

II Liceum Ogólnokształcące
im.K.K.Baczyńskiego
w Radomsku



Reader 31



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How I fell in love with Tenerife...



This year's vacation was impeccable, as I spent one week on Tenerife – the largest island of Canary Islands. I'd expected pretty views, superb palms and beaches but in fact, I was extremely amazed by the stunning beauty of exotic fauna and diversity of landscapes.

As we had a car rented, we could go everywhere we wanted. On the first day we decided to reach the target of our trip – Pico del Teide – a volcano with the 3,718-metre summit – a symbol of Tenerife. The views from

that place were truly breathtaking and when I saw clouds underneath me, with no doubt I could admit that I was the happiest person in the world. Admiring nature of Teide National Park, which was named a World Heritage Site by UNESCO, took us a lot of time. We were also wandering through the Masca Gorge.

Another day we went to Santa Cruz de Tenerife – the capital of the island. We were hanging out on Las Terasitas – the only beach on Tenerife with yellow non-volcanic sand. We took a look at San Cristobal de La Laguna – the historical city in the north of the island also declared a World Heritage Site. In my opinion, the most beautiful city on Tenerife is Los Gigantes with the gigantic rock formations together with Puerto de la Cruz – a charming town, in which we were living.

Tenerife made a huge impression on me. Without exaggeration can I say that it's the most beautiful place that I have ever been to. I'd love to come back there.

Ewa Markiewicz IIID



Strengthen your organism in autumn!

Autumn for many people is a season of illness. That's why it's good to strengthen your immunity. These are some tips how to do it:

#1 Sleep & relax

An exhausted organism is an easier target for infections. Owing to that, we should sleep approximately 8 hours each night. Stress has also destructing influence on our bodies so we need to intend some time every day for relaxation.

#2 NO to addictions

Alcohol, cigarettes and coffee destroy vitamins (especially C) and microelements, which strengthen our immunity. Due to that, it's good to cut down on them or at least to reduce quantity of consuming them.

#3 Harden your body

A method of hardening the organism recommended by doctors lies in watering the body alternately using warm (20-30 seconds) and cold water (2-3 seconds). Increase gradually the difference between the temperatures of water and always finish the procedure with water in the temperature of your body.

#4 Be active

An ideal recipe for improving the immunity is physical activity. Take up a sport you like most and practise it three times a week. There's never too much of open air so try also to march every day.

#5 Strengthening diet

Eat fruit and vegetables full of antioxidants and vitamins A, C and E. An important element of the diet is also natural yoghurt which activates leukocytes.

Stick to these rules and having cold will never be your problem again!

Agata Toczyńska, III D
Photo: robbieblair.com

Teachers' Day - October 14

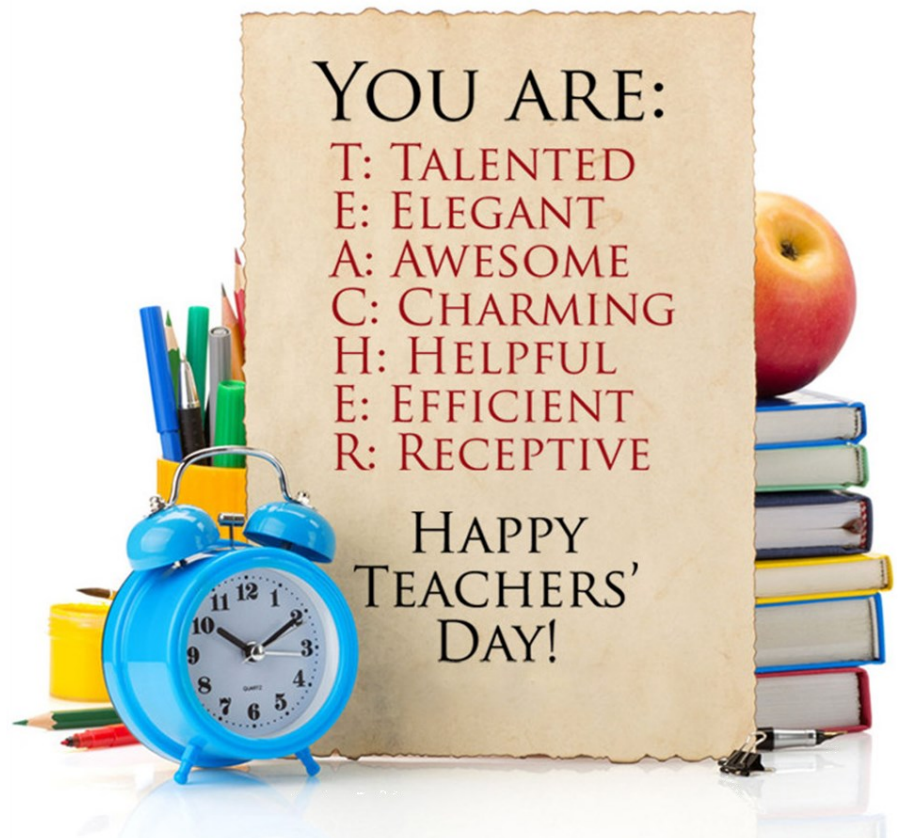
Feast of Education is celebrated every year by 650,000 teachers and educators. The day was established in 1972 - the date October 14 celebrates the creation of the National Education Commission in 1773.

It is widely celebrated in all institutions involved in education - especially at schools. In gratitude for all their efforts in teaching, educators get flowers and small gifts. It is also an opportunity to distinguish the most deserving employees - that day the Minister of Education hands to teachers Crosses of Merit, medals and awards for teaching.

Teachers are one of the largest occupational groups in the world. Teachers' Day is celebrated in most countries in the world, on different days. For example:

- Brazil - 15 October
- Czech Republic – 28 March
- Germany - 5 October
- Mexico - 15 May
- Russia - 5 October
- Spain - 29 January
- Turkey - 24 November
- The United Kingdom - 5 October

Karina Szczepańska IID



Matura is coming

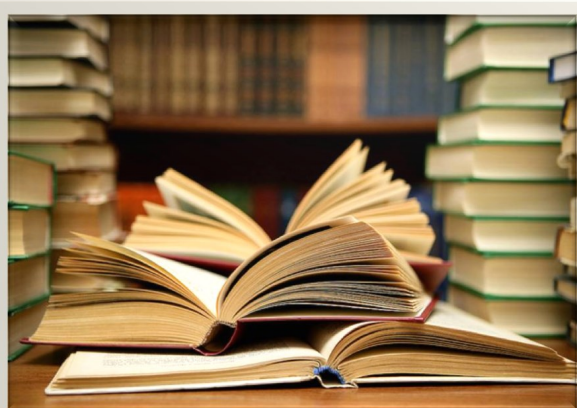
A lot of us will take the exam. It is "matura". How can we prepare? I think everyone has the problem. I want to show you how to do this.

First, you should think about what you will do in the future and take care of the most important school subjects.

Second, you must revise all the material very precisely. It's not enough to read an old topic in your notebook. You should do the exercises and again discuss the schoolbook reading.

A very important thing is the help of your teachers. If you have questions, you can ask them. I think it may be a good idea.

Next, you must be relaxed before the exam. When you are revising everything for



the next semester, you should go to a party or to the cinema or... do everything you like. The stress can ruin your hard work.

Good luck!:)

Ewelina Trzeciak IIIB

Current Graduates

In September high school graduates from our school were at education fairs in Katowice.

On Thursday 24 September all third classes went to the University of Silesia. At the education fairs there were a lot of people who familiarized themselves with the offers of universities from Poland but also from abroad.

"In Katowice we could get to know the offer of many universities from Poland and listen to lectures on how to prepare for final exams and study", said one of the students. This trip was useful for third graders. We wish you good



choices in life and breaking pens on graduation :)

Katarzyna Piotrowska IIID

Silesian current graduates

Refugees or immigrants?

Everyone knows how dangerous the situation in Syria is. People are still escaping from there because they are worried about their families. We call them "refugees". Are we right?

Many people think that words "refugee" and "immigrant" are synonyms.

They are wrong. An immigrant is a person

who changes his/her place of residence to boost his living standards. A refugee is a person who leaves his country because of war or regime. The refugee escapes to the closest country.

Syrians don't escape to countries located next to Syria, for example Turkey or Lebanon. They mostly escape to the United Kingdom, Germany, France or Norway. There are the best living and housing conditions there. In my humble opinion, they don't escape from war but they want to live on Europeans' expense.

All in all, we shouldn't call everybody a "refugee", because most of fleeing people are just immigrants who want to take advantage of the situation and change their living standard.

Martyna Sadowska IIB



Syrian refugees. 1

Florence in Poland again

Did you know that a British indie-rock band Florence + The Machine is visiting Poland? They are in Łódź on 12 December of this year. Yeah, this band is really popular among teenagers.

They visited Poland in 2013 at 'Coke Live Music Festival' and in 2014 at 'Orange Warsaw Festival'. In previous years, Florence and her band gained many new fans who have been waiting for their return. It's good news that Florence + The Machine wants to promote their new album 'How Big, How Blue, How Beautiful' also in Poland.

Continued on the next page→

Tickets for this event were available from June of this year. It may have seemed that the most expensive tickets wouldn't sell as well as the cheaper ones. Nothing could be further from the truth. Golden Circle tickets were sold out in five minutes! Nobody expected that it would be possible! The rest of the tickets were sold out in the next two weeks after the sales had started. Unfortunately, somebody had bought those tickets only for profit. Some people had bought over a dozen tickets and they sold them in higher price on Allegro and different auction sites. In fact, many fans won't be able to see their idols, because the price on auction sites is too high.

If you don't buy a ticket for this show in 2015, we will have some good information for you! Currently, we know that this fabulous band is going to visit our country in 2016, too! This time the band will perform at the Open'er Festival in Gdynia!

Jakub Misiak IIB

“QUIZ”

As you know, the sleep is **b. 650 hours** necessary in our life. I would **c. 810 hours** like to know what your **3. How much** knowledge about it is. I've did the prepared a quiz and now I'd longest, like you to do me a huge registered favour. Please choose the time without correct answers. Remember sleeping last?

only one answer in each **a. 1 day** question is correct. Have **b. 11 days** fun! **c. 5 days**

1. When you burn the most **4. Who sleeps longer?** calories?

- a. when you watch TV**
- b. when you sleep**
- c. when you learn**

2. How many hours do you sleep during your lifetime?

- a. 440 hours**

4. Who sleeps longer?

- a. male**

b. female

5. When do we sleep the least briefly in the whole year?

- a. during the important match on TV**

b. during full moon

c. when we are stressed out

6. What is the most frequently reason of insomnia ?

- a. personal problems; at work, at school**

b. experiencing strong emotions during the day

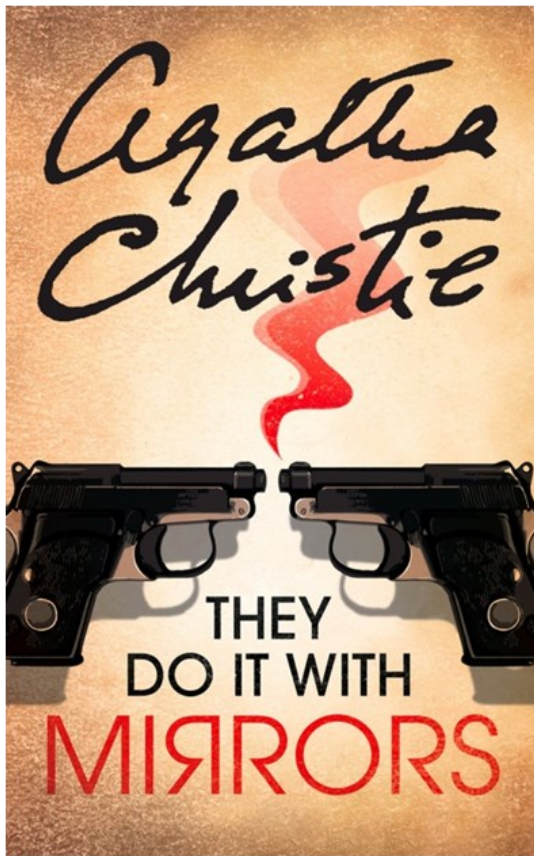
- c. nicotine, caffeine, drugs**

Kasia Kowalska IIIE



Autumn Evenings with the Queen of Crime

You can find in her novels everything what crime lovers search for: intrigue and humor, good guys, villains and those characters who cannot be fully recognized, love, social and political threads and everything what is related



źródło: <https://www.wordpress.com/>

to money, fame and jealousy.

I'd especially like to point to one of Christie's books, which is not as well-known as e.g. 'And Then There Were None', but also noteworthy. I mean 'They Do It With Mirrors'. The main character is charming Miss Marple, who is visiting her friend from school. Suddenly, in the countryside at Stonygates they hear gunshots. Each household had reasons to commit a murder. Additionally, near the residence there is located a young offender's institution. But who killed?

Agatha Christie surprises with words and situations that she creates. Until the end of the book, you don't know who is good

and who is bad, who is the offender and who is the victim. The author's precision and her enormous talent is likely to make you feel you won't be able to leave the book before you read it.

I recommend this book to everyone who likes the world of intrigues, mysteries and crime.

A must for each of Christie's fans.

Aleksandra Furmańczyk IIB