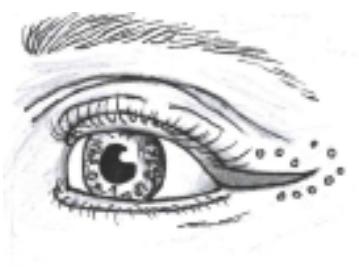
Time is slipping through our fingers as we speak,
Do you feel it? The coldness on your fingertips?
The aching within your chest knowing that one day,
We will be put underground never to be spoken to again.
I find myself regretting not doing things at the moment,
Because I fear that those I love will be taken from me unknowingly.
It is terrifying, is it not?
We shed our blood and our fears in this world,
Thinking that we leave our imprints on the ground beneath us.
But once we are nothing but withered away skeletons,
We will be a part of history that is forever changing.
Not even we are permanent in the ground.



Estrella Steenks

SUNSHINE

It taught me gratitude,
positive thinking,
smiling, loving, risking.
It opened my eyes,
like walls being broken down.
Let the light come in.
Let this be the sign
To fill your room with sunshine!



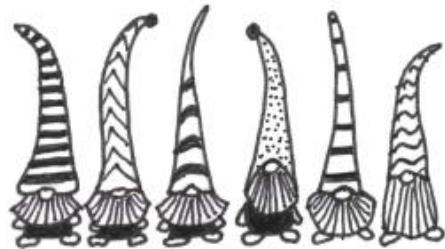
PROZA

RAZBIJMO RUTINO BREZBRIŽNOSTI

Vstani. Ura je šest. Zvleci se do kopalnice. Obleci se. Pojej zajtrk. Nekako boš že. Vsaj kaj malega. Daj gor bundo. Mraz je, čeprav je šele oktober. Ni mraz, ker bi bil oktober, ampak zato, ker je tako zgodaj. Pa še piha. Pa še tema je. Zakaj je temno? A ne pravijo, da so sončni vzhodi nekaj najlepšega, pa da jih zmeraj prespiš? Sonce očitno še spi. Kot moji možgani. Ko ne gre, ne gre. Avtobus končno pride. Daj gor masko. Saj je prav, da jih nosimo. Mislim, odgovorno je. Vsaj do starih staršev. Nismo Švedska. In res ne bi bil rad Šved. Koliko je šele tam teme. In mraza.

Prideš v šolo. Mogoče greš v pekarno. Greš v razred. A je kdo gledal košarko včeraj? Ne mi spoilat novega dela, prosim, rad bi sam videl, kdo umre. Čak, kaj, on je izbral njo? Ampak ... fak, a je kdo naredil nalogu? A je sploh bilo kaj za nalogu? Pride profesorica v razred. Prav, pa gremo. Daj zvezek na mizo. Možgani, lahko bi se zbudili. Počasi. Saj mogoče se še ne bo treba tako hitro. Gremo uro po uro. Vmes je odmor. Kava? Res bi jo potreboval. Močno. Saj počasi bo konec. Še tole odlaufamo, pa gremo. Zdaj pa res. Spet na bus. A na teh Jesenicah nikoli ni sonca? Domov. Malo poslušat glasbo. Pa učit. A se mi da sploh učit? Ne, samo veš, da se moraš. Vsaj danes. Že včeraj si spal. In gledal serijo. Ki so ti jo danes spoilal. No, ja, ni kaj. Ponovimo tole. Saj je že konec dneva. Ob pol desetih res ne bom več bral tega. Proti čas! Gremo pogledat, kdo res umre v novem delu. In če on dejansko izbere njo. Lahko noč.

Vstani. Ura je sedem. Zoom je dvajset do osmih. To je že malo bolje. Malo manj zgodaj. Samo jesti je pa zjutraj še vedno težko. Ti kosmiči ... Vsaj na mraz ni treba. Pa malo manj temno je. A to pomeni, da je



vzšlo sonce? Kdaj? Eh, samo to ne odtehta. Nikoli. Še vedno je samo nadomestek. Pač najbolje glede na razmere. Ne grem pa v to realnost. Nočem. Ker pogrešam stik v živo. Henganje. Gledališča. Koncerte. Normalno življenje. Zoom za Zoomom ni nič bolje kot ura za uro. Samo odmor moraš preživljati sam s sabo namesto v družbi. Še vedno najstnik. Z občutkom, da si del sistema, ki ti pušča malo trenutkov, v katerih bi užival. Še vedno najstnik, samo doma. So pa ti trenutki, ko pridejo, zato toliko slajši. Ker so redki.

Najstništvo je tista doba, ki ljudi načeloma razdvoji. Dobro, saj razdvajanje je tako ali tako zelo pogost pojav v (ne samo naši) družbi, pa res je, da imamo že na otroštvo zelo različne spomine, ampak ko vprašaš koga o najstništvu, sta možna samo dva odgovora. A) Nekaj najlepšega, kar se mi je kdaj zgodilo v življenju, tisti poletni večeri, taborni ogenj, pljuskanje valov ob obalo. B) Smotana leta, mozolji, občutek, da nikamor ne spadaš, da se moraš šele dokazati, pa še več mozoljev, hormoni podivjajo, še več negotovosti. Najbolj prava bi bila najbrž možnost C), preplet možnosti A) in B), ki je nalač nisem izpostavil, ker zdrava mera ni nikoli izpostavljenata, kot je izpostavljenata skrajnost. Zanimajo nas najboljši in najslabši, tistih vmes je največ in zato so najmanj zanimivi. Kar je po svoje narobe, a res je, da je skrajnost tista, ki na eni strani vleče voz naprej, ko povprečni na njem le sedijo, a hkrati obstaja tudi druga skrajnost, ki ga zaustavlja, vleče voz v nasprotno smer. Če obe skrajnosti odstranimo, pa voz stoji. In tudi najstniki se kdaj počutimo tako. Kot da stojimo. Ko postanemo žalostni, gremo v eno skrajnost, ko se nam zgodi nekaj lepega in postanemo veseli, pa hitro v drugo. V

telesu je pač preveč hormonov, da bi lahko vse ves čas zadržali v sebi. Različni smo. Različno doživljamo vsakdanjo rutino. Te stvari se ne spremenijo, če smo doma ali v šoli, in nikoli ne morejo biti odpovedane. Najstniki čutimo svet okrog sebe. Zavedamo se njegovih napak, stvari, ki bi jih bilo treba spremeniti. Nismo generacija, ki bo svoje življenje izgubila na telefonu, kot se nam rado pripisuje. Občutljivi smo na krvice, ki se dogajajo nam in vrstnikom po svetu. In ravno zato bi morali poslušati naše glasove. Najbolj boli, ko nekomu želiš nekaj dopovedati, pa te nalašč presliši. Ignorira. Morali bi sprejeti tisto, kar imamo povedati.



SKRIVNA VRATA

Julija in Leon sta se veselila življenja in vseh lepih dni, ki jih bosta preživelu skupaj. Leon je neizmerno ljubil Julijo, zato je načrtoval njuno skupno prihodnost in kupil hišo. Tudi Julija ga je srčno ljubila. Globoko v sebi mu ni mogla verjeti, da jo ljubi, saj ga je večkrat videla, kako se veselo pogovarja s svojim nekdanjim dekletom.

Nastopil je dan, ko sta si šla ogledat novo hišo. Ta je bila na izjemni lokaciji, blizu razkošnega naselja, v bogatem objemu narave. Imela je čudovit razgled na bujen gozd.

Julija je ostala brez besed, ko je v spalnici zagledala veliko ogledalo s prečudovitimi vzorci. Od veselja je zaplesala pred njim. Kar naenkrat pa so ji obraz obdali dvomi. Leon je to videl, jo objel in poljubil. Zagotovil ji je, da bo vse v redu in da bosta srečna. Nato se je odpravil v kuhinjo po kozarec vode. Agentka, ki jima je pokazala hišo, je opazila Julijino nerazpoloženost. Vprašala jo je, kaj je narobe. Julija ji je zaupala svoje dvome. Agentka je dobro poznala hišo in Juliji zaupala skrivnost. V spalnici, za ogledalom,

Ker to je tisto, kar bo jutrišnji dan naredilo za odtenek lepsi. Kar naenkrat bo malo manj temno. Lažje bo vстатi in iti na avtobus. Do izraza bo prišla ustvarjalnost. In morda nam ne bo več treba poslušati, da smo izgubljena generacija. Razbijmo to rutino brezbrižnosti! Vsak čuti. Zato je tako pomembno, da pišemo. Da povemo, kaj čutimo. Da bomo slišani. Da se dokažemo in vsem pokažemo, česa smo sposobni. Da bo ura spet šest in čeprav bomo še vedno težko vstali, bomo vsaj vstali z nasmehom.

Jan Čelesnik

so skrivna vrata, skozi katera lahko opazuješ dogajanje v sobi. Dala ji je ključ in se odpravila. Julija je bila presenečena, a je sprejela ključ in se odpravila k Leonu. Naslednjih nekaj dni je potekalo običajno. Leon in Julija sta se vselila v hišo in lepo zaživila. Nekega dne se je Julija odločila, da bo Leona presenetila v službi. Preden je vstopila v njegovo pisarno, je zaslišala znan smeh. Ko je pogledala skozi okno, je videla Leonovo nekdanje dekle. Takrat je zapustila stavbo in odšla domov. Pot proti domu se ji je zdela tako dolga, oči pa polne solz. Ko je prišla domov, se je odločila, da ga bo zapustila. V roke je vzela telefon in mu posnela posnetek. Povedala mu je, da ga zapušča in da ga bo ljubila za vedno. Nato pa se je spomnila skrivne sobe. Poiskala je ključ in se odpravila vanjo. Vrata so bila jeklena, pobarvana z rjavo barvo. Soba je bila majhna in zelo temna. Preden je vstopila, ji je ključ padel iz žepa in ovila jo je tema. V trenutku je obžalovala svoje dejanje in spoznala, da je bil vse nesporazum. Ko je že lela zapustiti sobo, je

ugotovila, da so se vrata zaklenila. Iskala je ključ, a ko je pogledala v sobo, ga je videla na tleh. Začela je kričati in jokati. Zavedala se je, da je nihče ne vidi in da je obtičala. V tistem trenutku je zaslišala, da ni več sama. Leon je vstopil v sobo in se postavil pred ogledalo. Na plan je vzel rdečo škatlico, v kateri je bil zaročni prstan. Na drugi strani ogledala pa je Julija to videla in začela še bolj jokati. Leon je zagledal njen telefon in jo začel klicati. Ker ni bilo odgovora, je ponovno pogledal telefon in videl posnetek. Ni mogel verjeti svojim očem. Strel se je zrušil na tla in zajokal.

Minilo je nekaj tednov in Leon je bil še vedno nesrečen. V službo je hodil, a komaj. Nekdanje dekle mu je želelo pomagati, ampak on ni hotel videti nikogar. Želel je samo Julijo. Vedno je sanjal samo njo in ona je v sanjah klicala na pomoč. Bila je zelo šibka. Ni več vedela, koliko časa ji je ostalo.

Še bolj pa jo je bolelo, ko je videla, kaj vse je doživeljaj Leon.

Nekega dne je Leon dobil sporočilo iz neznane telefonske številke. Bila je ena sama beseda. Ogledalo. To se mu je zdelo čudno, a bil je pameten. Vstal je in se odpravil v spalnico. Pogledal je v ogledalo in se mu približal. Odstranil ga je s stene in zagledal vrata. Želel jih je odpreti, a je videl, da potrebuje ključ. Začel ga je iskati kot nor. Kmalu ga je našel in odklenil vrata. Zagledal je Julijo, ki je nepremično ležala na tleh. Odhitel je k njej in poklical reševalce. Vzel jo je v roke in jo položil na posteljo. Zajokal je. Kričal je njeno ime, a ni bilo odziva. Kmalu so prišli reševalci in Leon je s strtim srcem lahko samo gledal, kako so odnesli njeno, v odeje zavito, mrtvo telo.

Saška Todorović

ŠOLA JE ŠOLA



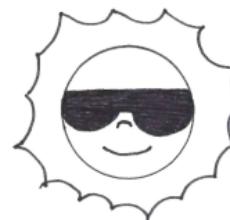
A SAILOR

I find myself in a vast ocean. I do not know how I ended up here, my best guess is I was on a ship that had capsized or had otherwise been destroyed. No matter how hard I think, I cannot remember. Though I think it does not matter much now, anyway.

I can tell by the day's lingering warmth that not much time has passed since the sundown. Floating on my back, I watch as the first stars glimmer to life on the slowly darkening evening sky. I think back to all the nights I had spent staring through my bedroom window. I do not seem to recall much more about the place, just that the glass panes and marble windowsills were cold and damp. I try to revisit more of my memories, but they all seem so distant now. I get another flashback, this time a face, of someone dear to me. At least I think they are. They are telling me something about Plato, how he said that humans were once whole, but Zeus, in a blind rage tore them apart and that is why we are now cursed to walk this earth in search of our other half. Though I do not believe in such destiny, this memory brings me a warm feeling in my chest, contrasting the cooling water. I am not sure whether this person is a friend or more, I do not even know their name.

The night sky now glows with hundreds of stars and the Sun has long since sunken

below the water's surface. Strangely enough, even the stars seem foreign, no Big Dipper or Orion's belt. Feeling a force starting to drag me into the depths like cold dead hands calling for me to join them, I do not resist. My body grows colder and colder by the second. As my vision fades and my lungs fill with saltwater, I feel a sort of calm everyone strives to experience, but they never could on account of being alive. My peace is interrupted by a sudden and



loud beeping noise. My eyes open to meet a room bathed in the grey glow of a rainy day. I can hear the soft tapping of raindrops on my window. Going about my morning routine, I think if that was really all just a dream. My cat claws at his bowl as if he had not been fed in centuries. Sometimes I wish I could be like him and not have these strange dreams anymore. I leave my apartment and get on the bus to work as I realise: I forgot my keys at home.

Nina Peterman



APPRECIATE THE ART AROUND (AND INSIDE) YOU

You hear that familiar sound, the one that you loathe the most... Your alarm clock. It is ten past six. The morning fog is at its peak. You could open the window or go to the balcony. To smell the morning and to wake yourself up. But you do not do that. Mornings are dull anyway, why would one want to smell them? There is only one right thing to do. Unlock your phone and turn the music on! Kurt Cobain when it is still dark? Why not! Your nature must always stay rebellious.

Did anyone ever wonder why mornings are so early? While you are preparing breakfast, you remember the movie you were watching last night. It was good. You do not get to see many such films these days. It had an interesting twist and solid acting. Much thought went into it. It was one of those movies that last, not something one would instantly forget. A beautiful piece of art.

Ivan Cankar crosses your mind while drinking coffee. He famously refused a cup of coffee at first and changed his mind a second later as he saw the disappointment in his mother's eyes. The disappointment in his heart later was even worse. The relationship with his mother was an open wound till the end of his life. He wrote heartfelt stories in order to heal that wound. But he never managed to heal it, did he?

I always think of art in challenging times. If there is a stressful event, there is a song that can relax me. If I am tired at the end of the day, there is not a better activity than watching a movie. It simply transports you to some other place and you start living someone else's life. It is sort of a drug, being taken from your reality for two hours. I love the feeling of being somewhere else, being someone else. In the introduction, the morning story, I mentioned a musical artist, a movie and a writer. I tried to present an idea that even in the most boring moments of daily life art we consume is present inside us. Therefore, I believe life without art does not exist.

Artists do often not feel valued enough. If your profession is connected to the artistic expression, ordinary people usually roll their eyes at you since they believe your profession is not something we should pay attention to. But at the same time, those people come home in the evening and watch a movie with their family, not sensing the irony of their behaviour. As many artists stated during the Covid-19 pandemic: who spent the quarantine without music, books, films, observing paintings and sculptures...? I believe we should respect artists that inspire us and purchase their works in order to help them to continue with their career.

A part of the problem of artists not feeling valued in the society is the absence of artistic subjects in schools. A grammar school student in Slovenia has music and (visual) art on his timetable only in his first year. He can enrol in different similar courses later, but I believe as one tries solving equations or playing football as a part of general education, one should also try playing an instrument or creative writing. Yes, to some degree everything I named is present in the curriculum, but in my opinion, we should limit the number of topics which demand swotting and focus more on creating something new.

I really want you not to take artists and their work for granted. They are people who do their job with passion, not some kind of artwork-making robots. Behind the song you sing or the verse you quote is always a person; think of that person and pay respect to them. Appreciate their art and the effort they put into creating it. It is not easy to be an artist

these days and the least we can do is thank the people who are a source of our entertainment.

Jan Čelesnik



I LOVE COUNTING TO FIVE

What I am about to tell you is a true story. It happened when I was in the first grade of primary school.

At the time our class was practising for a play that we were preparing for our parents. Part of the play was also counting to five in different languages. Slovenian, Bosnian, German, Italian and, of course, English. I remembered that my dad once told me how to count to five in Finnish. His father's friend gained that useful information when he was on the military vessel located in the Baltic Sea during the war. I told my teacher that I was able to count to five in Finnish and that it would be fun if we included that in our programme. She agreed and the whole class started counting in Finnish. Mina, raka, sta, si, nova - was what me, my dad and my class thought was counting to five in Finnish. We used that in the play and we felt really cool speaking Finnish.

The only problem was, we were not speaking exactly what we thought we were speaking. And I figured that out three years later.

One day, a couple from Finland moved to Slovenia and since my father is a vet and they had cats, they became friends. When we were at a restaurant, my father told them that I knew how to count to five in Finnish since he had taught me. I proudly said mina, raka, sta, si and nova and they started laughing so hard. I was very confused. They said: "No, boy. It's minä rakastan sinua! And by the way, that means 'I love you'."

I do not know who was the first person in this story to mess it up, but what I know for sure is that my class counted to five in five different languages and than said 'I love you' in Finnish.

Janž Ramuš



STRANGERS

We were strangers.

He was a popular, golden boy loved by everyone. He had the brightest smile that could light up the darkest places in her mind. And she was lonely. She was the girl that sat in the last row in the classroom, the girl who dressed in black and kept to herself. She did not like attention and she hated spoiled schoolmates, one of them being the golden boy. His name was Cal.

Cal was very confident and he had many friends. He could have had any girl he wanted, except her. Nobody ever noticed her but he did. He saw her and he wanted her to know that but she was so aloof. He did not know how to get her attention. He had many flaws and one of them was that he wanted to reach everyone's expectations. And nobody expected him to talk to the lonely girl named Talia.

I never thought I would be walking home from a night out in the club. I was introvert and I did not like socialising with others. I would always just stay at home and read a book even if it was a Friday night. But then I heard that he would be there. I did not even know what I was expecting to happen. I guess I just wanted to see him. After one hour of sitting in the corner, I decided to leave because I did not see him anywhere. As I was walking towards the road, I heard puking sounds. I decided to follow it and that was when I saw him. He was sitting there,

almost lifeless. I gasped and ran towards him. He looked at me and he gave me one of his biggest smiles.

"Talia," he said before he fainted. I was completely surprised when he said that but I did not have time to process it because he needed my help. I could not lift him up because he was too heavy. I went to the club and bought cold water. I poured it on his face and he woke up with a gasp.

"Good morning handsome. It's time to get you home. Get up," I said to him while helping him stand up.

"Not home. Please," he whispered and I realised that maybe he did not have it as easy as it seemed in school. I decided to take him to my place. As soon as we arrived and his head hit the pillow, he was asleep.

I woke up late and the sun was already shining on my face. I smiled and thought what a beautiful day it would be. Only then I remembered that I had an extremely charming boy on my couch and I quickly stood up. To my disappointment, he wasn't there.

"That's what you get for helping a popular boy Talia," I sighed and went to the kitchen. To my big surprise he was there, making breakfast for us. He was making pancakes.

"Good morning sleeping beauty. I hope you slept well," he smiled and winked at me. I gulped and took a deep breath.

"I wanted to thank you for helping me last night. If you hadn't helped me I would have been in big trouble."



"Sure. No problem," I said carefully while he was looking at me. He smiled again. We started to eat and it was really tasty. We talked a little and we really hit it off. He asked if he could stay a bit longer. I agreed and after we both took a shower, we wanted to watch a movie. We did not get far because he saw my book collection. He said he wanted to read for me. I smiled and after a lot of convincing, I agreed. He walked towards my shelves and chose the book that he apparently had read. He sat next to me and I snuggled closer to him. He started to read and I could not help myself not to listen to what he was saying and concentrate on the sound of his voice. It was so calming and soft that I drifted to sleep.

I woke up after an hour and saw him staring at me. He smiled. It was not one of his charming smiles. No. It was soft and full of emotions that I could not recognize. I looked him in the eyes, hoping to remember that warm hazel colour forever. That sweet look that warmed my heart. He cupped my cheeks with his big hands.

"You are so precious Talia. It would be so cruel and selfish if I ruined you. You're too good for a dark soul like mine," he said and took a deep breath. He leaned forward and kissed my forehead. He stood up and walked towards the door.

"Cal," I started but he already left, leaving me with thousand questions. Was that it? Was it all I would get from him? From a dark soul like his that hid more things than he would like to admit. I was ready to explore him. I had been ready for a long time but it looked like he was the one not ready to show me his darkest side.

After that it was like nothing had ever happened. I was the lonely girl once again and he was that charming boy that everyone loved. Including me.

She never knew. She never knew that she was his moon in the darkest nights. Even if they were strangers, he saw something in her that made his heart beat faster. She was the reason he wanted to go to school. She was his person. She was his soulmate. It saddened him that she would never know just how much she meant to him and how much he wanted to hold her but he knew that would never be possible. Why? Because she deserved better than him. Or so he thought.

We only had a day together but a day with him is better than a lifetime without.

And just like that, once again, we were strangers.



Saška Todorović

THE PREDOMINANT LIGHT

Do I hear footsteps behind me, or is it just my imagination playing tricks on me? I take a quick glance over my shoulder and...nothing. Of course, there is nothing, there never was, but why then do I feel a sinister presence around me? The feeling of not being alone gives me the shivers. Maybe that is why I am scared of the dark, or better said in the dark. I am not afraid of seeing something or someone, I am more afraid of the things that I cannot see. I start walking faster, as I am coming closer to my new house. There are only a few tens of meters left between me and my front door and I cannot wait to close it behind me. I am glad that I am approaching a lamppost, the only one in the entire street. It only illuminates a small part of the street, but I feel like it leaves even longer shadows on the rest of the street and the forest behind it. Sometimes I feel like the same fight is taking place every day and we already know the outcome: a fight between light and dark, where light comes out as the victor every morning. While I am thinking this the light starts flickering.

On...off...on...off...

The light flickers back on again and I can see a tall, humanlike figure standing under the lamppost. I try to focus my gaze on his face, but the light suddenly falls out again, only to pop back on, just a few seconds later. I stop abruptly, the person who was standing under the lamppost earlier has now disappeared. I scan the area with my eyes and start running, past the lamppost towards my house. I run through the garden, take all the steps leading up to the porch at once and with trembling hands I unlock the door. I quickly step inside and turn around once more to look if anyone has followed me. I am shocked to see that the person who I saw earlier is now walking slowly over my garden path towards the terrace. I yell, slam the door shut and lock it. Then with my face, facing towards the door I start walking backwards. I can hear the cracking of the planks as the person walks up the stairs, over the porch and all the way to the door...

I was so incredibly happy when I was able to buy this house 3 weeks ago. It is my first house and it is quite big, the only reason I was able to buy this house was that the previous owner wanted to get rid of it and also because it was in such a bad state when I bought it. There were cobwebs everywhere, holes in the floor and on many places the paint was peeling off the walls. But after two weeks of hard work together with my family and friends, it began to look like a liveable house again. Yesterday we finished the first bedroom and today I planned to sleep here for the first time. Anyway, that was the plan, now I want to get out of here as soon as possible.

I swing my bag off my shoulder and take my phone out of it. I search the phone number from my parents and click on the call-button, but... I have no internet connection...?!

BANG...BANG...BANG!

Suddenly, the person outside of my door starts hitting the door like crazy. It is almost as if he is trying to get inside of the house!

Screechh...

One of the hinges breaks and the door bends in and I realize that this man's intention is indeed to enter my house.

Screechh...

Also, the second hinge breaks and the door is now only hanging on the top hinge. In total panic I run up the stairs and I have just reached the top of it, as I hear a third, louder noise... the last hinge has broken as well and with a loud thud, the door hits the ground.

I slip into the room at the far end of the corridor and quietly close the door behind me. It is a big room where I have stored my furniture until I can give them a place in my house. I silently walk to the back of the room and squat behind a sofa and a wooden tabletop. Then I realize that if I stay here, I will be trapped and I will have nowhere to go if he comes into the room, so the only option I have is to get out of here. My eye stops on a candleholder on the other side of the room, on the mantelpiece, with that I could be able to defend myself. I listen for a few seconds, but after hearing nothing I decide to take the gamble. I get up, walk to the mantelpiece, grab the candleholder and start walking towards the door. I put my ear against the door and listen, again I hear nothing. I take a step back, take a deep breath and then I open the door. I take a few steps into the corridor and listen, also this time it remains quiet and I do not know whether I should be relieved or not. I stare into the dark hallway which is only lit by a small light bulb and see that all the other doors are closed. Is he hiding behind one of them or is he still downstairs? I take a few more steps and then lean forward to look over the banister, down into the hall. The light bulb above my head flickers and a bad feeling comes over me. The door next to me swings open and the man comes running out of the room. In his hand he is holding a sphere that emits a soft pulsating light. When he sees me, he stops in front of me and for the first time I am able to see his face. His eyes are set deep in his eye sockets and are outlined with black, his cheeks are set in and his lips are angrily drawn in a thin line. He stretches his hand towards me and as I am not able to go anywhere, I decide to hit him with the candlestick. The moment I hit him a shock passes through me and I start seeing dots

before my eyes. The last thing I see before everything goes black is that the man seems to have disappeared into thin air right in front of me.



I feel a ray of sunshine on my face and open my eyes. It takes a few moments until I realize where I am and what has happened. As I am getting up, my hand hits something. It is the sphere which the man was holding in his hand before he disappeared. I look at the thing with confusion, last night it gave off some sort of light but right now there was nothing special to see about it. Questions started to form in my head "Why did the man break into my house, to take this sphere? Who was this man? And an even better question: Will he return?"

Angélica Steenks

ČLANKI



KAM NAPREJ PO SREDNJI ŠOLI?

Dijaki tretjih in četrtih letnikov so ponovno postavljeni pred življenjsko pomembno odločitev – izbrati pravi študij zase. Dijaki tretjih letnikov bodo morali izbrati četrti in peti predmet na maturi. To je pomembno, saj nekateri študiji zahtevajo točno določene predmete. Dijke četrtih letnikov pa čaka še pomembnejša naloga – vpis na želeno fakulteto. Izbera študija je zelo pomembna, saj z njim izbereš poklic na svoji življenjski poti. V tem članku bom predstavila, kako izbrati najboljši študij zase.

Najprej se je potrebno vprašati, kaj želiš početi, kakšni so tvoji cilji in kako jih uresničiti. Sama sem najlažje odgovorila na vprašanja s pomočjo različnih vprašalnikov, ki so na voljo na spletu. Ti te vodijo skozi vprašanja in na koncu nudijo vpogled na tvoje cilje v življenju, hobije, motivacijo, dosežke in še več. Priporočam predvsem vprašalnik na Kariernem centru Univerze v Ljubljani z naslovom Kako izbrati študij. Na tej spletni strani poleg vprašalnika najdeš tudi kup koristnih nasvetov, ki ti bodo v pomoč pri izbiri. Podoben vprašalnik, ki vam bo pomagal odgovoriti na vsa ta zgoraj zastavljena vprašanja, sem sestavila tudi sama.

Vprašalnik

Odkrito razmisli o spodnjih vprašanjih in odgovori nanje:

- Kaj rad počneš v prostem času? Kaj te v življenju zanima?
- V čem meniš, da si dober, boljši od drugih? Za katere dejavnosti dobiš največ pohval?
- Pri katerih predmetih dosegaš dobre ocene brez posebnega truda? Katere predmete dojameš hitreje kot tvoji sošolci?
- Kaj si se naučil pri svojih hobijih in aktivnostih?
- Kaj te v življenju še zanima?
- Pri čem si še posebej spreten?
- Kaj šteješ za svoje največje dosežke (naštej vsaj tri)?
- Kaj ti je v življenju pomembno?

Pomembno se je temeljito pozanimati o programih, ki jih določen študij ponuja. Predvsem o njegovih vsebinah, zahtevah in značilnostih določenih programov. Vse te informacije najlažje najdeš na spletnih straneh fakultet ali na informativnih dnevih. Za informacije iz prve roke pa povprašaj bivše študente določnega programa ali študente, ki ga še vedno obiskujejo. Priporočam, da izbiraš programe, ki te zanimajo in imajo tudi predmete, ki ti »gredo« in ne delajo preveliko težav.

Zavedaj se, da študij izbiraš sam. Ne izbereš določene fakultete le zaradi tega, ker gre tja tvoj/-a priatelj/-ica ali želiš ugoditi željam staršev. Pomembno je, da se odločiš POPOLNOMA SAM! Seveda pa je dobrodošel nasvet priateljev ali staršev, a končna odločitev je tvoja, saj z izbiro študija izbiraš poklic v svoji prihodnosti in delo, ki ga boš v življenju opravljal z veseljem. Zato fakulteto izberi sam na podlagi tega, kar bi v življenju rad počel TI!

Upam, da ti bo spodnji vprašalnik pomagal pri izbiri študija, da si pridobiš željen poklic in sanjsko službo – službo, ki jo boš rad in z veseljem opravljal in boš v njej kar se le da uspešen.

- Kaj te najbolj motivira?
- Kdo so tvoji vzorniki?
- Kateri poklici se ti zdijo zanimivi in bi jih tudi sam rad opravljal?
- Kaj ti je v karieri/delu pomembno? Kako si predstavljaš svoje delo?
- Kakšen je tvoj življenjski cilj?
- Kje se vidiš čez 10 let?

Nina Zupan

TURNO SMUČANJE, EDINA POT DO BELIH STRMIN



Ljudje se že od nekdaj ukvarjajo z zimskimi športi. Med bolj prepoznavne sodi smučanje. V več tisočletjih se je slednje preoblikovalo na različne načine. Eden izmed teh je tudi turno smučanje.

Od začetkov do današnjega časa

Turno smučanje je način gibanja po zasneženih strmih terenih s pomočjo dveh smuči, na katerih so prilepljene kože, ki omogočajo oprijem na zamrznjeni površini. Koncept je preprost. Sprva je bilo tovrstno smučanje namenjeno predvsem olajšanju gibanja med lovom, sedaj pa se je spremenilo v sredstvo za doseganje zasneženih vršacev. Omogočajo lažji dostop na vrh ter hiter in seveda zabaven spust do izhodišča. Tako lahko neodvisno od žičničarske infrastrukture uživamo v snegu, obdani z neverjetno kuliso.

Lahko, lažje, najlažje

Oprema, ki jo zahteva turno smučanje, se precej razlikuje od tiste, ki je namenjena za urejene proge. Smuči so lažje, mehkejše in širše, da bi bila vožnja po puhestem globokem snegu čim bolj tekoča. Na smuči je mogoče namestiti kože, ki omogočajo, da smuči stojijo nepremično na podlagi, ko jih med hojo navzgor obremenimo. Vezi, v katere so vpeti čevlji, so gibljive in se jih pred spustom fiksira.



Tudi čevlji niso enaki. V gležnju so namreč gibljivi, da je hoja navzgor udobna. Ob spustu pa nudijo nepogrešljivo oporo. Seveda so vsi našteti rekviziti iz pereso lahkih materialov, da se pohodnik lahko giblje čim bolj neomejeno.



Edina pot do zavojev

Turno smučanje je bilo v naših krajih poznano že lep čas, a ni nikdar doživeloval takšne slave kot pri naših severnih sosedih. Toda korona virus je situacijo drastično spremenil. Ker so bila smučišča zaprta in epidemiološka slika ni dopuščala, da bi se to kaj kmalu spremenilo, so ljudje pograbili alternativo. Turno smučanje jim je dalo možnost za uživanje v popolnih zavojih. Poleg tega ni potrebno kupiti karte in če razmere dopuščajo, se lahko odpraviš kamorkoli. Ta svoboda in stik z naravo sta ljudi navdušila. Sam se s turno smuko ukvarjam že od 13. leta, toda od letošnje zime dalje to ni več nič posebnega. Kar naenkrat so vsi posegli po tem športu. V nekem trenutku je bil naval tolikšen, da nekateri kosi opreme niso bili dobavljeni.

Volja je. Pa znanje?

Gruče ljudi so se to zimo s smučmi zgrinjale na priljubljene slovenske planinske poti. A če si se žezel zares pohvaliti pred prijatelji in izstopati, si moral poseči po kakšnem bolj markantnem vrhu. To pa seveda predstavlja določen izviv in s tem tudi nevarnost. Prihajalo je do nesreč, saj ljudje niso znali oceniti danega položaja, ali pa so precenili svoje zmožnosti. Turno smučanje je

nevaren šport. Terjal je že mnogo življenj. Padci, plazovi, podhladitve ... marsikaj ti lahko prekriža načrte. V zadnjem času pa se je v gore podalo mnogo ljudi brez izkušenj v težavnih razmerah in brez znanja o reševalnih tehnikah. Obvezen del opreme je namreč tudi tako imenovan lavinski trojček, ki sestoji iz lopate, sonde in žolne (oddajnik, ki služi kot lokator za zasute v plazu). Mnogi so se na pot odpravili brez tega in nevede tvegali življenje.



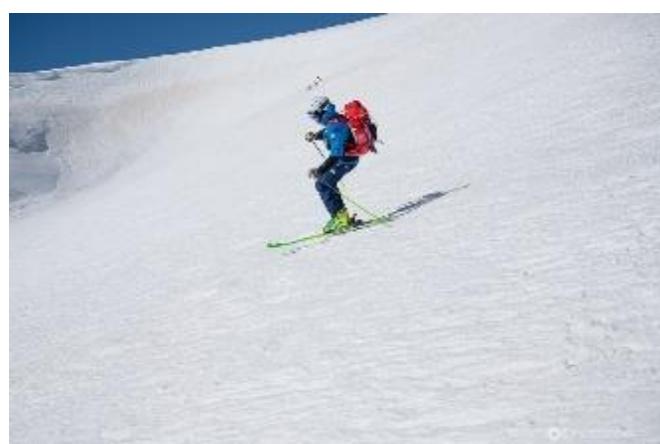
Modna muha ali nov način preživljjanja prostega časa?

Zagotovo bo turno smučanje takoj, ko bo spet vse po starem, izgubilo veliko privržencev. Verjamem pa, da so nekateri zares izkusili moč tega športa in vse čudovito, kar sodi zraven. Sama turna smuka zahteva precej fizične in navsezadnje tudi psihične moči. In seveda obilo znanja. Tako smučarskega kot gorniškega. A svoboda, ki jo daje, je nekaj neverjetnega. Kadarkoli se lahko neodvisno od kogarkoli odpraviš kamorkoli. V prvi vrsti olajša dostop do cilja, ponuja pa tudi obilo adrenalina in doživljanja narave na čisto poseben način. Seveda so razmere za smučanje mnogokrat neprijazne in številni so se ta šport odločili poskusiti zaradi smučanja po globokem snegu na čistih naravnih strminah, a ne smemo pozabiti, da je namen turnega smučanja zgolj olajšati pot na cilj v zimskih razmerah.



Sožitje

Če razumemo koncept in se zavedamo nevarnosti ter smo vselej previdni, je turno smučanje idealen šport za avanturiste vseh starosti. Nedvomno nudi nekaj posebnega. Le pozabiti ne smemo, da smo v naravi, ki pa je nepredvidljiva in neusmiljena.



Janž Ramuš

THE DARK TRUTH ABOUT HORSE RACING

Horse racing is a sport, most popular in Great Britain, the US and Australia. Although horse racing comes across as a totally normal sport just like any other, many people, me included, are shocked to learn what actually happens behind the scenes.

Behind all the action, fancy hats, dresses, and large bets, there is a horrific side to the sport of horse racing. Many racehorses are whipped, drugged with illegal substances, and even shocked with electrical devices daily to gain advantages on tracks. A common occurrence is that a horse even dies after the competition or gets sent to a slaughterhouse for its unrepairable injuries, extreme exhaustion, or disobedience. I admit that I have already been on a horse race before, for neither I nor my parents were educated enough on this sport because I know, I would have never agreed to go had I known the consequences of me buying that ticket and potentially supporting animal abuse. Just imagine that in every football or basketball



game, three players would be killed for no other reason than not playing great that day or over exhaustion. Would you really watch and support that kind of behaviour? I know I would not.

PETA (People for the Ethical Treatment of Animals) and other animal rights activists are campaigning against the absolutely unacceptable treatment of these poor animals. Unfortunately, no bigger changes are ever made, as this particular topic is rarely discussed and usually ignored by the governments. In my opinion, the horse racing industry is purposely hiding this from the public, furthermore, even denying it. Therefore, not enough people are aware of this cruelty and the industry continues to grow.

In conclusion, horse racing is not really a sport but a very cruel business that needs to be stopped. No matter the outcome of the race, the horses are the ones that end up losing the most. So please, do not go to horse races or bet on a horse, because with that, you are promoting the killing of innocent animals.



Nuša Pogačnik

THE BEST FIRST CAR

You will soon, or perhaps you already are, old enough to get a driving licence. That is a big step in one's life because it gives you freedom and the feeling of independence. But asking your parents when could borrow their car, is certainly not very independent. Therefore, you might be considering buying your very own car.

Buying a car is not a small thing. It is risky because you may take a decision that you could regret, and in the market full of

different used cars, that can happen. For this purpose, I created a list of three best first cars that you can buy right now, at a pretty reasonable price.

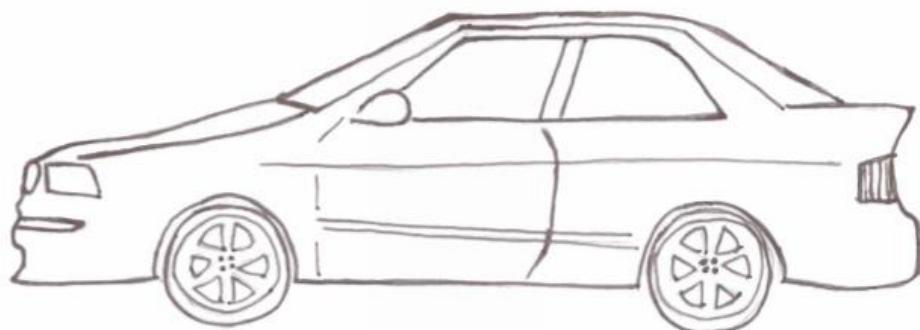
If you are searching for something affordable, cheap to run and very economical, then **Honda Civic** is the right car for you. You can get one for less than 1000 euros, and the maintenance is cheap as hell. The car is small, so you will not have to spend too much on petrol. Its

minimalistic size can also be very handy considering the fact that most of you probably are not very experienced drivers yet. The Civic is also the most reliable car on this list. But there is one negative thing. Because of their reliability they have many kilometres when they are for sale. But do not worry. There is a lot of Civics for sale and I bet you will find the perfect one for yourself, too. I would recommend you to find a 6th generation Civic made from 1997 up to 2001. With its 1.2 litter engine that puts down 106 horsepower, the Civic might be a little bit underpowered, but it still is very fun to drive. Search for Si badged models if you want a couple more horses under the bonnet. Similar cars worth mentioning are also Ford Focus 2nd gen and Peugeot 206.

If you are looking for something more luxurious and extravagant, look no further than **BMW 5** series e39. It is a perfect combination of luxury and practicality for a very good value. You can find some awesome examples for under 2000 euros. The exterior looks really impressive and simply screams German design, while the interior is very spacious and the materials are truly high end. BMW clearly has its extremely reliable gearbox (do not consider buying an automatic). Then there is a bulletproof engine, with some pretty decent power. I would recommend you to find one with 2.0 litter inline 6 engine that is capable of 148 horsepower. It is rear-wheel driven if you are looking for some

fun. However, this is a big car so you might have difficulty parking it and the maintenance is not cheap since it is a BMW. The E39 was made between the years 1995 and 2004. You will be able to find some very nice examples quite easily. And it looks really aggressive in black. In this segment also **Volvo s70** is worth mentioning, but you might struggle to find one, because they are rather rare. And if you want to ride in style and enjoy the summer weather, then **Mazda MX5** Miata is just the car you should buy. Small and nimble, very fun to drive and most importantly a cabriolet. It is fairly reliable and it has a lot of tuning potential if you are patient enough and do not mind some grease on your fingers. There are plenty of aftermarket parts for Miata and the maintenance is cheap. Consider buying 1st or 2nd generation, which are the cheapest cause Miata may be cheap to run but definitely not cheap to buy. You can find a Miata made from 1989 up to 2004 for around 4000 euros. If you buy a model older than 23 years, you will get those sweet pop-up headlights that just scream the 80s. Although it is quite hard to find one for sale, they have usually been driven just for a couple of miles. If you want something similar to Miata, you should also look for Peugeot 206cc, which is much cheaper, but not as reliable or stylish.

Janž Ramuš



MY EXPERIENCE WITH HOUSEPLANTS

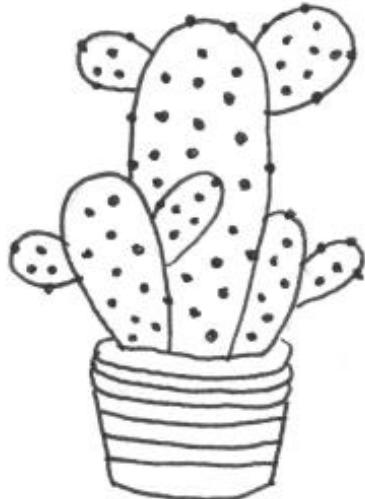
During quarantine, I have picked up quite a few new hobbies, one of them being taking care of all of my new house plants. I was always very fond of houseplants, liking the way they make a room more aesthetically pleasing, but only recently acted on my enthusiasm about them. Now, I own approximately 30 plants most of which found a new home in my bedroom.

As well as making a place look better, plants are more than just decorations. They can reduce stress levels, making you feel calmer and helping with your productivity. I have seen a large change since I have them in my room. I am more motivated to study and more eager to spend time at my desk during online classes, and I am not easily distracted by other electronics.



Another benefit of houseplants is their ability to improve the air quality. They are said to eliminate toxins. I have noticed a big change in the humidity levels. Since my bedroom is small, it gets quite humid

during the summer, however, my plants have drastically reduced the humidity. Taking care of plants is not hard as long as



you do your research. Even if you do not have a green thumb, there are always houseplants more suitable for beginners. I started with pothos, which is said to be one of the most indestructible houseplants. Pothos has medium sized leaves growing from long stems which can climb and wrap around their surroundings. They thrive with indirect sunlight and need to be watered only once a week. I find watering my plants very calming.

In my opinion, the only negative side of plant keeping is pests. A few months ago almost half of my plants became infested with thrips, small annoying flies. They were very hard to get rid of and almost made me lose my passion for plants. However, I did my research and removed the pests in a matter of two weeks.

I would highly encourage anyone who is looking to pursue a new hobby to buy a couple of plants, even if they are small cacti. For a small object they have so many positive things to offer.

Urška Repinc

A BLESSING TO HUMANITY

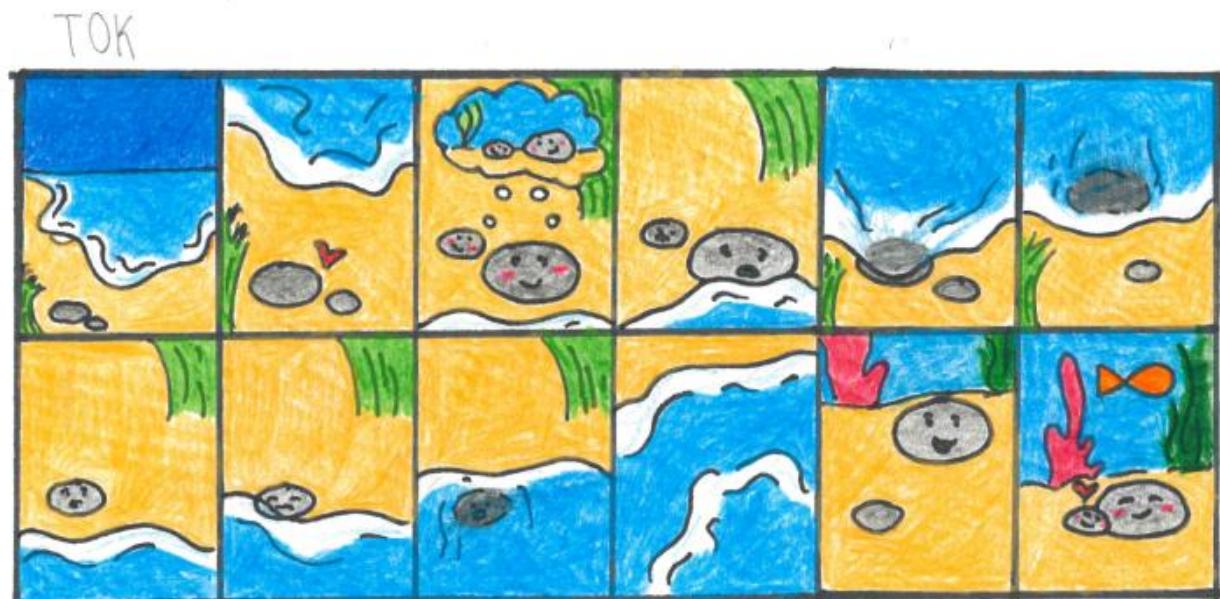
As far as I am concerned dogs are the best type of animal you can own. They are a blessing to humanity and as long as you care for them as you should, they will give you back more than you can imagine.



To begin with, our four-legged friends need their daily walks, therefore, dog owners have the motivation to get up and start moving. When you breathe in the fresh air and feel the lovely breeze, you realize that it absolutely pays off to have a dog. If you ask me, a very underrated benefit of owning a dog is that it improves your mental health. In my experience, dogs calm you down when you are feeling anxious, they comfort you when you are feeling somber, and even when you are doing just fine, they lift your mood above and beyond. Something that not many people think about but I find very interesting and beneficial is that dog owners have many more social interactions than other walkers. Why? Because they talk to other dog owners when their little furry friends want to sniff each other.

I could talk about this all day long but I think that these three advantages sum up the topic very nicely. Dogs are definitely amazing creatures; our greatest companions and best friends for life.

Tajda Čad



Urska Repinc

TRAVELLING TIPS

Let us be real, when you are getting ready for travelling, you often get stressed that you will forget to pack something or that you will pack too much or too little. You do not want to start packing because it feels like too much work, so you wait until the last minute. You get stressed and overwhelmed. Trust me I have been there. There is also a difference when you travel alone or when you travel with parents or even with school. You will pack differently if you travel with your family or if you travel with school. And I am here to help you. In this article you will find all tips you need when preparing for travelling.

When you travel with your parents, you usually do not have to worry and stress with packing because your parents will make sure you have everything. All you have to pack are appropriate clothes and shoes (that depends on the weather) and toiletries. You should not forget to bring something for your free time, like books (perhaps your home reading you forgot to read), magazines, your phone (do not forget your charger) or maybe even some cards or table games. You do not need to bring your own money since your parents will pay for you. But I usually like to take some of my own money if I want to buy something for myself or take my parents out for a drink.



When you travel with school, it is kind of similar but there are some differences. You still need to pack appropriate clothes, shoes and toiletries. You will probably need some pencils, schoolbooks or even a map. You also must not forget your passport, health card and MONEY!!! You will probably want to buy souvenirs, clothes or you will want to grab a drink and you will not have parents to buy that for you so make sure to bring enough money. But make sure to exchange your money into the right currency.

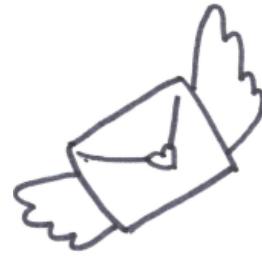
And lastly some of you might already travel alone or with friends. Again, make sure to pack the right clothes, shoes and do not forget your toiletries. Take a book, magazines or some games. You will need your phone, but you probably will not forget about that, just make sure to bring your charger. You just must not forget your passport, health card and MONEY!!! If you decide to bring your credit card, make sure to have enough cash too, because your card might not work. It sounds weird but when I went to London, I took my credit card and very little cash. And when I wanted to pay in the shop, my credit card did not work. I had to be very careful with how I spent my money throughout the whole trip since I had very little of it.

All in all, you do not have to worry about packing. Even if you forget a book or a sunscreen, you can still have an amazing holiday. Because as long as you have some money and keep an open mind, you will have an unforgettable travel experience.



Lara Ulčar

INTERVJUJI



INTERVJU S KRITIČNIM KORONA PACIENTOM

Moj ata se je nedavno vrnil z intenzivne nege covid obolelih. Glede na današnjo situacijo in mnenja nekaterih, ki virusa ne dojemajo resno, sem se z njim odločila narediti intervju.

Kakšna je bila tvoja reakcija, ko si izvedel, da si pozitiven? Si se že od začetka pojava virusa covid 19 držal varnostnih pravil?

Glede na začetne simptome nič posebnega, pričakoval sem to informacijo. Glede na to, da se virus tako neverjetno hitro širi, sem vedel, da lahko doseže tudi mene. Nisem bil prestrašen, sploh zato ne, ker so bili prvi znaki relativno blagi – kašljanje, kihanje, malo slabše počutje in pa izguba vonja ter okusa. Pravil sem se držal (nošenje maske, redno razkuževanje, socialna distanca), vendar logično je, da distance doma ne moreš vzdrževati. To je povzročilo, da se je virus razširil po naši hiši.

Kako si gledal na virus, preden si sam zbolel, kako nevaren se ti je zdel?

Ja, pravzaprav se mi je zdel nevaren, a dokler te ne prizadene, gledaš na to iz drugega zornega kota. Predvsem sem bil prepričan, da hude posledice virus povzroča starejšim ljudem, jaz pa še nisem tako zelo star, sem v dobri fizični kondiciji in nimam nobenih bolezni. Posebnega strahu nisem imel, vendar še enkrat poudarjam, držal sem se vseh osnovnih ukrepov za preprečevanje virusa.

Pogosto lahko vidimo, da ima potek bolezni nihanja. Kako je potekalo pri tebi?

Kot sem že rekel, prve dni simptomi niso bili hudi, kasneje pa se je pojavila vročina, ki je trajala 5 dni, vse do mojega odhoda v bolnico. Gibala se mi je med 37,5 in 39,9, vmes sem jo na silo zbijal z različnimi tabletami, najbolj pa so mi pomagali kisovi obkladki na nogah. Stanje se mi je

postopoma še poslabšalo, ko sem ugotovil, da lahko samo še ležim. Ko sem vstal, me je napadel hud kašelj, poleg tega pa me je v prsnem košu tiščalo. Tiščanje se je poleglo šele s ponovnim ležanjem na kavču.

Kdaj si se odločil poklicati zdravnike? Kaj so ti na začetku svetovali oni?

1. 11. sem klical v dežurno ambulanto ZD Radovljica in se pogovoril z dežurno zdravnico. Povedal sem ji, da imam resne težave, ampak me je potolažila, da so to pač normalni simptomi covida, saj imajo nekateri vročino celo po 10 ali 14 dni. Rekla je, da nisem pri simptomih nobena izjema in naj čakam in zbijam vročino. Dala mi je recept za analgin.

Se ti je stanje potem kaj zboljšalo?



Ne, postajal sem vedno slabši. S kavča sploh nisem več vstal. 3. 11. sem poklical v Zdravstveni dom Bled na telefonsko številko moje osebne zdravnice, ki pa je bila takrat odsotna. Zato sem govoril z zdravnico, ki jo je ta dan nadomeščala. Povedal sem ji, da imam zelo hudo obliko covida in da se v ZD ne morem pripeljati, saj dobim napad kašlja, če se samo dvignem. Kot prejšnjič me je zdaj tudi ta zdravnica potolažila, da so znaki normalni, če pa bom opazil še hujše spremembe, naj pokličem spet čez 5 dni.

So se ti znaki zdeli normalni, ali si upošteval nasvet zdravnice in počakal še nekaj dni?

Vedel sem, da je nekaj hudo narobe. Situacijo je v roke vzela moja hči, ki je nato še sama poklicala zdravnico. Prosila je, da bi me obiskali na domu. Zdravnica je vztrajala, da bi me nekdo pripeljal v ZD, kasneje je še rekla, da se bo mogoče oglasila na dom, če ne bo

drugih nujnih primerov. Ker mi zdravniki zdravstvenega doma niso nudili ne koristnih informacij in ne pomoči, smo se obrnili na znanca, kirurga jeseniške bolnice, ki je takoj uredil prevoz v bolnico z reševalnim vozilom.

So se tudi tamkajšnjim zdravnikom zdeli tvoji simptomi običajni?

Seveda ne. Tam so me najprej temeljito pregledali in opravili vse ustrezne preiskave. Postavili so diagnozo huda covid pljučnica in ugotovili, da imam več kot polovico pljuč že močno prizadetih. Takoj so me odpeljali v bolnico na Golnik, kjer me je sprejela profesionalna ekipa.

Koliko časa si preživel tam?

V bolnici sem bil skupaj 15 dni, od tega 6 dni na intenzivni negi. Tam so me priklopili na vse možne aparature, imel sem srečo, da sem lahko relativno normalno dihal. Poleg antibiotikov so me zdravili s kisikom, ki sem ga dobival skozi masko, zadnje dni pa po cevkah, ki so mi jih vstavili v nosnice.

Si spoznal druge bolnike? V kakšnem stanju so bili oni?



V moji sobi na intenzivni negi nas je bilo šest. Štirje so bili v precej slabem stanju, od tega dva v umetni komi, pri dihanju jima je pomagal aparat. Zanimivo, da je v moji sobi ležal tudi moj znanec iz okolice Lesc, ki je bil po mojem mnenju drugi v najboljši kondiciji za mano. Bil sem prepričan, da se bo izvlekel iz te težke bolezni, a je žal kmalu umrl.

Kako je potekal običajen dan na kliniki?

Predvsem je bilo zelo dolgočasno. Mene rešuje to, da sem navdušen bralec in sem v tem času prebral pet knjig. Ko so me prestavili v običajno sobo, sem imel srečo, da je bila bolj »luksuzna«. Vsaka postelja je imela na dolgi kovinski roki svojo televizijo, tako da sem zvečer lahko gledal filme, čez

dan pa bral. Zabaval sem se tudi s tem, da sem spremjal delo zdravnikov in medicinskih sester, ki so ves dan prihajali v sobo, nam merili razne življenske funkcije, z nimi so se tudi kaj pošalili. Skratka, prihod zdravstvenega osebja v sobo je pomenilo, da je čas hitreje tekel.



Kako se ti je staje izboljševalo, kaj so ti povedali zdravniki?

Stanje se mi je iz dneva v dan izboljševalo. Najbolj se mi je izboljšalo po šestih dneh, kar je pomenilo, da me odpeljejo z intenzivne v normalno bolnišnično oskrbo. Zdravniki so mi iz dneva v dan govorili, da se mi stanje precej dobro popravlja in pa, kar me je najbolj prizadelo, da če bi še kakšen dan odlašal z odhodom v bolnico, bi najbrž pristal na pokopališču.

Kakšen je bil občutek, ko si prišel iz bolnice?

Božanski, čeprav sem prve dni ležal tako kot v bolnici. Ampak ležati in jesti doma in v bližini imeti družino, je nepredstavljivo lepo. Tega se zaveš šele v takih situacijah.

Ali zdaj virus dojemaš enako, kot si ga na začetku?

Ne, dojemanje razsežnosti koronavirusa in posledične epidemije se mi je spremenilo. Očitno je, da napada ne samo zelo stare, ampak tudi, če se malo pošalim, mlajše, takšne, kot sem jaz. Posledice covida so lahko tudi za mlajše ljudi precej katastrofalne ali celo usodne.

Urška Repinc

POMISLILA SEM: »ŽE ZDAJ GRE VSE NAROBE!«

Intervju z dijakinjo Gimnazije Jesenice Angélico Steenks, ki se je preselila v Slovenijo in z nami deli svoje izkušnje.

Že tvoje ime mi pove, da nisi iz Slovenije. Od kod si?

Sem iz Nizozemske in sem se približno pred tremi leti preselila v Slovenijo, skupaj s svojimi starši in sestro dvojčico.

Zakaj ste se odločili, da se boste preselili v Slovenijo?

To me velikokrat vprašajo. Moji starši so že dolgo časa prihajali v Slovenijo na počitnice. Pred nekaj leti smo tukaj kupili hišo. Slovenija se nam zdi lepa država in ljudje so prijazni. Tudi način življenja se razlikuje z načinom življenja na Nizozemskem. Tam je hitrejši, tukaj pa je življenje bolj umirjeno, kar nam je zelo všeč. Občutek svobode je večji, očarala pa nas je tudi narava.

Katere so bile zate največje ovire?

Mislim, da je bila največja ovira slovenski jezik, ker sem se bala, da me ljudje ne bi razumeli, saj me na začetku res niso (smejh). Takrat še nisem govorila tako dobro slovensko, sporazumevala sem se v angleščini. Tudi pri pouku sem na začetku bolj malo razumela. Bilo je kar stresno, ko sem pogledala v sošolčev zvezek, da bi videla, kaj bi morala imeti napisano. Zapiske sem primerjala s svojimi in opazila, da je bilo veliko besed, ki sem jih napisala, neobstoječih. Konec končev je bilo dobro, da sem napisala, kar sem mislila, da sem slišala, ker sem zaradi tega prepoznala vedno več besed in na tak način počasi širila svoj besedni zaklad. Pri poslušanju sem ugotovila, da sem razumela vedno več besed in tako je tudi govorjenje postaleno enostavnejše. Mislim, da zdaj že kar dobro govorim slovensko, čeprav se zavedam, da delam veliko slovničnih napak.

Ali misliš, da je pomembno, da znaš govoriti jezik države, v katero se preseliš?

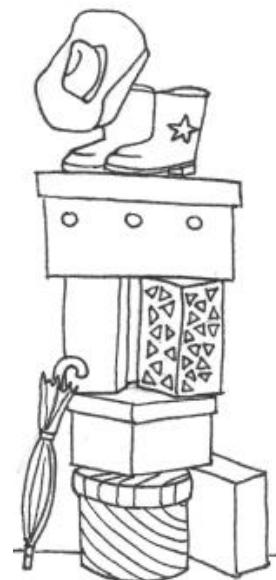
Ja, absolutno, pravzaprav mislim, da je to najpomembnejša stvar, ko se preseliš v drugo državo. Ne samo zaradi sebe, ampak tudi zaradi

ljudi, ki tukaj živijo. Dokler ne obvladaš jezika, se težko vključiš v družbo. Če se potrudiš učiti materni jezik domačinov, te bolje sprejemajo.

Se spomniš svojih največjih jezikovnih spodrljajev?

S sosedom in sestro sva hodili z avtobusne postaje do doma in je deževalo. Moja sestra je rekla: »Joj, danes pa gлиh nisem deževnika s sabo prinesla.« Ja, dežnik in deževnik sta dve zelo podobni besedi, v pomenu pa ...

Ali takrat, ko sem sošolki pokazala sliko nekega psa in sem ji rekla: »Ta pes je res lep!« Ona pa je razumela, da sem rekla: »Ta pes je slep.« Rekla je: »O bogi pes.«



Kaj se ti je zdelo smešno, ko si prišla v Slovenijo?

Prvi šolski dan nisva vedeli, da je treba v šoli nositi copate, ker smo na Nizozemskem vedno nosili čevlje. Pomislila sem: »Že zdaj gre vse narobe!«

Si še vedno v stiku z družino in prijatelji na Nizozemskem?

Ja, moji prijatelji in sorodniki so zelo pomembni zame, velikokrat jih pokličemo. Zelo jih pogrešam, nekaterih že dve leti nisem videla.

Pa še zadnje vprašanje. Ti je bolj všeč živeti na Nizozemskem ali v Sloveniji?

Dobro vprašanje, a tudi težko. Ker sta mi tako Slovenija kot Nizozemska všeč in se zelo razlikujeta, jih je težko primerjati med sabo. Na Nizozemskem sem živila 14 let in zato tam poznam več ljudi in seveda tam živijo moji sorodniki. Ampak po drugi strani spoznavam veliko novih ljudi tudi tukaj v Sloveniji. Pravzaprav se v obeh državah počutim doma.

Estrella Steenks

INTERVJU Z NIKOM ŠKRLECEM

Nik Škrlec je slovenski igralec, ki ga je širša javnost spoznala kot voditelja Malih sivih celic (danes poleg kultnega mladinskega kviza z Niko Rozman na nacionalni televiziji vodi še sobotno otroško oddajo Sobotni krompir), meni pa se je v spomin zasidral predvsem zaradi svoje fascinacije nad številom pi. Je nekdanji (in morda bodoči, pri Niku nikoli ne veš) državni rekorder v recitiranju decimalk te konstante na pamet. Leta 2016, ko je zadnjič zmagal, si jih je zapomnil 3.141 (kot vsi gimnazijci vemo, je vrednost števila pi 3,141...). Leta 2019 je naziv državnega rekorderja izgubil, v letu 2020 pa ga je nameraval znova napasti, a je bilo marčevsko tekmovanje odpovedano zaradi saj-veste-česa. Poleg vsega naštetelega ima Nik še svoj YouTube kanal, s svojo magistrsko predstavo Naj gre vse v π ! ali kako sem si zapomnil 3141 decimalk gostuje po Sloveniji, v sezoni 2019/2020 ga je bilo mogoče videti v njegovi drugi avtorski predstavi (ustvaril jo je skupaj s svojo zaročenko Leno Hribar in Urbanom Kuntaričem) Hevreka! v Mestnem gledališču Ptuj, pa v Avdiciji v Špas teatru ... Skratka, vesel sem, da si je kljub kopici projektov uspel decembra 2020 vzeti čas tudi za naš časopis.

Začel bi z igralsvom. Najtežja odločitev vsakega srednješolca je, kam naprej. Kako ste razmišljali vi in kaj je prevesilo tehtnico na stran Akademije za gledališče, radio, film in televizijo?

Gledališče me je od nekdaj zanimalo in večino prostega časa v srednji šoli sem preživel na odru ali pa v zakulisju, delno v šolskem gledališkem krožku, delno pa tudi izven le-tega, med predstavami in dogodki, ki smo jih organizirali sami, na lastno pest. Zame tako ni bilo druge izbire, vedel sem, da želim šolanje nadaljevati v tej smeri, sem se pa pri vpisu na srednjo šolo spogledoval še z računalništvom in sem zato takrat kolebal med splošno in tehniško gimnazijo.

Med leti 2016 in 2019 ste bili član SNG Drama Ljubljana. Česa vse ste se naučili od kolegov, ki so bili takrat že prekaljeni igralski mački?



Ustvarjalnost posameznika je rahel plamen, za katerega je potrebno vestno skrbeti. Izkušeni igralci znajo svoje napore in energijo usmeriti tako, da so čedalje bolj ustvarjalni, mlajši igralci pa velikokrat svoj čas trošimo z nepotrebnimi malenkostmi. Ne poznamo še načina dela, iščemo svoj izraz, ampak vse to je normalno, izkušnje je vedno treba dobiti, bližnjic ni.

In kaj bi vi svetovali vsem mladim igralcem?

Igrajte! Ustvarjajte predstave, dajajte pobude, razmišljajte s svojo glavo in poskrbite, da bo vaš notranji svet bogat. Nihče ne ve, kakšni so novodobni igralci, to ste vi, ki prihajate in svežina, ki jo prinašate, je vaš pečat. Pravila so zato, da jih spremojamo.



vir fotografije: <https://www.premik-sezana.si/wp-content/uploads/2019/10/Nik.jpg>

Igra za vas ni le vživljanje v druge ljudi, temveč ustvarjalni proces, ki združuje več vaših interesov. To ste zelo dobro pokazali z magistrsko predstavo, ki na oder postavlja tehniko pomnjenja, imenovano palača spomina. Nekje sem prebral, da ste se z njo srečali v srednji šoli, ko ste si kot vsi dijaki žeeli fotografkskega spomina. Kakšna je bila vaša pot od prvega srečanja s to tehniko pa do tekmovanja v recitiranju števila pi?

Kot si rekel, v srednji šoli se mi je zdelo, da preveč časa porabim za učenje reči in premalo za svoja zanimanja. Pomislil sem, da očitno potrebujem fotografski spomin in ker sem prepričan, da se lahko naučimo skoraj česarkoli, sem se lotil raziskovanja. Odkril sem, da tak spomin, kot si ga predstavljam, ne obstaja, sem

pa odkril kopico tehnik pomnjenja, med njimi predvsem palačo spomina, ki je zaslужna tudi za mojo zlato maturo. Na Akademiji sem potem malo pozabil na vaje in to tehniko, dokler mi ni cimer povedal, da na FMF (Fakulteti za matematiko in fiziko, op. a.) obstaja tekmovanje v recitiranju decimalk števila pi. Od takrat naprej sem zasvojen.

V podkastu Apparatus ste izjavili, da ste pred tekmovanjem spomladi 2020 znali okrog 10000 decimalk. Koliko jih znate trenutno?

Ja, 12. marca sem želel na tekmovanju povedati 9999 decimalk, pa je bila ravno na tisti dan razglašena epidemija. Še vedno jih znam točno toliko, to je moj cilj. Občasno jih ponavljam, čeprav ne pričakujem, da bom v letu 2021 že lahko tekmoval, odvisno seveda od pandemije (Nik na tekmovanju marca 2021 ni sodeloval, ker se je v tem času bolj posvečal pripravam na podiranje Guinnesovega rekorda v sestavljanju Rubikovih kock pod vodo, je pa nov državni rekord postavil osnovnošolec Tibor Hvala s kar 10123 decimalkami, op. a.).

Zanimata vas tudi potapljanje in sestavljanje Rubikove kocke, to dvoje ste združili v svoj Projekt: Rekord, v okviru katerega skušate podreti Guinessov rekord v sestavljanju omenjenih kock pod vodo. Kako ste dobili idejo za takšen projekt?

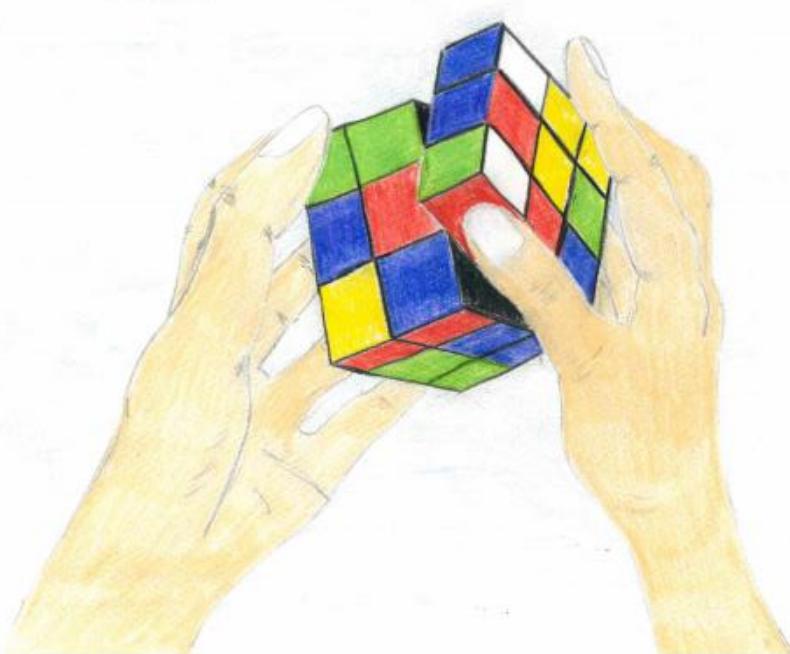
Ha, ukradel sem jo. Videl sem, da nekdo pod vodo sestavlja Rubikove kocke in rekel sem si: »Dobro, to najbrž ni tako težko!« Izkazalo se je,

da je, ampak je pa tudi neverjetno zanimiv izviv. Verjamem, da je vsaka takšna stvar, ki se je lotim, čeprav se opazovalcem od zunaj lahko zdi tudi popolnoma neumna, zame izjemno dragocena. Učim se dela s sabo, premagovanja ovir, urim zbranost, voljo in učim se novih spretnosti. To je veliko več kot samo sestavljanje kock pod vodo ali pa naštevanje decimalk pi na pamet. Naša zanimanja so, če se podamo na lov za njimi, lahko neizčrpen vir malih modrosti in to, kar ljudje vidijo od zunaj, je vedno samo vrh ledene gore.

Med brskanjem po vašem YouTube kanalu sem naletel tudi na starejši video z naslovom Jajčna vagabunda, v katerem ste dokumentirali potovanje, na katerega sta se s prijateljem iz vaše domače Brestanice v Varšavo odpravila kot ulična umetnika, potovala pa sta le s pomočjo avtoštopa. Kakšne spomine imate na to potovanje in ali bi ga nekoč ponovili?

To je ena mojih bolj napornih izkušenj povezanih z nastopanjem. S prijateljem sva potovala popolnoma brez denarja, samo štopala sva in tudi hrano in spanje sva pokrivala samo z zaslužkom od uličnih nastopov. Danes tega najbrž ne bi ponovil, ker je bilo res res naporno, ampak če pa bi me Nik iz preteklosti, ki je ravnokar dobil idejo takega potovanja, vprašal, ali naj se nanj odpravi, bi mu brez obotavljanja rekel: »Nujno, prosim!«

Jan Čelesnik



REPORTS



REPORT ON TEENAGERS' SELF-IMAGE

Introduction

The aim of this report is to present the struggles of a common teenager in association with their body confidence and self-image. It is based on information collected from a survey that was solved by 23 people from the age of 15 to 17. It is written by a student of Jesenice Grammar School in the ITS subject, at the request of the English teacher.

Body image in general

Body image issues are prominent mostly among teenagers. These concerns often focus on weight or the shape and size of their body. They can have considerable effects on their mental health and wellbeing.

Self-esteem

Self-esteem describes a person's self-value and self-respect. More than half of the people questioned said that they do not feel comfortable in their skin. They were also asked to rate their self-esteem on a scale of 1 to 10, with 20% rating it only 1-2.



The effect of others' opinion

Besides the person's own thoughts, the opinion of others can also largely affect their viewpoint. 65% said they were worried about other's opinions and were negatively influenced by them.

Media

The media, especially magazines and certain social media platforms make people believe in a certain »perfect« body type, often in an unreal and unhealthy

one. 74% said the media made them feel pressured to look a certain way, most of them complaining about unreal beauty standards.

Comment

In my opinion, people of all shapes and sizes will always have problems with their self-esteem unless we try and overcome the discriminatory standards everyone has. Media plays a large part in that and should present more diversity and not exclude people who do not fit the standard that it has created.

Urška Repinc



REPORT ON THE AMOUNT OF TIME THAT STUDENTS WHOSE AVERAGE IS ABOVE 4,5 WORK FOR SCHOOL ON A DAILY BASIS

Introduction

The report is written by a sophomore year student of Jesenice Grammar School as a part of an ITS project of making a school newspaper. Its aim is to present the work habits of excellent students and the amount of stress they feel due to school obligations. The findings are based on a survey conducted by the writer of the report.

Conduction of a survey

A survey containing four short questions was sent to 52 Jesenice Grammar School students of the second, third and fourth grade whose average was above 4,5 in the previous school year. 44 of them responded providing valuable answers. Most of them were third-grade students (16 out of 18) followed by the fourth (15 out of 18) and second-grade students (13 out of 16).

The amount of time that students work on a daily basis

The results show that the majority of students (40%) work 1–2 hours a day. This includes both homework and studying. 30% of students work 2–3 hours, 25% more than 3 hours and 5% less than an hour.

The level of stress students feel due to school obligations

The respondents were asked to rate how stressed they felt on a scale from 1 to 5 (with 1 meaning feeling almost no stress and 5 being overloaded and feeling too much stress). More than a half of them (57%) answered with a 4. 27% of students answered with a 3, 11% with a 5 and 5% with a 2. Only 1 student (0%) feels no stress at all due to school obligations.

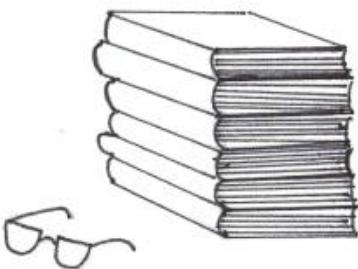
Influence of a student athlete/student artist status

18 respondents have a special student athlete or student artist status. Due to their activities outside school, they have some adjustments in school such as the ability to choose an alternative date for writing a test. Most of these students (44%) work 2–3 hours on a daily basis, which is above average. When it comes to the level of stress, they feel as stressed as their peers (56% of students with a status chose a 4). Their work habits might be explained by the fact that they are absent from school more often than students without any status and have to finish some of the assignments at home which are otherwise done in school.

My personal comment

1–2 hours of work on a daily basis does not seem much work for having high marks. This indicates that a majority of excellent students do not have problems understanding the subject matter and do not need to study much at home. Even though they work 1–2 hours at home, the majority believes that the stress level is 4 on a scale from 1 to 5. I interpret 4 as being on

the verge of one's abilities but somehow still capable of fulfilling all the obligations properly. It is interesting that 2 hours of work present such a burden for students who are marked with the highest marks for their work. To shorten, excellent students work less and are way more stressed because of school as expected. The results are still to some degree inconclusive – students with lower marks should have been included into the survey to provide some comparison.



Jan Čelesník

REPORT ON PHONE ADDICTION OF GIMJES STUDENTS

Purpose

The aim of this report is to present the problem of phone addiction among teenagers at Jesenice Grammar School. It is written by a grammar school student and based on information expressed by other students aged from 16 to 17 years. It is written for the school newspaper.

The survey

The questionnaire was given to twenty teenagers. It consisted of three questions that provided key facts about the use of smartphones.

Average screen time

The analysis found that 6 to 7 hours a day is the average time a student is active on their phone. If compared with a person's average life expectancy, one would be spending about 30 years on their phone. This is equivalent to the time spent sleeping.

Apps

Social media is primarily the reason for the given results. The most popular app from the study findings is TikTok, as well as YouTube, Snapchat, and Instagram are quite trendy too. Most of these have been developed in such a way that makes individuals addicted, while other apps may be mainly used for communication.

COVID-19 effect

The current situation with the global pandemic has largely influenced the activity of a person on the phone. Since they have a lot of free time, students are beginning to use the phone more and more. Moreover, that is also the best way to socialize. Furthermore, students need phones for distance learning as well.

Conclusion

To summarize, society has normalized the overuse of mobile phones, therefore, addiction is no longer considered a problem. In my opinion, this topic should be discussed more often because many people are not aware of the consequences phone addiction brings. Those are stress, anxiety, depression, or loneliness.



REPORT ON MENTAL HEALTH IN LOCKDOWN

Introduction

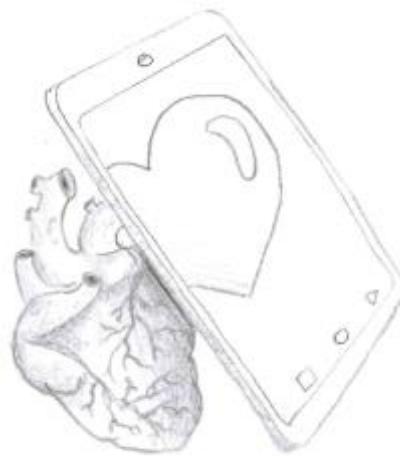
The aim of this report is to raise awareness of the dangerous effects the coronavirus lockdown has on teenagers, their mental health and wellbeing. It is based on the information gathered from a survey that was sent out to twenty-five students. It is written by a grammar school student, for a school project.

Mental health overall

Every single person experiences this lockdown differently. Some people struggle and others find it suitable. However, the vast majority of teenagers said that their mental health has seen a serious decline.

Motivation

More than half agree that they find it harder to motivate themselves to do schoolwork at home than they do at school. Many also say that they do not take schoolwork as seriously as they did before lockdown and that the quality of their work has had a downfall.



Loneliness

Isolation, not being able to see friends, relatives, classmates, and others in has a big impact on a person's emotional wellbeing. It is expected for some to feel lonely during the lockdown, but it is concerning how high this number is. Feeling lonely can heighten depressive tendencies and that is another big problem the country is facing right now.

Stress

Poor internet connection, lack of knowledge about technology, not being able to afford proper technological equipment, being short of money are only some of the everyday problems some are facing, and that can be very stressful and overwhelming. More than three-quarters say that they are dealing with more stress than they did before distance learning.

The lack of...

What teenagers miss the most is the freedom to hang out with their friends, go to a cafe, being able to attend class normally. In general, people miss having a normal life.



Conclusion/comment

Distance learning/ lockdown has a serious impact on the mental health and well-being of teenagers and I think we should pay more attention to this problem that is forming everywhere in this world. Students should be provided with more resources to manage their problems and we should return to normal school as soon as possible.

Živa Pintar

POTOPIS



POTOPIS - ISLANDIJA

Islandija – otoška država z neverjetno naravo, zelo majhnim številom prebivalcev in s hladnim podnebjem. Mrzli kraji za poletno popotovanje niso najbolj značilna destinacija, so pa nepopisljivo lepa. Zagotovo pa je čudno poleti pri 30° C v kovček pakirati kape, puhovke, rokavice in debele nogavice. Nekaj najpomembnejših stvari, ki jih moramo vedeti pred odhodom na Islandijo: cene so vrtoglavovo visoke, hladno bo bolj, kot se zdi, da je mogoče (tudi poleti), in seveda še lepše, kot si človek predstavlja, da je kraj na Zemlji lahko. Neverjetno je videti, kako so se ljudje prilagodili neugodnemu podnebju in reliefu, polnemu naravnih čudes.

Ko smo pristali na letališču blizu Reykjavika, smo se z avtobusom peljali do poslovalnice Rent a Car. Javni prevoz je slabo razvit, zato je najem avta precej logična poteza. Rezervirali smo manjšega terenca, dobili pa majhnega suzukija, ki je bil za potovanje po Islandiji precej neprimeren. Rekli so nam, da spada v isto kategorijo in da nič ne morejo. Sprijaznjeni s situacijo, smo se odpravili na pot. Od jugozahoda smo se premikali proti severu, s severa proti vzhodu, nato pa po vzhodni obali nazaj na jug.

REYKJAVIK

Reykjavik je glavno mesto Islandije, najbolj severno ležeča prestolnica na svetu. Če vključimo še okolico, v Reykjaviku živita skoraj dve tretjini vseh prebivalcev. Ko smo prispeли, so bile temperature višje, kot smo pričakovali, okoli 20° C. Mesto ni veliko, je pa izredno čisto in urejeno. Že v prestolnici takoj zagledaš značilne hiše z barvno fasado, zraven pa tudi modernejše stavbe. To so predvsem razni muzeji, poslovne stavbe, stanovanjski bloki, šole ... Z vrtoglavimi cenami smo se srečali že prvi dan, ko smo za tri sokove, kavo in dve tortici odšteli okoli 50 evrov. V mestu je veliko zanimivih muzejev in ena prav posebna cerkev. Reykjavik se nahaja tik ob morju, obdan z naravo, zato sploh nimaš občutka, da se nahajaš v prestolnici.



KRATERSKO JEZERO KERID

Kmalu smo zapustili Reykjavik in se odpravili do kraterskega jezera Kerid. Na poti smo se ustavili na plaži s črnim peskom, kar je bilo zelo zanimivo. Ogled kraterja je bil plačljiv, do njega pa smo hodili le par minut.

ÞINGVELLIR

Þingvellir je zgodovinsko mesto kulturnega in geološkega pomena v jugozahodnem delu Islandije in je ena izmed najbolj priljubljenih turističnih destinacij na Islandiji. Þingvellir je leta 1928 postal narodni park zaradi svojega zgodovinskega pomena in tudi kot posebno tektonsko in vulkansko okolje. V okolini mesta smo prenočili v kampu.



GEYSIR IN GULLFOSS

Geysir je eden izmed najbolj slavnih gejzirjev na Islandiji, ki lahko izbruhne tudi do 70 metrov visoko. Gejzir je dobil ime prav po tem islandskem gejzirju.

Gullfoss je mogočen slap, ki se nahaja v kanjonu reke Hvítá na jugozahodu Islandije. Skupaj s Þingvellirjem in gejzirji Haukadalurja je Gullfoss del tako imenovanega Zlatega kroga priljubljenih turističnih izletnih točk. Visok je 32 metrov.



HVERAVELLIR

Hveravellir je geotermalno območje v centralni Islandiji, ki leži med dvema ledenikoma. Pot do tja ni lepa, zato z običajnim avtom skoraj ne moreš priti. Tu so nastopile naše težave s suzukijem. V centralni Islandiji rastja praktično ni, vse, kar vidiš okoli sebe, so le ravnina in kamenje. Po več urah vožnje smo srečali samo en avto, zato je izredno neugodno, če ti poči guma ali zmanjka goriva, saj na pomoč lahko čakaš cel dan. Po ogledu prejšnjih dveh znamenitosti smo potrebovali več časa, kot smo pričakovali, da smo prišli do kampa v Hveravellirju. Prispeli smo šele pozno ponoči, saj smo zaradi grde ceste z našim avtom morali voziti zelo počasi, da ne bi počila guma. Na srečo poleti nikoli ni popolne teme in to nam je olajšalo postavljanje šotorja sredi noči. Zaradi lege med dvema ledenikoma je bilo zelo mraz (-2° C), poleg tega je še močno pihalo. V kampu je bil bazen, ki so ga ogrevali geotermalni vrelci, zato smo ponoči šli v bazen, da smo se ogreli. Tu smo le prespali in zjutraj nadaljevali pot.



AKUREYRI

Akureyri je mesto in pristanišče na severni obali Islandije in je okoli 400 km oddaljen od glavnega mesta Reykjavíka. Je četrta največja občina Islandije ter drugo največje urbano območje. Je šolsko, kulturno in gospodarsko središče severnega dela otoka. Čeprav je takoj za Reykjavikom drugo največje mesto, je prebivalcev le okoli 19 000.

Po dolgi vožnji iz Hveravellirja smo končno prispeli v Akureyri. Ta dan smo si ogledali mesto in obiskali botanični vrt. Prenočili smo v kampu, v bližini mesta.



GOÐFOSS

"Slap bogov" je najbolj spektakularen slap na Islandiji. V višino meri 12 metrov, v širino pa 30. Nahaja se na severu Islandije, mimo njega pa poteka glavna cesta, zato je lahko dostopen.



Blizu je tudi jama, v kateri so snemali Igro prestolov, in zelo dobro razvidna tektonska razpoka.



MÝVATN

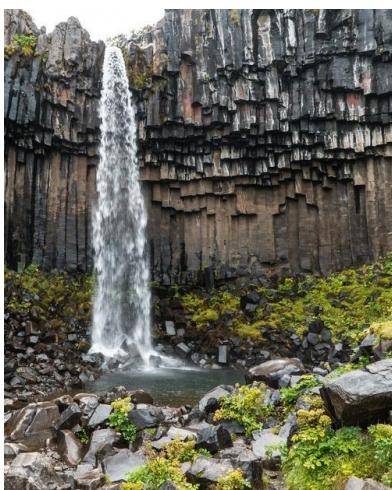
To je četrto največje jezero na Islandiji. Mi si ga sicer nismo ogledali, smo si pa ogledali znamenitosti v njegovi okolici.

GEOTERMALNO PODROČJE NAMASKARD je znano po številnih vulkanskih izbruhih med leti 1975-1984.



GEOTERMALNE VODE NARAVNEGA KOPALIŠČA MÝVATN

Naravno kopališče Mývatn je manjši, ne tako slikovit, a novejši geotermalni kompleks v primerjavi z znamenito Modro laguno. Je pa zato tudi manj turistično obiskan in ponuja več zasebnosti. Imenujejo ga tudi Mala Modra laguna.



SVARTIFOSS

Ozek 20-metrski slap, ki pada po sredini osupljive 3D-stene iz bazaltnih stebrov. Nahaja se v Skaftafellu, ki spada pod narodni park Vatnajökull. Okoli slapa je veliko zelenja, do njega pa moraš iti peš, kar traja okoli pol ure. Uživaš že na poti, saj je izredno lepa, končna destinacija pa je sploh osupljiva.



V Skaftafellu smo prenočili. Kamp je bil zelo lep in urejen, poleg tega pa še brezplačen. Kampirati na Islandiji mogoče ni najbolj prijetna izkušnja, saj je predvsem ponoči zelo mraz. Tudi poleti se temperature lahko spustijo pod ledišče. Na Islandiji so kampi na splošno zelo urejeni, v večini pa tudi precej prazni.

VIK

Ob cestah se velikokrat prosto pasejo ovce, zato moraš previdno voziti, ker nikoli ne veš, kdaj se izza ovinka prikrade kakšna ovčka. Vik je majhno mestece ob obali, v njem živi le dobrih 300 ljudi. Najbolj atraktivne so njegove plaže s črnim peskom.



OGLED NJORK

Blizu mesta Vik se nahaja pečina, kjer gnezdijo njorke. Do nje se odpravimo s traktorjem. Na priklici sedijo turisti, vožnja do tam pa traja okoli pol ure. Po pečini smo se sprehajali približno eno uro in si ogledovali njorke ter njihove sovražnike velike govnačke.



LANDMANNALAUGAR

To je bil naš najnapornejši in tudi zadnji postanek, preden smo se vrnili v Reykjavik. Temperature in ceste so bile še za odtenek slabše kot v Hveravellirju. Da smo prišli do kampa, smo morali previdno voziti po slabih cestah, za dodatek pa še prečkati sedem (manjših) rek. To je bil za naš avto spet izziv. Vozili smo zelo počasi, tokrat še po ovinkih in v hrib. Ko smo s težavo končno prispeli v kamp, je bilo zelo mraz in od naporne poti smo bili vsi utrujeni. Kamp je bil zelo velik in poln, kar je glede na težavno pot precej zanimivo.

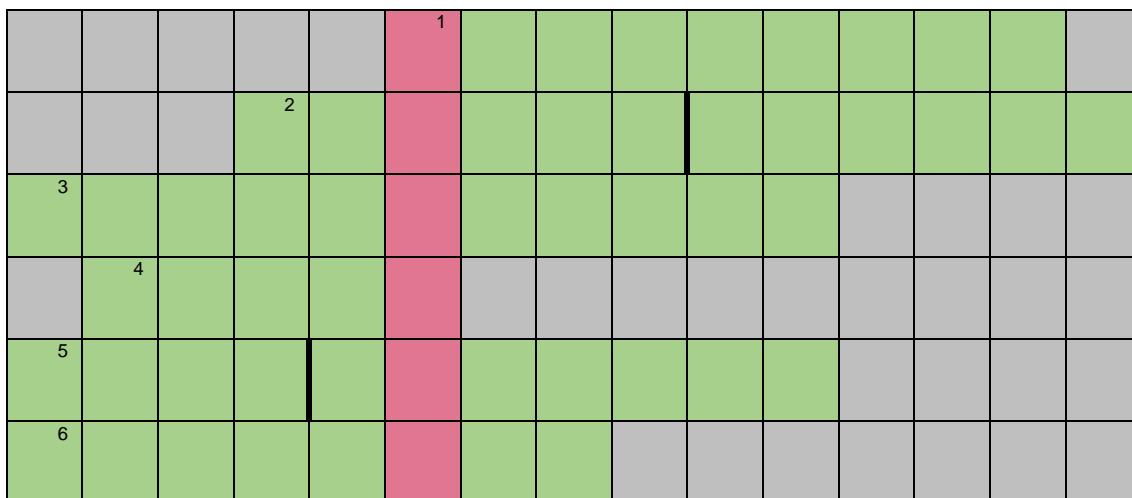


Ko smo prispeli nazaj v Reykjavik, smo bili veseli, da se kmalu vračamo domov. Islandija nas je z vso svojo lepoto več kot navdušila, obenem pa tudi zelo utrudila. V kampu v Reykjaviku smo prenočili, naslednji dan si še malo ogledali mesto, nato pa odpravili proti Keflaviku na letališče.

Živa Pintar

INTERACTIVE**CROSSWORD**

- 1.) What is the surname of Slovenian poet Simon?
- 2.) Who is the author of the first Slovenian book?
- 3.) What is the period in which Adam Bohorič and Jurij Dalmatin lived called?
- 4.) Who wrote Otročja biblija? (surname)
- 5.) Who helped Stritar with sorting Ljubljanski zvon?
- 6.) The surname of the author of Slava vojvodine Kranjske is...



Teja Gale

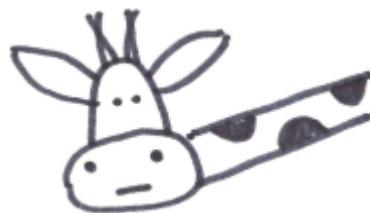
TONGUE TWISTERS

Hello there! I prepared something different for you. Here are some tongue twisters. I hope you will have fun pronouncing these sentences!

First try it in normal speed and then repeat it three or more times with higher speed.

I bet you cannot say it 10 times without any mistake 😊

- Six slippery snails slid slowly seaward.
- Grits in rations, rips of passion, pits of fashion, fits are ashen, chips to cash in.
- A wobbly rabbit runs west while watching the river run.
- Selling seashells by the seashore seems like a simply silly sales strategy.
- Black block background, brown block background.
- Choose to lose or peruse the ruse.
- A big black bug bit a big black bear.
- A drone's flown to phone home.
- She saw a seesaw at the seashore.
- Florist friars frequently fight forest fires.



Š. Ž.

SUDOKU

Sudoku is a logic-based game, designed for entertainment purposes and for training your brain. The development of the so-called Modern Sudoku started in France in the late 19th century. These Sudokus were not the same as the modern ones, but they had the same key characteristics. They were published in various French newspapers and the name was changed many times.



brain

In the 20th century, an American architect Howard Garns designed the Modern Sudoku, which is still popular today. It was first published in an American magazine in 1979. Back then, it was called Number Place. Till this day we do not know if Garns took inspiration from the French Sudokus.

The name Sudoku originated from Japan as a shorter version of Number Pace. The Japanese also provided the symmetrical structure of today's Sudoku.

Later, in the early 2000s, the Sudoku became popular in Great Britain and became a regular feature in many popular newspapers, such as The Times. The British called it Su Doku. In 2008 it came to Australia.

There are many different variants of Sudoku, such as nonomino Sudoku, Mini Sudoku, Killer Sudoku, Alphabetical Sudoku, Hyper Sudoku, Twin Sudoku and other, but the most popular is the Modern Sudoku.

HOW TO SOLVE A SUDOKU?

The goal to solving a sudoku is to fill a 9*9 grid with the numbers from 1-9. Each column, row and 3*3 subgrids (one grid is divided into nine subgrids) has to contain all nine numbers. Each number must not repeat itself neither in columns, rows or subgrids or else, the sudoku is not solved. A sudoku has only one correct solution.

EASY:

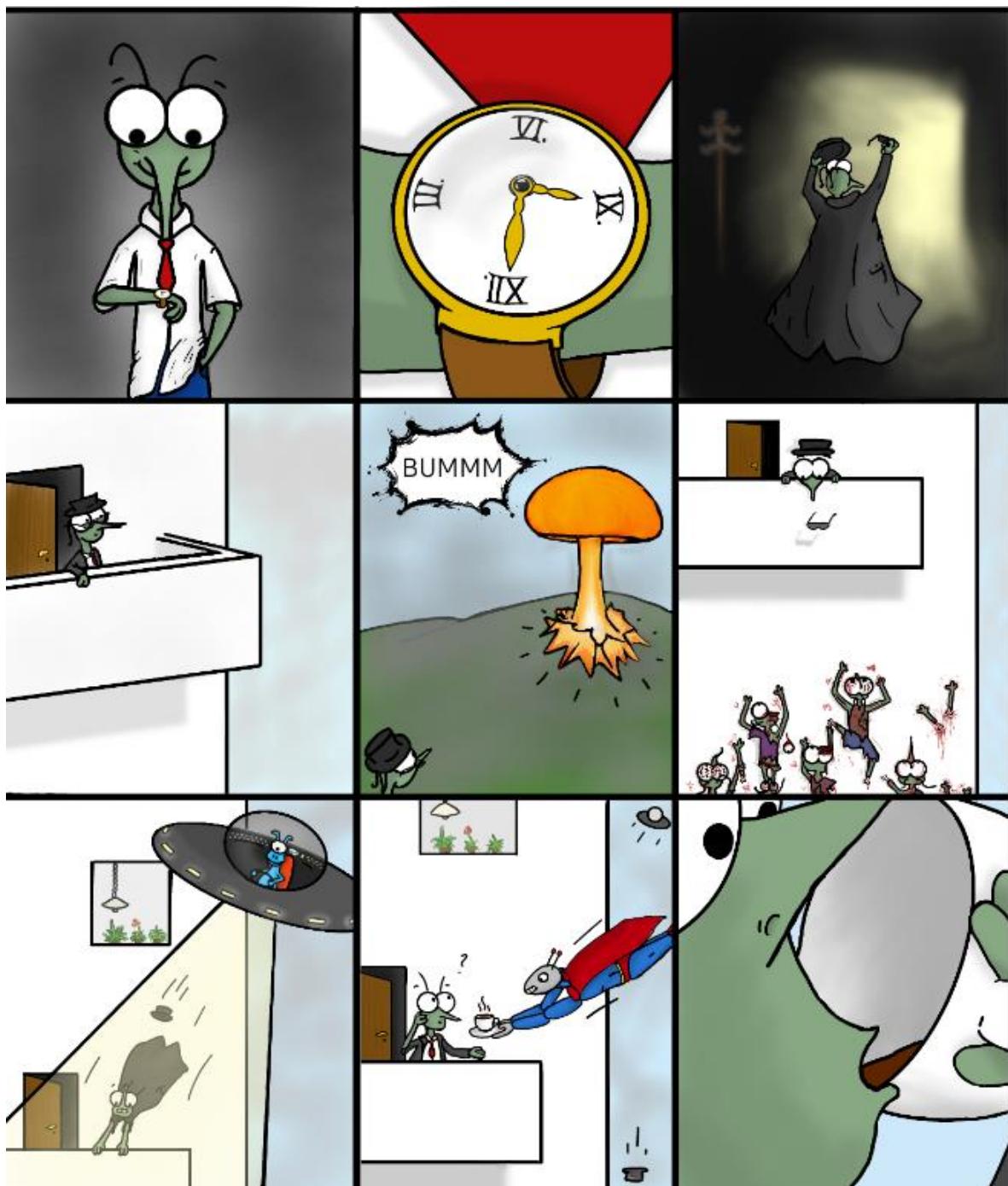
		4		6				
1	2			3		7		9
	9	6			1	2		
			4	5				2
2			3		6		1	
5				9	2		8	
		7	6			5	2	
3		1		2			4	6
			9			8		

DIFFICULT:

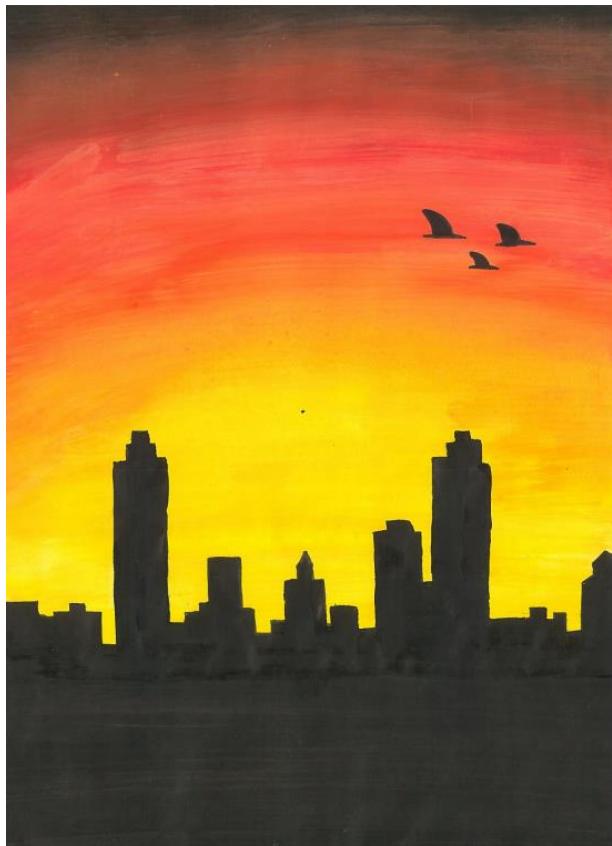
	7		5			3		
4		6	7					8
				9		4		
8	1				7	6		
	4						1	
2			8	1			4	3
					6			
7	6					3	1	2
		8				7		9

Nuša Pogačnik

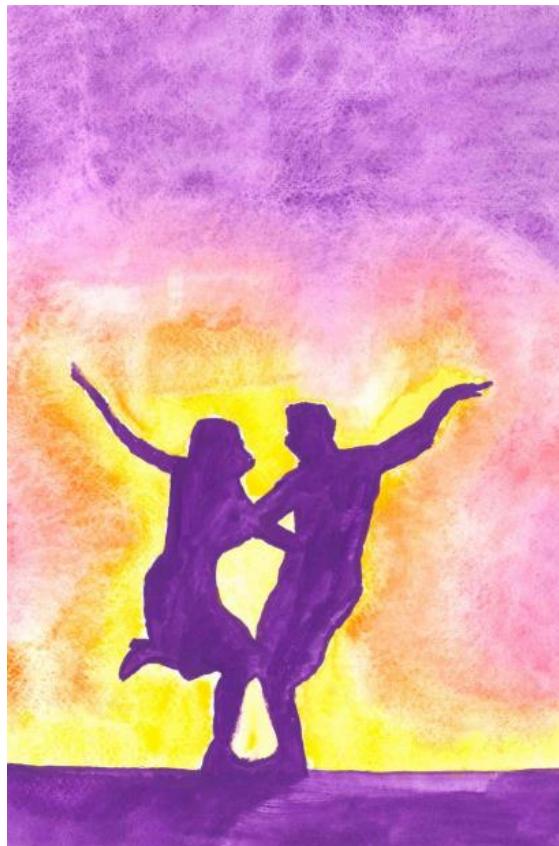
LIKOVNA PRILOGA



Špela Žvan



Lara Ulčar



Nuša Pogačnik



Nina Peterman



Neža Adam



Tajda Čad



Janja Bogataj



Nika Medic

Revijo so ustvarjali:

Neža Adam
Janja Bogataj
Tajda Čad
Jan Čelesnik
Teja Gale
Zala Jemec
Nika Medic
Nina Peterman
Živa Pintar
Nuša Pogačnik
Janž Ramuš
Urška Repinc
Angélica Steenks
Estrella Steenks
Saška Todorović
Lara Ulčar
Nina Zupan
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Časopis je nastajal v šolskem letu 2020/2021 v okviru predmeta ITS.

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Založnik: Gimnazija Jesenice

Za: mag. Lidija Dornig

Naklada: 350 izvodov

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