



is an internal view about the sustainable education,
provided mainly in English language
at "Virgil Madgearu" Economic College from Ploiești,
Prahova district



is a series of interviews, sometimes with ourselves,
a mixture of feelings & perspectives
gathered into a periodical

2nd Issue/2018



is a 2017 spring vision of a teacher of English and some students
turned into reality

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**Revista apare cu sprijinul d-nei director SIMONA LUPU
(profesor economist)**



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Romania 100

by Corina Cristescu

2018 is the year when Romania celebrates 100 years since the Great Unification.

The making of United Romania was possible due to the first unification of the two main provinces Moldavia and Romania (Țara Românească)-made of Oltenia, Muntenia, Dobrudja- at the 24th of January 1859, and the independence acquired by the Romanian Principalities after the war in 1877-1878.

After the World War I ended, Bessarabia, Bukovina, Transylvania, Banat, Crișana, and Maramureș were able to (re)unite with the Kingdom of Romania. This process followed a series of struggles with huge sacrifices.

The 1st of December was the peak moment of the historical process that had led to forming Romania, a democratic and national state. 1918 became *annus mirabilis*, when the most cherished political ideal was finally fulfilled: the unification of all the provinces where Romanians were/ are in majority.

This is a map of Romania and its borders shortly after the Great Unification:



Photo from <http://www.monitorfq.ro/2018/11/26/centenar-unirea-transilvaniei-cu-romania/>

Nicolae Iorga, a Romanian historian, said that “A nation that does not know its history is like a child not knowing his parents”. According to his words, we may say that a nation that does not honor its heroes is like a tree without roots.

This is partially why a large activity of planting trees was dedicated to Romania's Centenary by “Virgil Madgearu” Economic College.



Rădăcini Românești- Romanian Roots

by Anda Țigănuș (11 E3)

“Radacini Romanesti” is one of the many projects which was initiated by Economic College “Virgil Madgearu” Ploiesti. This amazing project took place on the 3rd of November 2018 and I was among the students who had the honour to participate in it.

Together with my colleagues and our teacher, very carefully, I listened to the motivational speech of our principal, Mrs. Simona Lupu, initiator and project coordinator. Her speech made me feel more confident and important because I was one of the about 200 students who chose to take part in this event. The beautiful words of this person had a strong impact on everybody. We are so proud to study at this College!

In addition, we had the occasion to meet a lot of important people such as the mayor of Ploiesti or the school surveyor representatives of the City Hall, the Prahova School Inspectorate, the 2nd Valahia Brigade, the Heroes' Cult Association from Prahova, of the Cultural and Entrepreneurial Center ACUM and the Prahova Bar.

Also, the special guest was a famous General, Mr. Gheorghe Răucea. He made us understand the worst period of war and the sacrifices done by the Romanian army for us, so that we can live in peace and enjoy our life.

Even though it was rainy, the “Mugurelul” ensemble and “Lira” choir have warmed our soul.

The purpose of this educational event is to celebrate the heroes of World War II and develop the green spaces of the city. That’s why we planted 100 small oaks. This way, the students, teachers, partners and volunteers created the Hero’s Alley in the Western Municipal Park. This exceptional event certainly is the best. The local newspapers congratulated the principal for this amazing initiative.

I am grateful that I could leave something behind and I consider that this educational project represents a link of the past to both the present and the future.

"RĂDĂCINI ROMÂNEȘTI"



PLOIESTI 2018



PLOIEȘTI 2018



Fotografiile dedicate proiectului "Rădacini românești" sunt realizate de prof. Nicolae Lupu, artist plastic.

The "Living Dream"- a bitter perspective

by Rareş Cristian Burlacu (former 12 E3)

My name is Rareş Cristian Burlacu. I am 18 years old and I'm from Ploiesti, Romania, currently living in Southampton, UK for studying purposes.

I am a first year student at Southampton Solent University, doing Digital Music Production, which has been my passion and favourite field of working for 4 years now. The reason I chose to make such a remarkable change in my life is that regardless of the difficulties that you will embrace and setbacks you will encounter, you always go for what you desire, there is nothing else that matters but your dream.

That is what I thought before I started this heart- rending journey. When there is change, you are supposed to be happy, because it's changing for the better and when you're young and even more, a student, things are not meant to be sad and stressful, because it is said that us, teenagers, have nothing to worry about and that we have no clue about what problems really are. We are not supposed to have problems and just live the moment.

Well, let me tell you that even if everyone wants to "just live the moment", nobody manages to live the present at its fully potential, because we are marked from the problems that have occurred or will occur, but I wasn't able to live even a quarter of a moment because of how twisted and agonized my mind was because of the one girl that I loved, which told me that I am not man enough for her and left me broken and made me so bitter.

That's right, I started this journey with the girl of my dreams, who made me feel capable of handling even the toughest situation that life threw at me in the course of my learning path.

I had no money and no job, but I had her and I had my dream, so everything was perfect. I felt complete and safe.

Now I have everything that I need, but I don't have her, so I have nothing.

I tried to change everything at myself for her, to prove her wrong, to prove her that I am man enough and I can make everything in order for us to be fine. I didn't care about anything else but how to win her interest back. I was torn apart on the fact that I couldn't do a thing to stop this, it just happened.

Life as a teenager is beautiful if you want to make it like that, but I don't know what beautiful is. My mother passed away 5 years ago, so the affective part that the mother gives to her child cannot be found in my feelings.

Because of the lack of love that I have, I find myself being all alone among students whom I don't get along with, still living with the one that took all the happiness from me. But all of that doesn't matter because, in the end, I just want to express my feelings and thoughts by making music, that is what matters, that is why I came to study.

I've experienced my first heartbreak in the most difficult times that I had so far, being away from my family, friends, basically anyone and being alone among strangers, with my dream still to be chased, and that is to become a world-known music producer, regardless of any obstacle that I may come across. That is what life is about.

When you feel like nothing is working in your favour, tell life that you can handle more than that, because you can. Go chase that dream, go do that thing, go tell that one person you love it, because in the end, it is all about you being you.

And if any of this doesn't make sense, that is because how messed up my mind is right now, and I'm sober.

Rareş and some of his classmates, during an English class



Fotografie din arhiva prof. Corina Cristescu

The Living Dream - a cheerful outlook

by Rareş Cristian Burlacu (former 12 E3)

My name is Rareş Cristian Burlacu. I am 18 years old and I'm from Ploiesti, Romania, currently living in Southampton, UK for studying purposes. I am a first year student at Southampton Solent University, doing Digital Music Production, which has been my passion and favourite field of working for 4 years now. The reason I chose to make such a remarkable change in my life is that regardless of the difficulties that you will embrace and setbacks you will encounter, you always go for what you desire, there is nothing else that matters but your dream.

The university has a really happy and relaxed vibe, because everybody does what they love and they do it gladly. All the people are very kind and unique, in terms that you have students from all over the world and there are all sorts of personalities, this makes things even more interesting because you are not judged by your background. The cool thing about the UK's educational system is that they have a Bachelor's Degree for basically everything. At my university, which is the Southampton Solent University, they have a degree for make-up, football or even photography, which I haven't seen back at our national universities. Of course you want to study what you like.

You can make friends easily around the university, since some of them share the same story or interests as you do, so it's not that complicated to get along with each other. Also, the university encourages you to make friends by assigning you into different projects with different people, where you will have to cooperate with the others, but that is really fun and really good for you, in my opinion.

There are some downsides obviously, but not that many. The biggest one is that you are going to be separated from your friends and family for a while, but I think it's worth the effort that you will be putting for the reason that you want to come and study abroad. The other negative things can be solved in a matter of time, when you will find a job, find some friends to hang out with, and eventually, meet a potential partner.

I totally recommend this if you are up for a fun little challenge, because it is indeed an experience worth embracing and also, an opportunity to make a better living for yourself.

The Polish Experience

by teacher Iulia Dragomir



"Virgil Madgearu" Economic College from Ploiești (Romania) and Gimnaziujum nr.121 from Warsaw (Poland), established a partnership in 2015, after a good collaboration in a Comenius Project, "School is cool", developed between 2013 and 2015. The teachers and students were involved in some exchanges in Poland and Romania every year. Last school year, the teachers' team was composed of Iulia Dragomir, Alina Moise, Monica Dinu and Viorica Negrea and the students: Irina Iordache-11 E1, Agapie Bianca-11 E2, Niță Medeea 11 E4, Boboc Daniel 11 I, Coman Ana Maria -10S8, Mocanu Alexandra -10S8, Vișan Diana-10S8, Șerban Cristi-10 S8, Obreajan Ana Maria -10S8. They went to Poland for a week, between 5.02.2018 and 11.02.2018, and the Polish team came to Romania for a week as well, in June. The aim of the activities from this partnership were to improve the communication in English, to learn about the culture and the traditions of every country, to promote the habits, the values, the significant places that define the people, the cities, the culture and the relationships.

The Romanian team participated in different activities in Poland, in February 2018, they visited the school to assist the English, math and sport classes, they participated in some contests in English and math, they visited the Old town in Warsaw, in Torun, in Golub Dobrzyn .They played different games , went to an Escape Room, they sang and

danced on traditional songs and dances, they spent time in families to see how Polish people' life is and comparing it with the situation of the Romanians.



The Polish team came in Romania at Colegiul Economic,, Virgil Madgearu” from Ploiești for a week too, in June 2018, and they were our guests at some classes, they made a tour of the school and they communicated with different students, teachers in the classrooms or in the trips that were organized. They visited the Museum of the Clock, Ploiești, Bucharest, Brașov, Sibiu, Sighișoara and learned about some important historical events and buildings. They had the chance of learning some traditional songs, they danced our traditional dances, they spent time in families and could understand our culture and social life. It was a wonderful opportunity for everyone in making new friends, for creating beautiful memories .It was an interesting, useful experience for all that were involved in the activities.



Fotografii din arhiva prof. Iulia Dragomir



The Western Iberian Experience with Erasmus+

DOES THIS THING REALLY WORK ? What do these students think about the experience of the mobility to Portugal

Interview 1 - Emanuel Şerban (former 10th S6)

“Nothing is more desirable than having the chance to visit another country for free! This mobility changed my point of view about going abroad in these kinds of mobility. I wasn’t sure about how does this thing work in real life. On paper, the mobility sounded good...a bit too good. So, after a billion thoughts, I’ve decided that it’s time to face reality and find out if DOES THIS THING REALLY WORK? (I feel like a TV presenter right now).

First days were a bit weird, just because I couldn’t get used to the routine. The fact that I had to be on time (which is NOT my forté), have responsibilities and face consequences just crushed my tiny world. But I’m not mad. I really enjoyed these 3 weeks. I discovered that I can do lots of things and the fact that I’m actually..shy. I know, this sounds a bit odd. I always thought that I’m a really bubbly and loud person, but this mobility truly changed the way I think about myself. I saw beautiful places, learned lots of stories about Portugal’s icon: the rooster, and I had a lot of fun with my friends. The people from Portugal were very kind and they reeaaaaally love our culture and food. (to be honest, they listen to more manele than I do, and their new favourite alcoholic drink is palinca). And also, THE MOST IMPORTANT THING: in this mobility, I finally had the chance to speak English properly with foreigners FOR ONCE!”

Interview 2 - Mihai Dragu (former 10th S2)

“I arrived in Barcelos on may the 6th 2018. At start I had to face a few difficulties, as I had to figure out how to communicate in a new and foreign language, and learn how to manage my own money (I barely knew how much would a frozen pizza or a pill for headaches value).

It was definitely challenging for me to go through the initial weeks, however I learned so much about myself and it also helped me develop in so many different ways; I never thought I would be able to overcome these challenges on my own. I am now able to see it as a learning experience in my life, as well as an absolutely fantastic challenge that I appreciated and loved every minute of.

Suddenly, I was getting really involved in the atmosphere created by the Erasmus students and society. The programme gave me the possibility to learn more about Portuguese culture, the beautiful city of Barcelos and also helped me meet and interact with people who would shortly become friends and part of my Erasmus family during the next few months!

I have been asked to describe what I've been through these last few months, but honestly no words can accurately describe the Erasmus experience.

You have to experience it! I can only tell you to prepare yourself for losing yourself in the time, for spending days and nights in endless conversations, for finding out that you actually like food you never thought you would eat, for getting to know so many unthinkable places it makes you feel like you're dreaming, for celebrating the nights you won't forget along with people you will never forget!"



Interview 3 - Ioan Marcu (former 10th S2)

"In my opinion, this experience was one where I actually learned something. The most important thing I learned was to get to know ourselves better. I started speaking English and getting used to it because we had to use it, I did things I didn't think I could do. I had the opportunity to go for the first time by plane and it was a pleasant experience.

When we got there we managed to get to know each other better and become friends. We visited places that even left us with our mouths wide open, such as: Barcelos, Braga, Viana do Castelo, Porto, Tenões. I enjoyed myself the most in Porto, where I visited the city, climbed the bridge Luis I and I even had the chance to go on a cruise on the river Duero and taste the port's wine.

Time went by pretty fast, but we had very nice moments.

In conclusion, this experience was one of which I even left with something pleasant.”



Interview 4 - Ioana Alexandra Tatu [former 10th S2]

“From my point of view these 3 weeks have truly been a wonderful experience. I had the opportunity to meet people and check out new cultures, but also to practice the field that I took theoretical classes about in school.

I really enjoyed the sights and landscapes of this impressive country. The people we interacted with were very kind and helped us. I have exchanged linguistic knowledge and improved in this regard. The need to speak English has forced me to practice a lot in this area.

These 3 weeks helped me develop professionally and personally, and it was an unforgettable experience. I was mostly attracted by the extraordinary landscapes I saw. The cultural landmarks surprised me.



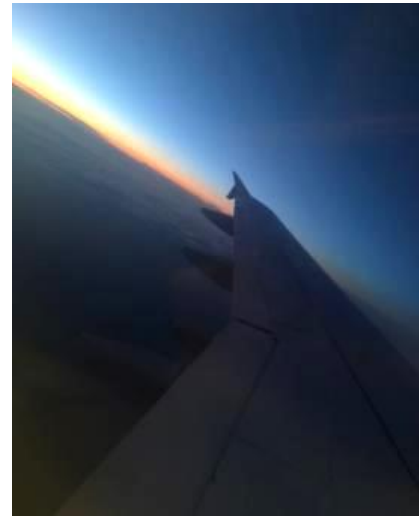
The best part was that I could see from my balcony the sunrise reflecting in the water of the ocean.”

Interview 5 - Daniel Alexandru Avram (former 10th S2)

“The experience in Portugal in the Erasmus project had begun beautifully, very interestingly and I was personally eager to see what will happen during the 3 weeks of

practice. Meanwhile, we attended many events, shared many experiences / ideas and made new friends from the country and from Romania. In practice classes I can say that I have learned about people and socialized with them.

There are a lot of differences between Portugal and Romania, from the work schedule, the food, the way they treat the foreigners. We were treated very well in the places where we stayed, with some exceptions in practice, where I had some difficulties with language and understanding of the work system. Short time from several points of view but every beginning has a final. In conclusion, an exciting experience full of new things to learn and experience, both socially and personally.”



Interview 6- Alexandru Draghici [former 10th S2]

“I was very excited about this experience from the beginning. I met a new face of Portugal, the one unknown so far: I met people who devote themselves to all the work they do and also people who are too serious. I have met people from other countries who have shown us how different we are, from culture to the concepts of society. I have realized many things; That responsibility and sense of responsibility have a very important role in the good organization of things. Many things are done differently from those in my country (Romania), that is, the inhabitants, at least those I have known, do all the activities, be they tiring or relaxing, in another way, making everything much more fun, so that in the end,

become more open. Finally, I can learned many new changed my better, shaped my making me important it is to keep of others when



the activities sociable, more say that I have things that have behaviour for the character by understand how in mind the ideas working on a

project, seeing the good parts and the bad ones of their own conception.”

Fotografiile fac parte din arhivele elevilor.



RECIPES Youth Exchanges- Programme Countries Erasmus+

by Alexandra Stoica (12 E1)

The project RECIPES is an acronym and a result of a cooperation between youths coming from Romania, Estonia, Cyprus, Italy, Portugal, Greece (Ellada) and Spain and is about the influence that traditional cuisine as a part of culture can have for empowering intercultural dialogue.

The objectives of the projects:

1. To promote and support safe, pleasant learning environment based on NF methods for youths with fewer opportunities;
2. To increase awareness on social inclusion through NFL and experiential learning;
3. To explore and understand the power of traditional cuisine for supporting intercultural understanding and dialogue;
4. To create tangible and intangible results (ex. Booklet with NFL activities, Recipes book, partnerships, friendships etc.) directly from youths for the youths;
5. To support youths and leaders to develop their competences and be certified with a youthpass

For many European students, the Erasmus Programme is their first time living and studying in another country. Hence, it has become a cultural phenomenon and is very popular among European students, The programme fosters learning and understanding of the host country. The Erasmus experience is considered both a time for learning as well as a chance to socialize.

Some academics have speculated that former Erasmus students will prove to be a powerful force in creating a pan-European identity. The political scientist Stefan Wolff, for example, has argued that "Give it 15, 20 or 25 years, and Europe will be run by leaders

with a completely different socialization from those of today", referring to the so-called 'Erasmus generation'.

This was my first Erasmus+ Family, my first experience with people from other countries and it was really amazing, something extraordinary.



This project opened my eyes about the world that we live in.

Now I understand about the differences that make us all unique and special, and that we are all beautiful in our own way. I learned a lot about so many people that now I can call my friends, I feel like I've connected with some in a mysterious way, in a deeper manner that will keep us all together for a life time.



The *Recipes* project had a deeper meaning, excepting the actual recipes, it made the people realize that they were the same, only with different coats, but with the same warm and good hearts, with the same hopes and dreams of a better world, who are looking for the same things and who have met with a purpose on the road of life.

Finding traditional dishes has made me understand both the history and the present of the participating countries.

All the recipes were very interesting and unique in their own way, not to say tasty.



At the end of the project I felt sad but at the same time I felt happy, because I was going home, but I realized that the time that I had to know and to understand the other participants was no more, and that I could not get more. Much more knowledge was waiting for me, to make her mine and to develop myself with it, to become a better person. I came back home with precious and awesome memories of beautiful people and activities.



I learned that I should go out more and experience different things that I shouldn't be scared if I fail because I am going to learn something new, something to improve and not to repeat.

I learned that I should always keep the good mood and is very important to know how to listen and that I should travel more to discover new things.

I learned that if I am confused and don't know what to I should go by heart because I will never regret it. I learned that I shouldn't worry if I still don't know what to do in the future because everybody was in that situation and is not the end of the world. I learned that I should share myself more with the people. I learned that non-formal learning

methods are much more awesome than the traditional ones and that you are gaining more knowledge and trust this way.

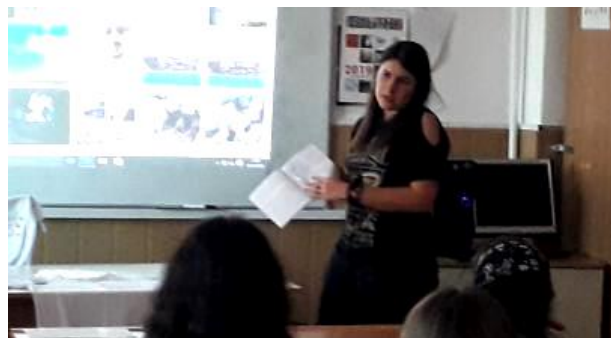


I learned that I should be more active, more open to new opportunities and that I should try to expand my limits and my comfort zone. I learned that I should always stay positive, listen to nice music and that there is never enough of black clothes.

I learned that I should always grow and become the best version of myself, always with enthusiasm and a little poetry in my soul. Everything I learned I am going to use to see the world from a different perspective and to change it, to make it a better place. Oh, I almost forgot, I learned that now I have a home everywhere in the world, one in Portugal, one in Estonia, one in Cyprus, one in Italy, one in Greece, one in Spain and of course, one in Romania because I will never forget the place that I was born, raised and developed in.

Even if I will ever leave this place, it will always remain in my heart and my thoughts.

I enjoyed sharing my and one of my school mate's experience with other students.



Fotografii din arhiva elevei Alexandra Soica si a prof. Corina Cristescu

European Spring

Interview with some students from the former 9th S7 grade

'Taste Italy in your homeland ! The best experience that I have had so far was to get to know Italy and it's people without having to travel. Being host to Italian boys and girls close to my age was interesting and fun , not only because we had the chance to show them the Romanian tradition and food but also to join both the Romanian and Italian one in fun activities through which we discovered the way things are done in our countries .Even though we didn't speak the same language and our English was not perfect, we were able to communicate very easily, also by being given instructions we were able to, in the end, gather together for an authentic Italian and Romanian meal.'



'What impressed me the most about the Italians was the fact that they were organized and tried to do everything close to perfection, everything they put was perfectly measured, they did not use more or less than they needed'

Robert Manolache



‘The Italians were friendly and knew exactly what to do. We got to make an exchange of traditional food as they made pasta and we made traditional snacks. In the end they sent us to a table and served us the pasta they made, helping us with cleaning the dishes afterwards’

Vlad Panait



‘I have to say that meeting these Italian cooks is an experience I will never forget. They were very friendly, and communicating with them wasn't that hard, even though some of them used signs more often than talking. We understood one another, and that was important. We made a couple of snacks, and they made the traditional and famous Italian pasta with our help. They were excellent cooks and amazing people. The best part about all of this is that I certainly learned how to make better pasta.’

David Mihai

‘So from the beginning, I can say that the activity was amazing, great students and good teachers. I can't explain the power and workmanship that those people had. They were so excited to cook with us.

We admire the way they understood each other, so that everyone knew what to do, as if they were a family.

They gave me a lesson by showing me what true friendship means.

I cannot say more, just the simple fact that it was a pleasant experience, which I gladly would repeat thousands of times’

Valentina Pavel

English Teachers Semestrial Meeting

by Mihai Vasile (former 10th I)

The English Teachers Semestrial Meeting was an experience that opened my mind regarding the way we can learn a foreign language and also the difference in teaching styles between Romania and the UK. I'll come back upon this topic near the end, but right now I think it's for the best if I amply describe what actually happened.

Firstly, I'd like to present the environment in which the lesson took place. The meeting took place on the 18th of April 2018, at our high school, and lasted for about 50 minutes (at least the part where the students were involved), where 16 juniors,



me being one of them, were brought to an already prepared "workshop"- like classroom and were split in 4 groups of 4 and seated at our respective work places by one of the teachers. The teachers that held the lesson and acted as guides during our activities were Corina Cristescu, Corina Popescu and Razvan Vlad, the last out of the three being a teacher of English in the Middle East countries, such Saudi Arabia, Kuwait, Syria.

Secondly, I'd like to talk about how the meeting went down. In short, the lesson was full of fun activities and minigames which inspired a relaxed attitude, while also maintaining our focus and attention and teaching us new things (I'd say I even got to make some friends).

Now for the in depth presentation: we started the lesson with a quick ice breaking session in which we, the students split in groups, had to look for a right word that described our group and write it down in the centre of the table (don't worry , we had huge sheets of paper on the tables, we didn't scribble on the desks), followed by a short video about 10 facts about our world (I might have forgotten to mention but the title of this meeting was "The world around us").



The lesson continued with another minigame in which we had to work in pairs of 2.

Every 2 students were given 10 statements, and by working together, they were asked to predict the answer for the gaps in those statements.

Then the teachers started a quick and fun energizer (I enjoyed this the most), in which teachers gave each group one stripe with a statement and they had to decide if it was true, false or if it didn't say, but the thing is that facts regarding those statements were hidden everywhere in the class, which made us



move around and go on a little fact hunting. The winning group was rewarded with some sweets and of course the applause of the other groups and teachers, since everyone

played fair and square.

The final of the lesson consisted of us students sharing facts and deciding which one we considered the most amazing, giving reasons about our choice.

As a closing note, I'd like to continue what I mentioned in the beginning: Mr. Vlad, the main teacher



of the activity (he was invited to share some of his 9 years experience of teaching English abroad) told us after the last activity that this was actually how he used to hold his classes, promoting teamwork and socialization by doing a lot of group-focused tasks, while we are mostly used to working alone or in pairs at most of the classes. At English classes we used to have indoor games or outdoor energizers.



The thing that left a mark on me was what he said when he came to my group's work place and asked us what we think the most important thing when learning a foreign language is: reading, writing or speaking. After hearing our opinions, he told us



that the correct answer would be speaking, since as long as you can speak a language, reading and writing can be picked up with practice or by asking for help from the natives, while also mentioning that we shouldn't be afraid of mistakes, since they happen from time to time, and that as long as the

message we want to send is understood, it doesn't matter how "broken" our grammar or how limited our vocabulary is.

Fotografiile fac parte din arhiva prof. Corina Cristescu și sunt realizate de Alin Iancu.

Energizers Our Way

by Andreea Utea (former 10th S7)



High school may not always be the most exciting or the 'best time of your life' as it is described in books or movies. Before you enter high school you believe in all the stereotypes, but in time you understand that it's not all about

skipping classes, silly crushes or being the prom queen or king, it's actually about responsibility, a little bit of sacrifice, when in order to get up early you have to go to bed early, it's about friends and the bonds you make through the years and about the fun, of course. Those issues are not as popular as the one mentioned earlier, but they are definitely more important to me.

Oh, and another tip! Classes take a lot longer than you see on TV, so brace yourself.

School can be interesting when the teacher finds a way to connect differently with the students, for example, this year my English teacher presented us an interactive teaching style, basically at the very begging of our English class we do an energizer.

Probably not familiar with this term? Well it is pretty much a game, made up or found by some of my class mates having the purpose of boosting our energy up. My teacher also took pictures of us while doing the energizers.

As you can see, the energizer can take place anywhere and it's always a nice time,

this way, we start our class in a good mood so that the rest of it can be just as pleasant.



This game takes about 10-15 minutes at most. Those photos helped me remember some of them, like the one where we had to get an object

out of a bag, blindfolded I must mention, and then just by touching it, to guess what it is.

Some other where to mime different animals or jobs, to guess cities or countries based on a drawing of something representative of that place.

I actually enjoyed this new activity, and I consider it a nice way to start the day, because waking up at 5 or 6 in the morning and managing to stay awake for the rest of the day is not easy as it seems.

Why are we taking part in the energizers? Because the teacher says so? Because the classmates oblige us to participate? No. We are doing this because it's a fun activity from which we can learn a lot of things about ourselves and about our colleagues and the way the society works.

I've taken part in a large number of this kind of activities and I can say that I've learned many things and I still want to learn because I want to grow into a capable and dependable person.

One of the energizers that I've participated in was about imitating the animals that we like or that we think are easy to imitate. It was interesting to see which are the animals my classmates like and with which they see a likeness. There were some questioning choices, if I think a little about it I can recognize similar facial features between the animals they

choose and themselves,

likewise for the way they act and think. Another energizer was about taking a breath of fresh air and trying to recognize which one of our colleagues was being imitated.

This is the easiest way of seeing how you are understood and what kind of vibes you are sending toward your friends.

It was one of the most interesting things I've done in the 11th grade, and I guess it wasn't only for me. The smiling faces of my colleagues are a good answer about what



they think of the energizers.

The humans are more likely to learn from funny activities than from boring lectures in classes, this is something that must be changed about the methods of learning that the kids grow up with. The energizers are a good supplement for the lack of energy that we have due to the repetition of the school days. The English classes are a lot more interesting this way, we have free speaking, free thinking and activity, both physical and mental.



Another energizer was about the privilege game. That



was very serious because it was about something that we think we have, but we understand that we don't because of some matters that we can't control. No one can control anything.

I thought it was really interesting, I liked the idea of showing how people are privileged depending on what you are basically born into and how you can't change a thing. It was very thought-provoking and underlined pretty much how society works.

I also think it did a good job of exposing one major flaw of capitalism vis-a-vis opportunities. Capitalism works where everyone in society is equal, so there is true competition, an opportunity for all. But we are humans and we have a history, we have ingrained prejudices and we have our own sense of what is right



and wrong. Combine that within a competitive format and everything becomes lopsided which is the reason why some people play the gender card, the race card or any other "social equality" card. Perhaps if we were all socially equal, everyone would have

the same opportunities, more or less? Perhaps if we all had the same opportunities, then it would truly be a competition?

But at the same time competition in life gives us purpose. If everything was easy we wouldn't appreciate success.

The ex 12 E3 had an interesting conversation about the "Why me?" psychological question. I'm pretty sure there's not a person who hasn't asked this question. You do what is under your control, try to influence what is outside of your control, and the rest is luck or fate or whatever, but asking "Why me?" won't really help. When you ask "Why me?", we're looking at ourselves. There's so many reasons something can happen to you or me. It's not bad luck or a curse. It's just life. We've got to get over the thought the world revolves around us. It doesn't. We're just one more person on the rock that's circling the sun. Instead of asking Why me?, ask a better question.

You could ask: "What could I do to avoid this situation next time?" or "Is the person who cut me off going through a rough time?" or "How can I make this better?"

Looking for solutions helps with the problems. Focusing on you narrows the scope of the true problem.

If asking "why me?" brings out a victim mentality, it also can lead to depression. When you're feeling powerless and weak, you have a hard time feeling good about yourself. Depression can easily come about when we feel like we have no control. Decide today that the question "Why me?" needs to be stripped from your vocabulary. Why me? doesn't move you forward. It only keeps you trapped in the past. You're better than that. You can move forward. Everything has a purpose in life, even you, don't waste it for something like that.

Another energizer was held by the Ex 12 I, about stepping out of our comfort zone and the reasons to do that. The comfort zone is a useful psychological concept that can help you embrace risk and make changes in your life that can lead to real personal growth.

We've come to see stress as a dirty word but a little bit of healthy stress can actually act as a catalyst for growth and provide a powerful motivation to act.

Humans are creatures of





comfort. Our comfort zone is our natural, neutral state — a place where stress and anxiety are minimal, where we know what's coming next and can plan accordingly.

Being slightly uncomfortable, whether or not by choice, can push us to achieve goals we never thought we could. How can we expect to evolve in our lives and careers if we only stick to habit and routine? Reaching new

heights involves the risk of attempting something we might not succeed at.

A little anxiety can help us perform at our peak.

"Life begins at the end of your comfort zone", it sounds powerful, maybe promising and filled with potential, something new and ready to be understood and found.

Only when we you are willing to become comfortable with being uncomfortable we can change and growth really take place.

"If you stop thinking and start acting, you will realize what's possible."



Fotografiile fac parte din arhiva prof. Corina Cristescu și sunt realizate de elevii claselor a 10° S7 (in cursul anului școlar 2017-2018), a 9° S6 (in cursul anului școlar 2016-2017), a a 10° S6, a 11° E1 și a 12° E3 (în perioada octombrie- noiembrie 2017).

How to Trick and Treat a Teacher

Innocent excuses

by Vlad Pătrîncă & Alexandru Toader (former 10th I)

Every school and classroom has its own unique set of bathroom rules and procedures. As a student, you are expected to follow these policies. Even if you follow every rule precisely, however, your teacher may still reserve the right to say “no” or “please wait a minute.” You can increase the likelihood of your teacher saying “yes” by asking to use the restroom at appropriate times, respecting your teacher's response, and leaving and entering the classroom without disturbing others.

The most common excuse is the classic one" I need to use the bathroom", but sometimes you may not be allowed by the teacher so your excuse must be more specific, like the following ones:

My stomach hurts

I think I'm going to throw up

I don't feel so good

I can't hold it anymore.

And for the girls an excuse that works almost every time is "I'm on my period".

Those things are said on a daily basis and they might or might not be true.

Sometimes the students just feel like they need a little break and focus on their personal issues, and their personal issues are not always more important than the class, but they still try their luck, can't blame them, I think we all did it once.

When it comes to cheating, some students think that they can trick any teacher, any time. While others are aware that teachers see everything and some of them are just pretending not to notice the whispers, the little written paper pieces hidden in the desk of the student and so on.

I think all of those are a part of the student experience and I'm not encouraging them, but it will happen eventually.



Fotografie din arhiva prof. Corina Cristescu

Methods of cheating during an exam

By Ramona Sandu (former 10th I)

Okay, what if I told you that it doesn't matter where you sit? Of course, some teachers keep their eyes on the seats in the back of the class, maybe on the row near the wall, you know, the most expected to cheat. But that won't stop you, right?

Sit wherever you want.

Unfortunately for you, I am not a person that cheats because I prefer learning. Yeah, I got a life too. Anyways, if I'd cheat, I'd sit right in the first line of desks.

Why?

The teacher will be moving around the classroom and will try to focus on the students that use to cheat and obvious places. You'll be open, but safe at the same time.

Stay relaxed, don't look nervous around for the teacher, don't move too much.

Be you, this is all that matters.

Now, for the actual cheating part, you'll need to be the brain of the heist. I'm not saying that the classics don't work anymore, you could use small pieces of paper in the desk storage box or mixed in your pack of papers but... That's uncool, mate! But don't worry, I got you covered.

Here's one creative way: Get one of those pilot pens with eraser at the other end. Write on your shoes what you need for the exam. Done! When you want to copy, just place your leg over the other and read. The pilot can erase it. Oh, and for a fast way of getting rid of the ink, in case you've been detected, use your saliva. I know it's a little bit eww (okay, very eww), but you can clean the pilot easily by doing that. put some saliva on the tip of your finger and spread it on the text and rub, it will be gone soon. I tried that once, but I am your abnormal student that will refuse to cheat, so... While typing the words on my shoes I memorized them and rubbed off the text while the teacher was spreading the test sheets.

Another method requires scotch (or something sticky) and paper. Type what you need on the paper and stick it to the base of your tootsie. Yes, the side you walk on. The scotch will prevent the paper from becoming dirty. Here comes another! Band aid! Type on the inside of the band aid or place a small paper under it, the choice is yours. apply it to the "wound" and open at need! Getting more and more creative?

Well, for the next one you will need a printer. You could either take off the etiquette of a cola or other drink and scan it, or maybe you find it online...

Anyway, get an image of one on your computer. Erase the ingredients text and replace it with your answers for the test, remember to keep the text small, same color, just make it less obvious. Stick it instead of the original one and use it in the exam.

You could also hide some cheating papers in your pen.

There you go, mastermind!

And don't blame me that the teachers will know, many won't bother to read this, or will just find you out.



Create your own cheating methods, it's free!

Just...use your brain instead of learning for the exam, 'kay?



Fotografii din arhiva prof. Corina Cristescu

Inspirational guiding words followed by some junior students

collected by Ramona Sandu (former 10th I)

Take one a day to keep the sadness away and your dreams awake!

"The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails." (William Arthur Ward)

"Peace comes from within. Do not seek it without." (Buddha)

"If people aren't laughing at your dreams, your dreams aren't big enough." (Grayson Marshall)

(submitted by Alexandra Stoica – former 10th I)

The only place where success comes before work is in the dictionary.

(submitted the Mihai Florea - former 10th I)

If you're down, look up to sky and hope no pigeon poops on you.

(submitted by Andrei Filip - former 10th I)

"Dogs easily come to show their affection. They do not get mad and they are not upset. They never run away from home when treated unfairly. They never complain about the food they are given. They do not complain about what the house looks like. They are brave knights. Ready to protect their mistress at the cost of their lives. They like kids, no matter how loud and upsetting they are. Dogs simply like to be in their company. In fact, dogs compete against husbands (men), and if they reproduce more of their virtues, life in our families would be more enjoyable." – Billy Graham

1. Life is a roleplay played by many people.

2. Amusement is a necessary thing to keep a life easier.

(submitted by Razvan Ilie - former 10th I)

1. The positive thinker sees the invisible, feels intangible and realizes the impossible.

2. Smile: the cheapest and most effective anti-dandruff cream.

(submitted by Alexandra Enescu - former 10th I)

If you don't like your destiny, don't accept it.

Instead, have the courage to change it the way you want it to be!

(submitted by Ramona Sandu - former 10th I)

1. If you can make a wonderful childhood, this means that you can live a beautiful life.

2. Life is like a game. Once you learn the rules, the last thing to do is to play it better than anyone else.

3. Love is like a favorite football team , once you start to know it, keep it good and bad, you can't leave it.

(submitted by Mihai Gheorghe - former 10th I)

1. Don't call quits, because if you do, you'll never know what you missed out on.

2. Even a failure is a victory in the hopeful's eyes.

(submitted by Mihai Vasile - former 10th I)

1. The ones who are crazy enough to think they can change the world, are the ones who do.

2. The meaning of life is to find your gift. The purpose of life is to give it away.

3. The distance between insanity and genius is measured only by success.

4. I believe that the only courage anybody ever needs is the courage to follow your own dreams.

5. The number one reason people fail in life is because they listen to their friends, family, and neighbors.

(submitted by former student Denisa Ion - former 10th I)

“Don't watch the clock; do what it does. Keep going.” - Sam Levenson

(submitted by Bogdan Costea - former 10th I)

If you make something bad, don't try it again, because you will make it even worse.

(submitted by Andrei Drăgulin - former 10th I)

1. Try everything in life because you will find that this life is too short.
2. Don't live your dreams through your child's life.
3. Be more like a friend for your children, not a parent.

(submitted by Sebastian Ene - former 10th I)

1. Silence is the most powerful scream.
2. If it is, will be.
3. Tell what you felt without fear.
4. It's important to be happy, it does not matter what the world says.
5. It does not matter how you start, it matters how you keep going.

(submitted by Alexandra Bădia - former 10th I)

Let's make it clear, life does not have an easy mode, you'll take many hits and go through a lot of things, you'll lose friends, gain other ones, sometimes you'll feel alone and sad, but never, NEVER GIVE UP! After all the pain, after all the suffering, you will find your happy ending.

(submitted by Gabriel Gavrilă - former 10th I)



1. Don't waste your life trying to change the course of a river. Learn to swim and adapt, else time will pass by you and you will regret all those years lost in vain.

2. The little cute things made by a person, cover and heal the wounds created by offensive words discarded randomly.

(submitted by Livia Popa - former 10th I)

1. All our dreams can come true if we have the courage to pursue them.
2. If you do what you always did, you will get what you always got.

(submitted by Bianca Mocanu - former 10th I)

1. I can accept failure but I can't accept not trying.
2. In life You should never let your guard down, prepare for the worst and expect what's best.

(submitted by Sorin Tănase - former 10th I)

1. Only I can change my life. No one can do it for me.

2. The more you learn.

The more you earn.

(submitted by Alexandru Minescu - former 10th I)

1. Reminder: Just Breathe.

2. Note to self: Stop crying so long for people who don't care.

3. Stop touching the wound of your life. It will heal one day...

(submitted by Miriam Gheorghe - former 10th I)

1. Don't live your short life by the moral of religion, live it by your civic moral.

2. Don't be a slave for others, be your own king.

3. Don't be too friendly because you'll wake up with a backstab.

(submitted by Alin Gheorghe - former 10th I)



Fotografii din arhiva prof. Corina Cristescu

Some Eco-education: Report

by Andrei Drăgulin, Sorin Tănase, Mihai Gheorghe & Alin Gheorghe (former 10th I)

Why are the forests so good and why do we have to keep them safe? Forests around the world bring many important benefits. They shelter more than half of the species living on Earth, also help slowing down global warming, carbon storage and retention, are sources of wood products, help regulating rainfall, are essential sources of food and water and bring the same time enormous aesthetic, spiritual and recreational advantages for millions of people.

Extending forest areas by promoting tree regeneration, allowing them to grow as much as possible, using harvesting methods to reduce losses and establish conservation areas within production forests can lead to a long-term increase in the average amount of stored carbon giving us as much oxygen as we need. Allowing trees to grow longer before being cut helps increasing the structural diversity of the forest and provides a habitat for a wider range of species. We talked about cutting trees, but in our country, people madly cut lots of trees. We came with a brilliant idea, every person in this country would have to plant at least 1 tree wherever they want.

By doing this, we shall never be worried about cutting too many trees because we should have enough oxygen and enough wood for everything we want. As another solution we can give some money to provide the tree planting costs. In conclusion, trees are the lungs of our world, we need them so we can provide wood and oxygen which are essentials for living.



Fotografii din arhiva prof. Corina Cristescu



Fun Facts

by Cătălin Nica (former 10th I)

1. The longest time between two twins being born is 87 days.
2. The world's deepest postbox is in Susami Bay in Japan. It's 10 meters underwater.
3. In 2007, an American man named Corey Taylor tried to fake his own death in order to get out of his cell phone contract without paying a fee. It didn't work.
4. The oldest condoms ever found date back to the 1640s (they were found in a cesspit at Dudley Castle), and were made from animal and fish intestines.
5. In 1923, jockey Frank Hayes won a race at Belmont Park in New York despite being dead — he suffered a heart attack mid-race, but his body stayed in the saddle until his horse crossed the line for a 20–1 outsider victory.
6. Everyone has a unique tongue print, just like fingerprints.
7. Most Muppets are left-handed. (Because most Muppeteers are right-handed, so they operate the head with their favoured hand.)
8. Female kangaroos have three vaginas.
9. It costs the U.S. Mint almost twice as much to mint each penny and nickel as the coins are actually worth. Taxpayers lost over \$100 million in 2013 just through the coins being made.
10. Light doesn't necessarily travel at the speed of light. The slowest we've ever recorded light moving at is 38 mph.
11. Casu marzu is a Sardinian cheese that contains live maggots. The maggots can jump up to five inches out of cheese while you're eating it, so it's a good idea to shield it with your hand to stop them jumping into your eyes.
12. The loneliest creature on Earth is a whale who has been calling out for a mate for over two decades — but whose high-pitched voice is so different to other whales that they never respond.
13. The spikes on the end of a stegosaurus' tail are known among paleontologists as the "thagomizer" — a term coined by cartoonist Gary Larson in a 1982 Far Side drawing.

14. During World War II, the crew of the British submarine HMS Trident kept a fully grown reindeer called Pollyanna aboard their vessel for six weeks (it was a gift from the Russians).

15. The northern leopard frog swallows its prey using its eyes — it uses them to help push food down its throat by retracting them into its head.

16. The first man to urinate on the moon was Buzz Aldrin, shortly after stepping onto the lunar surface.

17. Some fruit flies are genetically resistant to getting drunk — but only if they have an inactive version of a gene scientists have named "happyhour".

18. Experiments show that male rhesus macaque monkeys will pay to look at pictures of female rhesus macaques' bottoms.

19. In 1567, the man said to have the longest beard in the world died after he tripped over his beard running away from a fire.

20. The Dance Fever of 1518 was a month-long plague of inexplicable dancing in Strasbourg, in which hundreds of people danced for about a month for no apparent reason. Several of them danced themselves to death.

21. Vladimir Nabokov nearly invented the smiley.

22. In 1993, San Francisco held a referendum over whether a police officer called Bob Geary was allowed to patrol while carrying a ventriloquist's dummy called Brendan O'Smarty. He was.

23. Sigurd the Mighty, a ninth-century Norse earl of Orkney, was killed by an enemy he had beheaded several hours earlier. He'd tied the man's head to his horse's saddle, but while riding home one of its protruding teeth grazed his leg. He died from the infection.

24. The Dutch village of Giethoorn has no roads; its buildings are connected entirely by canals and footbridges.

25. A family of people with blue skin lived in Kentucky for many generations. The Fulgates of Troublesome Creek are thought to have gained their blue skin through combination of inbreeding and a rare genetic condition known as methemoglobinemia.

26. Powerful earthquakes can permanently shorten the length of Earth's day, by moving the spin of the Earth's axis. The 2011 Japan earthquake knocked 1.8 microseconds off our days. The 2004 Sumatra quake cost us around 6.8 microseconds.

27. The first American film to show a toilet being flushed on screen was Alfred Hitchcock's Psycho.

28. Melting glaciers and icebergs make a distinctive fizzing noise known as "berg seltzer".

29. There is a glacier called "Blood Falls" in Antarctica that regularly pours out red liquid, making it look like the ice is bleeding. (It's actually oxidised salty water.)

30. In 2008 scientists discovered a new species of bacteria that lives in hairspray.

31. The top of the Eiffel Tower leans away from the sun, as the metal facing the sun heats up and expands. It can move as much as 7 inches.

32. Lt. Col. "Mad" Jack Churchill was only British soldier in WWII known to have killed an enemy soldier with a longbow. "Mad Jack" insisted on going into battle armed with both a medieval bow and a claymore sword.

33. A U.S. park ranger named Roy C. Sullivan held the record for being struck by lightning the most times, having been struck — and surviving — seven times between 1942 and 1977. He died of a self-inflicted gunshot in 1983.



Fotografie din arhiva prof. Corina Cristescu

Definitions

by Corina Popescu – teacher

One special day,
 I was greeted with words written
 On papers held up,
 While rising, in turn,
 Like waves being born deep into the sea...
 What - is - a - teacher?



Actor - Doctor - Magician.
 What - does - he/ she - do?
 Acts - Cures - Charms...
 Papers held close got united,
 Suddenly changing into a huge mirror.
 Saw myself, unbelievably...
 In an aura of magic light
 Spreading rays back...
 I turned the mirror towards them.
 ...While teaching (or learning),
 I always see it in their sparkling eyes.



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