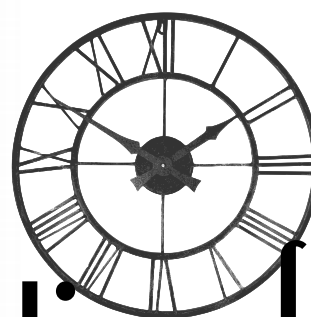




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# BELGIAN INSTITUTIONS

Belgium has a unique power system based on its particular three regions pattern. The State's power is divided into three different floors or levels of power.

## Levels of power:

The federal state is in charge of foreign affairs, justice issues and also plays a major role in the field of public health and internal affairs.

Belgium is divided into three communities encompassing groups of populations: the Flemish Region (Dutch speakers), the Walloon Region (French and German speakers) and the Brussels-Capital Region. These Regions were founded on the country's history and particularly inspired by the will of a developed economic independence. One of their core responsibilities is to defend languages and culture.

The next level consists of the ten provinces (five in Flanders and five in Wallonia). These act to exercise the duties requested by the higher levels of power mentioned above.

## Modern Institutions:

In our modern institutions, there are different types of chambers/powers on each level.

The legislative power creates and decides new laws, while the executive power is in charge of law enforcement.

The judicial power makes sure that laws are obeyed.

## Inside the politics:

We had the opportunity to interview Mrs Véronique De Clerk, a local councilor who has recently been elected as the local president of the Ecolo Party of the Beyne-Heusay municipality. A local president's role is similar to the role of a real president, except from an even more important point of view. S/he must take care of and handle all local issues, interact with advisors and assign a role to them that they deem to be most suitable.



S/he also have to work to promote the party and lead electoral campaigns in the local area. They cannot miss any meetings and, above all, must keep the councilor's functions together. This job is no easy task!

We also had the chance to talk to Mister Jean François Close, a provincial councilor. His work consists of participating in meetings which take place once a month.

The discussions he has here are about different subjects. He is mainly concerned with tourism, culture and the organisation of big events in the country. At these meetings they also discuss topicality in order to solve any problems the country faces. The elections take place every six years. For Mister Close, it's a pleasure to tell young people about the world of politics.

Belgian institutions have lots of different types of powers divided into specific sub-sections which indeed show that Belgium has a very complex and interconnected political structure.

By Phoung-Vy Do, Lutricia Matumuini, Adrian Stavena, Maxime Van der Weerd, Sabrina Vandaalen

# FINNISH POLITICS

## Finnish Government

The Finnish government, also known as Finland's council of state, is made up of the President of Finland and seventeen ministers. At the moment the governmental political parties are Centre Party, National Coalition Party, Finns Party and Blue Reform. The head of the government is Juha Sipilä, the prime minister of Finland. The government is responsible for issuing legislative proposals to Parliament, implementing the law and leading foreign policy together with the president.

## Finnish Parliament and parliamentary election

The Finnish parliament includes 200 congressmen who are divided into the right and the left wing. The task of the parliament is to regulate all of the laws of Finland, to elect the Prime Minister and to supervise the activities of the board. It also accepts and passes the most important international agreements binding on Finland and, which thus, affect the European Union's affairs.

Parliamentary elections, after which members are elected to Parliament, are held every four years in Finland. This are carried out via a national vote and all Finnish citizens over the age of eighteen are eligible to vote. Registered party members and electoral associations of over 100 persons may nominate their members for election.



## Finnish politicians in a nutshell

**Sauli Niinistö** is the President of Finland. He has a dog and a baby. His wife Jenni Haukio writes poems.

**Timo Soini** is the Finnish Minister of Foreign Affairs and he promises to surprise everybody.

**Antti Rinne** has recently suffered a bout of pneumonia.

**Juha Sipilä** is the Prime Minister, who has cut back on everything.

**Alexander Stubb** is known for his wide smile. He tried to become the Chairman of the European Commission, but he didn't get the job.

**Päivi Räsänen** has gotten many to resign from church positions.

**Laura Huhtasaari** loves Donald Trump and is a master of plagiarism.

**Pekka Haavisto** didn't get named as President of Finland. He is a regular customer in antique stores and is very much so a man of his own thoughts.

**Paavo Väyrynen** has been associated with many parties. Yet, in neither did he become president.

**Touko Aalto** suffers chronic fatigue however he is jogging hard to overcome this.

**Sampo Terho** has broken the bank twice.

**Jani Toivola** likes to travel by taxi using taxpayer's money. According to Wikipedia, he is also an actor.

**Jussi Halla-aho** doesn't have much time to clean up his Facebook pages. He doesn't comment on this either.

**Jyrki Katainen** has tried to be honest.

**Paavo Arhinmäki** gets angry easily, especially if he doesn't have the floor on a talk-show.

By Veera Savolainen and Viivi Simpanen

# POLITICS IN SPAIN

Politics is the process of making decisions that concern all members of a group. It is also any art, doctrine or opinion concerning the government of the States. Political science is a branch of the social sciences that refers to activity, in virtue of which a free society, composed by free people, solves the problems posed by their collective coexistence. It is an orderly task for the common benefit.

## SPAIN

Spain is a country with a parliamentary monarchy. State power is divided into three areas:

- Executive power: conceives and implements general policies according to which laws have to be applied; represents the nation in its diplomatic relations; form the Senate.
- Legislative power: the power that makes the laws and also modifies them; is formed by the president of the government and his ministers.
- Judicial power: the set of courts and tribunals; composed by judges and magistrates, who have the power to administer justice in the name of the king.

## CONGRESO DE LOS DIPUTADOS IN SPAIN



Bipartisanship in Spain began with the victory of the Partido Socialista Obrero Español (PSOE) in the general elections of 1982 and has since consisted of an alternating government between the PSOE and the Partido Popular (PP). In each election since then, one has been the leading party and the other the first party of the opposition. The rise of two other parties in the general elections of 2015, namely Podemos and Ciudadanos, has opened a period of weakening and possible dissolution of bipartisanship. In these last elections, the rise of such parties meant that none of the parties that had previously formed the bipartisanship had obtained absolute majority and, because of this, were open to negotiate with the most voted. These ensuing discussions were not carried out successfully and resulted in a second election in which the results were similar. After almost a year without a president of government, the Partido Popular and Ciudadanos signed a pact that allowed PP to move up to their previous position of power in the government. As a result, Mariano Rajoy is the current president of the country.

Decentralization involves transferring the power of a central government to a figure or group of autonomy. In Spain, autonomies are competent in areas such as education, health, etc. These are communities that want their independence from the state, like Cataluña and País Vasco. This causes great tension in the community.

While we know that politics is a fundamental support in our society, as we aren't adults, we do not pay it the attention it deserves to be well informed. It is clear though that, in a few years, we will be involved in it and we will have to accept its influence.

By Ana Pardines González, Natalia Milla Navarro, Carmen Ferri Segura, Cristina Calabuig Sutil, Saoro Sempere Mira, Raquel Gil Monllor, Pascual Francés Santonja, Paula María Clemente Juan

# AN INSIGHT INTO THE IRISH POLITICAL SYSTEM

The Republic of Ireland is a parliamentary democracy. This means that it is run by an elected government, and that the general public receive a say on certain things/issues.

## Who runs the country?

While the head of the Irish state is the President of Ireland, the person who holds this position is not actually the head of the government. Rather, their position is more of a ceremonial position. He/she acts as a figurehead and executes very little power when it comes to making governmental decisions.

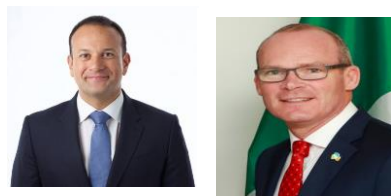
The Irish president is elected to assume an office term of seven years and can only serve a maximum of two terms. The current Irish president is Michael D. Higgins. He was elected as the 9<sup>th</sup> president of Ireland following a national election in 2011 and hopes to be elected for a second term as president in 2018.



*President Michael D. Higgins*

Chief authority in Ireland is actually held by a cabinet of fifteen ministers, made up of the Taoiseach (the Irish Prime Minister), the Tánaiste (the Irish Deputy Prime Minister) and thirteen other ministers nominated by the Taoiseach who hold responsibility for areas such as Finance, Health and Education to name but a few.

This group are responsible for suggesting and outlining budgets and government bills to be passed. Ireland's current Taoiseach is Leo Varadkar (who also serves as Minister for Defence) and current Tanaiste is Simon Coveney (who also serves as Minister for Foreign Affairs and Trade).



*Leo Varadkar Simon Coveney*

The Taoiseach has to be nominated by Dáil Éireann, a house of government representatives made up of Teachtaí Dála or TDs (of which there is currently 158). Dáil Éireann also has the power to suggest the removal of the Taoiseach.

## One dominant political Party?

There are a number of political parties in Ireland and, as a result of this, coalition governments are commonplace. This means that multiple political parties cooperate in the running of the government. Many view this as a positive thing because it means that one political party is not dominating all government decisions. As of 2018, the three most popular political parties in Ireland are Fine Gael (who hold 50 Dáil seats), Fianna Fáil (who hold 44 Dáil seats) and Sinn Féin (who hold 22 Dáil seats).



## What is a referendum?

All Irish laws are outlined in the Constitution of Ireland and the only possible way to change these (or "amend" these as it is properly referred to) is through a referendum, which is a public vote. If the majority vote of the public is to change this law, then the law in the Constitution will be changed/amended.



Two particularly high profile referendums have taken place in the past three years in Ireland. In 2015, 62.1% of public voters voted to legalize same-sex marriage in Ireland. This referendum made Ireland the first country to legalize same-sex marriage by popular vote. Likewise, in 2018, 66.4% of public voters voted to legalize abortion in Ireland in certain circumstances.

## Young people and politics

Although you have to be 18 years of age to legally vote in Ireland, there are many youth councils and organizations set up throughout the country which enable young people to get involved in working on and dealing with social issues in Ireland. In Donegal, the Donegal Youth Council are a group of 36 people aged between 12 and 18 who identify issues and promote projects to improve the lives of people in Donegal.

## GERMANY VOTES!

The 19th general election in Germany is coming on the 24th of September 2017. On this day, citizens will have the chance to decide on the future of Germany.

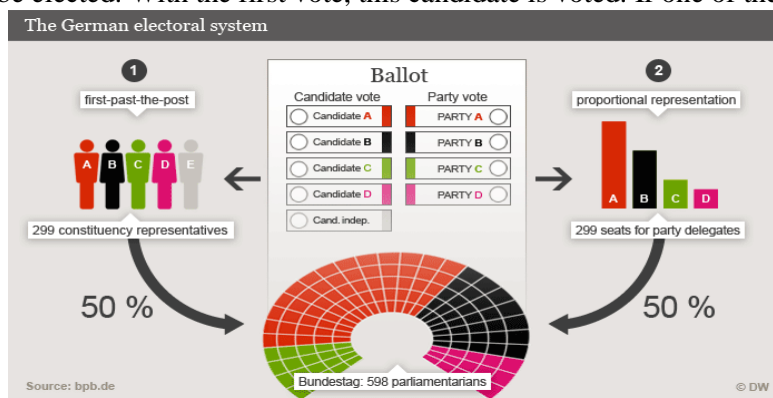
### Who has the right to vote?

All German citizens who have reached the age of eighteen are eligible to vote during the Bundestag elections. In the upcoming election, each elector has two votes, as was the case in previous elections.

### What is the first and second vote?

There are 299 district elections. Every district needs to have the same amount of voters. In each one of these, one candidate per party shall be elected. With the first vote, this candidate is voted. If one of the candidates receives the majority of the first votes, he/she is directly elected to the "Bundestag".

The aim of the first vote is to fill up half of the seats in the "Bundestag". During the second vote, a party must be voted for, as opposed to a candidate. Prior to the election, the parties make a list of each state that contains people who want to get involved in the German "Bundestag". The



percentage of votes determines the number of seats a party will get. For example, if one party received 30% of the second votes, they will also receive 30% of the seats. Therefore, the second vote decides how strongly a party is represented in the "Bundestag". In order for the second votes to be valid, it's necessary that a party receives at least 5% of the second votes or three district votes by direct mandates<sup>1</sup>.

### Parties in Germany

**CDU** Christian Democratic/Social Union is a conservative party. The prime candidate of the CDU/CSU is Dr. Angela Merkel, who is also currently Chancellor.

**SPD** The Social-Democratic Party of Germany is a party which is mainly concerned with the social aspects of life. Their top candidate is Martin Schulz.

**Freie Demokraten FDP** The Free Democratic Party is a liberal party whose focus is primarily businesses. The prime candidate of the FDP is Christian Lindner.

**BÜNDNIS 90 DIE GRÜNEN** Alliance 90 / The Greens is a social party in Germany that is committed to preserving the environment. The prime candidates from the Greens are Katrin-Göring-Eckhardt and Cem Özdemir.

**DIE LINKE**. The Left is a party that is committed to the equal rights of all people and is open to all cultures. The top candidates are Sarah Wagenknecht and Dietmar Bartsch.

**Alternative für Deutschland** Alternative for Germany is a very conservative party, which stands for an independent Germany. The prime candidates are Alice Weidel and Alexander Gauland <sup>2</sup>.

By Sascha Jannsen, Jana Hsen, Fabian Rodert, Jan Holz, Ornela Elezzi, Elizabeth Hinz, Stefanie Harbauer

<sup>1</sup>( see.: <http://www.rundschau-online.de/politik/bundestagswahl2017/bundestagswahl-wie-genau-ist-das-mit-der-erst--und-zweitstimme--26877100> aufgerufen am 19.09.2017 um 13:00 Uhr)

<sup>2</sup> (see. <https://www.mitmischen.de/verstehen/wissen/wahl-uebersicht/parteien/index.jsp> aufgerufen am 19.09.2017 um 14:00 Uhr)



# Marijampolė

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Marijampolė is a perfect place for new beginnings and great memories! Got that perfect idea for a new business that will surely attract lots of attention? Marijampolė is just the right place for that with people who are eager to try out new things! Want to spend some quality time somewhere beautiful and peaceful yet entertaining? Lots of different activities await you here, so make sure to book your trip quick!

[www.marijampole.lt](http://www.marijampole.lt)



## ONIL DOLLS ECONOMY

It's very well known that in Spain, when we speak about economy, the main source of income is tourism. However, if we talk about the Alicante area, where our town Onil is located, the main activity and income is derived from the production of dolls and toys. That's the reason why, for many years, the place where we live has been known as "toys' valley" or "the doll's town". Although the toy production has been spread out geographically, Onil has been one of its great precursors, and some well-known factories around the world have had, since their establishment, their head offices in our town.

Ramon Mira was the first Spanish doll maker. His first doll was made with clay, a material that made it impossible to make dolls bigger than 10cm, in 1887. Ramón Mira continued to promote the dolls' industry in the aftermath of this. In our town, there were a lot of small factories who decided to join in doll production, mainly due to advancements in technology and the difficulties faced with required investments. And that's how FAMOSA, a factory that raised Onil's economy, was born.



FAMOSA's factory



The first doll

Mariquita Pérez is a Spanish doll created by Doña Leonor Coello, of Portugal, in 1938. She turned out to be the most famous doll of the 40s, 50s and at the end of the 60s, only ceasing production in 1976. She is considered to be the best doll ever made in Spain, and is also ranked as one of the best in Europe because of her production, the quality of the materials used and the features of her clothes and compliments.

The Mariquita Pérez doll was made for thirty four years, from 1939 to 1976. Her style changed over the years though and the last doll didn't look at all like the first one because the first one was made of plasterboard and the last one was made completely of plastic.



Old Mariquita Pérez



Modern Mariquita Pérez

By Inés Monllor Reig, Estela García Guill, Esther Cebrián Arias, Elena Molero Jiménez, Agustina Techera González and Paula Bonet Carrión

## FAIRTRADE, TO SAVE THE WORLD

Many people are familiar with it: the Fairtrade label. Its striking blue and green colours attract numerous customers' attention everyday around the world. Nowadays, there are more than 30,000 supermarkets which sell Fairtrade products worldwide.

In Germany, Fairtrade - sometimes also referred to as "Transfair" - is hugely popular. In fact, latest reports indicate that, in this country, the turnover of Fairtrade products rose by 18 per cent in 2015 alone. This means that it registered a profit of almost a billion euro: € 978,000,000. Nevertheless, Dieter Overath, the CEO of Transfair, has pointed out that, "in spite of its growth and rising popularity there is a lot of work left for Fairtrade."

So what can be done? Lots of consumers still do not care about buying fairly traded products because they do not know what Fairtrade really means. Then, they are also misers who hold the view that paying the lowest possible price is the best thing you can do.

In fact what is Fairtrade? Fairtrade International (FLO) is a non-profit association. Founded in 1997, it now has twenty-five member and associate member organisations. These are labelling initiatives and producer networks. The Fairtrade organisation develops and reviews fair trade standards, and helps producers in attaining and maintaining fair trade certification, while simultaneously capitalizing on market opportunities. It is equally a social movement which tries to help people in developing countries to receive better working conditions and to make more money. What is more, Fairtrade also supports education and social programmes in many poor regions of the world. The promotion of equality for females, upgrading in production and rearrangement to sustainable agriculture are some more fields associated with their activity. All of this ultimately improves standard of life and makes millions of people at least a little bit happier everyday. For example, farmers can make better deals. This means that they can be more independent, can make their own decisions, can control their futures and can lead the dignified life every human being deserves.



Another reason why we should support Fairtrade is that it minimizes our ecological footprint. When a product displays the Fairtrade label it means that it has been produced fairly and in a sustainable way. The workers or farmers who produced it do not earn less than minimum wage and no child labour has been involved. No resources have been wasted in production either, and the level of pollution has been reduced as far as possible.



Source: TransFair e.V., copyright free

Of course, Fairtrade products do cost a few cents more than others. But, by spending a little bit more and by not looking for the cheapest prices all the time, we can help to save the world. So, keep your eyes open when you go shopping next. And remember, nobody can save the world on his or her own. But, by looking for the Fairtrade label and buying such goods, we can work towards making the world a better place for many of its inhabitants. If you do that, you are improving someone's life and bringing light into darkness.

By Emine Ünal, Melissa Blumetti, Benito Hofman

## ICECO fish - one of the fastest growing fish processing companies in the Baltic States

**Our city, Marijampole, is one of the most important industrial cities in Lithuania .**

In 2011, the Lithuanian capital private company ICECO UAB acquired Kraitene, a fish products and ice-cream production enterprise based in Marijampole that had been amongst the Lithuanian market leaders since 1995, according to fish processing volumes.

ICECO fish produces and sells under its own brands, ZIGMAS and JUNGA, both well known in the markets of the Baltic States. It also provides a production service to the largest Lithuanian, Latvian and Western European supermarket chains, i. e. uses formulations preferred by them and produces items with their private labels.

Both production volumes and assortment have been consistently increasing from year to year, mainly due to the ongoing upgrading of equipment and placing of new products on the market. The majority of fish product sales of ICECO žuvis, UAB are designed for the Baltic market and Western European countries. Exports account for as much as 75% of annual sales. A large portion of ICECO fish products are exported abroad to Germany, United Kingdom, Ireland, France, Latvia, Estonia, Denmark, Greece, Turkey, Australia, Canada and USA.

Only the best quality raw fish supplied by carefully selected companies are used in production. Physical, chemical and microbiological analysis of raw materials, auxiliary materials and finished products are carried out at accredited Lithuanian and German laboratories on a regular basis.



The company's quality management system is also audited by both in-house internal auditors and external audit firms on a regular basis. Such permanent quality control ensures that the best quality foodstuffs are always supplied to the market.

Seeking to keep abreast of global food industry trends and to establish long-term sustainable business contacts with foreign customers and partners, ICECO fish has been taking part in the world's largest trade fairs such as Seafood Global, SIAL Global, ANUGA and PLMA for a number of years now. ICECO fish is furthermore a socially responsible company that sponsors many organisations, socially vulnerable groups, and sports and entertainment events.

A wide variety of saltwater and freshwater fish, flexible production and management, and extensive experience as well as a focus on the taste of fish products enables ICECO fish to remain competitive against other producers operating in the region.

By Nerile Kazlauskaite

## JUPILER, MEN KNOW WHY

*Jupiler beer is Belgian people's favourite beer. One in three customers would choose it over another beer, especially people aged between 18 to 30 because Juliper beer is sold at most festivals in Belgium. Moreover, according to surveys, it is the most popular beer consumed at private parties, especially in Wallonia, where the AB InBev brewery is located in Jupille.*

### ***Geographical location of the Jupiler factory***

As its name indicates, the Juliper factory is located in Jupille, a city in the north of Liège. However, since the Jupiler brewery is now part of the AB InBev group, its headquarters are actually located in Leuven. The integration of Jupiler in this group, which also includes other breweries like Hoegaarden and Leuuw-Saint-Pierre, has allowed the brand to expand worldwide, trading in up to fifty different countries.

### ***Its history***

The young Jupiler company was born at the hands of Piedboeuf in 1966 under its original name, Jupiler 5. The history of the commonly called "Jup" is therefore also that of Piedboeuf. In 1812, the company began by producing brewing equipment. In 1853, Jean-Théodore Piedboeuf began brewing beers in a brewery located in Jupille-sur-Meuse, on the right bank of the Meuse river. The company initially operated under the name Piedboeuf Brewery, a little brewery that didn't stop growing until it was producing up to 2750 000 hl of beer a year, with 3800 employees working for them in 1979. In 1987, the brewery merged with the Artois brewery of Leuven to form the Interbrew group, which is currently one of five production sites in Belgium belonging to the Anheuser-Busch InBev group, successors of Interbrew.

A new industrial brewery emerged in 1992 on the initial site that had, by then, been expanded to an impressive area of 28 hectares. It took the name Jupiler Brewery, a homage to the famous pils beer Jupiler, which has been brewed since 1966. The brewery had 510 workers as of 2014.



### ***Partnerships***

The first division of the Belgian football championship, as well as the second division of the Dutch football championship, have partnerships with the Jupiler brand and are respectively named Jupiler Pro League (BE) and Jupiler League (NL). The brand usually distributes a lot of by-products including T-shirts, bags, sunglasses and so on.

### ***The recipe***

Jupiler beer is a blond beer, which has an alcoholic percentage of 5.2%. It is made from grains, water and yeast, like most beers. The grains used for Jupiler beer are malt and corn. And, of course, we must not forget the basic ingredient for all beers, hops, a vegetable that is very rare in the plates but often in the cans. Jupiler beer making consists of fermenting cereals and hops in water and yeast. The fermentation of Jupiler is low, which is why our beer is low in its degree of alcohol and in its taste of hops.

By Eva Vincent, Fred Bedetse, Julien Gody, Angèle L'Hoest, Léo Marchal, Andy Geller, Igor Sacré,  
Léa Clavie

# THE EVER CHANGING ECONOMY OF THE NORTH-WEST “From past to present day”

The past ten years have seen Donegal's economy change drastically, evolving from a place of product based manufacturers to leading multinational I.T businesses. Once the land of failing economy, with a shockingly high unemployment rate to boot, the north-western county is now leading the fight back from rural Ireland to a much more progressive way of work.

	<p style="text-align: center;"><b>“The Economic Growth”</b></p> <p>Industry in Donegal, and the Letterkenny area in particular, has undergone significant transformation from local to international companies in recent years.</p> <p>The once prosperous Milford Bakery and Flour Mill opened its doors on the 1st of December 1936 and for over fifty years produced baked goods, including their renowned fresh pastries and cakes, on a daily basis. Many generations of local people, including some of our own family members, worked there and when it ceased trading and closed, many people were left unemployed, a dark day in local history.</p>
<p style="text-align: center;"><b>The Old Milford Bakery</b></p> 	<p>Another prominent product based company was Oatfield Sweet Factory, a chocolate and confectionery manufacturer which was founded in Letterkenny in August 1927 and ran for almost ninety years until it closed in 2012, leaving ninety-five employees redundant. The factory itself was demolished in 2014.</p> <p>The decline of many of these product based manufacturers has had a lot to do with the emergence of I.T centred businesses. Pramerica, an American insurance company, was founded in Letterkenny in 2000 with just 100 employees working for them. As of 2019 though, it now has over 1800 on its payroll. Prior to its opening, many young people were emigrating from Donegal due to a lack of employment opportunities. Thankfully, Pramerica has proved to be massively beneficial in improving the number of jobs available in Letterkenny and works closely with the I.T department of the local college, Letterkenny Institute of Technology, frequently providing work experience opportunities and recruiting graduates from there.</p>
<p style="text-align: center;"><b>Pramerica</b></p>	<p>As a result of multinational companies such as Pramerica creating many employment opportunities for local people, the unemployment rate in Co. Donegal has greatly reduced. While in 2011, the employment rate was 26.2%, it now stands at a much lower 14%.</p>
 <p style="text-align: center;"><b>Ballymastrocker Bay</b></p>	<p style="text-align: center;"><b>“What Does the Future Hold?”</b></p> <p>With the prospect of Brexit looming, the danger of a hard border is fast becoming a reality. This will greatly affect people living in Ireland both north and south of the border, impacting massively on our exports, imports and economy. The majority of Donegal exports, such as locally produced goods including the soft drink Football Special and Dell computers, would have to pass through the Northern Irish borders and into Northern Irish counties to be delivered to the many other parts of Ireland where they are sold.</p>
 <p style="text-align: center;"><b>Fanad Lighthouse</b></p>	<p style="text-align: center;"><b>“The Coolest Place On Earth”</b></p> <p>In 2017, Donegal was deservedly named one of the “Coolest Places on the Planet” by National Geographic. In the same year, Ballymastrocker Bay was voted 2<sup>nd</sup> in The Observer’s worldwide search for the “Most Beautiful Beach in the World”. The latest Star Wars trilogy has also utilized the natural beauty of our countryside as a set location for “The Last Jedi”, the final instalment in their film series. These prestigious accolades have seen Donegal become one of the top 10 visited counties in Ireland, registering over 800,000 tourists and visitors in 2018 alone.</p> <p>By Sarah Barrett, Oisín Haley, Hannah Hunter, Thomas O’Brien, Roise Robinson, Caoimhe Roche)</p>

# Cologne – our home

Have you ever been in Cologne? Cologne is a beautiful city with even more beautiful places.



Thomas Wolf, [www.foto-tw.de](http://www.foto-tw.de), Stadtbild Köln (Zuschnitt), CC BY-SA 3.0 DE

This is Cologne Cathedral. It is 157m high and part of the UNESCO world cultural heritage.



Thomas Wolf, [www.foto-tw.de](http://www.foto-tw.de), Stadtbild Köln (Zuschnitt), CC BY-SA 3.0 DE

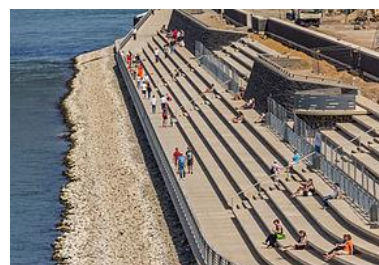


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On Hohenzollern Bridge there are railway tracks, but you can also walk. Many couples hang up love locks there too.



Rolf Heinrich, Köln, Kranhäuser 2013-06-14-05, CC BY 3.0

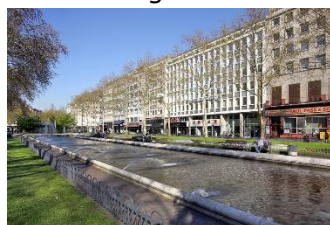


© Raimond Spekking / CC BY-SA 4.0 (via Wikimedia Commons), Rheinboulevard mit Freitreppe in Köln-Deutz nach Teileröffnung-8238, CC BY-SA 4.0



Horsch, Willy - HOWI, Tanzbrunnen-Köln-Deutz-011, CC BY 3.0

These are the Crane Houses, the Rhine Stairs and the Rhine Park. These are nice places for teenagers to chill or hang out there.



© Raimond Spekking / CC BY-SA 3.0 (via Wikimedia Commons), Kaiser-Wilhelm-Ring Köln - Wasser- und Grünflächen (8865-67), CC BY-SA 3.0

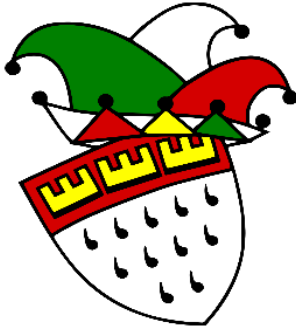


© Raimond Spekking / CC BY-SA 4.0 (via Wikimedia Commons), Lanxess-Arena Köln (cropped), CC BY-SA 4.0

This is the "Ringe", where there are many bars and discotheques. In Cologne's Lanxess arena you can go to listen to concerts.

**Are you impressed?  
Then come here and enjoy Cologne!**

# COLOGNE CARNIVAL: Der Kölner Karneval



Source: unknown, Wikipedia

In every country there are native folk festivals and the 'Kölner Karneval' is one of the biggest in the world. For centuries, people have dressed up in horrendous costumes to scare away the evil demons of winter. The "Kölner Karneval" we celebrate nowadays was first developed in the 19th century. It is a period of fancy dress, drinking and partying for the inhabitants of Cologne and the many tourists that visit during the course of the festival.

Carnival starts on 11th November and ends on Ash Wednesday, the beginning of Lent. Its highlights include Fat Thursday, traditionally a womens' day of celebration, and Rose Monday and its famous parade, "Rosenmontagszug"

Apart from the well-known street carnival, there are also many balls and sessions which take place. All of these events are organized by many different carnival societies, the most famous being 'Rote Funken', 'Blaue Funken', 'Altstädter' and 'Treue Husaren'.

On Rose Monday, the members of the carnival societies walk through the city in fancy dress, accompanied by bands playing typical carnival songs. All the carnival societies create their

own carnival floats and some even have people on horseback with them.

Another tradition of our carnival is the so-called "Dreigestirn" (triumvirat). Every year, its members are appointed by a different carnival society. Three of the men are then the "Prinz" (the prince), the "Jungfrau" (the maiden) and the "Bauer" (the peasant).

The "Prinz" represents "Held (=hero) Karneval", the personification of carnival. Originally he was the only member of the first carnival committee. The "Bauer" symbolizes truthfulness and, so, always carries the city key of Cologne with him. The "Jungfrau" stands for loveliness and is a man dressed as a woman as women are not allowed to be members of the "Dreigestirn".

Bands like 'Black Fööss', 'Höhner', 'Paveier', 'Brings' and 'Cat Balou' make the typical carnival music. Also typical of the carnival is the slogan "Kölle Alaaf", which means that "there is no place like Cologne".

The carnival has an ever-changing motto too. This year, 2017, its motto is "Mer Kölsche danze us da Rhei" which translates as "We, the citizens of Cologne, step out of line."

By Sascha Janssen, Yana Hsen, Jan Holz, Fabian Rodert, Stephanie Harbauer, Ornela Elezi, Elizabeth Hinz



## MOORS AND CHRISTIANS FESTIVITIES

In the month of April, the patron saint celebrations of Onil, Moors and Christians, are celebrated. Moors and Christians are also celebrated throughout the province of Alicante.



These festivities recreate events that occurred in the 8th century in Spain, when the Muslims occupied the Iberian Peninsula for almost nine centuries until finally, in the year 1492, Christians reconquered Spain.

As in those days, during our festivities there are also two sides featured: the Moors and the Christians.



Each side is divided into 3 large groups.

Our parties last for four days: from April 28th to May 1st. During these days, the “festeros” (people belonging to the groups of Moors and Christians) parade through the town to represent the entry and exit of the Moors in Spain. Each group marches with a costume similar to the ones that were worn in those days. Their faces are also made up and as they march they are accompanied by music.

Over these days, we also celebrate what we call “guerrillas”, where people gather in the town square and the “festeros” fire towards the sky with arquebuses, simulating the wars that took place during the conquest and reconquering.

The ‘embajada’ is also celebrated during the festival. This is like a theatrical performance that takes place in the town square. In this re-enactment, the Moors have possession of Onil’s castle, but the Christians end up winning against them, recalling the expulsion of Muslims from Spain.



These four days are highly important and greatly anticipated by Spanish people throughout the year.

By Clara Ortiz Brotóns, Carmen Cortés Galera, Arlette Martínez Cortés, Irene Verdú Simón, Claudia Balaguer Sempere, Miguel Sempere Pastor, Álvaro García Bernabeu and Saúl Valera Jiménez

# FOLKLORE OF IRELAND

Like any other culture on Earth, Ireland's is filled with its own array of myths and folklore. Storytelling became a treasured tradition between families many, many years ago.

## Well-known Irish folklore stories

### The Salmon of Knowledge

Fionn MacCool was a legendary Irish warrior. One day, he caught a salmon in a river. He cooked it and, while doing so, burnt his thumb on it. He sucked his thumb to help to ease the pain of the burn. He was then filled with knowledge and realized the salmon he had caught was the Salmon of Knowledge. Fionn MacCool was now in position of all the knowledge in the world.



### St. Patrick

St. Patrick is the patron saint of Ireland. It is said that he succeeded in banishing snakes from Ireland. St. Patrick's feast day is celebrated on 17<sup>th</sup> of March every year. It is a popular celebration around the world, especially in places where Irish immigrants have settled, such as in America and the United Kingdom.



### The Shamrock

The Irish shamrock, while similar to a clover, is different in that it only has three leaves. It is said to possess the power to bring extreme good luck to the finder of a shamrock. It is also one of the national symbols of Ireland and St. Patrick is said to have used it to teach people about how God is the Father, the Son and the Holy Spirit. Shamrock is traditionally worn on St. Patrick's Day.



### The Children of Lir

King Lir had four children. Their stepmother hated them so much that she used a spell to turn them into swans for 900 years. Only the sound of a church bell would transform them back to their human form. Their father eventually found out that they were swans and spent every day with them until they died. After 900 years, St. Patrick's arrival in Ireland turned them back into humans. They were now extremely old. St. Patrick baptized them and they all died peacefully together.



### Leprechauns

The leprechaun is one of the most famous characters featured in Irish folklore. Leprechauns, also referred to as "wee folk" or "little people", are normally very small, with red beards and dressed in green. They are said to be very wise, and

quite funny when they want to be. It is also said that each leprechaun has their own pot of gold (usually buried at the end of a rainbow) and anybody who captures a leprechaun will get this gold.

### Tír na nÓg

Oisín was a brave and handsome warrior who loved adventure. He fell in love with a beautiful girl, Niamh, who came out of the sea and rode a white horse. She invited him to Tír na nÓg, which when translated from Irish to English means the Land of Eternal Youth, and he went with her. When he eventually returned on his horse, he found that hundreds of years had passed. He stopped his horse to help two men to move a big rock, only to fall from his horse, age rapidly and die soon after.



### The Giant's Causeway

Fionn MacCool, during a fight with a Scottish giant, was said to have thrown a huge chunk of rock and land in anger. This resulted in the formation of the Giant's Causeway, which is now a huge tourist attraction in Ireland, which people travel from all over the world to visit.

By Ciara Blaney, Eoghan Boyce, Rebecca Connolly, Roisin Docherty, Orla Egan Holly Kelly, Meabh McDaid, Jill McGettiga

## CULTURE IN LITHUANIA

As a country with a long history, pagan roots and a very rich folklore, Lithuania has many long standing traditions that are still practiced as much today as they were many years ago. These traditions range from celebrating love to nature to animals and have developed into impressive festivals that are celebrated throughout Lithuania today. Lithuanians are extremely creative and industrious people, something which they express in every festival, be it harvest festival, city days and many more.

**Pancake Day** is one of the most entertaining festivals in Lithuania. Here, we call it Užgavėnės, which means “the time before Lent”. It is celebrated during the seventh week before Easter.

The main reason we celebrate it is to “kick out” the winter and awaken the earth from its deep, cold, winter sleep. Our Pancake Day is a little bit similar to Halloween. During this celebration, children go door-to-door looking for candy and everyone dresses up as mythological creatures in self-made scary masks. These include as animals or different people, like gypsies, devils, witches, goats, the grim reaper and other joyful and frightening characters. Popular characters of this festival are effigy (usually named “Morė”), who personifies winter, porky (“Lašininis”), who personifies winter, and hempen man (“Kanapinis”), who personifies spring. Porky, who represents meat-eaters, is always defeated by the vegetarian hempen man, marking the beginning of Lent.



Effigy of winter is meant to be burned on Pancake Day. In the middle of this celebration, masqueraders shout, “winter, winter, go away!” and the effigy is set on fire. The participants and masqueraders then dance, sing, eat and share the traditional dish of the holiday – pancakes with a variety of toppings. These round pancakes are a symbol of the returning sun.

At the end of this day, everybody is full of good humour and feeling, especially with many pancakes in our stomachs. A great way to start the fasting period of Lent!

**Saint John's Festival** is a midsummer folk festival celebrated on June 24th all around Lithuania. In earlier times, on this day, people celebrated dew day, but it later merged with St. John's Day. It marks the longest day and the shortest night of the year.

During the day, girls and boys go to the forest and collect various flowers, which they later use to make some colorful crowns. When the night arrives, single people throw their crowns and wreaths into the river.

Later that day, people gather together and go to forest in search of fern blossom. The tricky part of this searching is that all participants know that fern blossom does not exist. However, this is a tradition to bring people together and to have a good time and, so, everybody gets involved and takes part.

Furthermore, on this day, everyone wishes their best to all Johns they know. When the day is drawing to a close, one of the main rituals takes place – the lighting of the fire. This fire is lit on a high hill at dusk and is kept burning all through the night until dawn. It's believed that the lighter the fields are kept by the fire, the greater the harvest will be. People who celebrate St. John's jump over bonfires, sing songs and dance until the sun sets on this day.

Afterwards, when everyone calms down, participants gather together and sit around the fire telling tales and playing traditional games, all while waiting to greet the rising midsummer sun.



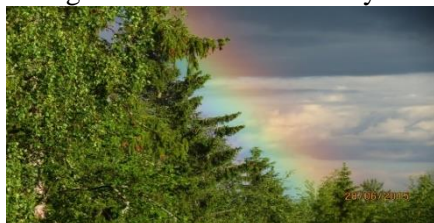
By Kotryna Valukonytė and Ieva Zaveckaitė

## FINLAND 100 YEARS

**2017 is a year of celebration for Finland, because it marks one hundred years of independence. During its long history, Finland has been a part of Sweden and Russia and it has fought hard for its independence. Finnish people have encountered many setbacks along the way, but despite this, they have remained extremely united.**



Finnish people have always been considered hard-working. The people of Finland have survived many tragedies with perseverance and determination. These tragedies, like the Civil War and the Second World War, resulted in Finland losing many lands and having to resettle many people who had lost their homes and had to pay severe war indemnities. Today though, Finns continue to be a highly educated people, something which is based on our compulsory education and the fact that everybody can go to school and study if they want to.



Finland was under Russian rule during the First World War. As a result of the Russian Revolution though, Finns demanded independence, something which they received in December 1917. Finns celebrate their Independence Day on December 6th each year. On this day we recall the heroism of the people who fought for our homeland, our independence and our freedom to decide on things by and for ourselves. Independence Day is an important celebration for Finns.

The Continuation War and the Winter War were fought during the years 1939-1944. When the Winter War started, Finland was weaker than their opponent. The opponent believed that Finland had weak resistance, but the Finns fought bravely. The Civil War divided people into two, but the Winter War helped the Finns to unite as a people again. During the Continuation War Finland received support from Germany. The goal was to reclaim all lost areas, but Finland ultimately lost the war.



War has continued to affect Finnish culture, including literature, in which war has always been a central topic. Väinö Linna's novel *Tuntematon sotilas* (The Unknown Soldier) is the most famous novel about a Finnish war.

What does independence mean to the Finns today? Firstly, freedom, because everyone can decide on their own life. It also means security, because you do not have to be scared. You can live in peace, believe in what you want and express your own opinion. Other important things that many take for granted nowadays are our own national language and flag..

By Katriina Kuparinen and Jenna Öytenmaa



ONIL (ALICANTE) 2016-2019 **spain**

-ERASMUS+ PROJECT-

**VISIT ONIL**



Onil, an inland town located in the north of the province of Alicante, nestles beneath the mountain range that shares its name, It has an area of 49 km<sup>2</sup> and a population approximately of 8,000 inhabitants. This lovely town is known as the “Cuna de las Muñecas” (Cradle of the Dolls). The town nestling in the mountains is just 20 minutes from the beach Alicante. The nearest airport is that of Altet in Alicante-Elche.



# SAMU HABER

Samu Alekski Haber is a Finnish pop and rock singer, guitarist and songwriter.

## Sunrise Avenue

Haber founded the band called Sunrise Avenue in 2002. Before the band released any songs, it already had a global recording contract with German EMI. The band's first album was "On The Way To Wonderland", which describes their journey to Wonderland. The album has had sales of over 45,000 in Finland. It has gone platinum in Finland and also in Germany. Sunrise Avenue has released six albums altogether. One of their most famous songs is Hollywood Hills. The band has also won numerous awards.



## Youth

Samu Haber was born in Helsinki, on the second of April 1976, where he still lives. His father is German, and his mother is Finnish. When Haber was young, he played ice hockey until he was 14, but he was more interested in music, so he decided to concentrate on music. He is still a huge ice hockey fan and he supports Helsinki HIFK.

Samu Haber took part in the sixth season of Vain Elämää. Vain Elämää is a Finnish music programme where artists perform their own interpretations of each other's songs. It has twice won the prize of the most popular music programme in Finland. After the season, the artists released an album together and performed together at a concert in the Hartwall Arena in Helsinki.



## The Voice of Germany

Samu Haber worked as a judge on the Voice of Germany in seasons 3, 4, 6 and 7. At first, he didn't speak German, so he had to take German lessons. Nowadays he speaks English and a little bit of German in the broadcasts.

By Sohvi Jääskeläinen, Aada Oinonen, Veera Savolainen and Samuel Väisäne

## THE MEDIA IN BELGIUM

« **Le soir** » is a **Belgian** newspaper which was created in 1887 by Emile Rossel. This newspaper is the most popular one in Belgium. This newspaper's articles are mainly based on Belgium and its inhabitants. It tries to give us exclusive information. But it also has a TV **section**, some games, a few pages about shopping and gossip about our favourite stars! We were really lucky to have the chance to interview Philippe Bodeux, a journalist who works for this newspaper.

*Could you introduce yourself and tell us a bit about your job?*

My name is Philippe Bodeux, I work for « Le Soir » as a journalist in Liege. I started to work 17 years ago. The staff was composed of 4 employed journalists and 7 freelance journalists. Now I'm the only one remaining due to waves of restructuring. I am in charge of the Liege branch of the newspaper. At the beginning writing limits were 3 to 4 pages per article but now, it is limited to 1 page. For economical reasons we collaborate with a newspaper called the "Meuse" and share our articles with them. Usually, a journalist works from Monday to Friday from 9 A.M. to 8 P.M. but the shifts can vary according to the news and current events. Only journalists-on-duty work at week-ends.

*Could you tell us what a typical day of work is like?*

I listen to the radio, read newspapers and look for any kind of news concerning Liege that might be interesting for my article. If I don't have anything planned, I go and collect news on my own in the field. Then I write the article that will be published either in the newspaper or on the internet. As I said I usually finish work at 8 P.M. if I don't have too much work.

*Do you have any anecdote to tell us?*

It's not a happy anecdote but it's the most memorable according to me. It is related to the Explosion that occurred in Leopold street. I was covering a meeting at the city council when it happened. It was 1 A.M. and I had to stay awake the whole night to follow and cover the events.

**The RTBF** ( Belgian Radio-Television of the French speaking Community) is an independent company linked to the French speaking Community of Belgium founded in 1930 ( called before the INR) which transmits news and current affairs through three types of media: the radio, the television and Internet. We have interviewed Pascal Michel, who works for this company.

*Could you introduce yourself and tell us a bit about your job?*

My name is Pascal Michel, I'm 27 years old and I've been working for the RTBF for 7 years. First production assistant, then columnist and radio presenter, I'm now a journalist and editor of a broadcast programme called "Le 6-8", shown every morning on weekdays, from 6 to 8am on «La Une». My job consists of coordinating the whole programme: organising the columnists' schedule, the actual topics, managing on-air games,... that's all part of my job.

*Can you tell us about a typical day of work?*

I wake up every morning at 3:30AM. At 4, I leave Liège and head to Brussels. At 5, I meet up with Sara de Paduwa, the television host. Together, we plan the day's show and read the press to check out if there are any new topics we could go through. From 6 to 8, I'm in the backstage area and on the TV set almost at the same time. From 8 to 9, I am an assistant (management of guests, contests, journalists) for a programme called "Le 8-9" that is simultaneously broadcast on different channels and media such as "La Une" (TV) or "VivaCité" (radio). I have breakfast afterwards and I prepare the next day's show until about 11:30-12:00. I read through the journalists' columns once more, search for topics we could air and handle future actions. Later on I go back to my place, have a tiny 20 minutes nap and leave again for my more personal second day.

By Léa Clavie, Louise Di Marco, Gonzalez Kiara Pereira Gonzalez, Emma Rixhon, Eva Vincent, Fred Bedetse, Julien Gody, Angèle L'Hoest, Léo Marchal, Andy Geller, Igor Sacré, Phoung-Vy Do, Adrian Stavena, Maxime Van der Weerd, Sabrina Vandaalen, Alix Giet, Quentin Bastiaens, Charlotte Hosch, Oona Mercenier, Colas Gardier, Xavier Simon, Alexandre Geuben, Loïc Franck, Bilal Essaidi

## FROM ZERO TO HERO

**Donatas Montvydas**, better known by his stage name Donny Montell, is a Lithuanian singer-songwriter, who was born on 22<sup>nd</sup> October, 1987. He got married in 2013 and has two adorable children: a daughter and a son. Donatas started his singing career at a very young age. He first performed in the small singing contest for young people “Dainų dainelė” (“The Song of the Songs”). He sang “Aš kiškėlis mažas” (I’m a little bunny) and he became a laureate. At that time he was just 6 years old. However, stage life is in Donatas’ blood because his family is well known in Lithuania. His mother was a brilliant gymnast and his father was a fantastic drummer in the hard rock group Plackartas. His older sister is a professional dancer.

As a child, Montvydas was highly influenced by artists such as Michael Jackson and the rock band Queen. He used to impersonate these artists when he was a little boy. He also admired Freddie Mercury for his personality. Montvydas has stated that his father is his biggest inspiration.

Now he is famous in the whole world because he has represented Lithuania at the Eurovision Song Contest twice. The first time was in 2012 when the Eurovision was held in Baku, Azerbaijan. He sang his own magnificent song “Love is blind” and reached 14th place. The second time was in 2016 when Eurovision took place in Stockholm, Sweden. Then he was singing his another unique song “I’ve been waiting for this night” and won 9th place.

Donny Montell is admirable not only for his career as a singer, but also for his charitable work for those in need. For example, this year he participated in UNICEF: “For every child”. He went to Malawi and stayed there for a week to help local children. “During the mission, we did everything we had planned, and even more. Seeing all those kids reminded me what it is like being homeless, living on the street, begging for food and striving for life. You remember, what sympathy is.



Within a week, that sensation made me feel vulnerable, made me appreciate and cherish what I have in my life”, said Donny Montell when he returned to Lithuania.

Here are a few interesting facts about him. Did you know:

- Every year there is ENTMM and Lithuania’s Donny Montell was Eurovision’s Next Top Male Model in 2016. The ENTMM crown gave him extra motivation for a potential return.
- He was one of the four judges in the singing contest “The Voice” for 4 seasons in a row.
- Donatas was nominated for 16 MAMA awards (Music Association’s Awards of the Year) and won 7 of them.
- He has finished studies at Vilnius Basketball School.
- He has participated in the glamorous dance project “Dance with me” and won 1st place.
- A young Lithuanian artist, Jolita Vaitkutė, made Donny’s portrait with cheese on a pizza and he was thrilled with it.

By Aistė Tamulynaitė and Justė Juškaitė

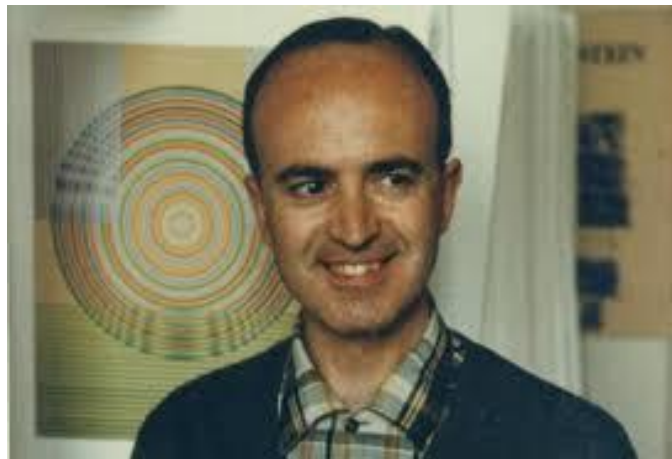


## CELEBRITIES IN OUR TOWN

Our town is called Onil and it is very famous in the fields of sports and arts. There are some important people like Eusebio Cáceres and Jorge Ureña who are famous in athletics.



In addition, there are other people who are skilful in art like Eusebio Sempere who was a famous painter, sculptor and graphic artist of the kinetic movement. He won a lot of prizes such as the golden medal for his merit in the Arts, Culture Ministry (Spain) and the award "Príncipe de Asturias de las Artes" and the award Alfons Roig, Valencia's Council.



Nowadays, there are a lot of young people who are interested in these areas and they want to become a famous person. Among them, we can find Paula Molina, who has just written a book about teenagers. Miguel Ángel is a photographer who has worked with famous people like Paris Hilton. He loves taking photos and he lived in New York during a time.

About sports, our orienteering team has won some awards. Raúl Sanjuan is part of this team and he is runner up of the world Championships. He is training hard and he hopes to go far with his sports career.

By Raquel Ribera Vidal, Alicia Jiménez Orts and Alba Sanchís Sánchez

# LENA MEYER LANDRUT

Lena Meyer Landrut is a popular German singer and songwriter. She grabbed the attention of music lovers all over Europe when she won the 'Eurovision Song Contest,' in which she represented Germany. Meyer appeared as a judge on 'The Voice Kids,' a German music talent show for young children. She has also lent her voice to a number of audiobooks and animation movies.

Her charming personality has helped her become an icon in the fashion industry. She is the brand ambassador for 'L'Oréal.'

## Childhood & Early Life

Lena Meyer was born Lena Johanna Therese Meyer-Landrut, on May 23, 1991, in Hanover, Germany. She is the only child of Daniela and Ladislav Meyer-Landrut. Not much is known about her parents, though it is believed that Meyer's father abandoned the family when she was 2 years old. Her grandfather, Bruno Andreas Meyer-Landrut, was a German diplomat. Her grandmother, Hanna Karatsony von Hodos, belonged to the Hungarian nobility. At the age of 5, Meyer started taking dance lessons. She learned both classical dance, such as ballet, and modern dance forms, such as hip-hop and jazz. She made appearances as an extra performer on several German TV shows. Later, Meyer discovered her passion for singing. She did not receive any formal training in acting or music. She graduated from 'IGS Roderbruch,' Hannover, in 2010.

In 2011 she enrolled at the University of Cologne and wanted to study the languages and cultures of Africa and philosophy. However she never took up her studies due to the work on her album.



Superbass. [ILIVE Krone 2015-3795](#). CC BY-SA 4.0

## Eurovision Song Contest

On May 29, 2010, Meyer participated in the finals of the 'Eurovision Song Contest.' She selected the song 'Satellite,' for her performance on the show. Meyer's performance with minimal stage settings was a departure from the general trend of the show. She won the show with a huge margin. 'Satellite,' the song co-written and sung by Meyer, recorded the fastest digital sales in Germany at that time.

## Releases

In May 2010, Lena Meyer released her debut music album, 'My Cassette Player.' The album was produced by Stefan Raab and included her famous singles 'Satellite,' 'Love Me,' and 'Bee.'

By Celine Langerfeld, Cassandra Schuster, Beyza Altuntop ,Beyza Hakyol , Betül Özerol.

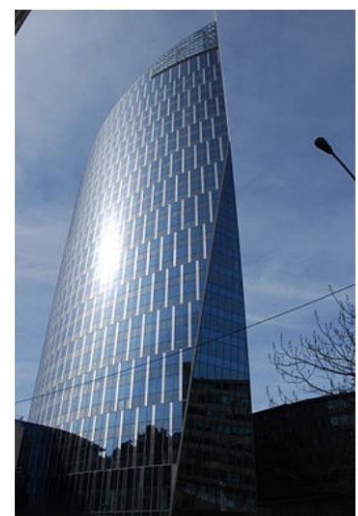


Liège is a beautiful city which is situated in the east of Belgium, in the centre of Europe.

In Liège we can find a lots of amazing and modern places, like the Guillemins station, « La belle Liégeoise » a new pretty bridge or The Finances Tower, the most gorgeous building in Liège.

For the teenagers who want to have fun and forget a bit about school and their problems, there is The Square, a place with many bars with songs where everybody enjoy and dance! The square is situated in the centre of the city, where there are many pretty shops and restaurants with various meals! Or many fast- foods if you don't have enough time to visit this beautiful city! And why not one of our delicious waffle for dessert?

Liège is THE place to go!



## LITHUANIAN CUISINE

**Lithuanian cuisine** features products suited to the cool and moist northern climate of Lithuania: barley, potatoes, rye, beets, greens, berries, and mushrooms are locally grown, and dairy products are one of its specialties. Lithuanian cuisine has much in common with its Baltic neighbours, some traditions with Polish and Ukrainian, Hungarian, German, and Georgian cuisines. Nevertheless, it has its own distinguishing features, which were formed by a variety of influences during the country's long, difficult and interesting history. For example, cake Napoleon was introduced during Napoleon's passage through Lithuania in the 19th century.

Dairy products play an important role in Lithuanian cuisine; curd cheese (similar to cottage cheese) may be sweet, sour, seasoned with caraway, fresh, or cured until semi-soft. The most popular way of eating Lithuanian non-fermented white cheese is with fresh honey; it can also be cooked with spices and enjoyed with tea. Lithuanian butter and cream are unusually rich. Sour cream is so prominent in Lithuanian cuisine, that it is eaten with everything - meat, fish, pancakes, soups, desserts, salads and so on. Lithuanian curd snacks, which are called "sūreliai" are popular too.

### Top 6 Lithuanian dishes are:

1) **Šaltibarščiai** – cold beetroot soup is a summer soup based on beetroots and [kefir](#) or [sour milk](#), coloured a shocking pink. It is made with cooked or pickled shredded beetroots and various other chopped vegetables, such as cucumber, dill, or green onions. Hot boiled potatoes, cold sour cream, and diced hard-boiled eggs are often served alongside to add colour, texture, and thermal contrast.



2) **Didžkukuliai or Cepelinai** (zeppelins) - potato dumplings stuffed with meat, mushrooms, or cheese, often garnished with chopped fried ham or fried minced onion and bacon or sour cream.



3) **Balandėliai** ("little doves") - cabbage leaves stuffed with minced meat sometimes mixed with rice and braised.

4) **Šakotis** (also called raguotis) - traditional Lithuanian cake that is frequently served on special occasions such as weddings, Christmas Eve, and Easter. This cake is a large, hollow ring with what looks like horns or spines around the edges that are created from dripping batter as the cake is turned around and around on a spit-like cooker.



5) **Grybukai** (Mushroom Cookies) - delicious little delicacy flavored with cinnamon, cloves, nutmeg, and cardamom and glazed to create a white "stalk" and black "cap."

6) **Skrudėlynas** ("anthill") - consists of individual pastries stacked on top of one another, sprinkled with poppy seeds and glazed with honey and nuts.

By Aistė Tamulynaitė and Greta Saldukaite

# FISH PASTRY

*Savo*, west of Karelia (eastern Finland), is the best known for its fish pastry, *kalakukko*. This pastry can also be filled with rutabaga and pork instead of fish.

## Ingredients

1 kg small perch or vendace

250 g fatty pork

1½ - 2 tbsp salt

A drop of water

## Pastry dough:

Rye flour

Water

Salt



1. Make double the amount of dough and knead it well on a floured board. Roll the dough into a sheet c. 2cm thick, preferably right on baking paper, making it easier to transfer the dough to a cookie sheet for baking.
2. Sprinkle the dough with rye flour and then stack with alternate layers of fish and pork, with salt sprinkled in between. The top layer should be pork.
3. Lift the sides of the dough onto the filling and make a "package" making sure that it is smooth and has no holes.
4. Bake the pastry first at 275 C, to brown it, then reduce the temperature to 150 C and bake for 4-5 hours. Baste now and then with melted lard.
5. If the pastry begins to "sing" - if it starts to leak! - plug up the holes with a bit of dough to keep the juices inside.
6. When the pastry is ready, take it out of the oven, wrap it in foil and then in a thick towel. Let it stand for another half an hour.
7. Serve hot or cold with butter and with buttermilk or milk to drink



By Joonas Jaukka, Agor Bar, Stella Riikonen, Amelie Decanter

## LA MEUSE

**Today in this LaMeuse's special edition we're going to introduce you six typical Belgian meals. Enjoy!**

Flemish stew is a well-known meal all around Belgium. It consists of a long simmered meat, pork or beef, in a beer sauce, usually a Belgian beer. It is a typical northern recipe which can also be prepared with plums.



Everybody in Liège knows the taste of lacquants. It is a wellknown preparation in Belgium. It is sweet. It is tasty. In other words, it is delicious. It is made of pastry filled with vanilla mixed with cinnamon and butter, the whole waffle is dripping in a secret syrup recipe.

The "salade liegeoise" is a dish made with bacon, potatoes and beans seasoned with vinegar and cooked onions. It is usually eaten cold as a starter or hot as a main dish. Historically, nobler foods were added to the salad depending on the wealth of the family.



Between the cake and the pie, the "Vaution" is a speciality of a town called Verviers, in the province of Liege. This dessert is traditionally composed of sugar, butter cinnamon that comes between many layers of raised dough.

"Les boulets Liégeois" is a traditional dish here in Liège. It consists of one or two normal size meatballs served with "une Sauce Lapin" made with brown sugar, syrup, onions and dried grapes. It is typically served with a portion of fries and a green salad.



Belgian fries can be a whole meal in Belgium. The difference between Belgian fries and French fries is the way of cooking it. It can be served with "sauce lapin" or other sauce but can also be served with fresh salad, steak or sausages.

By Oona Mercenier, Colas Gardier, Xavier Simon, Alexandre Geuben, Loïc Franck, Bilal Essaidi

# TRADITIONAL IRISH FOODS

Irish cooking has not changed much from tradition, because the meals are quick, wholesome and tasty. Here are some of the most popular Irish dishes.

## Irish Soda Bread



This is an old, traditional dish that is still eaten today as a snack with butter and jam or served with soup.

340g	Wholemeal	flour
225g	Plain	Flour
2	tsp	Baking Soda
1	tsp	Salt
85g		Butter
570ml		Milk

Preheat oven to 180°C. Mix all the dry ingredients. Rub the butter into the dry mixture with your fingers until it looks like fine crumbs.

Add milk into the mix and stir. Grease a tin with butter, then pour in the mixture.

Put the tin in the oven, cook for 50-55 minutes until the loaf is a golden brown colour. Serve with jam and butter.

## Irish Stew



This is a famous Irish dinner that is served with potatoes .

500g Chopped Beef  
5 Carrots  
2 Onions  
Water  
Gravy Powder  
Mashed Potatoes

Fry the onions and carrots in a pot, add 300ml of water. Cover the beef in flour, then put in pot with carrots and onions. Keep the pot on a high heat until the meat pieces are browned. Then turn the pot down to a low heat, cook for 45 minutes. After 45 minutes bring the heat back up to high. Add 1 litre of boiling water. In a cup place 3 tablespoons of gravy powder, add water to the cup until it is full. Give the mixture in the pot a quick stir then add the gravy mixture, let the stew boil for 5 minutes while stirring. Serve with mashed potatoes and enjoy!

## Bacon and Cabbage



This dish consists of sliced boiled bacon that is served with cabbage and potatoes. It is a meal enjoyed by many Irish families.

## Barm Brack



At Halloween time when the barm brack is being made, a ring is placed inside it, before cooking, as an old tradition. It

is believed that the person who finds the ring in the brack will get married within the year.

225g Plain Flour  
375g Fruit Mix  
2 Teaspoons of Baking Powder  
250 ml of Cold Tea  
50 ml of Whiskey  
125g of Light Brown Sugar  
1 Egg  
½ Teaspoon of Mixed Spice

Place the fruit mix in a bowl and pour over the whiskey and cold tea. Allow it to soak overnight. Preheat the oven to 170°C and grease a tin. Mix the dry ingredients in a bowl. Add the egg. Add the fruit mix, and it should be a wet dough. Add this dough to a loaf tin and cook for 45 minutes. Allow to cool and serve with butter.

## Carrageen Moss



This is a popular Irish dessert made from seaweed grown off the Irish coast. It is like jelly, made with seaweed, milk and vanilla pods.



By Alannah Ferry, Abigail Gorman, Kevin Gormley, Orla Grier, Cian Harkin, Luc Kelly, Daniel Owens

## TYPICAL GERMAN FOOD

In general German people eat three times a day – in the morning, at noon and in the evening. In the morning they have bread - whether hearty or sweet depends on you – or cereals. For lunch, which is traditionally between 2 pm and 4 pm, you enjoy a warm meal. Depending on the time you have there is a starter or a dessert or even both. Then as your dinner you usually have some bread again in the evening – a snack only. Nowadays, many German people switch dinner and lunch because of their working hours.

But as a rule people try to stick to the old German proverb:

**„Frühstücken wie ein Kaiser, Mittagessen wie ein König und Abendessen wie ein Bettler“**

In English:

**Have breakfast like an emperor, lunch like a king and dinner like a beggar.**

It means that you should eat much in the morning for a good start into the day, eat a little less at noon and very little in the evening.

### A typical German Dish: Fried Sausages with Sauerkraut and Mashed Potatoes

Fried sausages with sauerkraut, mashed potatoes and fried onions. A beer is a must.



[Dr. Bernd Gross, Thüringer Rostbratwurst mit Sauerkraut und Kartoffelbrei, CC BY-SA 4.0](#)

Ingredients for four persons:

- Onions
- 1 red pepper
- 12 (à 20 g) (Nürnberger) frying sausages
- 100 g bacon bits
- 1 can (850 ml) Sauerkraut
- Salt, pepper and sugar
- 2 bags of mashed potato flakes
- 250 ml milk
- Majoran

### Preparation:

1. Peel the onions. Cut one onion into slices. Quarter and wash the red pepper and then cut it into slices. Split the rest of the onions. Fry the sausages and bacon bits in a pan without grease at middle heat for about eight minutes. Then remove and put in a warm place.
2. Sweat the onion splits and red pepper in hot oil for about four minutes. Take out. Put the onion slices and sauerkraut into the pan and mix. Heat for ten to fifteen minutes. Season to taste with salt, pepper and sugar.
3. Meanwhile halve the sausages, stick the red pepper and onions alternatively on spits and put in a warm place. Boil 750 ml water and salt. Take the pot off the stove. Add milk and mashed potato flakes and mix.
4. Wash the marjoram, then dry and pluck the leaves off the stems. Mix the bacon bits with the sauerkraut. Put the mashed potatoes, sauerkraut and spits on plates. Scatter the marjoram over the mashed potatoes.
5. Decorate with marjoram.

By Lena Hardt, Joel Ginster, Irem Mumcu, Luisa Platz





### Fanad Lighthouse

This very popular landmark is one of the most northerly lighthouse in Ireland. It has recently been opened to public viewing and visitors.



### Glenveagh National Park

This old manor used to belong to one of the most dreaded landlords in Irish history. It is now regarded as one of the most beautiful places in Co. Donegal.



### Beaches

There are many breathtaking beaches throughout Co. Donegal including Bundoran Beach, Downings Beach and Rathmullan Beach.



### Donegal Adventure Centre

There are activities aplenty to go with all of Donegal's beaches and scenery! The Donegal Adventure Centre offers surfing and kayaking lessons, as well as wall climbing, abseiling, orienteering, hill walking, archery, cliff jumping, canoeing and high rope courses. Single and group lessons can be booked here.



Above is a renowned map of Ireland located opposite the historic folk village in Glencolmcille. It is made up of stones from each county.



Some useful websites on things to see and do in Co. Donegal:  
[www.wildatlanticway.com](http://www.wildatlanticway.com)  
[www.govisitdonegal.com](http://www.govisitdonegal.com)  
[www.jawswatersports.ie](http://www.jawswatersports.ie)  
[www.donegaladventurecentre.net](http://www.donegaladventurecentre.net)



### Sliabh League

Sliabh League Boat Tours provide daily trips around one of the highest and finest marine cliffs in Europe.

## AGE IS JUST A FIGURE

It seems like the elderly are becoming one of the most severely undermined and underestimated social groups. Many people have stereotypes about how they spend their free time, and this surely doesn't include sports. They assume that senior citizens just don't have the time and agility to endure the exhausting training that sports requires. One thing is for sure though. These people are set to be proven wrong, and Marijampolė Swimming Veterans' Club "Torpedos" are the ones who are set to do this.

The club was founded as a way to bring together all the master swimmers in the region. Since then, the number of medals they have been awarded has been continually growing, and an end to that is nowhere in sight. The team actively participates in various championships, their most recent being in the LEN European Aquatics Championships 2016 in London that took place this May.

Vilmantas Krasauskas is a part of the team and has become one of the most famous master swimmers in Lithuania. His name isn't just known in his homeland – other countries have heard of him too, particularly because of his performance in Lithuanian and worldwide competitions, which has been nothing but spectacular.



It all began when Krasauskas was only six years old. His mom signed him up for swimming lessons because he was in frail health and doctors suggested swimming as a way to recover. And it all went from there. The coach quickly noticed that Krasauskas was particularly good and was improving faster than others. As of today, the swimmer has been perfecting his craft for over forty-six years already. And he's quite the accomplished swimmer, too! Upon being asked what his biggest achievements are, Krasauskas lists being named the Lithuanian champion many times and the vice champion at the European Aquatics Championships, as well as the champion of countless championships in various European countries, such as UK, Finland and Denmark to name just a few. He also prides himself on being the absolute winner in the Lithuanian Open Water Grand Prix and a champion in his age group category.

This rise to fame was not as easy as it may sound though. Sports can often take much perseverance, grit and hard work, and it also requires a lot of character strength too, not to mention the time which must be dedicated to training. But for Krasauskas, it seems that none of these things have ever stopped him. He admits that, while practise eats up time and is quite challenging and exhausting, he wouldn't change it for the world. The swimmer strongly believes that, even if you are busy, there should always be some time put aside for sports because it keeps us physically and mentally healthy.

By Saule Pranckeviciute

## BELGIUM AND SPORTS



**Gymnastic :** In 2018, Belgium was, for the first time, the world champions in gymnastics. 18 year old Nina Derwael won the title of World Champion of the Uneven Bars on the 2nd of November 2018 at the 48th World Artistic Gymnastics Championships that took place in Doha. She also took fourth place in the Women's All-Around and the Women's Balance Beam. She is also the European champion of the Uneven Bars and won silver for the Balance Beam at Glasgow.

**Soccer :** The Belgian soccer team was founded in 1895 in Brussels. The team is nicknamed "De Rode Duivels" or "Les Diables Rouges"(Red Devils). The coach is Roberto Martínez and the captain is Eden Hazard. Our national soccer team made it to the World Cup 2018 with statistics of six wins and one loss (85,7%). The only match we lost was against France with a score of 1-0. The other matches played were Belgium-Panama (3-0), Belgium-Tunisia (5-2), Belgium-England (1-0), Belgium-Brazil (2-1), Belgium-Japan (3-2) and Belgium-England (2-0), Romelu Lukako was the most successful player during this competition, being the top goal scorer with four goals as a striker. Our soccer players also play in many high profile soccer clubs such as Liverpool, Manchester City, Barcelona, Paris Saint Germain and Manchester United.

**Hockey :** In Belgium, there's one sport that wasn't originally very famous and that is starting to become more and more adherent: hockey. Of course, we are talking about field hockey and not ice hockey. The weather in Belgium is not suited to ice hockey, but it is perfect for field hockey. We have a rainy climate which allows the grass to stay a bit damp all the time, which is perfect for playing conditions. Belgium has ranked in the top five of the European Nations since 2005 and this year Belgium were crowned the world champions. We were beaten at European level, but we managed to win against the Netherlands in the world final. After winning, the team was received by a huge crowd at the King's Palace in Brussels to celebrate their achievement. Over the last fifteen years, the number of hockey players has grown from 15000 to 45000. This has caused some problems though because there are not enough hockey fields for the new players to train on. Another problem is that some clubs are overcrowded: 10% of clubs in the north are overcrowded, 50% of clubs in the south are overcrowded and 90% of the firms in the capital are overcrowded.

**Athletism :** The most well known female athlete is Nafissatou Thiam. This woman is only 24 years old and she was born in Bruxelles. Today, she trains herself in our town, Liège! Nafissatou Thiam is well known, of course, because she is an amazing sportswoman. She has won a lot of prizes, including seven first place prizes in the Belgian Championships, and one first place prize in the European Championships, World Championships and Olympic Games. As you probably already know, she is the European Champion of 2018 too. We are very proud of her. The most well known twins in athletics are Jonathan and Kevin Borlée. They are thirty years old and they were born in Bruxelles too. The twins grew up in a sporting family and they have also won a lot of prizes. We are proud of them too.

By Alix Giet, Quentin Bastiaens, Rabab Ghayat, Selmane El Yazidi

## SPORTS IN IRELAND

*Sport is a big part of Irish tradition and most sports are pastimes of Irish families. We play a variety of international sports here in Ireland, such as soccer, basketball and rugby. But there are national sports that are unique to Ireland including hurling, camogie, gaelic football and handball. There are over 2,200 clubs in Ireland that practice Irish sports.*



**Gaelic football** involves two teams, with fifteen players each, playing against one another. It is played with a ball and you can both kick and handle the ball.

**Hurling** is an Irish team game that is also the fastest field sport in the world. This well-known game has been played for over 800 years.

The aim of the game is to use a wooden stick, called a hurley, and to try to hit a small ball, called a sliotar, into the other teams net or over the crossbar.

A hurling team consists of fifteen players. Matches usually last for a duration of 70 minutes, with 35 minutes in each half



**Camogie** is almost the same as the game of hurling, except it is only played by women. The rules are almost the exact same as hurling too, but with a few differences:

A camogie player can punch the ball into the goal or over the bar to score. A camogie match lasts for 60 minutes too, with two 30-minute halves.

The aim of the game is to score as many points as possible, or at least more than the other team. To score 1 point, the ball has to be kicked over the crossbar between the posts. If the ball is kicked into the net, this is a goal, which is worth 3 points! You are only allowed to carry the ball in your hands for four steps though. After this, a player must then take a 'solo', which is when you drop the ball onto your foot and kick it back into your hands, all while running. Players may pass the ball to each other by kicking the ball or by punching the ball.



**Handball** is a fast paced and highly skilled sport.

The aim in any handball match is to make the ball hit off a wall in front of you and bounce on the floor before your opponent can return it. Handball can be played in singles and in doubles. Handball in

Ireland is always played indoors in a handball alley.



These sports are a huge part of Irish life and bring people of all ages together.

The coaches and players of these sports are not paid for their hard work either, unlike international sports, for example, soccer. But, despite this, they still continue to put hard work and passion into making their teams perform well. Their goal is each year is to reach an All Ireland Final.

**Football and Hurling Finals** are huge events in the Irish sporting calendar. Thirty-two counties in Ireland compete against one another over the summer months in the hopes of reaching the All Ireland Final, which is held in September each year.

People who represent their county in these sports are highly admired and often become local heroes!



By Aisling Irwin, Molly Kennedy, Lauren McMahan, Molly Wheeler

## SPORTS IN ONIL

While Onil is a very small town, that doesn't stop us from practicing sport. There are a lot of sport disciplines to practice here, but there are some that stand out more than others, for example athletics, football or basketball. There is also a great sporting tradition in Onil because, right from when we are young, we are encouraged to practice some sports. This doesn't always result in a definitive choice though because many changes of tastes in sport occur, especially when we get to practice more than two.

Our town is mainly known for our victories in basketball, but first we must take you back to the origins of this. Officially beginning in 1970, with just ten players and a budget of 300,000 pts, the basketball team known as Onil O.J.E came to be. They began playing in the courtyard of an old school, where the players themselves had to remove gravel to play whenever it rained. A few years later, when the sports center was inaugurated, practice and performance of the activity was transferred there. Basketball in Onil was steadily increasing.



As for other sports played in the pavilion, we have a volleyball team consisting of a single category, male seniors, and their training and matches are all held there. Racquet sports are also played here, including badminton and tennis. Both of these have a sports school. However, the latter is practiced outside the pavilion, but continues to be an integral part of our sports facilities nonetheless.

Finally, we have a large football field, which has given rise to a club. In this club, there are categories from the smallest, prebenjamin, to the veterans.

Nowadays, we have two great athletes in our town. Their names are Eusebio Cáceres and Jorge Ureña. Eusebio Cáceres is a long jump specialist. He recently won the Under 23 Europe Championship, jumping 8.37 meters in that competition and becoming only the seventh Spanish athlete ever to jump over 8 meters. He then progressed to win a silver medal and a bronze medal in the Junior World Championship.

Jorge Ureña is a decathlon specialist. He has won the silver medal in the indoor Europe Championship and in the Under 23 Europe Championship.



In this town, there are many sporting bodies that hold responsibility for training children from a very young age so that they may learn to love sport and find training itself enjoyable and amusing. We must emphasize the C.E. Colivenc club of athletics, orientation and triathlon that stands out due to its impressive trainers, Jesus Gil and J. Antonio Ureña, who devote themselves day after day to training local sportsmen and sportswomen as best as possible.

By the Spanish team

## POPULAR SPORTS IN FINLAND

### Pesäpallo

Pesäpallo is a bat game developed by Lauri Pihkala in 1920. Despite often being called “finnish baseball”, the game actually has very little in common with American baseball.

Pesäpallo matches have two teams, who alternate in inner and outer turns. The players in the inner turn team hit a ball thrown by the outer turn team’s pitcher and then try to run to as many bases as they can. The outer team’s goal is to burn or wound the runner by delivering the ball back to the pitcher or to one of the bases. A team receives a point when a runner has been to all bases and returned home.

Pesäpallo originated in Finland and is the third most popular ball game in the country. It’s also Finland’s national sporting game.

### Ski jumping

Ski jumping is a winter sport, in which the jumper tries to jump as far as possible from the ski jumping hill. The jumper is awarded points based on the length of the jump and how stylish the landing was. The jumper begins by sliding down the ramp, before jumping from the tip of the ramp and flying down the hill. The length of the ski jumping hill is usually between 50m and 185m. Famous Finnish ski jumpers include Janne Ahonen and Matti Nykänen. Matti Nykänen has won gold four times at the Olympics, and broken the world record six times and the Finnish record thirteen times.



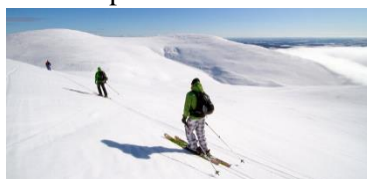
### Alpine skiing

Alpine skiing, or downhill skiing as it is more commonly known, is a kind of balancing winter sport, where weight is transferred from ski to ski to enable turns, be they lazy long turns or quick, shorter turns.

In alpine skiing, skis are typically wide. Ski boots are hard and stiff and tightly tied to the ski with bindings. It is also good to wear a helmet to protect the head. Poles are beneficial for increasing speed and also for maintaining balance.

Downhill skiing on skis first started at the beginning of the 19th century in Telemark, Norway. In Finland, our national history of alpine skiing began in the 1930s when Erkki U. Penttilä brought it to Finland. The first alpine skiing competitions in Finland were held in Puijo Hill, Kuopio in 1934. Interestingly, it is also possible that hills have been skied down in Finland for over 5,000 years ago. In fact, evidence of the world’s oldest skis were found in Salla in Finnish Lapland.

Alpine skiing is very popular in Finland. Every year, in the winter months, thousands of Finns travel to snowy ski resorts in Lapland to ski and spend time outdoors.



### Cheerleading

Cheerleading is a popular sport not only in Finland, but worldwide. Finland is one of the top countries when it comes to cheerleading and they have even won the world championship in the All Girl Premier Category 2018. Cheer routines are judged based on pom technique, acro/dance techniques and difficulty, choreography, how the routine blends together with the music, difficulty of stunts and how these stunts are built and synchronized. There are over fifty cheer clubs in Finland. Most cheerleading moves (motions, stunts etc.) are sharp, fast and executed with exploding power. Traditional cheerleading has been seen on movies like “Bring It On”. There is a type of cheer dance which has more dance like technique involved in it. These two sports have pom technique and cheer jumps in common. Cheerleading, as a sport, includes side training which involves stretching, muscle workout and body maintenance. All cheerleaders must also take ballet classes too.



By Minttu Hofdahl, Saara Hoffren, Julia Könönen, Tuukka Reinisalo



# DISCOVER KUOPIO

Located in Eastern Finland, the city of Kuopio is the center of the Savo region.

However You choose to travel, Kuopio is easily accessible from Helsinki! The 340-kilometer journey takes only an hour by plane or a few more by public transport.



KUOPIO IS ALWAYS WORTH THE VISIT

## THE CITY OF...



Kuopio is surrounded by water. Lake Kallavesi, dominates the landscape and embodies the spirit of the city. By taking a cruise on Kallavesi, You will see some of the most beautiful water routes in Finland.



Numerous events keep Kuopio busy, especially in the summer. Enjoy the summer at the annual Kuopio Wine Festival in July. Attend the week-long Kuopio Dance Festival in June or the ANTI Contemporary Art Festival in October.



Every winter people from all over Europe come to Finland Ice Marathon and skate on lake Kallavesi. Puijo with its three ski jumping hills are still in active use. If You prefer to stay indoor, why not go to an ice hockey game and support the local team, Kalpa.



The Finns, silent and shy? Not true in Savo! Have a coffee at the market place and be puzzled by the jolly and talkative locals. Be careful though! The people have reputation of being slightly sly!



Check out the local craftsmen's products at the market alley of Pikku-Pietari or enjoy the atmosphere in the Market Hall. Visit the Matkus Shopping Centre outside Kuopio to get the latest trends.



Kalakukko, the Finnish fish pasty and Mustikkakukka, 'blueberry pie with rye crust, are delicacies from Savo. SATOA Kuopio food festival celebrates local flavours and harvesting time in August.



**WELCOME!**



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