

THE DUAL DIPLOMA TIMES

WRITTEN BY STUDENTS AROUND THE WORLD

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Education in Times of Pandemic

by Abril Castillo Camacho

The COVID-19 pandemic has tested systems and social structures all over the world, with politicians trying to juggle health safety, an economic recession, and public services. Education has been a sector widely affected by the various lockdowns and health measures adopted worldwide, affecting about 90% of the world's student population and revealing the fragility of education systems.

According to data from UNESCO, around March of 2020, most countries had turned to partially or fully online classes in the hope of stopping the spread of the virus. This change came unexpectedly upon the educational community, who found themselves having to adopt a completely different learning system within weeks.

Conclusive data about the transmission between children and teenagers is still scarce, consequently, governments are taking different approaches as lockdowns start again around the world. In Europe, most of the countries are making school a priority. They try to ensure in-person classes as much as they can, at least in younger students.

As a student, I've had to adapt to unexpected online classes for a three-month lockdown without leaving my home, in-person classes with health measures that made "new normal" seem straight out of a science fiction movie, and, recently, a hybrid model that combined both. All this in the span of eight months. After speaking with teenagers from other regions and countries, the consensus seems to be that schools are doing the best they can as politicians keep changing the rules.

Online classes affect students' learning process, as well as social development and their mental well-being. The chance to interact with classmates and expanding social circles lowers, which makes it harder to achieve independence and to rely on others for emotional support. According to a Dutch study, lockdowns are a threat to mental and social health on children and adolescents that should be decisive in political decision making and mental health care policy, intervention, and prevention.

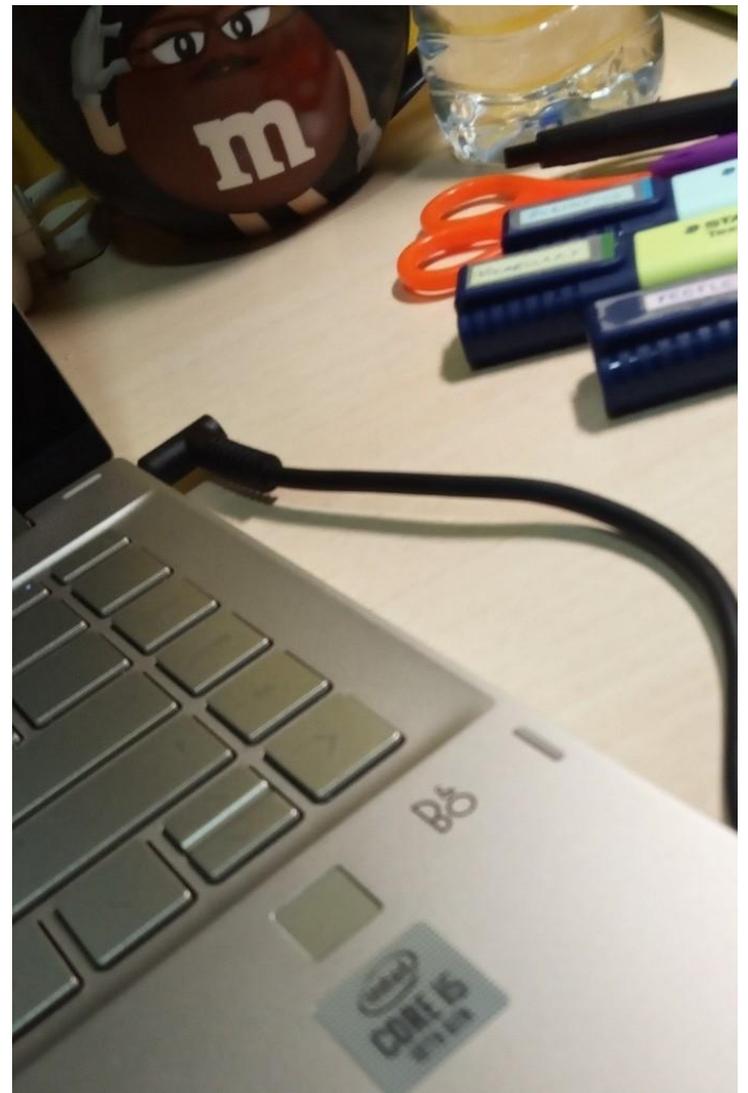
This impact, however, is particularly severe for the most vulnerable and marginalized families. The problems that students face highlight the already existing disparities within the education system but also in other aspects of their lives.

The main issue that focuses on lower-income and marginalized students is the digital divide. Not everyone has good wi-fi accessibility, or technological devices to follow online learning. In homes with remote workers and students, this need accentuates, as well as those families who cannot afford these new necessities.

But these issues also include poor nutrition, for example, which affects kids who relied on free or discounted meals provided at schools for food and healthy nutrition. Or an increased exposure to violence and exploitation, with tensions rising at homes due to job losses and other economic difficulties, which has also provoked a rise in dropout rates and child labor.

UNESCO estimates that some 24 million learners are at risk of not returning to education institutions, including daycare centers, schools and higher education institutions, following school closures due to COVID-19. This estimate covers all students, all levels of education and includes a larger number of countries (180 countries and territories with available data) and can be considered almost universal. Given the pressing impact of the current crisis on education and training systems on most countries around the world, this report also includes high-income countries.

We begin to notice the effects of the educational crisis caused by COVID-19, but we are yet to see the long-term repercussions. What lots of people seem to agree on, is that it may ignite a lasting change in teaching and learning, especially for the younger, who won't remember a time before the pandemic.



Picture by Abril Castillo Camacho

The Powerful Art of Dreaming

by **Fernando
Jaraquemada García
de Leyaristy**

There can be no doubt that dreams are such a fascinating topic which everyone is curious about. However, they are not always given the importance they have, as some usually view them as insignificant and irrelevant. If you are one of those, hopefully this article can change your point of view.

When it comes to clarifying why we dream, there is always a great deal of heated debate among psychologists. Some of them, such as Harvard professor Deirdre Barret, one of the world's top experts in the topic, believes that we have REM (rapid eye movement) sleep. This is the stage of sleep when most dreams take place, due to various reasons. The fact that all mammals carry out this sleep stage tells us that there are biological reasons for dreaming. However, this cannot explain why dreams have been around for such a long time, so functional reasons might be involved. For example, a lot of solutions to real-life problems can be included in dreams, and hidden feelings and fears are exposed or overcome when dreaming, but we will go through these aspects later.

The meaning of dreams is another issue that causes controversy in the psychology field. It is widely accepted that not every dream has a clear explanation, especially in non-REM stages, when they are sometimes non-sense and weird. However, some studies have shown that we can point out a big difference between the REM stage and other stages. On the one hand, dreams, which consolidate sentimental and emotional memories, are usually those dreamed at the REM stage, which also, if profoundly analyzed, have a problem-solving behavior. Whereas on the other hand, the ones which help consolidate simple and straightforward memories are dreamed at all the other stages. What is more interesting is that some dreams can even lead to great real-life ideas, such as the structure of benzene (an organic molecule) or the sewing machine, both dreamed by their discoverer and inventor.

A clear reason to explain why this happens cannot be provided; we all experience kind of similar dreams. Some of these are the ones when we are suddenly naked in front of a group of people, or the one when you have an important exam the following day and you dream you oversleep, forget to study, or go blank. The naked in public one usually means social anxiety and shame, while the failing exam one has nothing but a positive meaning, as it generally occurs when you prepare well for an exam and you have high hopes of passing.

Other kinds of dreams worth describing are nightmares and recurring dreams. When it comes to nightmares, we must make a difference between two very disparate categories: The metaphoric ones, being more common in children, are the typical childhood nightmare where monsters and witches appear, those scary and terrifying. The other ones are post-traumatic nightmares, which tend to reproduce a traumatic event you have gone through and didn't overcome yet.

Recurrent dreams are the other remarkable kind of dreams. These are the kind of dreams which repeat over and over even with the passing of years and remain practically unchanged. To analyze them and to understand their meaning will certainly help the dreamer resolve problems they may have been carrying with them for years.

As it is said in the title, dreams have some sort of power in our lives; they are able to make a real impact on our life. As discussed before, they are just a reflection of our thoughts and feelings, so they can be the key to get the answer to our problems, worries, and knowing ourselves better. However, the crux of the matter is in fact to remember what you dreamed.

Fortunately, some tips can be used. Although it may seem strange, the first tip is to get more sleep. This will lead to having more REM stages, which will be getting longer and longer each time they repeat. So, the first REM stage could last some minutes whereas the fourth or fifth more than an hour, meaning that the more you sleep, the longer they will be. The second tip also sounds ridiculous, but it has been proved effective. It is to tell yourself before going to sleep, "I want to remember my dreams" again and again, and you will wake up the next morning remembering for sure more dreams than usual.

In light of the above, the conclusion to be drawn is that not only do we have to pay attention to dreams, but also to analyze them and try to figure out what their meaning is, and realizing if they have one or not. Although you may not believe it, this can make a sweeping change in your life.

Is Fear Good For Us?

by **Jesmean Kaur**

Ask any person in this world if there is something they fear, and you'll certainly receive a definite answer. They might say they are scared of animals, things, or even some kinds of experiences. But what is exactly fear? According to the Cambridge Dictionary, "fear is an unpleasant emotion or thought that you have when you are frightened or worried by something dangerous, painful, or bad that is happening or might happen."

President Franklin Roosevelt famously affirmed, "The only thing we have to fear, is fear itself." This statement is plausibly right: the fear of fear definitely causes more problems in our lives than the thing we are scared of itself. However, this emotion shouldn't necessarily be considered a negative emotion; in fact, a little dose of it can help us to grow and improve ourselves.

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According to a study made by Coventry University (UK), fear temporarily boosts your immunity system. It also increases adrenaline, which helps to alleviate diseases such as depression. This feeling can also give people a natural high and a sense of empowerment. When we are frightened, our body releases other chemicals such as serotonin, which helps our brain to work more efficiently. Moreover, fear can help us manage stress, and it can also relax us; in fact, anxiety is fear-based. In these cases, our body and brain are attacked with adrenaline and dopamine, which speed up our heart rate and blood pressure to prepare us to face that specific condition.

We can see how fear can also have a good impact on our lives and not necessarily a negative influence; for this reason, we should accept and incorporate it into our daily lives because we can't remove it.

Black Holes: Secrets Uncovered

by Diego Nunes

“
**We are entering the golden age
of Black Holes**
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-Juan García Bellido, Universidad Autónoma de Madrid, Física Teórica, Faculty Member

Astronomy, astrophysics, and cosmology; these broad fields are in constant evolution. Studying such distant processes presents great difficulty, but these science fields advance not only with theories but also with technological improvements that allow researchers to look into the universe.

This is the time when scientists are beginning to receive discoveries and data that gives us a coherent image of the nature of black holes.

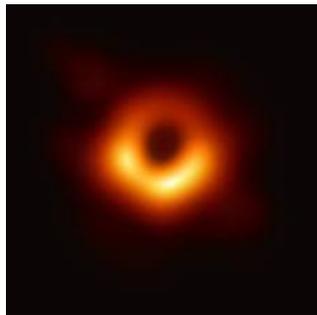
But, what's a black hole?

They are the remains of ancient stars, so dense that no other material particle, even light, can escape from their great gravitational force.

Many stars end up as white or brown dwarfs or neutron stars. Similarly, black holes are the last phase of the evolution of large stars that were at least 10 to 15 times the sun's size.

Its formation is part of a supernova (the explosion of a supermassive star).

The remains of this cataclysm do not exercise resistance to gravity. Hence, the star begins to withdraw on itself, and the emerging black hole shrinks to zero volume, becoming infinitely dense, unable to escape its attracting force even the light of the stars.



First photo of a black hole, NASA, taken the 10/04/2019

Because they are so small, distant, and dark, they cannot be observed directly, making it very difficult to study them. With the progress of recent years, their existence has been confirmed.

“A black hole and its shadow have been captured in an image for the first time, a historical feat by an international network of radio telescopes called the Event Horizon Telescope (EHT). EHT is an international collaboration whose support in the U.S. includes the National Science Foundation”. - NASA

There are two other types of black holes known:

Supermassive Black Holes.

These large black holes can have a mass ranging from 10 to 100 billion times the size of our sun.

They are similar to the small black holes, but they reach these sizes because there is a lot of mass inside the galaxy to which they are attaching, and they can accumulate unlimited amounts of matter; in other words, they become denser bodies as their mass increases. Such holes can be found in the center of many galaxies, including the Milky Way.

Primordial Black Holes. These are black holes formed in the first fractions of a second after the big bang, with such a high concentration of matter in space, it would have collapsed under its weight and produced holes of different masses.

The smaller ones are supposed to have disappeared, but some would have accumulated enough mass to be part of the center of galaxies today. It has also been proposed that their number may be so high that it could explain the origin of dark matter (invisible matter believed to have acted as a seed for galaxy formation and to have caused stars and galaxies to move faster than visible matter allows). For now, it is only a hypothesis, and we are waiting for it to be confirmed or refuted.

Some of the latest discovers are:

They're everywhere.

Any galaxy can contain a supermassive black hole.

Always proportionate.

Black holes grow alongside their galaxies; the larger the galaxy, the larger the black hole.

Star makers.

Black holes shootout jets of energy while gathering gas and dust, which stars are made of, forming them at a slow and steady pace.

Mega black hole.

In 2018, the Hubble Space Telescope captured the best image ever of two black holes as they merged, giving rise to a single, huge black hole.

Einstein was right.

Einstein's relativity has been confirmed in the Milky Way's supermassive black hole.

Now important.

Black hole research is becoming more important to science. Roger Penrose, Reinhard Genzel, and Andrea Ghez were the winners of the Nobel Prize in Physics 2020 for their discoveries about black holes.

The White House's Secrets Revealed

by Elias Forestier-Depresle

A secret bunker for safety or a secret place to hide? Careful screenings of journalists? The White House has some secrets that the everyday person may not know!

For example, some may know that the White House has a presidential emergency control center for the safety of the president and his family. However, it is rare for the presidents to use it. This bunker was initially constructed under the East Wing during Franklin D. Roosevelt's presidency in the wake of Pearl Harbor.

At the beginning, this bunker was built because the White House was afraid that Germany would drop a bomb in Washington DC. But even with the bunker, FDR thought that he wasn't safe, and that's why he went to a hidden retreat in the mountains of Maryland which he named "Shangri-La".

Americans thought that Roosevelt was in the White House but in his bunker; nevertheless this was the bullseye. During WWII, he rarely got out of his retreat. Now, this place is known as "Camp David".

As many may know, the White House is one of the most complex buildings in the world. And because of it, some movie directors are trying hard to make it a subject for their movies. For example, Netflix's 'America's Book of Secrets'. This is a great example of it. Even if the White House is known as the keeper of a secret, some of those secrets are really interesting.

Since its inception, the White House has made sure to have as clear an image as possible, but the truth is that every time a journalist enters the White House, his or her background is studied so that if they receive classified information, they are trusted to not reveal it.

In fact, every visit, every interview, and every entry of a guest to the White House is checked for security.

Another surprising fact is that when the press officer holds a press conference, the press officer first goes through the President himself to find out if there are things not to be said, emphasized, or dodged. That is why, even if he does not notice it, every piece of information, every statement, every exit of a member of the government, everything that is said is planned out.

In reality, what happens inside this historical monument is unimaginable. There are no relaxing jobs in the White House because the slightest error in judgment can cost an employee their job. The higher one is in the ranks, the more serious the information, the higher their penalty.



Picture by <https://www.whitehouse.gov/about-the-white-house/>

An Act With Consequences

by Oscar Martin

"Nous ne renoncerons pas aux caricatures" (we will not give up on caricatures), thunders Emmanuel Macron, during his speech of tribute to Samuel Paty, teacher of History-Geography violently assassinated on October 16, 2020. A barbaric act claimed by the terrorists. During his EMC course, this 47-year-old teacher had simply shown cartoons of Muhammad to illustrate the freedom of expression, during a lesson for his students.

During his speech, the President of the Republic remembers that France is a free country, and therefore that it has the right to represent and caricature what it wants, including the Muslim prophet Muhammad. Indeed, blasphemy is not a crime: it can therefore, be criticized but not prohibited. A decision sometimes frowned upon by some countries, such as Turkey, with its President Recep Tayyip Erdogan who invited Emmanuel Macron to 'have his mental health examined' following his announcements. But this fall episode did not stop this diplomatic ping-pong and continued with responses, some rather passive, but others much more violent.

It first began with the boycott of French products in certain supermarkets, initiatives coming from Turkey but also from Qatar, Kuwait, or Jordan. Some French cheeses and cosmetics have been withdrawn from supermarkets in these Middle Eastern countries. However, this remains marginal according to experts, exports to the Middle East, representing only 3% of total French exports.

But the initiatives do not stop there: a hashtag #FranceBoycott was even created on social networks to expand the movement. Initiatives were described as "unworthy" by the French President, which distort the positions defended by France in favor of freedom.

Unfortunately, France is also witnessing much more serious and violent recurrences, such as the attack on the Basilica "Notre-Dame de l'Assomption", in Nice, Thursday, October 29, 2020, which caused the death of 3 innocent people. The perpetrator, wounded by bullets at the exit, repeatedly shouted "Allahou Akbar." Emmanuel Macron calls on the French to unify and yield to no spirit of terror in the face of this new crime, wishing to deliver a message of absolute firmness. An act that prompted the government to bring the Vigipirate plan to the level of emergency attack throughout the territory.

Two days after the triple murder of Nice, a man opened fire at about 4 pm in front of an Orthodox church in the 7th district of Lyon, and seriously wounded an Orthodox priest in front of the church where he officiates.

So yes, France is a free country, and hopefully, it will remain so. But, at what cost?

The Untold History of Women

by Alice Cerutti



<https://centralaz.edu/current-students/student-support/library/library-resources/library-women-gender-studies-guide/shadow-of-man-in-shape-of-woman/>

History is filled with names of great male scientists, artists, doctors, but we rarely hear the incredible work women did all around the world. Historically, women have always been strongly discouraged from pursuing a career in fields like STEM and arts. Although having to face many difficulties and discrimination (meaning that they often had to work twice as hard as male colleagues to be recognized for the same work), some women persisted. In this article we are going to discover the work of some of the greatest female artists, scientists and doctors that history hasn't simply recognized enough.

Michelangelo, Da Vinci, Van Gogh... All of them have definitely shaped the world we live in, not only artistically but also culturally. What we tend to forget about are the names of women that gave a huge contribution to this field.

Painter Sofonisba Anguissola was quite a successful artist during the Italian Renaissance. She had a good education that included apprenticeships with respected local painters. Up until that moment, women only typically apprenticed if a family member had a workshop. Her talent was recognized by renowned artist Michelangelo who she casually exchanged drawings with. As a female artist, Anguissola was not allowed to study anatomy or practice drawing models because it was perceived as vulgar. Nonetheless, thanks to her skills, she was able to become painter of the court of king Philip II of Spain and have a successful career. Through her paintings she was able to capture the essence of the people she portrayed. Her artworks can be found all around the world.

You've probably heard of Frida Kahlo, the strong, unconventional artist whose tumultuous life is represented through emotional self-portraits which illustrate themes of suffering, self-discovery and bodily awareness. Through her work, Frida, was not only able to express her unsettling internal world but also the cultural and political developments that were shaking Mexico at the time. She first got into painting in a period of convalescence after suffering numerous injuries as a result of an accident at the young age of eighteen. How the accident affected her life is a frequent theme in her paintings. We can see this in her painting *The Broken Column* (1944) painted shortly after her spinal surgery, in which she represents how the accident "broke" her body.

Let's have an insight into the field of science and engineering, which is full of successful women.

First, Ada Lovelace was a mathematician and writer from the 1800s, who is credited with the invention of the first computer algorithm.

Of course, when talking about science, we can't forget about Marie Skłodowska Curie, one of the greatest scientists ever. Marie Curie had to move from Poland to France to be able to get a higher education. She graduated with a degree in physics and mathematics and along with her husband, Pierre Curie, they discovered two radioactive elements: radium and polonium. Curie's discovery has led to advancement in medicine, most notably in the development of x-ray machines and the use of radiation therapy as a treatment for cancer. There's a museum in Paris that's entirely dedicated to the Curie family with a whole section containing Marie Curie's office and laboratory.

Another museum dedicated to the work of amazing women is The International Women's Air & Space Museum in Cleveland, Ohio, U.S.A. The museum displays the stories of women like Susan Helms who holds the record for longest single spacewalk, totaling 8 hours 56 minutes, along with fellow NASA astronaut Jim Voss. Cosmonaut Svetlana Savitskaya was the first woman to take part in a spacewalk on July 25, 1984. The first all-female spacewalk only happened 35 years later, in October 2019 with astronauts Jessica Meir and Christina Koch.

There are countless museums and exhibitions all around the world dedicated to showcasing the wonderful pieces of work of incredible women. Many of them are even online and accessible to everyone, like the National Women's History Museum in the US and the Women's Museum of Istanbul.

In fact, the Vietnamese Women's Museum in Hanoi is entirely devoted to celebrating the history of Vietnamese women in their culture and politics.

Celebrating women's work isn't an attempt to demonstrate the superiority of one gender over another. It is in fact, important that we recognize the work done by women, especially if it was made while working in male-dominated fields, in order to eliminate differences. The gender employment gap in the EU in 2019 was 11.7%, the gender pay gap was as high as 14.1%.

These percentages are a consequence of various inequalities women face in access to work. One factor that contributes to these inequalities is sectoral segregation meaning that women are overrepresented in lower-paying sectors like social care and education and underrepresented in higher-paying sectors like STEM. It is for this very reason that it's important that we talk about these influential women to inspire younger people that might want to pursue a career in these fields but are facing difficulties.

A Turning Point in American Political Life?

by Théodore Teissonnière



US President Donald Trump and Democratic presidential nominee Joe Biden participate in their first 2020 presidential campaign debate, September 29th, 2020.

Around 165, 000 million Americans voted this year to elect their next U.S president, an always crucial moment for the future of the nation.

This year, the two primary candidates were a Republican and Democrat, as usual. The first one, Donald Trump, 74 years old, is the current 45th president of the United States since 2016. Before his political career, he was known as a businessman, making up a real estate empire worldwide. He was also the main host of the reality show *The Apprentice* for 11 years. During his tumultuous 2016 presidential campaign, he was one of the first candidates to give a lot of importance to social media, especially Twitter, to pass his messages. He is identified as a far-right-wing in his political views. He is considered a nationalist and protectionist because of his ideas of “America first” and his main objective to “make America great again.”

The other one is Joe Biden, 77 years old, was the former Vice President during Barack Obama’s presidency. He was a Senator for Delaware for more than 35 years and has applied many times for the Democratic party primary election but was never elected, until now. He is identified as a centrist with a pragmatic view of politics.

The elections started on November 3rd and was supposed to end the next day. But with the pandemic situation, it was advised to vote by mail, which then took a bit longer to count. The results were given five days later, announcing Joe Biden as the winner of the election, and indeed the new president will only take office next year on January 20, 2021.

However, the working of the U.S. election is pretty different from the other democracies in the world. It is, what is called, an indirect democracy, which means the U.S. population doesn’t directly elect their leader. In fact, they have to pass through what is called the Electoral College, which is composed of 538 presidential electors that are united once every year to decide the next president. Every state is awarded a certain number of electors that are proportional to the population of the state. For example, California, one of the most populous states, has 55 presidential electors, whereas Alaska only has 3. For a candidate to win the election, they have to collect more than half of the electoral college, which is equivalent to 270. However, this means that a candidate can have a less popular vote than the electoral vote. That was the case during the 2016 elections, where Hillary Clinton obtained two million more popular votes than Donald Trump, but Donald Trump had 304 electors while Hillary Clinton only had 227. He is the fifth candidate in the country’s history that won the elections without obtaining the largest popular vote quantity.

Some states can play a considerable role in deciding between two candidates; they are called swing states. These states are not traditionally Republicans (like Texas) or Democrats (like California), which means they can change their party choice from one election to another. It would be the case for Florida, in which during the four last elections, the Democratic Party won twice as well as the Republican Party. The election results are most of the time determined within the decision of these states.

Concerning the political program of Joe Biden, it differs a lot from Trump’s. Firstly, he plans to set up a massive investment to contain the coronavirus epidemic and launch massive screening programs. In the economical field, he plans to increase taxes for the richest 1% of the population, increase social and medical aids, and dedicate \$2 trillion to fight against climate change (which Trump mainly ignored during his mandate).

One of the biggest particularities of these elections was the context in which they were happening. First of all, they occurred in the middle of one the biggest pandemic the world has seen: the COVID-19 pandemic. It first appeared in China in late 2019 and quickly spread all over the world, especially in the US, who then became the most infected country with currently over 250,000 deaths. Most people say that the cause of this is Trump’s management of the pandemic, who tried to minimize it to avoid slowing down the economic activity. Meanwhile, at the same time, the country is passing, since June, through waves of social protests after the death of George Floyd, an African American that was choked by a policeman. From this event, movements like Black Lives Matter took huge importance among the country’s current issues. In this chaotic situation, people who voted for Joe Biden expected his election to bring solutions to the current social, economic, and virus crisis the country is currently facing.

In conclusion, the 2020 U.S. elections saw the confrontation between two conflicting visions of America in an unstable context. From one side, the Republican Donald Trump, with his political program mainly focused on America’s success. Democrat Joe Biden, offers a more centrist program. The future may be uncertain. But one thing is sure that these elections will not be forgotten.

Hand Sanitizers: Myths and Truths

by Estíbaliz García

Who hasn't been using hand sanitizer continuously since the pandemic started? It is common knowledge that keeping our hands clean is vital so as not to get COVID-19. But there are many things we do not know about hand sanitizers, so this article will give an overview.

Until the outbreak of the pandemic, most of us washed our hands with soap and water. But nowadays, hand sanitizers are used more, and this can lead to confusion and misconceptions. There are differences between handwashing and using this product. If done correctly, the former effectively removes chemicals, pesticides, metals, and certain kinds of germs like Norovirus, Cryptosporidium, and Clostridium difficile colitis. But hand sanitizers are more practical because they can be carried easily. In other words, hand sanitizers should be used when soap and water are not available. Knowing the differences between them is very important in order to stay healthy.

To use hand sanitizers properly, apply the amount specified on the label on one palm and rub both hands together until they are dry, for twenty seconds.

Although most people do not think so, hand sanitizers have an expiration date. If it cannot be found on the label, it should be declared expired after three years.

The FDA recommends using hand sanitizers that have from 60 to 95 percent ethanol or isopropanol because they are the most efficient getting rid of germs. Studies have concluded that although low alcohol disinfectants were effective against fungi, they did not kill enough bacteria. Substandard products can be sold to the public, so it is very important to check the alcohol concentration before buying hand sanitizers.

Applying hand sanitizer can cause irritation and allergies. Prolonged exposure may result in dry and cracked skin along with peeling, redness, or itching. If one gets a rash or another reaction, they should go to the doctor just in case.



Picture by Estíbaliz García

Eating hand sanitizer can cause alcohol poisoning. Young children may eat brightly coloured or attractively smelling products, but some teenagers might swallow them on purpose to become drunk. It is very important to note that it does not work, and that there is a fine line between it having no effects and it causing serious health problems. Some hand sanitizers have denaturants, which make them taste bad so that in case of unintentional ingestion, so children do not eat them more than once.

DIY (Do It Yourself) hand sanitizers are not reliable, and if made incorrectly, they can cause skin burns. It is also important to know that like store bought disinfectants, homemade ones need to have at least 60% of alcohol to kill enough germs, and it can be very difficult to achieve the perfect mixture. Adding alcohol to a non-alcohol hand sanitizer will not result in a useful product. Health administrations do not recommend hand sanitizers made at home.

The FDA has a list of hand sanitizers that are not safe to use, which can be found here:

<https://www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-consumers-should-not-use#products>

Some people think hand-sanitizers contribute to antibiotic resistance, but it is not true. They destroy their proteins and break down the protective outer membrane of bacteria, which they need to survive. However, they can cause antimicrobial resistance.

Moreover, if hand sanitizers are spilled, they may harm animals. Marine creatures suffer the most because this product remains in the water for a long time. Terrestrial animals are less likely to be harmed by it because it gets absorbed into the ground, but it can have consequences on invertebrates and plants.

In conclusion, if soap and water are not available, use hand sanitizers with more than sixty percent alcohol. If anyone has an adverse reaction, they should contact their doctor immediately and dispose of the hand sanitizer responsibly as well, in order not to hurt the environment.

How to Stay Mentally Strong During a Pandemic

by Anna Muntada Bajona

Taking care of our mental health during the pandemic is as important as brushing our teeth. I have no doubt that at some point during these last months, feelings of stress and anxiousness about the coronavirus outbreak has us concerned. It's also doubtless that for most people, being stuck at home didn't help at all, and as a result, it could produce feelings of uncertainty and overwhelm. Besides, we were and are still surrounded by breaking news about the topic which is causing trouble for people and their mental health. Living alone, struggling financially, or suffering the death of one of their loved ones can also be one of the sources in which people can start to perceive emotional change, as they may feel lonely and friendless, useless, as well as depressed. As a result, in some countries, they offer services, of psychologists, and therapists in order to help their inhabitants cope with the pandemic if they are feeling emotionally unstable or are struggling sentimentally.

Evidence from a survey carried out by the World's Health Organization conducted from June to August among 130 countries across WHO's six regions showed shocking results as it evaluated how the provision of mental, neurological and substance use services has changed due to COVID-19, the types of services that have been disrupted, and how countries are adapting to overcome these challenges

According to WHO, "over 60% reported disruptions to mental health services for vulnerable people, including children and adolescents (72%), older adults (70%), and women requiring antenatal or postnatal services (61%).

Sixty-seven percent saw disruptions to counseling and psychotherapy; 65% to critical harm reduction services; and 45% to opioid agonist maintenance treatment for opioid dependence.

More than a third (35%) reported disruptions to emergency interventions, including those for people experiencing prolonged seizures; severe substance use withdrawal syndromes; and delirium, often a sign of a serious underlying medical condition.

30% reported disruptions to access for medications for mental, neurological and substance use disorders.

Around three-quarters reported at least partial disruptions to school and workplace mental health services (78% and 75% respectively)."

Now, let's recap: the first part mentioned the roots of the issues we may have emotionally and mentally during the pandemic, then the following subject was evidence from a research the world health organization carried out. And maybe now some people could be wondering "Okay, I'm informed of the consequences, but what should I do to keep my mental health safe during these hard times?". So here are the 10 tips to overcome the pandemic while you are keeping your mental health stable:

(1) Schedule your day: It's shown that, if you plan your day, you can feel more self-organized, which can also help you build a confidence that you might have lacked before during the pandemic when you were stuck at home.

(2) Practice some sport: In order to sleep better, it's brilliant if we are able to maintain an active lifestyle, proof has shown that it reduces stress levels and increases energy levels, it's a win-win! Maybe it's time to sign in into a physical program online, although for some it may be quite expensive, you can always find a DIY idea for creating gym weights yourself. Even at home, there are plenty of resources that you can use in order to move your body.

(3) Try yoga or meditation: Speaking about trying new things, yoga can be one of the best choices, it increases your flexibility, muscle strength, circulatory health and prevents you from injury... Is it convincing enough? Maybe you are lacking motivation; I suggest you buy some yoga clothes that excite you. After you have accomplished those things you are ready to roll your yoga mat, put on relaxing music and..... Ommmmm!

(4) Stay in touch with friends/family: Connecting with others can also contribute to many benefits. Firstly, it can take away from you the feelings of loneliness you may have had, by feeling supported and loved. But secondly, you have to find the way of communicating that works best for you, try to ask these questions to yourself: "How can I connect better with people, by mail, video conference, text messaging, phone call..." And then, start thinking about the topic you would like to chat with them about.

(5) Focus on your sleep: As mentioned before, sleeping well is very important and very much related to practicing sport. Your goal must be to go to bed and get up at the same time every day, with no exclusion of the weekends, if it's possible for you. It is also recommended that an hour before you go to bed, try to avoid using any sort of screens such as TV, phones, computers, or tablets.

(6) Enjoy the little things: If anything has shown us this pandemic is to enjoy the little things, and why can't we do that at home, I'm sure that although everything seems so dark at first, you must keep strong and be optimistic that at the end of the dark tunnel, there's a hope light waiting for you.

(7) Stay entertained: This technique has been very useful to me. If I stayed entertained the daily hours that I wasn't sleeping, the days passed by much quicker than if I was procrastinating all day. For some people maybe staying entertained is watching films, cooking, practicing sports... But on the other hand for others it may be attending online courses, taking the opportunity to learn something new, or reading more.

(8) Connect with nature: If you have a balcony, back yard or even if it is only a window, try to go out every day at least for some time. Corroboration shows that when your skin is exposed to the sun, your body creates a hormone called Vitamine D, without this vitamin, you could feel your bones weak, heart condition.

(9) Eat healthy: And last but not least, eating healthy, can also contribute to many assets to your body, from weighing those kilos of more that you have been having for a while now, to reducing your risk from having cancer, it can also provide you with strong bones and teeth, your memory will also improve, and you will be in a better mood.

(10) Create to-do lists: These can also help you to schedule your day better, it can be either in an online checklist you have on your computer or one that is inside your agenda written by yourself. You can try to aim for tasks every day such as, mopping the kitchen floor, washing the bathroom, making your bed. They don't necessarily have to be very complex tasks, the goal is to cross out from the list every single task you do. This will give you a sense of accomplishment and satisfaction

The Wounded France

by Jeanne Calliacoudas

Recently, France has been widely affected by terrorist attacks in Europe. These attacks have been claimed by Daesh, also called Islamic State, a terrorist group of fanatic Muslims, who have a goal of leading the Middle-Eastern Muslim population. But these attacks have increased a lot -- there were 6 attacks from the 1980 to 2010 with approximately 30 victims, and up to 20 attacks just in the past 10 years with more than 270 victims. The main targets of these massive shootings are the civilians, journalists, and the police.

The year 2015 was the deadliest year with 6 attacks. In January, an attack happened in the offices of the famous paper Charlie Hebdo known for their caricatures which ended in the deaths of 8 people. Two days later, there was a shooting in a Jewish grocery store killing 4 people. A few months later, on November the 13th, was the biggest attack with 5 shootings in 5 different cafés in Paris killing 49 people, a shooting in at a concert killing 90 people, and a shooting outside from the biggest stadium during an important soccer game, all at the same time. Another big attack happened the very next year, on July 14th, during France's national day celebration, at Nice in the south of the country, killing 40 people.

According to the Figaro paper, 54% of the Daesh attacks happened in France, but the real question is why is France a highly affected country? First, this is due to the country's military position in the world. France is one of the few countries sending military air forces abroad, especially in Muslim countries such as Iraq or Syria to help in the war against Daesh, which makes France an ally of their enemies, and consequently their enemy too. Moreover, some French laws allow caricatures in the medias, which can be frowned upon by the countries targeted and lead to political issues and attacks. For example, on October of 2020, a terrorist beheaded a teacher for showing a caricature of the Muslim prophet during history class, even though this was related to the school program.

Furthermore, France is a country where the government and the religion are separated, and everybody is free to believe in everything. It's what we call secularism. This is not always understood by some other nations of the world and can once again lead to attacks.

And now, how do we stop that? Obviously, a single country cannot stop this organization alone. What we need is a league of powerful countries. Actually, the U.S.A decided to mobilize about 40 countries from every part of the world to show that they're united against Daesh. A few countries such as France and the U.S.A. send air forces to bomb the Islamic State, while the other countries provide weapons or money and aid organizations to help the populations affected by the war. Nevertheless, the U.S.A. chose to reduce their forces, but what we actually need is to persist and stay united.

However, some of the terrorist joining Daesh are coming from France and have been influenced by internet sites which values terrorism. So to stop them, the government decided to reinforce internet control. And finally, to protect the populations, they established a program called "Vigipirate" (association of the words vigilance and pirate), which takes measures of surveillance such as protection of public places by the police or militaries, including big fences in front of schools to prevent car bombing, or even frequents identity checks.

To conclude, it's important to raise awareness about mass attacks and why they happen to make sure to reduce them. Moreover, we should study better the typical behaviour of people joining these groups, to be able to identify them as soon as possible and do our utmost to dissuade them.

Mental Health is Health

by Natalia de Pedraza

We define mental health as our emotional, psychological, and social well-being. It affects how we think, feel, and act around others and ourselves. The last reason is precisely why mental health is so important; because it determines how we act.

Society is formed by people and defined by how those people behave, but even knowing this, nowadays mental health is still not given the awareness it deserves.

Groups with the worst mental health are usually individuals with hard lives and students, according to the Anxiety and Depression Association of America. These studies have shown that anxiety and depression are the most frequent mental illnesses. Just like we can get sick, we can also have mental illnesses that are just as valid and important as the physical ones. Panic disorder is not more important than social anxiety; both of them are equal.

Research has also shown that women are twice more likable to suffer from most of the mental illnesses and are also fourth as likely to commit suicide than men. Both of these issues are related to mental well-being, and male suicide rates is proof of the double standard society has concerning men's feelings.

For example, I asked nine men of different ages three questions; 66% of them were told to not cry because they should "man up", 56% avoided crying in public in case they were told not to because that is "girls stuff", and 44% do not feel as comfortable expressing their feelings as a woman would in their environment. On the other hand, asking nine women the same questions, 0% were told to not cry because they should "man up", 0% avoided crying in public in case they were told not to because that is "girls stuff", and 88% agree that men in their environment do not feel as comfortable as them expressing their feelings.

Every emotion you might or might not feel is authentic and is important. It is valid and it should be taken seriously.

You might be thinking, how can we raise awareness to mental health? Well, here are some ideas:

- Listen to people when they talk about their feelings; be supportive and encourage them to open up.
- Be nice or be quiet; you never know what someone is going through, so you either help them or do not worsen it.
- Educate yourself about mental health by reading various articles and magazines.

Perfect Strangers: A Surprising Story of Online Friendship

by Carla Bach

Do you know that gut feeling about someone when you know someone you just met is going to be very important in your life? What if that person wasn't even with you? What if you can't meet them in real life? Almost two years ago, I was in that position. I didn't know how everything would turn out, I just knew I had to keep those people close. These past years have been amazing, and part of it is because of them. When I was at my worst, they didn't have to see me to know it; they could sense what I needed. I don't know how it is possible to have such strong telepathic connections or lives so similar we could be psychological doppelgängers, however, I believe it's one of the most special bonds I'll be able to experience in my life.

A few years ago my whole life started tumbling down, no one noticed. Time kept passing by, and with it, my desire of living was fading. I wasn't always alone though, my family was right there beside me, but that didn't seem like enough. I wanted outsiders that I could count on--strangers that could tell me their thoughts, and last, but not least, I wanted a friend who was truthful and wouldn't end up leaving me in the dirt, like so many others had done before. That's when I met them.

The Dual Diploma Times changed my life completely. For the 9th edition of our newspaper, the whole team of writers decided to make a group chat to share writing ideas, possible topics, and to get to know more people from other countries and cultures. While people were starting to enter the group chat, I started to have a really nice conversation with my first friend, and eventually, we started talking one-on-one. The story with my best friend (the second friend I made in the group) is a whole lot different. We also met in the newspaper club, but because our teachers at the time set us up to work together on the layout of the 9th issue. We decided to have a video call to organize the articles and somehow we ended up talking about life.

Almost right away, the first friend I made had accomplished something that I hadn't done in a long time, he made me smile. He started to become a glimmer of light, so small yet so powerful. There was something about him that urged me to open up, to trust, that feeling was dreadful. I believe somewhere in my mind I already knew he wasn't going to harm me, but still a part of me was reluctant and began building walls around the damaged piece of my heart that was left. I know for a fact that I made it quite difficult for him, I tried and tried to push him out, but the more I tried, the deeper he got. In just a few months he had found the time to get to know me, the real me, not the person who I'm always pretending to be. Although it felt amazing to be my true self around him, my fear kept coming in between our friendship, a fear that whenever aroused he made sure to bury again and again and again, fear of abandonment, fear of loneliness, fear of my own self. Since the beginning he has always been my number one cheerleader, mostly in my music.

That same spring, another bright light came into my life, a friend who'd become a sister in no time. She has always been so special, she could light up a room just by entering, like she did in my life. I'm still trying to figure out how we went from talking about how to classify the articles to hobbies, languages, culture, friendship, life. We started talking like we had known each other forever, like we were neighbours from across the street, souls who had been searching for the other for such a long time and had finally reunited. It was magical, and in no time we could tell the other EVERYTHING. The newspaper was and is still our thing, we decided to make a pact: we would do anything for the other and we'd make a tradition out of editing the layout of our beloved newspaper. That same newspaper that united us and made us strong. We call ourselves psychological doppelgängers, we may not look alike, but somehow everything happens to us at the same exact time. At first it freaked us out, now we just embrace it and take care of each other. When one is hurting, the other is too, and that helps us heal faster; when one is happy, the other is too, and that makes us happier; and when one is missing the other like hell, the other picks up the phone and calls, no matter the odds.

From then, nothing has changed with neither of them. Yes, we're older, more mature, even crazier and funnier. And yes, it is hard, it will never stop being hard, but we will never stop trying to keep in touch and facetime every now and then, even meeting in person has become one of our goals. As we get older I've realized that the people I am closest to are the ones that are further away, but who doesn't love a challenge, right?

New technologies and social networks have developed a new way of getting to know the world we live in, but new doesn't always mean good. Online friends aren't always trustworthy; we must be careful because sometimes it's random people who want to take advantage of you in some way. People who lie and try to get close to you to disappoint you and break you in the end, to lure you into a darkness you may never be able to escape, at least not on your own.

It's true, we must be careful, but we mustn't have to fear the unknown. We need to be able to open up to other people without panicking over what may happen, but also preparing ourselves to overcome what might go wrong. It's important to talk to that person a long time before giving into the idea of meeting face to face. Despite all the danger out there, I found some of the most amazing people in the world, and I really do consider myself lucky for that.

Everything started as a harmless talk, a meeting for the newspaper layout, a joke... it doesn't really matter how it started, but it does knowing that they're here with me today. Even if I can't hug them, see them... There was something about talking and spending time with them that just felt right, like we were meant to find each other. My future might be an enormous question mark at the moment, but I am certain that one way or the other we'll always be there for each other.



Reunited, Once Again

by Irati Acha

Due to the coronavirus crisis, many different sectors have been affected economically. One of these is the cultural one. Unfortunately, we won't see crowded museums or concerts until 2022, but don't feel discouraged! In fact, we still can visit different museums, such as the Prado museum in Madrid, an amazing museum, which has been open since 1819, that has six exhibitions available right now.

The one exhibit I had the opportunity to enjoy was called Reunited and was a selection of some of the museum's best paintings, distributed all over the main gallery and in some rooms next to it. This organization makes the exhibition easier to follow, also, the safety measures are strictly followed by both visitors and security guards in every room. Compared to other exhibitions, this one is less overwhelming because there are a smaller number of paintings, facilitating the focus on the beautiful paintings exposed. I personally loved this exhibition because I could see some of my favorite works of art, like the The Dead Christ supported by an Angel by Antonello da Messina or The Three Graces by Peter Paul Rubens and also, because I had missed visiting museums during the lockdown.

The museum has a very good reputation and this exhibition has been reviewed by well-known Spanish newspapers, as El País or the city council's website. Also, other websites specialized in arts say that it's "one of the most emotional returns" after the pandemic and that the distribution allows "a free-flowing crossing and a perfect control of the capacity".

Reunited is a very touching exhibition because of the magnificent paintings it shows and I really recommend it. Although the exhibition finishes on November 29th, the paintings will be available at the permanent collection all-year long. If you visit Madrid or have the opportunity to visit the museum, don't miss the finest paintings!

Covid-19: Research and Vaccine

by Luis de Carlos

First of all, what is Covid-19? It is a disease caused by a new virus called Sars-CoV-2 that has affected almost the whole world this 2020. Its symptoms are breathing issues, especially in the older and high risk people. It is very dangerous because it is extremely infectious, and you can contract it without even having symptoms or noticing.

Almost all countries have fought this pandemic by setting a lockdown and using facemasks to stop the spread of this virus that is still lacking a cure or treatment. However, did you know that they have already started developing some vaccines? Let's explain what a vaccine is: it consists of introducing little amounts of new pathogens to prepare your body and create defenses before the real disease surprises you, in this way your immune system will be ready to fight against it.

But why do they take so long to be produced? They need to pass six phases: Preclinical, I, II, III, IV and V.

- The preclinical one tests the vaccine on different animals and calculates the efficacy and safety of it.
- The number I tests the vaccine within a small range of people, less than a hundred people, in order to check the different ways to administer it, the safety and efficiency.
- The II tests the dose that is more functional and between 200 and 500 get the vaccine. This phase will analyse the different types of vaccines and see which one works better.
- The III phase checks the safety on different ages and categories of people. This one is the one that needs more people, sometimes whole countries as test subjects.
- The IV phase examines the results and decides to approve it or not.
- The final phase (V) distributes the vaccines all around the country or even the world. The whole process takes lots of time and that is why before taking a vaccine a lot of time passes.

Fortunately there are a few countries that affirm they have a vaccine. As of today, there are nine reliable candidates for a future vaccine supported by CEPI according to the World Health Organization, out of 80 self-financing countries that have submitted vaccine prototypes and there also are more vaccines but not that much financed. About 170 vaccines are now engaged in COVAX, trying to manufacture vaccines against Covid-19. Some countries like Spain or Ecuador have been working with different types of coronaviruses for years, many years before the pandemic affected the world. Although these countries are most likely to have better cheaper and more effective vaccines, they don't have the financing they need so they cannot make that much research, but having bases set is very important in this situation. Now there are over 28 different labs in Spain financed by the WHO, the EU, private companies and the government. There are plenty of countries that have released vaccines and recently they have done so for the IV phase, therefore it is probable that this one is effective. 200,000 doses of vaccine will be manufactured and given to the sanitary team and elderly, with the hope that they turn out to be as successful as predicted.

In conclusion, there is going to be a vaccine soon, but producing 7 billion doses of vaccines (probably 14 billion because the most of the vaccines they have released need 2 shots) is not that easy, cheap, or quick. Also, most of the doctors and experts believe that this virus is going to be with us minimum until 2022. But remember that if you wear your facemask and respect the social distance it could be sooner.

The Covid Process

by María Torrejón

The Coronavirus came into our lives last March. Since then, the world is not the same. Everybody wears a mask, everyone carries their own hand sanitizer and traveling has become extremely difficult.

This little virus appeared suddenly. In just a week, the world changed from a normal routine to a global pause. Everybody needed to stop their lives and stayed at their residences with the unique companionship of their families. The shops and restaurants needed to close. Some businesses were able to continue selling online, however, it couldn't be done by local shops. The whole planet was separated because of the quarantine, but at the same time, they were connected through social media. Many singers went together in songs, in Spain they sang "Resistiré" and in the United States they have done a remake of "We are the World". Also, in Spain, they applauded in honor of health workers and played the national anthem every day.

After staying three months at home, the world started moving. First, people could have a walk during their hour according to their age. Then, there were no timetables, and shops started opening. Later, the summer came, and it has been like another summer. People wore masks, but they lived their normal lives. Finally, autumn arrived with the coronavirus cases' increasing. Many people have been without going out, but they had had a normal summer, and they finally got infected for not being sensible. Actually, the world is passing an unstable moment. A part of the world is almost like in March, and the other one has started a normal life. Between the chaos, the scientists are working hard for having the vaccine.

This unexpected occurrence has changed everything. Many important events have been canceled because of the pandemic. For example, the Olympic Games of Tokyo or the premières of so many movies. This epidemic will pass, and people will change, some into better. Everybody needs to see the truth, to stay at home, and to understand that this is not a joke and it will not become better if we do not stop to about how it affects others.



<https://insights.nordea.com/en/economics/coronavirus-and-the-potential-impact-on-supply-chains/>

The Government Doesn't Have All the Blame

by Anna Rovirosa Naudó

Some countries are more used to living with viruses and other kinds of contagious diseases than others. For example, China had a faster reaction against the virus and had eased to protect people from it. This advantage of quick adaptation is the most important difference between the almost in ruin countries and those that have continued to thrive. But is this the only difference between countries?

Talking about the coronavirus with your friends or whoever you speak to about it; you can say: "I'm losing my job because the government is doing everything wrong. If we had better state workers..." If you are that kind of person, you are entirely right. Some countries are doing a really good job keeping every worker safe. For example, New Zealand; and maybe at the same time, your entire country is unemployed (it is not difficult to understand your disappointment with your government). However, you should keep in mind that every country has different situations, and their reactions are completely different than yours. For example, using the last one, New Zealand maybe has more ease to close the border than Spain because their country is an island, or maybe the citizens there are more respectful about the government decisions than in Spain. This one is a very good difference.

Now, let's get into the different customs and cultures, for this, I will use the example of Thailand. This country's culture is totally different from the American or Spanish one, but what is more interesting for you now is their views on hugging and kissing each other. It is not common in Thailand, as it is in Spain. This is hard for Spanish people to understand, but is a thing that Thai people were used to, and without knowing it, they used it as the superpower to fight the virus. Otherwise, for Spanish people (and other cultures too) it was a new thing and difficult to avoid, so at first, it was the most common way to become infected there. That's another thing that governments can't avoid.

The idea of this text was just to give you some information to understand that it is not always the government's fault, although sometimes it can be, it also depends on how the citizens react and how they used to behave and life before the COVID-19.

The Pandemic's Impact on Our Oceans

by Irene Fraga

Plastics in the ocean have been a reality for many years. Many have had a lifestyle change to prevent this from happening. Reducing one-use plastics or recycling correctly are two ways that some have introduced to try to change the situation in their daily lives. Some might now be aware that a little percent of the plastics they use are recyclable, some examples of this are: medical waste, plastic wrap, and food-tainted items. The authorities, some organizations, and activists have warned about the situation. If the situation was bad, coronavirus has worsened it. Is this really that bad? How can we improve the situation?

“ Society is used to give more importance to things that affect people directly ”

It is true that due to the COVID-19, the air quality improved because the economic activities have been reduced, but as something improved, something has worsened. Before COVID-19, 8 million metric tons of waste entered the ocean. Imagine that approximately 129 billion masks are being used every month; this is a huge amount. Thirty percent more waste has ended up in our oceans. One problem is that not all medical things like gloves and masks are recyclable.

Another problem is that not all people recycle correctly. For example, when people leave their mask or gloves on the land, it will probably end up in the sea, because of air and rain. Once they end up in the sea, turtles think that they are jellyfishes, and they eat them. It is not new plastics in the sea being eaten by animals, but fish might eat a small piece of plastic and it finishes in your food. Maybe this way people start to notice that plastics in the ocean are something worse. Society is used to give more importance to things that affect people directly, but I think that is tragic that something common for fishers is to see carcasses of turtles that have eaten plastics.

One way to stop this is to recycle masks and gloves correctly. This will not take a lot of time, and it will have a positive effect on our oceans. Something else that can be done is using approved cloth masks, but it is important to make sure that they are approved, and if you go to the hospital you should use one surgical. Greenpeace recommends us to go to small shops, this way the store clerk could give you what you need, without you needing to use gloves in every shop. Also, they said that they don't value the use of plastics in the health field, because they are essential.

The final reflection of the situation is that we need to do all that is in our hands to stop this quantity of plastics from going to the sea. It is important for all of us to put effort, especially young people, because this is the sea that we are going to have the day of tomorrow. Some young activists such as Greta Thunberg, Isra Hisri, and Amariyanna Copen know that our world is in crisis and that we need to make a change in our lives if we want to have a clean ocean. Now that you know all of this, what are you waiting to make the change? You don't need to be an activist to make something change. If we all help, what seems like a small step, will help our world, and protecting the sea will also protect the next generations.

How Man's Best Friend is Affected by Covid-19

by Victoria Prado

Covid-19 has had a tremendous impact on dog's lives all over the world during these last months. The effects of the pandemic vary from abandonment to health issues due to the lockdown.

Dog abandonment has tremendously increased across the globe. Some countries have reported shocking rates, the Spanish ratio, for instance, has risen a 25% since lockdown finished, but the most worrying statistics come from countries like Malaysia in which a local pet rescue and adoption group, called Voice for Paws, states they have been asked to rescue 60% more dogs than usual.

There are two main reasons for abandonment. The first one is the lack of information. Many people think pets can transmit coronavirus; however, while they can suffer from what is known as canine coronavirus, which has similar symptoms to canine parvovirus, there is no scientific proof that they can transmit the COVID-19. The second main reason for abandonment is the economic crisis. Many people have lost their jobs; others have suffered an income cut; hence, dogs represent a significant expenditure that many families cannot face.

Additionally, dogs have also presented health issues due to the pandemic. The lockdown some countries have imposed has altered our pet's routines, like walk and sleep time. This has triggered some emotions. We ought not to forget that, just like humans, dogs can experience boredom, anxiety, or depression. All of these have provoked emotional instability and dramatic behavioral changes. Furthermore, some dogs have developed a dependency on their owners due to the increase in the time they spend together, this may have unfavorable effects once the lockdown ends.

Many associations have advised on keeping our pets busy and helping them be happy in lockdown to help cope with the problematic situation. Others have raised awareness on social media about how important it is to remember that pets are part of our families and under no circumstances can they be abandoned.

FICTION

WRITTEN BY STUDENTS AROUND THE WORLD

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Birth of an Avenger

by Enora Stephan

The noise of her body falling on the cave's ground echoed as a deep and heavy sound. The pain contracted all her muscles. She was sweating profusely. The contractions have begun a couple of hours earlier. She was able to handle it, until now. They were too strong, too painful. She needed to rest as much as possible to prepare herself for the delivery of her child. She didn't remember when this whole nightmare started, but she still had images dancing in her head. Images about her past. Who she is. Her name is Lyra of Carbrough, daughter of Alhmund and Goldrun, wife of Alwin.

Lyra remembered she was working in the field, on a sunny day. Work was hard. She had more and more difficulty bending down due to her prominent belly. She was filled by her imminent meeting with the fruit of her union with Alwin, her husband. This big blond man with dark blue eyes that she deeply loved since she was eight. At first, they were very close friends who used to play together. Then, when they both have grown up, their mutual friendship has turned into a sincere love. The wedding came, and quickly, Lyra found out her pregnancy. She found enough strength in her happiness and continued the work. She had to do so. Her parents built an entire property with their only bravery and strength of character. As their daughter, she was the heir of the property by blood, even after her wedding with Alwin. She had to prove to them she will be able to handle it, even after their death. Lyra remembered how she was drawn from her reflections by the rumble of the hooves.

Then, she saw the Barbarians. Everything arrived so fast. She remembered shouting to the other women to run with their children, trying to run too, despite her difficulties moving caused by her giant womb, evidence of her upcoming childbirth. She succeeded getting into the house closest to where she was, hiding on the ground to avoid being seen. She heard the terrifying war cries of the Barbarians, soon followed by those of her father, Alhmund.

Lyra remembered how she was begging him in her head to not defy the Barbarians. She prayed as she never has prayed before. Then, Lyra heard a steel noise. Someone getting off his horse. And a terrible cutting sound, followed by a scream. Her mother's scream. The rational part of her mind has already known what happened, but the other part was always in denial. But the denial soon became terror and horror, when she heard another cutting sound, which ended her mother's scream as a pathetic gurgling. Tears flowed like water on her face. She had never cried before. As she was hearing even more cutting sounds, tears couldn't stop to flow. Lyra was into a daze when the Barbarians finally searched all the houses and discovered her hiding place. She was still stunned when they rudely took her, and brought her next to the decapitated bodies of all people she had known. One of the Barbarians was ready to behead her when another one stopped his action. She just remembered hearing a very strange and unknown language. Then, the one who apparently didn't want her to die, took and raised her on his horse. Lyra totally lost her bearings during the endless ride. Finally, they arrived in a deep and dark forest. The unknown Barbarian helped her to get off the horse, and he gave her a bag with food, water and animal skins inside. Lyra will always remember the look he had and the following words he says to her: "I offer you a chance to survive. If you don't want to use it for you, use it for your child". Then, he left, leaving her completely alone with terrifying memories everywhere in her head.

The contractions became more violent. Lyra started to feel the express need to push, and she did it. The time passed, where periods of physical calm followed each other with periods of intense pain and effort. But even after all this time, the child didn't show himself and Lyra started to be more and more exhausted. She felt that she was letting herself go. But she couldn't. Her baby needed her. Lyra, in a last effort, pushed with all her might, tapping all her rage and her despair. She gave birth in pain, but she felt the delivery moment as a true relief. As soon as Lyra saw her baby, she cried, for the second time in her life. It was a girl. A magnificent little girl, who has already found the way to satisfy her big appetite. Despite the misery of her condition, Lyra was fully happy. Soon, both mother and daughter fell asleep, cradled by the sounds of the forest.

At the same time, a little white light appeared at the entrance of the cave. It quietly and slowly moved to the two sleeping. The white light had the shape of a small flying spark and it continued to move closer and closer to Lyra and her child. The white light soon illuminates the small face of Lyra's daughter. When it finally got in contact with the baby's skin, it suddenly disappeared, bringing the usual darkness of the night to the cave. The child moved a bit and quickly got back to sleep. The morning after, Lyra woke up, her daughter still sleeping against her. She let herself smile at the sight of her baby. But quickly, she got worried. Her daughter's skin seemed to be abnormally pale. Lyra tried to softly wake up her, and her daughter opened her eyes. She almost dropped her child. Her baby had two big and completely white eyes without any pupil and iris. The child stared at her with a surprisingly expressive look, proving to Lyra that her daughter didn't seem to be blind. She lost herself in her eyes. It was like she was looking at her entire soul. Suddenly, a glacial wind went into the cave, soon followed by a very strange shadow. A heavy mist went around the mother and daughter, followed by a delicate whisper: "Don't be afraid Lyra of Carbrough...". The mist continued to surround both of them, becoming heavier: "We are here to guide you. To guide your daughter". Lyra didn't understand. To guide her daughter? What did it mean? "Don't be disturbed by these incessant questions... Your daughter needs strength, and you are the one who is providing it to her, now.". The mist got closer to Lyra's child, as it wanted to show her something:

"Look at her.

Don't fear her eyes. They are the reflection of the truth.

Don't underestimate her. She will become a fearless warrior, one day.

Don't worry about her future. She will become Lilith, the Silver Damsel, the Dire, biggest fear of the Shadowy Spirit.

Let her embrace her destiny.

Let it be..."

Then, the mist disappeared as fast as it appeared, leaving a completely disturbed mother, looking at her daughter, Lilith, who was born with nothing, and became everything in a moment.

Birth of an Avenger Continued

Time passed for Lilith and her mother. The young girl spent her childhood in the same forest where her mother arrived fifteen years earlier. From a very early age, she developed extraordinary capacities. Lilith was remarkably intelligent with an insatiable curiosity. She was in possession of a gift which allowed her to have a unique bond with the spirits and animals of the forest. Lilith was connected to a world that her mother couldn't imagine. She was able to see deities, spirits of all kinds, including those of dead people. She also had psychic abilities. And the most unbelievable is that Lilith was able to read human souls. Her eyes constituted a path to an endless field of possibilities. In addition, she was physically uncommon. Lilith was incredibly tall, had very pale skin, two big white eyes and long silver hairs. For Lyra, it was both a gift and a hardship to be the mother of such a person. Her daughter was everything for Lyra but she knew that she'd want to leave one day. And when this day will come, she'll have to let her go. Lilith, on her side, was very far from the torments of her mother. She was constantly learning about the nature of things, with her astonishing professors: the wisps. Most of the time, they weren't talking to her, but when it was necessary, it was by thought. The young girl was entirely happy with her life. Lilith knew very early that she was different, but whenever the young girl was worried, sad, or angry, spirits were always there for her. And of course she had her mother, one of her greatest models. But she didn't know that the wisps weren't just her teachers. They were also looking after Lilith, watching her progresses and how her abilities evolved with age. What they were seeing at this moment completely fitted with their expectations. Lilith was ready. Ready to become who she is expected to be since she was born and touched by the divine.

The Consecration was coming. All the spirits and deities of the forest were waiting. On her own, Lilith knew the forest was preparing for an event very important which had to do with her. One day, the wisps called her. Lilith followed their calls and lost in her mind, she didn't immediately feel her mother's hand on her shoulder. When she turned around, the beautiful face of her mother was covered with tears. It was an awkward feeling. Lilith never saw her mother cry:

- Don't go.

- But the wisps are calling me, mother. I have to, answered Lilith, confused.

- You will never come back if you follow them.

The young girl thought about what her mother had just said. She seemed to know something. And her mother has always told her the truth. Her conscience also whispered to her that she was taking a path where her mother couldn't follow her:

- Stay with me! said Lyra, trying to not fall apart.

Lilith got close to her mother and hugged her very hard.

- If it is my destiny, I have to leave, mother. Nature gave me so much. It is my turn to give her something.

- But I am your mother!

- Mother, you know I'm not leaving forever and I promise you I will come back one day. You know I love you more than anyone. Goodbye, mother.

On those words, Lilith continued her way, leaving her devastated mother.

When Lilith finally found the wisps, they were in a circle, waiting for her. In the middle of the circle, there were two strange instruments. A silver armor and a sword. As soon as she saw them, she knew everything. As soon as she wore them, she saw everything. Who she was meant to be. And how she will fully become it. Lilith has always been the Silver Damsel. Now, she was the Silver Knight. And it was time for a few to pay for their crimes. To be judged by the avenger.



Drawing by @atelierdesmoires on Instagram, and colored by @morrigan.g

Daydreaming

by Estíbaliz García

Through the sky I am flying,
my feet miles away from the
ground.

And although I'm not lying,
inside myself I can be found.

I'm longing to go higher,
but my own mind prevents me.
The world without me calmer,
through the clouds I can't see.

There is a bird some way ahead,
and I wonder what its story is.
The look it has fills me with dread,
but I know I'm in my dormitory.

I hear my mother say "Marie,"
and I snap back into reality.



Poetry: Alive or Dead

by Marie Pomès

Sometimes, while reading a poem, it is possible to say to yourself that it is your life that is written there. That these words transcribe it perfectly and that thanks to this, decisions will be easier to make because the feeling of knowing oneself better is born. Doesn't your outlook change after reading a poem? Sometimes in the morning, after spending an evening with a book, we wake up feeling at peace without knowing why. It is possible that it is the words that produce this effect. Those used by poets are beautiful; they transport the reader into their universe, their struggles, by sharing them. One is touched by the words of poetry; it is a game. It liberates us when we read it and when we write it.

It touches us, but why do we not ever talk about it? Why does not one modern poet come to mind? Why this crisis?

Poetry has been in crisis since WWII. Poets could not describe the horror; they could no longer find the words. They could no longer write as they used to. So, formal constraints disappeared. What is the point of all this in a time of massacre? It is the aesthetic crisis leading to an editorial crisis in the world of poetry. Novels then take over.

What is the place of poetry in today's world?

Poetry has long been important for expressing itself. The world is a mystery. This art, by its expression, preserves it in a certain way. This abstract allows the human being behind the pen, to better account for things. *Victor Hugo, Emily Dickson, Octavio Paz, William Shakespeare, Sarojini Naidu.* Surely, we all think, depending on our country, of these names when we speak of poetry. They have marked history, the hearts of the people, beyond the limits imposed by borders. Today, however, no name manages to go around the globe.

Is poetry disappearing?

It is still present but in different forms. We find it through other arts such as photography and plastic arts. It combines with them to become one and make them richer, more complete, and maybe more perfect. Poetry is nowadays sung in a rap style. Thus, poets continue to write, but there is no longer a framework. Poetry has become a free organization of words, although we sometimes find the constraints of the past.

Poetry: Alive or Dead continued

So has poetry as such disappeared?

Poetry is an art of handling words, so it is everywhere. It still exists in the way we hear it, but it is becoming rare. Forgotten, one reader in a hundred in France reads poetry as an adult. It is present in children, but only for the exercise of memorization by making them retain verses. But this mode of expression is surely abandoned by a general feeling that it belongs to the past. It persists however, in certain hearts, which write by reproducing the work of the great ones before them. They pursue this ancestral knowledge by bringing it up to date, thus bringing human words and feelings to life, and sharing in their turn, their own vision of the world.

But the lyricism is lost, the rules no longer exist, the constraints are more and more forgotten, the form is freer.



A fight through words will bring us more peace by Marie Pomes 2020

If its original form disappears, can this mean that it no longer has its place today? What is the use of poetry today?

The French poet Anna de Noailles once wrote a poem, "J'écris". Throughout this poem she explains why she writes. It is so that she does not forget, so that she remembers. We do this every day with our "to do list"! But she did it sensitively so that time would not take away her memories. She enjoys, observes, and feels. Today the world goes extremely fast, too fast. We no longer take time for anything. It is an explanation for the fact that poetry disappears. Poetic words escape from our minds, preventing us from writing our humanity.

Taking the time to slow down and write to fight, to defend one's ideas, to awaken spirits. This is what a young girl did in the United States. Erica McMath Sheppard wrote and sang a poem "Death Recipe". She is the first to denounce the power of malnourishment as a social problem. She is the first to say that industries such as Coca Cola and Burger King use youth, to sell their products. In this way they kill them by making them obese and sick. Her poem resonated in the hearts of young African Americans, who today fight by writing poems, making them aware of the danger in which they find themselves. Poems thus become, concrete, the means to fight and peacefully succeed in transmitting an idea that carries weight. Erica has made possible the beginning of a long series of videos, heard by all thanks to technological means.

Your poems, your messages can travel around the world and change social issues with words!

Poetry is becoming small today but is slowly coming back, let us regain confidence in the origin of words! Poetry is our humanity, our limits, our victories. Above all, it allows us to find our depth by being connected and attentive to our feelings. The desire for spirituality and hindsight with this world that is going faster and faster, will make poetry reborn. It has the power to escape us, to live, to act. Let us stop reasoning for a moment and feel, otherwise we will miss our life. This is what the poets of the world show us through their works. Let us remember something, a feeling rather than repeated actions all the days without depth.

Life can be written in the most beautiful way; it is up to us to take it up again! This is the beginning of a mental revolution, I hope!

ENTERTAINMENT

WRITTEN BY STUDENTS AROUND THE WORLD

13th Edition January 2021

Five Promising Movies Coming Out in 2021

by Clara Correa

Since the Lumière brothers surprised the nineteenth century's society with their recording of a train, the cinematographic industry hasn't stopped growing, in concordance with the people consuming it. Filmmakers all around the world have spent their lives making us a little happier. Also, actors put their talents to the service of the viewer, who will compensate for this sacrifice by not forgetting them. Sadly, the pandemic started in 2020 made the whole world stop, including cinemas and theatres. Therefore, many of the expected new creations did not come to light. Here we have a taste:

NO TIME TO DIE

To begin with, this is an action film where we will get to see the new mission, which the director describes as "a combination of all that Bond has become" of the secret agent par excellence, Bond, James Bond. Portrayed by Daniel Craig, he will be coming back for the last time to fight for love. Starring Ralph Fiennes, Ana de Armas, Léa Seydoux, who portrays Madeleine (Bond's lover), and also a winner of Best Actor Oscar, Rami Malek, who will play the role of the antihero.

THE FRENCH DISPATCH

Such a multifaceted and disconcerting movie with a beautiful aesthetic could not belong to anyone else but Wes Anderson (perhaps to Tim Burton). It tells the story of an editorial staff of an American journal, "The French Dispatch", located in an imaginary city in France, and the revolution it carries with it. It merges three different storylines, and it is said to be a love letter to journalists. The cast includes innumerable outstanding and acknowledged actors: Bill Murray, Saoirse Ronan, Timothée Chalamet, Benicio del Toro, and Adrien Brody, among others (including the Oscar winner Frances McDormand).

DUNE

Dune is a science-fiction movie directed by Denis Villeneuve based on and called after the book written in 1960 by Frank Herbert. The plot tells us about Paul Atreides, the heir of a noble family who lives in a galaxy governed with a system similar to the feudal one. He moves to the planet Arrakis (also known as Dune), where he will fight the emperor and a rival family to revenge a betrayal. The soundtrack was composed by the great Hans Zimmer, among whose creations we find jewels like the music in "The Lion King", "Interstellar" or "Pirates of the Caribbean". In this production, we find young promises, like Timothée Chalamet or Zendaya (youngest actress to win an Emmy ever), and well-known legends, such as Javier Bardem and Stellan John Skarsgård.



(n.d.). Retrieved from <https://www.warnerbros.com/movies/dune>

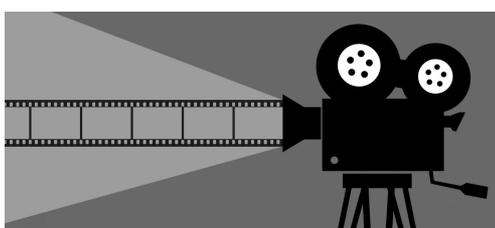
MINIONS: THE RISE OF GRU

This hilarious animated film, whose target audience is families or anybody with a good sense of humour, brings back the story of the Gru and his minions (who doesn't love them?). It is a prequel of the Despicable Me saga that talks about the beginnings of the villain when he was a child.

WEST SIDE STORY

Finally, an evergreen musical that has been adapted for screen multiple times since its debut in the 1950s (when the story is framed). Before the delay, it was one of the most expected films regarding the 93rd Academy Awards. Directed by Steven Spielberg and starring Ansel Elgort and Rachel Zegler, this film is based on William Shakespeare's "Romeo and Juliet". It verses about a love that appears between a boy and a girl who pertain to two different rival bands. If you enjoy catchy songs accompanied by spectacular dances, this is your movie.

This article is just a glance at the billboard in comparison to all the productions that are facing this misfortune. Actors, directors, producers - all of them were always there for us. Now it is our turn to get their back. Of course, science research is crucial and must not be forgotten, but we have always belittled the importance of art disciplines. Going back to facts: during the pandemic, the streaming portal Netflix doubled its subscriptions. Just like Edward Munch once said, "Art is your heart's blood". We need culture, in all its ways, alive, and that takes an effort from us.



Ennio Morricone: The Man. The Myth. The Music.

by Luis León

“There is no West in Italy, no cowboys nor bandits in the frontier; in fact, there is no frontier, nor gold mines; no Indians, nor pioneers.

The Italian western was born not out of ancestral memory, but of the group instinct of the filmmakers who, in their early years, fell deeply in love with the American western.

In other words, the Hollywood western was born out of a myth; the Italian western was born out of a myth about a myth...”

With these remarkable words, Alberto Moravia, prolific Italian writer and journalist, describes the background from which the Italian Western surged, and went forth conquering and to conquer hearts and minds. From the hands of filmmakers like Sergio Leone, Sergio Corbucci and Joaquín Luis Romero Marchent and actors with the names of Clint Eastwood, Lee Van Cleef and Charles Bronson, we bore witness to the genre that marked a generation, and whose evolution has already marked another generation. From Monument Valley to the Almerian countryside, the landscapes, characters, and most importantly, the music, gave birth to the legend of the Italian western: the Spaghetti Western. And there couldn't have been no such thing if it weren't for the greatest composer of the 20th Century: Ennio Morricone.



Morricone, Ennio. Ennio Morricone, 2015, www.enniomorricone.org/.

Man has always looked for ways to surpass his own nature: to delve in the extracorporeal, to transcend his own life, and to create a legacy that will outlive him and to which all will look when the inevitable end comes. Art is one such way. Through paintings, writings, plays, films and music, man has transcended his mortal state. However, few can compare to the latter when it comes to conveying emotions. Has anyone not cried with Satie, not joyed with Vivaldi, not communed with Bach or Mozart? Chamber music no longer exists simply because there is no more use to it, in a time when you can keep all the music you can conceive in your pocket. Composers have had to adapt to these new, hostile times. In order to prosper, they have had to expand to new fields, the most prominent of which is film. Now you don't just hear music, you see it. Ennio Morricone has been instrumental (*great pun eh?*) in making this transition happen.

But enough of the myth and more about the man. Ennio Morricone was born in Rome on the 10th of November, 1928, decreasing at the age of 91, on the 6th of July, 2020, having curated over 500 pieces throughout his lifetime, and fulminating critics and spectators alike with many awards and nominations, owing it to his superb talent. His last award was the *Princess of Asturias Prize of the Arts*, given posthumously to his son Andrea, since he had died a few weeks prior to the event.



Morricone, Ennio. Ennio Morricone, 2015, www.enniomorricone.org/.

His first compositions were relatively minor ones, mainly for other Italian filmmakers, but it wasn't until he was approached with an offer from Sergio Leone (who had, surprisingly, been a childhood friend and classmate of Ennio's) to work with him on a series of projects he had in mind. The result of this collaboration gave birth to works of the likes of *For A Fistful Of Dollars*, *Once Upon A Time In America*, and, most notoriously, *The Good, The Bad And The Ugly*.

Ennio continued to compose for other directors, including Roland Joffé in *The Mission* (*Gabriel's Oboe*), Brian de Palma in *The Untouchables* (*Main Theme*) and Giuseppe Tornatore, in what many consider to be his magnum opus: *Cinema Paradiso* (*For Elena*), that brought all in the room to tears before it. Anyone who has heard his works before can endorse this claim; no man who has been through the journey Ennio puts us through has returned unscathed.

A Royal Love Story: A Review of “The Selection”

by Giulia Piselli

Dear readers,

Have you ever dreamed of the royal world or a big love story? If the answer is yes, *The Selection* series by Kiera Cass, is the right book saga for you.

The Selection is a saga composed of five books: "The Selection", "The Elite", "The One", "The Heir" and "The Crown".

The protagonists of this wonderful story are America and Maxon. Maxon is a prince searching for his wife, and, by tradition, the prince has the opportunity to find his soulmate through the Selection. In this Selection, 35 girls from different social classes will compete to seduce Prince Maxon, including our protagonist, America. Her family convinced her to participate even though she wasn't very keen on the idea. Destiny will determine if their love story succeeds. During the first three novels, America will have to deal with a world full of injustices and strict rules, which will test both her and Maxon. In the last two books, the author introduces us to a completely different story closely related to the first. But of which I can not say anything because otherwise I would give you too many details on the main story

This is absolutely my favorite saga. I've always been in love with the royal world, but with this novel, my love of the royal world has expanded even further. I would recommend everybody who likes love stories combined with a dystopian background to read this saga.



<https://www.instagram.com/p/CESVMICDun7/>

Enola Holmes, The Explorer

by Miriam Sánchez

Enola Holmes is a movie directed by Harry Bradbeer and based on the book series *The Enola Holmes Mysteries* written by Nancy Springer. Some of the actors starring the movie are Millie Bobby Brown, Henry Cavill, Sam Claflin, and Helena Bonham Carter. The film launched on September 23, 2020 under Netflix distribution.

The script, written by Jack Thorne, which follows the patterns established by the Conan Doyle novels, tells the story of Sherlock Holmes' teenage sister, Enola. She discovers that her mother has disappeared, and she doesn't hesitate to set out on her search. She must use all her detective skills to find her.

This movie is a comedy but also has action, mystery and romance. Enola formulates her thoughts aloud while looking at the camera, and the story is punctuated by explanatory signs in homage to the aesthetics of silent cinema. The narrative structure mostly follows a detective model. Guy Ritchie's frenetic vibe is present in the montage and cadence of the dialogues, which are, with some exceptions, decently written, but lacking the acuteness and wit of the best versions of Sherlock. On the other hand, connecting the story with the beginning of the Suffrage movement seems like a brilliant idea to me, and one that reinforces the main theme of the film in a very organic way.



Film: "Enola Holmes" on Netflix

Millie Bobby Brown, who plays the role of Enola Holmes, presents a light-hearted and sensational performance, being one of the film's best aspects. In my opinion, the rest of the characters are neglected, like Helena Bonham Carter or Henry Cavill.

Enola Holmes' technical workmanship is generally remarkable. Nevertheless, I don't like some shots where the effects are too obvious, and the post-production filters blur the naturalness of the image, but Harry Bradbeer is an experienced director, and he knows what he's doing. The artistic direction, the set design, the costumes, even the composition of certain shots are quite classy. The soundtrack, however, seems a bit pretentious to me.

To finish, I will say that I liked Enola Holmes. It is obvious that it is not perfect. It has rough moments and a long duration. Some characters were wasted and its final part could be better, but as a teen fiction I think it is energetic and eclectic. I like the message they send, I like the lead performance, and if they decide to continue with the saga, I think there is potential going forward.

Evolution of a Relationship: A Review on “The Before Trilogy”

by Inés Chinchilla

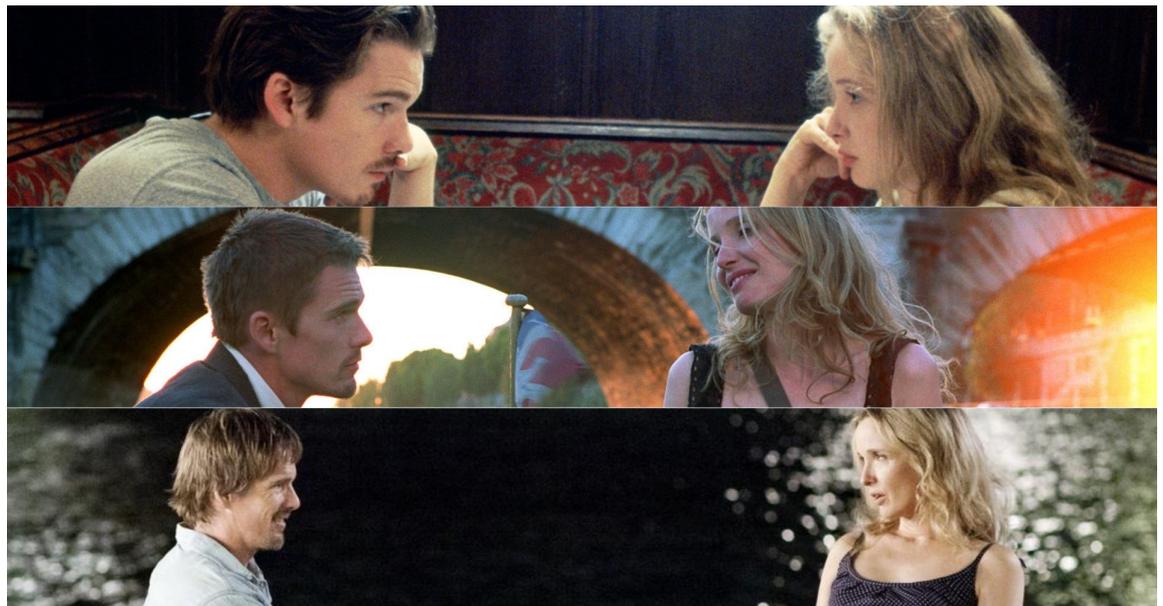
Richard Linklater is a famous filmmaker known for creating realistic films about human development, and the Before Trilogy is not an exception.

In 1995, the first movie, *Before Sunrise*, was released, and it introduces us to Jesse, an American man, and Céline, a French woman. They meet on a train and, after connecting, decide to get off and spend the day together getting to know each other in the streets of Vienna. After this, we see them talking about their lives, their dreams, and their thoughts, secured by the fact that they are complete strangers heading in different directions.

While they discuss their opinions about love, death, and religion, the audience is able to watch them fall in love in what it feels like a dreamlike world; as if they were living in a fairytale destined to end when the sun comes out. And when the movie ends, you have fallen in love with the characters and their story.

It wouldn't be until 2004 when we would get the sequel, *Before Sunset*, where we see the characters meeting again 9 years later. In this movie, Jesse and Céline discuss the impact that surreal night in Vienna had in their lives and their subsequent relationships, and are now able to express a more profound definition of love. It is again structured following a big walk where they share conversations, but this time with Paris as the setting.

Lastly in 2013, finishing with the trilogy and the tradition, we got the third movie, *Before Midnight*.



Scenes from *Before Sunrise*, *Before Sunset* and *Before Midnight* in that order. Photo from: <https://filmdaze.net/the-before-trilogy-in-retrospect/>

It is set 9 years after the events of Paris, but now taking place in Greece. This movie fully enters into their relationship and shows how their interests conflict and how they argue about them.

With a fantastic closure, the director gives us a full analysis of the relationship, that although not being perfect, is real. By the end of the film, we're able to detach ourselves from the idea of a fairytale the first film gave us, and we find a couple fighting to make their love work. The three movies can be described as what might be, followed by what could have been, and ending with what it is.

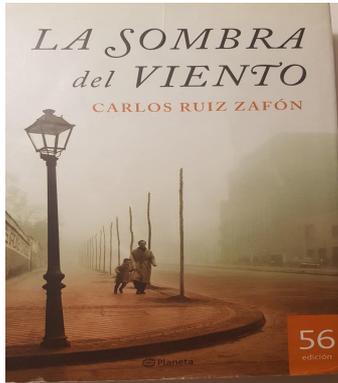
Richard Linklater majestically uses time as his best tool. Deciding to leave a 9-year gap between each production, he accomplishes an important effect as both characters and audience are much more mature and experienced by the time the next film has arrived, which makes it feel real and relatable.

Also, the way it is written is a big part of its genius. Even though the scripts were heavily rehearsed and they capture every little detail of the movies, the performance felt incredibly natural and unplanned, which demonstrates the talent required behind writing a conversation.

And even as much as I personally enjoyed it, some people might find it boring, for being only conversations with very little action, or find them pretentious at some points. In my opinion, if you are a fan of romantic movies, don't hesitate to give it a try, feeling free to disagree with everything I've said.

Escape from Reality

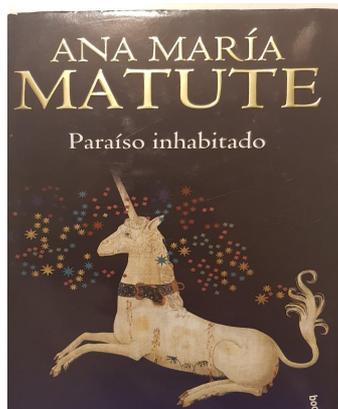
by Claudia Pagán Guillén



La Sombra del Viento by Carlos Ruiz Zafón.

The Spanish writer Carlos Ruiz Zafón surprises the public with his first installment of the tetralogy of the cemetery of forgotten books, "La Sombra del Viento". This novel takes us from the hand of Daniel Sempere, the son of a bookseller, through the years after the Spanish Civil War and Gothic Barcelona. From the moment he visited the labyrinth of books, his life became intertwined with that of a mysterious character named Julián Carax, whose destinies are not so desperate.

The prose of C.R. Zafón envelops anyone whose imagination flows with a book in their hands, mixing adventure with mystery and suspense, and without neglecting love.



Paraíso Inhabitado by Ana María Matute.

Ana María Matute stood out for her use of language in her narrative.

The story of "Uninhabited Paradise" is very deep, it tells the life of Adri, a girl born into a family in which love no longer exists. In order to escape from reality, she creates her own world, far from reality, in which she is happy.

From the first pages, her sentences and the use of her words enchant you and immerse you in a parallel world, but very real. Anyone who enjoys deep and nonfiction novels is sure to end up feeling uneasy when they finish reading it.

Represents reality from a point of view that we have all felt some see, loneliness.

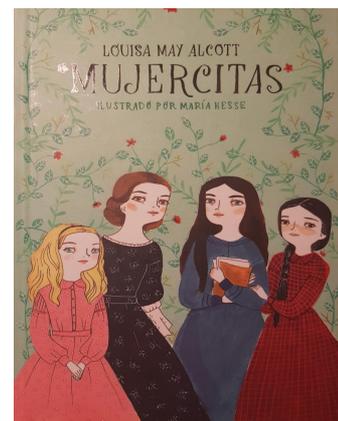


Harry Potter by J.K. Rowling.

Not only has she created a world through her words, but she has also made an entire generation fall in love with his magical universe.

No one expected that a child with a scar and little knowledge of magic (if not none) would have to face the darkest wizard of all time. But he does not do it alone.

The truth is that any summary falls short of this book. Everyone should read the entire saga, Hogwarts school opens its doors to any kind of literary taste.



Little Women by Louisa May Alcott

Louisa May Alcott was a revolutionary in her time, especially with her novel "Little Women".

Jo is a woman who within her family of four sisters stands out for her aspirations to be a writer and she is not going to let society stop her. Likewise, she firmly maintains that there is no term with the meanings of "lady", she can wear pants and does not need a husband to assert herself.

L.M. Alcott guides us through the society of his time and confronts the values implanted by customs while introducing us to the March family. A not so conventional family.

Actually, it presents many varied themes and although it seems that it is a novel about "girls" it has very deep messages. Another one that should be mandatory for today's society. In addition, the language it uses is not very complicated to understand, so it is available to anyone.

Traveling the World in Pandemic Times

by Ane López-Zuazo

The pandemic has put an end to our routines and has robbed us from pleasures such as traveling. However, should that be the reason why we stop exploring different cultures? Throughout this article, I intend to guide you in a journey full of flavour by getting to know the typical dishes of some exotic countries, come aboard! Trigger warning: This article will make you hungry.

Sweden: Swedish Meatball

I am sure that if you have ever been to an Ikea and had lunch there, you will know by now what these meatballs are. Nevertheless, they are nothing compared to the real ones. Based on my experience with this dish, I would strongly recommend eating it the traditional way: with smashed potatoes and jam. In addition, Swedish parents often serve this meal to their children with macaroni and tomato sauce.



Photo by Vicky Wasic

Recipes: [Gluten free Keto meatballs](#), [Vegan meatballs](#), [Traditional meatballs](#)



Photo by Gorka Regidor

Spain: Spanish Omelette

The Spanish omelette is a meal that you will find served in any Spanish house. It is one of the most famous dishes from Spain and it is frankly easy to cook! Made out of mostly potatoes, eggs and olive oil, it is most certainly a dish that I am sure you will enjoy eating. The nutrients of the Spanish omelette are proteins and carbohydrates.

Recipe: [Spanish Omelette](#), [Vegan and Gluten Free Spanish Omelette](#)

France: Ratatouille

This is a traditional French meal that you may have seen being cooked in Ratatouille, the movie. In real life, it is a recipe invented by provincial peasants that after surviving all these years, has become an icon in French cuisine. It is a really healthy dish full of vegetables which is vegetarian and vegan! To make it tastier and suitable for kids, I advise you from my own experience to pour some tomato sauce before adding all the ingredients, however I must remind you that this is not the traditional way, if that is what you are looking for.

Recipe: [Traditional recipe](#), [Gluten free recipe](#)



[Picture](#)



[Picture](#)

Greece: Moussaka

Moussaka is one of the most popular meals of Greece; it is true however that there is a variation of this recipe in Turkey. It is a main course mostly made out of eggplants, potatoes and beef. This is a bit more complicated than other recipients in this article and it takes time to make, nevertheless, the results are mouth watering. It is even one of my favourite meals so I strongly recommend trying it out.

Picture and recipe: [Gluten free Moussaka](#), [Traditional moussaka](#), [Vegetarian moussaka](#)

India: Chicken Curry

Chicken Curry is one of the best known Indian spices in the world, with its wide variety of types, it is most adequate for those looking for an exotic recipe. If you don't like spicy food, make sure you ask your local supplier for a mild one. You can find from red curry to yellow curry from spicy to mild, but one of my preferences is London's finest yellow mild curry.



Photo: PARK FEIERBACH

Recipe: [Chicken Curry recipe](#), [Vegetarian vegetable Curry](#), [Gluten Free recipe](#)

Traveling the World in Pandemic Times



Japan: Ramen

A year ago, when my cousin came back from Japan, he was absolutely mesmerized by ramen and made all the family try it, and I have to say, it was delicious! It is a tasty meal which has a lot of different adaptations. If you ever go to Japan and want to try this authentic meal yourself, The Fuunji in Tokyo has the most positive reviews.

Recipe: [\(and picture\)](#), [Gluten free recipe](#), [Vegetarian](#)

Thailand: Pad-Thai

Pad Thai is a meal that I have also had the pleasure to try and is actually one of my other favorite dishes. It is a perfect combination between sweet and sour that is just a must-try. It is a combination of eggs, peanuts, and vegetables that I didn't know I needed until I tried it.

Traditional recipe [\(and picture\)](#), [Vegan](#)



Photography Credit: Alison Conklin



[Photograph credit](#)

Australia: Grilled Alligator

Yes, yes, I know for some of you “grilled alligator” might sound a bit...let's say unusual. But still, it is actually a really popular dish in Australia and many Australians have expressed that it really tastes like chicken and that the texture is comparable with lobster. It is also supposed to be a mild tasting meat and it takes the flavour you marinate it with.

Recipe: [Traditional recipe](#)

Canada: Tourtière

The Tourtière is a French/Canadian meat pie that has many recipes. It is usually accompanied with salad, sweet gherkins, cranberry sauce or pickle beets. This is a hot meal usually served during the winter holidays.

Recipe: [Traditional](#), [Gluten free](#)



Picture by: martiapunts/shutterstock



Mexico: Fajitas

Fajitas are the iconic Mexican dish that most of us have already tried. The great advantage of these, is the simplicity of making them. The real ones are made with chicken or cuts of beef and vegetables.

Recipes: [Traditional](#), [Vegetarian](#), [Gluten free](#)

Picture by: Ralph Smith

Even if it is not that famous, this Peruvian snack is a kind of fish marinated mostly with lime and coriander. This snack is not for everyone given that coriander has a very special taste that not everyone likes. It goes really well with guacamole, it is overall a great snack to get to know the Peruvian culture.

[Traditional ceviche](#)



[Photo credit](#)



Kenya: Nyama Choma

I have to admit that I don't really know much about Nyama Choma but based on my research, they are some kind of grilled marinated ribs. Nyama Choma means “barbecue meat” in English. Some argue Nyama Choma comes from Zimbabwe or Tanzania rather than Kenya but it is eaten in all of these countries. In Kenya, goat meat is preferred but beef also works.

Recipe: [Traditional recipe \(and picture\)](#)

Traveling the World in Pandemic Times

Morocco: Harira

The Harira is a Moroccan hot soup made with lamb, beef or chicken. It is a thick and nutritive soup but this is also a special dish that may not be for everyone's liking.

[Recipe](#)



[Photo credit](#)

All in all, I hope you have enjoyed this journey and I encourage you to try these dishes yourself. When the pandemic is over you will be able to visit these countries and try these recipes in different restaurants but for now, stay safe, and don't stop exploring!

SPORTS

WRITTEN BY STUDENTS AROUND THE WORLD

13th Edition January 2021



Valencia CF and Atalanta battle in the March 10 UEFA Champions League match at an empty Estadio Mestalla in Valencia, Spain.
PHOTOGRAPH: UEFA

Football and the Pandemic: Best Enemies?

by Louise Dugast

In December 2019, the world was hit hard by an unprecedented pandemic. All over the planet, our lives have been put on hold. But more than that, societies and habits have been disrupted. Sports, and more precisely football need to adapt to this situation in order to continue.

For months, players have been kept off the fields all over the world. Soccer players, whether professionals or not, from all countries have had to change their regular habits. Much more than a colossal loss of money, it was mainly the TV channels that lost for the clubs and countries. Indeed, those who had bought the broadcasting rights for several million dollars. Some TV channels will even have to give up the airwaves due to a lack of budgets; it is also the case of the small clubs which cannot find the funds for a new season.

After the general lockdown, some countries decided to resume the matches because of the European competitions. Nevertheless, the "post lockdown" is a far cry from what we have known before. Matches now take place without or with a very small number of supporters. A ban that does not meet with the unanimous approval of supporters. Many of them attended demonstrations of discontent, especially around stadiums, during the Champions League final which took place in Lisbon on the 23rd August. A lot of matches had also been cancelled because of the pandemic, on one hand because of the high numbers of cases in each team, but also because of curfew as it happened in France or in Italy.

How has Covid-19 Affected the Sports World?

by Marco Martínez

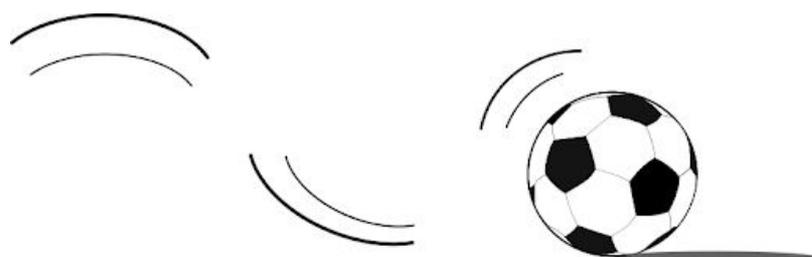
As we all know, COVID-19 has spread worldwide and has caused a stop in our daily lives. Unfortunately, this disease has taken away many lives with it. We have stopped working in person, education has turned online, and commerce has frozen. Covid-19 has also had a significant impact on sports. This article will reflect and analyze how the pandemic has affected sports and how they can economically recover faster.

First things first, athletes are the people who have been affected the most by the virus in sports. These people, whose work is to compete, depend entirely on the daily-basis training they do not to lose their skills. COVID has forced athletes to stop training. This has inevitably lead them to lose both skills and capacity in the sport they are involved in. Furthermore, athletes are now likely to suffer injuries because of the long time they've been off.

Sports marketing is also facing many problems. Companies such as Nike, Adidas, and Under Armour are going through a really bad economic situation this season. These companies are obviously not selling the products they would usually sell. Furthermore, advertising incomes are being reduced significantly as people are in their houses and aren't acquiring anything. Moreover, all these facts lead to an unfortunate loss of jobs as the company cannot pay the correspondent salaries.

Clubs are going through a bad situation as well. Huge clubs such as Real Madrid, Manchester City, the Patriots, or the Lakers haven't competed in any tournament so they haven't received any income. As a result, the salary of the players has been reduced.

In conclusion, COVID 19 has definitely affected sports. In order to recover the economic wellbeing they used to have, new policies have to be made by the government to facilitate a soon recovery.



Pau Capell Ready to Conquer the Hardrock 100 in 2021

by Albert Brulles



Credit: The North Face

The Hardrock Endurance 100 miles is an ultramarathon that is organized in Silverton, Colorado once a year. It is a 100.5-mile race that takes place in a circular circuit on roads, dirt trails, and fields through the towns of Telluride, Ouray, and Sherman, Colorado.

The race has been held every year since 1992 except in 1995 and 2019 due to a heavy snowstorm, 2002 due to a forest fire, and in 2020 due to the COVID-19 pandemic. To finish the race, the athlete does not have to cross a finish line, instead they must “kiss the Hardrock”. The time limit to complete the race is up to 48 hours. The fastest runner in this race has been Kilian Jornet, a Spanish athlete, who has achieved a time of 22 hours and 41 minutes and also has won the race four times in a row. Pau Capell has never run the race decided to participate in the next one.

Pau Capell, a young 29-years-old Spanish athlete, and industrial engineer is the ultra-trail world champion. Pau was born in Sant Boi de Llobregat, a town located in Catalonia, Spain, and has participated in many races throughout Europe, Japan, Australia, and some South American countries. However, his dream is to compete in the United States where he has never had a chance to, and for this reason, he is preparing to run the Hardrock Hundred Mile. If he wins, he would definitely become well-known worldwide.

He is sponsored by The North Face company and a member of “CCE Sant Lluís” running team, a running club from Menorca. He started running eight years ago, and before that, he used to play soccer. However, Pau was injured and decided to start running up in the mountains, and thanks to all his effort and training, he has become one of the best ultra-runners in the world.

In order to get ready for the competition, Pau always reviews the race’s route days before the start and analyzes the entire route and the most difficult parts. On the other hand, Pau follows a specific nutritional diet to closely cope with his tough races and closely follow his nutritionist program.

His most important victories have been: the Ultra-Trail du Mont-Blanc (UTMB) in 2019, the most prestigious Ultra-Trail race in the world, where he was proclaimed world champion with a record time of 20 hours and 19 minutes; the Transgrancanaria in 2019, where he led the race with a time of 20 hours and 42 minutes; and the Ultra-Trail from Australia, where he won with a time of 9 hours and 20 minutes. None of these races compare to the one in which he is about to compete in Colorado.

Pau follows an intensive and hard daily (morning and afternoon) training. His training consists on running 31 kilometers in the mountain during the morning and some weightlifting exercises at home in the afternoon. In order not to injure himself, Pau does daily stretches. Besides training in the mountains, he also trains on a stationary bike.

All the specific training has been to prepare him to face his new challenge: the Hardrock 100. He knows that Kilian Jornet is his reference and the runner to beat.

Running is Pau’s passion, and thanks to all his efforts he has won tough races (such as the UTMB) and become the best Ultra-Trail runner in the world. Pau prefers Ultra-Trails to all other types of marathons because it is a mountain race, and he is a specialist in this field. He loves to run through all those landscapes and places with mountains.

Pau Capell is ready to run the Hardrock 100 race in 2021, and it is a challenge he wants to conquer.

Good luck, Pau! I hope to hear “YEPA” (word that he yells once he reaches the finish line), after kissing the Hardrock!!

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