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THE IB TIMES



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Reflections after reading The Sea of Tranquility

"I live in a world without magic or miracles. A place where there are no clairvoyants or shapeshifters, no angels or superhuman boys to save you. A place where people die and music disintegrates and things suck. I am pressed so hard against the earth by the weight of reality that some days I wonder how I am still able to lift my feet to walk."

This passage has been written by the author of the book - Katja Millay. I have to admit that after reading these words I didn't really know what this book is going to be about. I was intrigued of course, and the sense of mystery was the superior factor which decided that *The Sea of Tranquility* ended up in my hands for the next few days.

This book is a journey which is made by the girl named Nastya. At first, the reader doesn't really know what has happened to her in the past and why does she behave in this way, to wit she doesn't speak and dresses and does her makeup controversially: too short skirts, too high heels and too much black eyeliner. These are her attributes which are accompanied by silence and frightening looks.

I don't want to focus on the plot for too long, because if you want to read this book, I don't want to spoil too much and whip the pleasure of reading. Instead, I will talk you through some

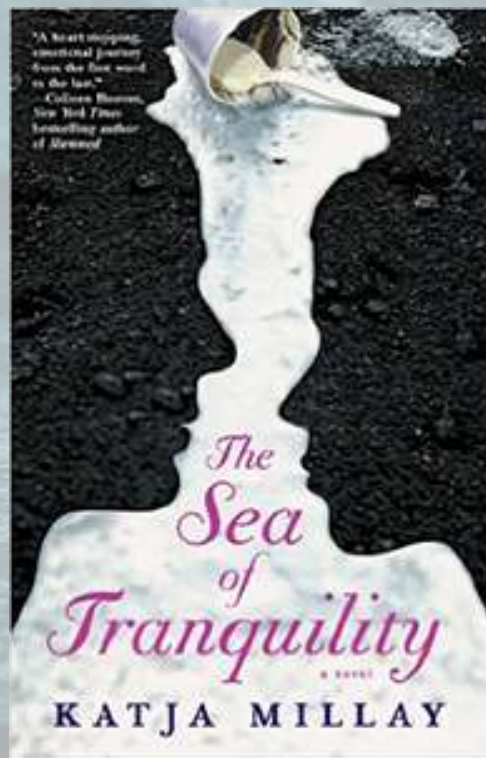
key motifs that I have found in this piece of literature.

The first one will be the motif of transformation and getting to know yourself. I believe that every and each of us learns about themselves through

the whole life. It is like a journey that anyone undertakes. In this case, it was the journey to discover and also understand oneself. Nastya changed her attitude towards life and people due to a brutal event that has happened to her but at the end of the book she combined the person she was before the event and the person she became shortly after it. I think especially during teenage years

people are changing and maturing so fast that the difference which takes place within a year is crucial and extremely visible.

I have to warn you that this book is a romance in some way but please don't be daunted by this fact. In this book love is presented as a trust and support



given by the other person. Nastya was so focused on her task of being vulgar-looking and haunting that she wasn't even aware that all she needed was a person who could understand her. Meeting her soulmate was so random but I believe that they would meet anyway. Besides, not only did she meet someone to rely on but also a group of friends, who would always be there for her. It is essential in today's world to talk with someone and have someone to have our back, don't you think?

How much time do you spent with your family and how much do they know you? I can't even imagine how hard it would be without my family's support. Nastya has chosen to cut off from her parents, brother and even her aunt. She wasn't ready, I believe, to face the reality with them. She alienated herself and thought that that is what she needs to do.

But I think differently. I believe that nobody has to face problems on their own. I noticed that people nowadays alienate themselves and even the smallest gestures from a stranger are perceived as a weird thing. I'd hate to imagine a world where people are afraid of one another and the interpersonal relationships are disappearing.

I didn't want this article to be about the plot of the book because, personally, I can see no point in that. Everyone could just read it by themselves and

get the knowledge about the events. I wanted to share my reflections after reading this book and maybe invite some different perspectives and beliefs. I would love to know if you think just like me, or is your point of view completely different. If you feel that a few of above-mentioned motifs speak to you and you have the willingness to find more about them by reading *The Sea of Tranquility* I will be extremely happy. Remember to embrace every moment of your life and don't give up even when you think that nothing worse could happen. Spend time with your family and friends. Focus on living and don't be scared to live. Emotions are just a part of everyone's life, even those negative ones. Lastly, don't you even regret you actions, life is a journey and we learn at every step of it.

Good luck,

Michalina Jabłko

MAYDAY

Some associations people have with spring are warm weather, longer days, blooming life, long and sunny days and so on. After the winter all of the snow melted away and now, instead of snowflakes, we will be seeing more and more rain fall from the sky. We usually think of rain as an inconvenience. No one likes going to school to the tune of buckets of water pouring over their heads. (Not that too many people particularly enjoy their way to school anyway.)

Rain, however, plays a much more important role in our lives and one we hardly even notice. It is a significant part of the Earth's water cycle. Thanks to rainfall, water that evaporates from the surface comes back down and flows back into rivers, lakes, underground reservoirs and, most importantly for us, fields, plantations and others. Rain comes from clouds, but you probably noticed not from all of them.



Clouds are commonly divided into three groups: cirrus, stratus and cumulus. They all have specific shapes and heights at which they form, but this three-way classification scheme serves no purpose in forecasting the ability of a cloud to cause precipitation. One that does, however, is the use of the prefix 'nimbo-' or the suffix 'nimbus', as in Nimbostratus and Cumulonimbus.

Those names imply that the bases of the clouds are less than two kilometers above the ground. Clouds with a high chance of raining fall into this category, even though the kinds of rain they all produce are vastly different from each other.

I hope we are on the same page so far, because this is where the situation gets really "heated". (my apologies) Regardless of your stance on the subject, you must have heard of "climate change" or "global warming" hundreds, if not thousands of times by now. The relationship between climate change and clouds goes both ways and is very complex. Firstly, what impact do the latter have on the former? Clouds are capable of cooling the atmosphere, much like greenhouse gasses are of heating it, so a healthy water cycle with a large number of clouds is beneficial to the conservation of climate and reducing global warming in general.

But, more importantly, how does the warming change clouds? Aforementioned greenhouse gasses have no very significant chemical or physical effect on cloud forming on their own.



They just cause the temperature of the Earth's atmosphere to increase. Some might think higher temperatures lead to more evaporation and larger clouds, but that is not the case. Why do the hottest summer days have so little clouds? Air humidity is at its highest in the summer because of high evaporation. The problem, however, is that high temperatures restrict the ability of the clouds to condense. In short, the air is filled with water vapor that has no chance of creating clouds. Climate change progressively damages the water cycle by stopping the required amount of clouds from forming. This is a very strong feedback loop. More heat leads to less clouds, which in turn leads to even more heat and even less clouds ad infinitum.

Climate change is clearly a great danger and one that has to be dealt with soon. Estimates like "We only have twelve years!" are fearmongering, but it is not like we have a lot of time either.

We do not.

The truth remains that the sooner the problem is solved, the better. Our lives are already being impacted by this phenomenon and its symptoms can be seen everywhere, not just in scientific theories and computer simulations. From extreme weather, short winters, the increasing frequency and intensity of climate-related natural disasters, widespread droughts, South Africa being at risk of a nation-wide drinking water shortage, shrinking Arctic glaciers and Himalayan snowcaps, Australia being hotter than the Sahara desert and the United States being colder than Siberia lately, to even the sad situation of clouds I have outlined in this article. We have plenty of time to act, but we have no time at all to waste.



That is why it hurts all the more when the President of the United States pulls out of the Paris Climate Accords and posts tens of tweets, all skeptical of climate change. The fact the President decided to cut US ties with the Paris Agreement is not even the worst. It is the swaggy nature in which he killed real and important dialogue with the rest of the world that is. Before 2018, the US congress used to seat almost two hundred people who were skeptic of climate change, nearly a third. Let us forget about the States for a moment. In Poland 10% of energy comes from ecologically valid alternatives to fossil fuels and other harmful energy sources. Sounds great, but numerous politicians still valiantly oppose solar, wind and water plants, even in spite of however many successful countries relying on them, while embracing coal mining operations.



The situation is very similar around the globe. Due to various economic, cultural or many other kinds of factors people are scared of what must be done in order to combat climate change. New proposals are often ridiculed because of that. Certainly, moving away from age-old practices is incredibly difficult for any country. Especially those reliant on oil, like the countries of the Middle East, those greatly affected by past industrialization, like China and those that are simply financially unable to substitute cheap and reliable fuels for new technologies, like most of Africa and South America.

I personally do not have the answer to all of these problems. I think no one really does. My own lack of knowledge notwithstanding, something ought to be done. Something is always better than nothing, especially considering how long overdue we are.

Marcin Andraka

TATUAŻY



KRÓTKA HISTORIA

Myślisz nad zrobieniem sobie tatuażu w przyszłości? A może jesteś przeciwnikiem tego typu modyfikacji? Tatuaże to temat, który fascynuje mnie od dawna, nie tylko sama rozpowszechniona dziś praktyka, ale również jej historia, która, jak się okazuje, sięga bardzo dawnych czasów. Oto kilka ciekawych faktów na temat historii tatuaży.

••• POCZĄTKI •••

Zwyczaj wprowadzania pigmentu pod skórę w celu uzyskania konkretnych wzorów na ciele to bardzo stara praktyka, która może sięgać nawet 14 000 lat. Wiemy o tym na podstawie odnalezionych narzędzi, gdyż ludzkie ciało ulega biodegradacji. Tytuł najstarszego znanego człowieka z tatuażami należy do Ötziego - mającego ponad pięć tysięcy lat jaskiniowca. Na jego ciele znajduje się aż 61 wzorów. Tatuaże znaleziono też na ciałach wielu ludzi z czasów starożytnych, między innymi na egipskich mumiach. Wraz z rozwojem cywilizacji zmieniają się również techniki wykonywania tatuażu. Ta najbardziej prymitywna polegała na wcieraniu sadzy bądź innego czarnego barwnika w nacięte ostrym przedmiotem rany.



••• RÓŻNE KULTURY, RÓŻNE TRADYCJE •••



Nie da się określić dokładnie, skąd pochodzi praktyka tatuowania ciała, ponieważ jest ona obecna we wszystkich częściach świata od bardzo dawna. Samo słowo „tatuaż” pochodzi od polinezyjskiego „tatau” oznaczającego „naznaczyć coś”. Tatuaże miały różne znaczenie w różnych kulturach i czasach. Do dziś są one ważnym elementem tradycji dla wielu plemion afrykańskich. Obecne były również wśród rdzennych Amerykanów czy mieszkańców Polinezji. Oliwia Oatman to żyjąca w XIX wieku kobieta, która jako dziewczynka została porwana przez rdzennych Amerykanów. Kiedy pięć lat później wydostano ją z niewoli, na brodzie i ramionach wytatuowane miała wzory będące oznaką plemienia. W

Europie krzyżowcy tatuowali sobie krzyż na klatce piersiowej, by w razie śmierci na wyprawie wiadomo było, że należy wyprawić im chrześcijański pochówek. Podróżnicy i marynarze często posiadali tatuaże symbolizujące odległe miejsca, do których dotarli. Według źródeł historycznych tatuaże były też znakiem rozpoznawczym Wikingów, Celtów i Słowian, co pokazuje, że miały one również swoje miejsce w kulturze pogańskiej Europy.

••• DRUGA STRONA MEDALU •••

Tatuowanie ciała może również budzić negatywne skojarzenia. Tatuaże od dawna są bowiem częścią świata kryminalnego. Mogą oznaczać przynależność do gangu lub specjalne umiejętności czy też osiągnięcia przestępcy. Kryminaliści w Japonii byli przymusowo tatuowani już w VII wieku. Innym przykładem tatuowania kogoś wbrew jego woli jest oznaczanie niewolników. Robili to starożytni Grecy i Rzymianie. Wreszcie więźniowie obozów koncentracyjnych w czasie drugiej wojny światowej otrzymywali swój numer za pomocą tatuażu na przedramieniu.

••• TERAZ •••

Jeśli chodzi o wzrost popularności tatuaży wśród Europejczyków, myślimy najczęściej o XX i XXI wieku. Jednak były one podobno dosyć znane już w epoce wiktoriańskiej. Niemniej jednak, dopiero od niedawna są one powszechnie akceptowane w kulturze zachodniej. W krajach azjatyckich, takich jak Japonia dalej panuje wiele stereotypów na temat osób z tatuażami. Dlatego właśnie nie mogą one korzystać z publicznych łaźni w tym kraju. Dzisiaj tatuaże mają najczęściej jedynie personalne znaczenie dla osoby, która je posiada albo stanowią po prostu element ozdoby ciała. Najczęściej tatuowane wzory to kwiaty, czaszki i napisy. Wraz z rozwojem technologii pojawiają się nowe rodzaje i pomysły na tatuaże, takie jak tatuowanie gałek ocznych czy tatuaże fluorescencyjne – świecące w ciemności. Dzięki temu ludzie mogą wyrażać siebie i swój styl na najróżniejsze sposoby. Co więcej, istnieje również możliwość laserowego usunięcia niechcianego tatuażu, choć warto pamiętać, że nie zawsze jest to całkowicie skuteczne.



Myślę, że tatuaże są prywatną sprawą każdej osoby i nie powinny wpływać na dostanie stanowiska w pracy czy ogólne postrzeganie danego człowieka. W końcu to nasze ciało i modyfikując je, nie wpływamy w żaden sposób na życie innych ludzi.

Three must-watch Netflix documentaries

As it is the middle of the school semester, all students, including you and me, are rather busy and absorbed in deadlines and piles of homework. Nevertheless, it's also crucial to give yourself some time off and de-stress. I'm sure most of you often spend your precious free time in front of the TV, browsing through the depths of Netflix - and I can't blame you for it! That's exactly why I decided to prepare a list of three must-watch documentaries (and needless to say, all available on Netflix). Hopefully, they will not only aid you in taking your mind off responsibilities awaiting you but also enhance your understanding of the most pressing global issues; these films cover a handful of broad topics: from climate change and animal cruelty, through consumerism and sustainable fashion, to a minimalistic lifestyle.

1. Cowspiracy: The Sustainability Secret

This eye-opening documentary follows Kip Andersen - a passionate environmentalist who aims at exposing one of the greatest dangers, as well as contributors to the greenhouse effect (and the global warming) - the meat industry. I find it essential to underline: "Cowspiracy" isn't another documentary that centres upon the cruel and inhumane treatment of farm animals. Andersen bases his conclusions on actual, real-life research and facts in order to create a brutally honest film which makes the viewer aware of the tremendous environmental damage caused by global meat production. As I already mentioned, a must-watch for all.



2. The True Cost

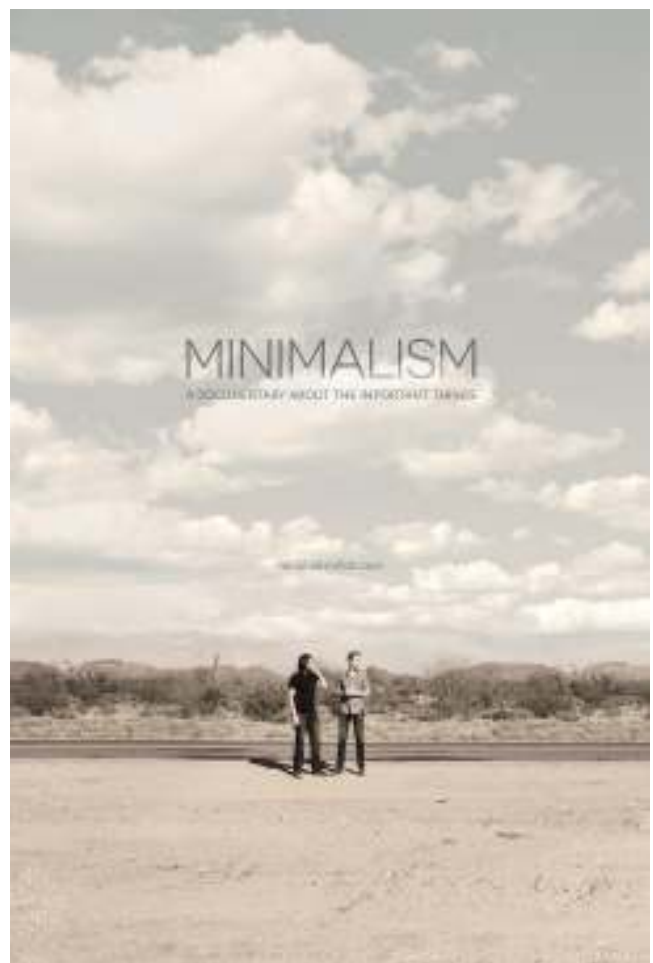
According to the movie's official page, "The True Cost" is a "story about clothing, (...) the clothes we wear, the people who make them, and the impact the industry is having on our world". I personally couldn't have summarised its essence in a more accurate manner. What I perceive as the documentary's

biggest advantage is that it highlights a theme which is both extremely relevant and yet so seldom brought up: the ugly side of fast-fashion. By following the development of modern-day consumerism and oniomania, “The True Cost” creates a link between our reckless shopping decisions and the deaths of exploited female workers in Bangladeshi factories. Sad, shocking and thought-provoking.

3.Minimalism: A Documentary About the Important Things

Unlike the previous two films, this one isn't a controversial documentary about some global issue - at least not in a straightforward way. As you may have suspected, “Minimalism (...)” is a story of... minimalism! Despite this concept being rather obvious, the majority of people seem to be missing its most crucial point. You see, minimalism isn't about empty spaces and the colour white - nor does it require you to get rid of all your personal belongings. As it can be learned from the movie's creators (Joshua Millburn and Ryan Nicodemus), it is the art of cleansing your life, as well as personal space, from unnecessary and aggravating material things. The only thing I can say about this documentary is that it has totally shifted my personal hierarchy of values.

Weronika Czubek



M'velling

Poranne słońce wdzierało się przez lekkie, długie do ziemi firany. Złotawa poświata odbijała się od marmurowej posadzki, po której snuła się subtelna mgła. Zdawała się być utkana z pajęczej nici – gęsta, ale zarazem na tyle delikatna, że każdy, nawet najmniejszy powiew wiatru mógł ją rozpędzić.

Conrad usiadł na łóżku i zaczął przecierać zaspane oczy. Okropnie bolą go głowa. Próbował sobie przypomnieć szczegóły poprzedniej nocy. Najbardziej zastanawiało go, czy faktycznie spotkał M'velling, czy był to tylko sen. Cały bal pamiętał jak przez mgłę. Ostatnia rzecz, która wydawała mu się pewna, to damy dworu i ich rozmowa o małżach. Nie pamiętał, aby kładł się spać w nie swojej komnacie, zdawało mu się także, że musiał zasypiać sam.

- Bzdury, ktoś musiał mi dolać do wina jakiegoś eliksiru magicznego, żebym przypadkiem się niczego nie dowiedział – powiedział to głośno, mimo że nikogo innego nie było w pokoju. A przynajmniej nikogo do tej pory nie zauważył.

- Bardzo mało wiesz o magii – powiedział kpiący kobiecy głos. „To ona” pomyślał. Zza zasłony wyłoniła się marmurowo biała postać elfki. Była ubrana tylko w białą, niemal przezroczystą koszulę nocną. Przebiły przez nią granatowe, niemal czarne tatuaże, którymi była pokryta większość jej ciała.

- A jednak – westchnął Conrad i z powrotem opadł na łóżko. Uśmiechnął się pod nosem. – Myślisz, że to już przeznaczenie, Mel?

- Nie sądzę. Musiałam cię wczoraj bardzo uspokajać. Dowiedziałbyś się zdecydowanie zbyt wiele, gdybym nie znała się na tych, jak je nazywasz, „eliksirach magicznych”. Wcale nie chciałaś współpracować – ziewnęła, jak gdyby okropnie nudziła ją ta rozmowa.

- Od kiedy tak bardzo cię nudzę? Gdy ostatni raz się spotkaliśmy, niemal rzuciłaś

mi się na szyję. Co się zmieniło?

- Conradzie, jesteś jak dziecko. Myślisz, że kiedykolwiek byłeś tym jedynym w moim życiu na dłużej niż miesiąc? Przeżyłam już tyle lat, że angażowanie się w związki ze śmiertelnikami nie wychodzi mi na dobre. Wy się starzejecie, jesteście niedołęzni, a ja... A ja zostaję. Sama.

- Dobrze wiesz, że możesz mi zapewnić to samo. Możesz mi zapewnić wieczność...

- Nie po to tu jestem. Nie po to tu do diabła jestem! Wreszcie mi na czymś zależy, wreszcie widzę dla siebie szansę... Szansę na odzyskanie tego, co moje. Tego, co nasze.

- A więc to o to chodzi... Elfy chcą odzyskać Pallanvir, tak? – Conrad już od pewnego czasu siedział na brzegu łóżka. Teraz wstał.

- Pallanvir... Co za parszywa nazwa... Tak. Elfy chcą odzyskać G'lyvveen. Chcą odzyskać swoje królestwo.

- Mogę stanąć przy twoim boku, Mel... zbliżył się do niej. M'velling patrzyła na morze widoczne przez rzeźbione drzwi balkonowe.

- Bzdura. Nie wiesz o czym mówisz. Ty? Śmiertelny szpieg do wynajęcia? Przy boku księżniczki G'lyvveen? Conradzie... Nawet gdybym wyznała ci wszystko, co czuję... Nawet jeśli byłbyś gotowy poświęcić dla mnie wszystko, nawet stać się nieśmiertelny... F'le Hegvelir, starszeństwo, nie wyrazi na to zgody. – Conrad stał za jej plecami. Położył jej rękę na ramieniu. Od lat wiedział, że ją kocha. Nigdy nie chciał się do tego przyznać, nawet przed samym sobą. W tym momencie uświadomił to sobie, jak nigdy dotąd.

- Usunę się w odpowiednim momencie. Jeśli tylko będzie trzeba.

- I zostawisz mnie, nie prosząc o honory, bogactwa...

-M'velling... Kocham cię.

Maja Dmochowska

ART.

**Julissa Norman- our
guest from NY**





More on instagram:

@anarchyrose

The night full of stars

There is one day in a year that the world stops and directs its attention to one place. It is the city of lights, stars and... the cinema. No one doubts that it is Hollywood. Obviously, you were bombarded with information about the ceremony of the Oscars. But every huge event is connected with some preparations and scandals. And so it was with 91st Academy Awards. What happened before this well-known and significant ceremony and who gained these most-desirable prizes?

Having said that, this year the controversy kicked off early when Kevin Hart was appointed and then fired as the host after a number of old tweets resurfaced in which the comedian expressed homophobic views, leaving 2019's ceremony without a compere for the first time in 30 years. Relying more heavily on presenters, the line-up this year included Whoopi Goldberg, Jennifer Lopez, Daniel Craig, Brie Larson, Charlize Theron, Awkwafina and many many more.



I have always wanted to watch the ceremony of the Oscars. However, it was so long that I couldn't bear watching the whole event even though I'm fond of cinematography. This year to my greatest surprise the show was three hours long. To achieve this, some of the lower-profile awards were handed out during the commercial breaks of the broadcast, which also met with opposition from some people.

One of the most refreshing things about this year's nominations was seeing films not in the English language actually represented outside one single category. It was a positive move in breaking down the concept that filmmaking is an entirely Hollywood-centric production (with a few UK productions thrown into the mix). "Roma" has tied with "The Favourite", an English language production, albeit by Greek director Yorgos Lanthimos, for the most awards with 10 nominations. Furthermore, "Cold War", by Polish director Pawel Pawlikowski, was also nominated in several categories, including Best Director and Best Cinematography.





This year's Oscars were full of surprises - with unexpected wins in several of the major categories. But isn't this the aim of the cinema to show something different and to amaze people with something extraordinary? Olivia Coleman shockingly received Best Actress over her "idol" Glenn Close giving the best speech of the night. Rami Malek startled everybody as he took home the statue for Best Actor in spite of stiff competition from Christian Bale. "Roma" was unexpectedly awarded Best Foreign Language Film. "Green Book" was awarded Best Picture over critics' favourites "Roma" and "The Favourite". The only predictable wins? Alfonso Cuaron's Best Director and Best Cinematography triumphs.



Talking about films we can't forget about music. Lady Gaga and Bradley Cooper charmed the audience in Dolby Theatre with their performance of song "Shallow" from the film "The Star is Born" which also received Oscar award. Celebrating the success of the "Bohemian Rhapsody" film, Queen and Adam Lambert also performed at the ceremony, opening the show.



Agata Rutkowska





THE DACHAU OF AFRICA

Short history of Equatorial Guinea

“There is no other God than Macías Nguema” used to be an official motto of Equatorial Guinea. This tiny, forgotten by the world country with population of around 1.2 million, might be in fact one of the most bizarre but also terrifying places in the globe.

This self-proclaimed “god” used his power to kill or force into exile around 1/3 of the country’s population. What he created was an absolute dictatorship – no freedom of speech, no legal opposition, highly corrupted elites, rigged elections. Equatorial Guinea is often referred to as “The Dachau of Africa”



Francisco Macías Nguema was very unique in his style of governance. For example, he banned the use of word “intellectual” (maybe it’s because he experienced hardship in trying to graduate from higher education). He also wanted to punish people for wearing lenses. Because of the large masses of people seeking to escape the Equatorial Guinea, he also ordered for all the boats to be destroyed and thus banning fishing.

His power was unlimited. He nominated himself to be the chief judge, so that his whims could be immediately called the actual state laws. He once ordered to kill the country’s central bank governor and carry all the state treasures into his private house.

On Christmas Eve in 1969, Francisco ordered his soldiers to execute 150 opponents at once. The execution took place in a stadium in the capital, Malabo and was accompanied by the song “Those were the days” by Mary Hopkin.

Francisco’s rule finished in 1968 after he was overthrown by his nephew. At the trial Macías Nguema was accused of many atrocities, including genocide and use of torture. He was given “101 death sentences”. Francisco was executed in 1979.

However, his nephew, **Teodoro Obiang Nguema Mbasogo**, turned out not to be any better at leading the country than his uncle. The opponents of Teodoro accuse him of performing cannibalistic acts during his early fight for power. They claim he did it in order to “gain power over his enemies”. What’s interesting, the government of Equatorial Guinea tried to persuade the United Nations to establish an award named after Teodoro Nguema. Their petitions have been rejected a few times so far.



Despite Equatorial Guinea’s large amounts of crude oil per capita, most of the population is struggling to gain access to clean water and child mortality rate is one of the highest in the world (around 20% of children die before 5th birthday). Nguema’s wealth is speculated to be reaching hundreds of millions of dollars, while in his country one out of three people lives in extreme poverty. Teodoro’s son, **Teodrin Obiang Nguema**, who is a vice-president of the country, has a lavish lifestyle and also owns an enormous wealth including a multi-million private jet, a mansion in Malibu and many estate properties in Europe. Apparently, he is not bothering with trying to hide his corrupt actions, since we can find evidence of all his possessions and extravagant lifestyle on his Instagram account: teddynguema.

[Click here](#) to see an interesting video by The Economist about the Equatorial Guinea’s vice-president’s luxurious lifestyle.

Ida J. Moczyłowska



Prokrastynacja - czy jest na nią jakiś sposób?

Przeanalizujmy powstawanie tego artykułu. Teoretycznie powinnam znaleźć temat już jakieś dwa tygodnie temu, a na jego napisanie dać sobie przynajmniej tydzień. Wszystko zaplanować, zrobić to dobrze i bezstresowo. W rzeczywistości było zupełnie inaczej. Przez całe dwa tygodnie przypomiinałam sobie o tym, że muszę zacząć pisać tę pracę. Wiedziałam, że to ważne. Jednak każdego wieczoru, kiedy już chciałam pracować, coś powodowało, że nie potrafiłam się do tego zabrać. Najpierw oczywiście wybierałam się na przechadzkę do kuchni, aby siódmy raz sprawdzić, czy może nie pojawiło się tam coś nowego. Potem po kolei przeglądałam Instagrama, Facebooka, chociaż robiłam to już dzisiaj milion razy. Następnie wchodziłam na YT, gdzie zaczynałam od filmików związanych z tematem mojego artykułu, a po 30 minutach kończyłam na wywiadzie z mamą Roksaną Węgiel. Kiedy już miałam zaczynać, laptop stał przede mną włączony, stwierdzałam, że obejrzę jeden odcinek "Friends", bo to przecież tylko



17 minut. Nagle okazało się, że już prawie koniec dnia i dzisiaj już nic dobrego nie napiszę. Przekładałam napisanie artykułu na jutro. I wtedy nadchodzi ten dzień. Deadline.

Oczywiście, mając świadomość, że artykuł ma być gotowy na jutro, spanikowana od razu siadam do komputera i piszę go w jeden wieczór. Jednak cały proces jest pełen stresu, a artykuł nie do końca wygląda tak, jak sobie wymarzyłam. Brzmi to okropnie, ale niestety u mnie takie sytuacje potrafią być normą. Okazuje się, że jest to bardzo znany i bardzo częsty problem w ówczesnych czasach.

Nazwano go *prokrastynacją*. Jeżeli czytasz ten artykuł, a powinieneś właśnie szukać bibliografii do Extended Essay, szukać tematu na internal, czy pisać pracę na

polski - to witaj w klubie, dotyczy on też ciebie. :) No więc, czym jest ta cała prokrastynacja?

Prokrastynacja to, mówiąc nieformalnie, ciągłe odwlekanie, zwlekanie, czekanie, może później, może jutro, teraz mi się nie chce, "okej, to zacznę o pełnej godzinie" - ogólnie rzecz biorąc - trwonienie czasu i uwagi na głupoty, bo po prostu nie możemy zająć się tym, czym powinniśmy.

Osoby, które prokrastynują, mają przede wszystkim problem z motywacją i systemem gratyfikacji. Zwycięża ten natychmiastowy (zjem czekoladę teraz i będę szczęśliwa), a nie ten długoterminowy (nie zjem czekolady i będę miała świetną figurę w czerwcu). Prokrastynacja daje nam spokój wtedy, kiedy

przychodzi deadline. Wtedy w końcu w przyptywie paniki zabieramy się od razu do pracy.

Ostatecznie nie jest tak źle, bo w sumie w końcu wykonujemy powierzone nam zadanie, prawda?

Okazuje się, że są dwa typy prokrastynacji. Jedna jest ograniczona czasowo, bo do akcji wkracza stres, poziom motywacji podnosi się i wykonujemy zadanie. Jednak co się dzieje, jeżeli zadanie jest bezterminowe? Jeżeli marzy Ci się na przykład własna kariera, nie będziesz miał nikogo do wyznaczania terminów, oprócz samego siebie. To samo dotyczy takich spraw jak dbanie o rodzinę, zdrowe odżywianie, ćwiczenia czy zakończenie relacji, która nie ma już sensu. Wtedy jest już znacznie gorzej. Ludzie ze skłonnością do prokrastynacji na poziomie życiowym potrafią "odwlekać" rok, dwa, trzy. A życie biegnie dalej. Na szczęście są sposoby, które mogą pomóc nam z walką z prokrastynacją.

1. Konkretyzuj swoje zadania, rozbijaj je na części pierwsze. Jak myślisz, w którym przypadku jest większe prawdopodobieństwo, że wykonasz zadania? Gdy ktoś Ci powie:

„Zadzwoń i załatw nocleg nad morzem“, czy raczej „Zadzwoń do hotelu X, zapytaj o termin Y, powiedz, że Z, i zarezerwuj dwa pokoje z łazienką.“ Kiedy coś jest określone zbyt ogólnie, istnieją małe szanse.

2. Magiczne słowo - organizacja. Listy "do zrobienia", notesy, kalendarze. Takie techniczne rzeczy, dzięki którym wiemy, co jest jeszcze dzisiaj w planach, naprawdę dużo zmieniają.

3. Planuj też miłe rzeczy. Nie wpisuj do swojego planu tylko nieprzyjemnych obowiązków. Gwarantuje, że od razu odechce Ci się robić cokolwiek. Zapisz sobie przerwy między zadaniami albo sprawy takie jak "herbata" czy "maseczka".

4. Nie bądź perfekcjonistą. Zrobienie cokolwiek kojarzy się nam wtedy z wielkim wysiłkiem podejmowania najlepszego wyboru, obrania jedynie słusznej drogi, osiągnięcia nierealnie idealnego efektu. To wydaje się tak ogromną górą, że zrobienie nawet najmniejszego kroku nas przerasta.

Ogółem wszystko sprowadza się przede wszystkim do zmiany nawyków i aktywowania wielkich pokładów wytrwałości i dyscypliny. Wiem, że to wszystko wcale nie jest takie łatwe. Jednak pokonanie prokrastynacji naprawdę ułatwia życie. Możemy się wtedy w spokoju cieszyć czasem wolnym, a nie marnować go na bzdury, jednocześnie stresując się niewykonalnym zadaniem. Dlatego jeżeli prokrastynacja to też twój problem - zacznij swoją walkę z nią już dziś. No, w każdym razie... jakoś niedługo. :)



Magda Staworko

Learning apps

If I ask you: “who likes learning?”, almost everybody will probably say that learning is definitely one of the most boring and stressful things in the world. But if I ask you: “who likes Social Media?”, then almost everybody will answer out of hand in the affirmative. On the one hand such an attitude is nothing unusual and is rather common among the youth. On the other hand, the same students often complain about school, learning and their grades. What can we do to change it? The answer is simple and closer at hand than you think. The young generation doesn't have to learn every detail about Platyhelminthes from their biology books. Now technology meets our expectations, because we can learn from learning apps! They are not really complicated, you have probably already met with some of them. There are many different apps for our computers or smartphones, which allow us to gain knowledge better and smarter or to plan our work more effectively. Why are they worth using? I would like to quote from one of those applications, which perfectly answers this question: “15 minutes a day can teach you a language. What can 15 minutes of Social Media do?”. In this article I chose apps that are commonly recommended or popular and those that I often use myself. Have a nice reading!

1. Quizlet

Category: Learning; flashcards.

Mark: 4,6/5

Great app if you are a visual learner and you like to use flashcards. The app allows you to use somebody's work or to create your own flashcards set. You can also share your work with your friends creating a group and learn together for tests! Application is very versatile, because you can find there flashcards from every subject, every topic or even school books. Graphics of Quizlet are also very clear, so using it is a pleasure. There are also many options of making or using flashcards, so everyone can find his own best way to study. Try it out yourself!

2. Kahoot!

Category: Learning; short quizzes.

Mark: 4,2/5

Kahoot! is very common among teachers. Everybody likes having something funny or entertaining during lessons and Kahoot! is one of the best options. Students need to have access to the Internet on their smartphones and take a short quiz made by their teacher. On the main screen in front of the class, students are able to see the question and then answer using their phones. First come, first served! Apart from that, you are able to listen to the catchy tune everybody loves!

3. Duolingo

Category: Learning; languages.

Mark: 4,7/5

I know about this app from my friend. It was made to teach you languages. Not only common ones, but also less popular or abstract, like Hawaiian, Navajo or High Valyrian! The app allows you to start learning a language from the very beginning or take a placement test and have your language level determined. The app also sends you notifications and challenges you, so it becomes very entertaining and before you know it you become addicted to it! By the way, if you want to have access to more languages, choose English as your native language J.

4. Curiosity

Category: Popular science; news, articles.

Mark: 4,7/5

Curiosity is a great app if you like searching for scientific news, articles and have direct access to them. The app has many categories of articles such as "Science & Technology", "Personal Growth" or "Mind & Body". You can find there anything that you are interested in, save best articles and share them with your friends! You may also find articles useful for some of your lessons in school.

5. Brain training applications

Category: Self-development; puzzle games.

There are many "brain training" applications. Basically, the purpose of using these apps is usually not to learn or study, but to develop your logical thinking. They are a great option for everybody who likes solving puzzles and challenge themselves. They are very entertaining, so everyone can find something for himself. Brain training applications are also very varied, so you can find apps that work offline or choose one where you are able to compare your scores with your friends from Social Media.

6. Any.do

Category: Time management; "To do" list.

Mark: 4,5/5

Any.do is the best option if you want to stay as organised as possible. The app is made to create "to do" lists. It is very easy to use, because it is similar to a calendar. However, it has more options than a traditional calendar and sends you notifications, so you will not forget about anything. Also, you are able to cross out finished tasks, which is very satisfying. The app layout is clear and everyday quotes displayed when you open it are very motivating.

I hope that this article is useful and you will use at least one of the mentioned applications to learn something new, search for information, stay organised or to improve logical thinking.

Dominika Szczepańska

Four

Two months ago

People. What strange creatures, huh? Take your time and look at them sometimes. They walk, stroll or run most of their lives not knowing where their legs will take them. They talk about their stupid stuff and how ‘somebody has OMG done something!!!’, emitting strange sounds simultaneously, almost never thinking about the consequences of every, *every* move they make. They make big plans, but always for tomorrow because today they have to complete thousands of other tasks that are about to give them happiness. Oh, I’m so sorry for them sometimes, you know? They don’t understand anything. Act without thinking. Look without seeing and hear without listening. Just... don’t pay attention to *anything* that is happening around. They reckon everything lasts forever and there will be time to do it again, to dream, to love, to live.

No. There won’t be.

Everything ends eventually, right? Things are destroyed, people are gone. One day we will come back to the places that don’t exist anymore. We’ll suddenly remind ourselves about the existence of people we called “life-long friends” while looking through the old photos from the high school. Okay, I know, every cloud has a silver lining. All the dark nights will end, compromises will be reached and... we’ll just forget about unpleasant things. But emotions end too. They change over time. Can’t believe it?

They do.

I guess you might want to know why I tell you about it all but I can’t explain it. Something has also ended in me. It was a slow process obviously, it didn’t happen just like that. Fire burns down slowly. First, I’ve lost some of my hope about the future of humanity that becomes less and less human with every sunrise. Idealism has gone on holiday and love is even more complicated and unreachable than it has ever been. I lost my ideas, my words don’t know how to cooperate and come out of my mouth just as an unordered blend. I look and I can’t see the things that earlier were

as clear as day. I run out of strength to wake up and brush my teeth in the evening. You may say: “that’s just a bad day, you can face it!”.

But I know what has ended in me.

Can you imagine the situation? I’m playing with my small cousin, doing things that almost an adult girl like me is not expected to do. I give him a tickle, he doubles up with laughter and asks me to pick him up, to pick him up to the stars. He’s an astronaut now. I do what he wants, convinced that both of us will have fun but... it doesn’t work for me. I feel my mouth moving, hear the sound I emit, feel my stomach muscles stretching but there is not such a thing as a *feeling* of laugh. Just a void. In a second the world collapses. I feel like a mirror that has been broken into billions of little pieces.

Aesthetic chaos.

In moments like this one I subconsciously start thinking about Ted (yeah *his* name is Ted) and things he used to say to me. Do you know what he always said? That life will never give me things I want. That people are not worth my trust. That things come and go, nobody cares about my feelings and every try to be fully happy is useless 'cause life is an endless suffering. Sounds like bullshit but believe me-after a while it really sticks in your head. I remember him sitting in front of me with a cigarette in his hand and how I heard his low voice from behind the smoke: It is way easier to disappear.

I want to disappear so much right now.

Lily



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