



## CAN A NO-FLY ZONE START THE THIRD WORLD WAR?

President Zelenskyy calls for establishing a no-fly zone in Ukrainian airspace, however NATO and its allies were promising not to do so since the start of the invasion. There is a good reason for it. President Vladimir Putin said that any foreign interference will be a direct conflict with the Russian Federation itself. Should NATO establish the zone? Is Putin actually ready to start a war with NATO, or are his words just empty threats?

To answer those questions, we firstly need to understand what a no-fly zone actually is. This zone is always established by either a single country or a group of them, in this case, NATO. If the zone is established, it means that North Atlantic Air Force will enter the Ukrainian airspace and make sure that no Rus-

sian planes or helicopters are flying above Ukraine.

Calls of president Zelenskyy are understandable since the airspace is dominated by the Russian army and many of the attacks on civilians are done exclusively or in cooperation with the Russian air force. It seems that if the zone is established, it could weaken the Russian army significantly or even stop the military operations in the sky, which would help Ukraine in many ways. Mainly, preventing further occupation of currently free territories, creating a safe place for both Ukrainians that want to stay and for those who want to leave and making it much easier for humanitarian aid to enter central part of the country. However there is one problem. Russia is still a very power-

ful country, mainly because of its worlds biggest nuclear arsenal with over 6000 warheads.

That is exactly the reason why NATO has stated that they will not intervene directly into the conflict. It would mean a conflict between the nuclear superpowers. Both Russia and NATO have enough nuclear warheads to completely destroy each other, and the western leaders know this very well.

NATO and other countries have already donated and are still donating weapons ammunition and now even tanks to the Ukrainian army but according to western leaders, this is the maximum the alliance can do.

Although the alliance has more than double the number of soldiers in active

duty than Russia, it doesn't want hundreds and thousands of its soldiers to die in Ukraine. Imagining that this conflict would really happen NATO would most likely win, however the number of military and civil casualties would be astronomical, not considering the nuclear weapons that would cause even more deaths.

Getting back to the questions we have asked ourselves at the beginning, the answer to them is not easy to find. There are experts on both sides. Some of them saying we need to help Ukraine at all costs. Some saying that the risks would be incredibly high and establishing the zone could possibly start another world war.

ADAM CHRISL

## THE COST OF SAVING LIVES

The start of the New Year has welcomed an ease in Covid restrictions around the world. Many countries have lifted mandates requiring people to wear masks outside and in stores, as well as Covid-related border measures. In some states in the United States schools no longer require students to wear respirators in class or to be tested. In Shanghai, China, on the contrary, Covid regulations became much stricter.

On April 8, there were 21,000 confirmed Covid cases in Shanghai, the highest number of cases the city has seen since the start of the pandemic sending the city into lockdown on March 28th and a strict Zero-covid policy was implemented. Only healthcare workers, delivery businesses, volunteers, people with special permission, or people with medical reasons are allowed to go outside beyond their apartment or house gates and the streets of Shanghai are mostly empty.

The Zero-Covid Policy is an approach which attempts to contain outbreaks with very stringent lockdowns. Every citizen in the city of 26 million must get tested periodically and not doing so is treated as a criminal offense. If a person tests positive, patients are required to quarantine in designated facilities. Only a few countries around the world have taken this approach, while most have implemented a "living with Covid-19" strategy. The

Zero-Covid Policy requires citizens to be kept in isolation and to follow strict government orders, whereas the other approach allows people to move around, follow fewer regulations and quarantine at home. In the Zero-Covid policy, if someone in a building complex tests positive, residents are placed in lockdown for seven days and then subsequently quarantine for another seven. When there are no cases, residents are allowed to move within their gates freely, the most freedom they can currently hope for.

The Zero Covid Policy has been used in other cities like Wuhan but never in a city of this size with this many cases. Quarantine facilities have become overcrowded, and citizens are speaking up about not having enough food at home. Government drop-offs are received by all citizens, often containing grain, oil, rice and vegetables. While getting other food items require online stores and deliveries. This has led to not enough accessible food due to grocery stores being closed and delivery personnel being in quarantine. Many citizens are not able to order food, and are left to ration government drop-offs that considered not sufficient in size or frequency. The Chinese government has acknowledged this problem, and say they will open more food stores, let workers out of isolation, and ration more meals to the residents of Shanghai.

The main concern is how the elderly and families without access to online stores are surviving. The conditions in quarantine facilities are not ideal, especially for people not used to living alone or have specific medical needs. It has also become harder for the sick to get sufficient medical care, with everyday care providers being isolated in their own homes or in quarantine.

The separation of children and parents was reported as another issue related to harsh lockdown procedures in Shanghai. If a child tested positive for Covid they were sent to quarantine facilities alone. If parents tested positive, they were separated from babies and children who could not yet care for themselves. After international and domestic backlash, China's foreign ministry claimed they would end this practice while voicing displeasure with the United States' and other countries' disapproval of the Covid containment methods being used.

The extreme measures taken are being called drastic and led to numerous protests, are also supported by many who deem them necessary to eradicate Covid. The official Xinhua news agency reminded people that though the measures being taken are harsh, an easing of the Zero-Covid approach could be disastrous.



Source: <https://www.newfoodmagazine.com/wp-content/uploads/>

The threat of overcrowded hospitals must be considered in such a big city, as well as the higher risk the elderly and people with health conditions have of dying of COVID.

In the beginning of April, a three-day mass testing occurred around Shanghai as positive cases continued to increase and three deaths have been reported. Another aspect of the Shanghai lockdown is censorship.

Videos and photos shot by residents are being taken down by the Chinese government. Though the policy has proven to be effective, due to the censorship it is hard to know what the situation is really like in Shanghai or how much longer citizens will be able to live with such strict regulations.

ELISKA LEE



## THE FIGHT FOR GIRLS' EDUCATION IN AFGHANISTAN

In Afghanistan, over a million girls and young women as young as eleven are unable to obtain education in high schools since the Taliban took over Afghanistan last summer. Things finally started to look up, when the Ministry of Education announced last month that all schools, including girl schools, would reopen for the spring semester. Many girls were ecstatic to be returning to schools, to finally get the education they so craved. Unfortunately, to their surprise and disappointment, just a few hours before the supposed re-opening the Ministry of Education reversed their statement and announced that schools would not indeed re-open. In fact, many schools received the information only after they opened, thus opening the school for a few hours before being forced to close the schools yet again.



Source: [https://ichef.bbci.co.uk/news/976/cpsprodpb/C8C7/production/\\_123899315\\_img\\_3364.jpg](https://ichef.bbci.co.uk/news/976/cpsprodpb/C8C7/production/_123899315_img_3364.jpg)

However, most schools did not even open, so many girls cried the whole day in front of the schools just waiting to get inside meanwhile there was no one to come and open the door for them.

This last-minute change could hint at some deeper problems within the Taliban's governing bodies. The Taliban claims that schools got closed because of a lack of religious uniforms and scarcity of female teachers. It is likely that the actual reasons are very different from the official reasons. We are beginning to see a parallel between the Taliban of today and the Taliban of the late nineties, the time of Taliban's first reign, when women and girls were not allowed to study or even to be employed. Today just as much as then, it is not only about discrimination in education, but Taliban also proceeded to ban women from leadership positions, deny them traveling without a male escort and close the Ministry of Women's Affairs, which was established right after the Taliban's previous rule in order to rewind the gender-based discriminating policies.

But why does the Taliban repeatedly deny girls access to education? To be completely objective, we need to realize

that even before the Taliban took over, in 2018, as many as 3.7 million children were out of school in Afghanistan and as much as 60% of them were girls. This is mostly due to multiple social and cultural barriers children in Afghanistan are facing. Many girls are insecure and are discouraged by the traditional norms and women's role in society. This is underlined by the fact that 17% of girls marry before their 15th birthday. And even though the Islamic Emirate of Afghanistan is now the only country that systematically and openly denies girls education, access to education is a long-term problem which wouldn't be solved even by Taliban's departure from the government. Which is deeply concerning as the lack of education leaves girls more exposed to violence, poverty and exploitation. However, there is no doubt that Taliban's rule is now, with its strict interpretation of Sharia law, undermining the small progress which was made by the previous government.

Many countries are rethinking their financial aid to Afghanistan in light of the discrimination. Since many countries see women's education as a priority, they are not willing to cooperate with Taliban, which on multiple occasions promised

that they will let girls get back to school as fast as possible but failed to do so hitherto. The World Bank for example has suspended four projects in Afghanistan worth \$600m. On the other hand, 95% of people in Afghanistan face malnutrition and as much as nine million are at risk of famine. Thus, the whole state is completely reliant on the help from the UN, UNICEF and other international organizations. Still, at least some countries are supporting the NGO's as they are the only way to support the locals without pouring money into Taliban's pockets. Nevertheless, it is only a question of time when the big countries will give the Taliban an ultimatum: either you get girls back to schools or you will lose all of our monetary support.

It is great to see that girls are in fact fighting back, protesting and participating in women's rights groups. But as long as women are seen as lesser in the eyes of the Taliban, it will be extremely hard for them to win back their basic human rights. That is because, as one of Belgium's ministers said: "Education empowers women and girls and that's what the Taliban are afraid of."

BARBORA VOTLUČKOVÁ

## FIDESZ AND ORBÁN TRIUMPH IN HUNGARY'S PARLIAMENTARY ELECTIONS

The scale of governing Coalition's triumph in recent Hungarian Parliamentary elections surprised not only opposition but, presumably even the governing parties, since for several months Fidesz and its coalition partner, the KDNP (Christian Democratic People's party) were polling quite large majority according to back then most recent polls, although the coalition was expected to lose its two-thirds majority, which had allowed the nationalist, conservative and sometimes extremist coalition to change the Constitution. This led to some quite controversial changes, for example The 2017 Amendment, which says that preference should be given to "traditional" (ie. heterosexual) family relationships or the article restricting election campaigning to state media alone, which was heavily criticised as a pre-emptive curb to freedom of expression, but instead of reduced majority, Fidesz and KDNP ended up winning over 53% of votes casted. Against the governing coalition, six opposition parties fielded a joint list of candidates in attempt to defeat the as-it-seems un-defeatable Fidesz, this ended up as a giant fiasco when a joint incentive ended up bringing less than 35 percent of casted votes. The Hungarian Socialist Party, left-

liberal Democratic Coalition and Jobbik a right-wing political movement obtained in total only just 56 seats, while compared with the tally of the duo party Coalition which came up to 135 seats. This is a difference of 78 seats or about 39% of casted ballots.

This crushing defeat for the opposition seemed to be wholly unexpected since polling from January 2022 showed a slim victory for Orbán's party and their coalition partner in detail only difference of about 4%, which would have been crucial. As recently as mid-February, the BBC predicted that in the upcoming elections Orbán will be facing his toughest race so far, however the opposite occurred.

Various explanations have been offered for Orbán's fourth landslide election victory and even its unexpected scales. One question, which might arise is, how hard is it to emerge victorious against a political party, which won a landslide elections four times in a row? It is almost certain that it is a huge challenge for opposition parties to face sometimes sceptical and frequently misinformed public, since Fidesz and Orbán have constructed such a powerful political "machine", which is certainly almost

impossible to defeat by regular democratic means. Commercial radio, television broadcast channels or almost all newspaper media avoid any criticism of policies, programs, or actions of the government, nevertheless, not only commercial media, but also state funded media channels. Unfortunately, not only do media outlets shadow the current political situation, but also spread endless lies about the Opposition parties and their leaders, for instance during the election campaign, Fidesz-inclined media accuse opposition with wanting to deploy troops to Ukraine in spite of the ongoing conflict between Ukraine and Russia, exposing Hungary to the risk of being actively involved in a perilous conflict.

Another very crucial fact in understanding why Orbán won in such a landslide, is to look at his voter base, not a lot of people will be surprised if I tell you that it is very similar to what we see in states like the USA or other countries where the more conservative and traditional parties have their voter bases in economically vulnerable provinces. In the case of Hungary Orbán's popularity



Source: <https://en.euractiv.eu/wp-content/uploads/sites/2/2022/04/Orban-April-2022-victory-800x450.jpg>

among the less educated and economically vulnerable is shocking, the most rural areas in Hungary have voted for Orbán, on the other hand we can see that big Metropolitan cities in Hungary, especially Budapest, have overwhelmingly voted for the united opposition party. What does this tell us about the results of this election? It tells us exactly, why Fidesz was so successful, mainly due to the fact that they knew who to target and who to persuade.

Orbán's fourth term will, which will become his fifth overall will show if Orbán is truly capable of making Hungary a more western-like nation, unlike the county struggling to get out of its past shadow, which is still present to this day.

OLIVER ERBEN



## VINCENT HAD ENOUGH

VINCENT IS REMEMBERED FOR HIS PAINTINGS, OR  
IRRELEVANTLY CUTTING OFF HIS EAR  
NO, THAT IS NOT HOW YOU SHOULD REMEMBER HIM  
CYNICAL, CRAZY, THAT'S NOT HOW YOU SHOULD SEE HIM  
ELEGANT, SAD, ILL AND BROKEN HE WAS  
NOT JUST SOME PSYCHO WHOSE EAR WAS LOST  
THAT MAN WAS A BEAUTIFUL BEING  
VINCENT HIS NAME IS  
AND WHAT I SEE, IS A MAN WHOSE STORY IS SAD  
NICE PAINTINGS FILLED WITH BLISS  
GUY SWALLOWED YELLOW PAINT, YOU KNOW WHY?  
OH, HE JUST WANTED, CRAVED TO BE SUNSHINE  
GREAT IDEA VINCENT,  
HOWEVER, I THINK YOU WERE SUNSHINE FROM BEGINNING TO END.

ANONYMOUS

## MAYHEM

May may be hated by many  
Knowledge and its power and there's plenty  
If it's agreed that Time is money  
Then a Student's life is not worth a penny  
Ten-sion from teachers, define a circle and its features  
Your head goes round, you're hungry for a pi  
your thirst will be satisfied in Math and its preachers  
Add up your strength four your threedom you'll divide  
Shakespeare shakes my precious peers  
As if I'm impaled by a spear  
Back and forth I quote I swore an oath  
Literature you literally make my mouth froth  
Like cat and a mouse, except Biology is an eagle  
to be hunted down for not knowing is illegal  
To get a good grade, all the organs I'd sell  
But remember, Mitochondria is the powerhouse of the cell  
Relative to me the headache of Physics is massive  
To call it Existential crisis is classic  
Question of reality explored miscellaneously  
Riddle me this, can I know and not know simultaneously  
První Máj lásky čas není  
Pro studenta to je spěchání denní  
Květy května chudinka nespátí  
Byť musí maturitu dopsat jak se patří  
Mein Koch fragt mich mägt Ich Kätzen  
Ich dachte er meint: "schnitzel"  
Den sagt Ich: Schneiden mit ein Messer  
Ich wünsche mein deutsch wäre besser  
And so for all my dearest students  
Who share agonizing assignment plunder  
For your soul's sake exercise prudence  
So we won't end up swimming under  
Sincerely your Sanity!

SERGEJ ŽUKOV

## RECIPE FOR DISASTER: TRADITIONAL AMERICAN PIE

**Ingredients:**  
330 million people  
2 warring parties  
1 president  
2 corrupt chambers of parliament  
51 states, each with its own legislature  
A lot of nationalism  
A pinch of education  
0 socialist ideas

**Preparation:**  
1. Divide 330 people evenly between two bowls. Add food colouring in the form of 2 warring parties, one red, the other blue. Be sure to mix the ingredients properly, so as to ingrain party pride in the people. Now keep throwing the bowls against each other, until something productive happen.  
2. Then, randomly assign the president to one of the bowls. Be sure to keep switching between the colours everytime you make this pie. Whisk evenly with Twitter comments to get his pride out of him.  
3. Add a pinch of education to the blue bowl. The red bowl doesn't need any, it is compensated for by the nationalism. The red bowl gets the majority, but the blue bowl deserves some nationalism as well, so throw it in there. The measurements of nationalism are not precise, as they vary from person to person. I personally prefer an approximately Texas-sized bowl of nationalism.  
4. Take out a bit of the mixture at the top of both bowls and put it in smaller bowls with the corrupt chambers of parliament. Then, divide the rest of the mixture into 51 smaller bowls randomly. Be sure to add new legisla-



Source: <https://cliparting.com/wp-content/uploads/2016/07/Clipart-pie-clipart-clipartix-2.gif>

ture into each and every bowl, to make the process a tad more complicated.

5. Finally, take any socialist ideas you may have and throw them out the window, preferably at the noisy European who keeps on talking about minimum wage and affordable healthcare.  
Bake the pie in a preheated oven at 451 degrees Fahrenheit until it explodes, smashes your oven window and invades your Iraqi neighbours. This pie is very easy to make with ingredients you can get at any convenience store. It is yummy, gets rid of all your problems and gives you a deranged world power at your disposal.

Enjoy!

MIKULÁŠ ŠKORPIL

## HOW TO BOIL AN EGG—A GUIDE FOR HL BIOLOGY

**Title:** Denaturation of proteins in the egg of *Gallus gallus f. domestica* using heat

**Materials:**  
Egg of *Gallus gallus f. domestica* at 4 °C  
2x Beaker (600 ml volume)  
H<sub>2</sub>O (1000 ml)  
5% CH<sub>3</sub>COOH (50ml)  
NaCl (3g)  
Timer  
Thermometer (range ca 20°C to 120°C)  
Bunsen burner  
Lighter of matches  
Laboratory stand  
Gloves and Goggles  
Clamps  
Surgical blade

**Method:**  
1. Do not forget to wear gloves and goggles during the entire process, and perform the whole experiment in a fume cupboard.  
2. Pour the water into the beakers, 500 ml into each. Into one beaker, Beaker A, add the CH<sub>3</sub>COOH.



Source: <https://lilluna.com/wp-content/uploads/2022/03/hard-boiled-eggs-process->

3. Ignite a Bunsen burner and put the laboratory stand with the Beaker A over it, insert the thermometer into the beaker.  
4. Wait until the thermometer reads 95°C.  
5. Insert the egg into the water using the clamps and at the same time, start the stopwatch.  
6. Wait 8 minutes.  
7. Using clamps, extract the egg from the beaker and place it in the beaker with cold H<sub>2</sub>O.  
8. Let its temperature decrease for 60 seconds and then take it out from the beaker.  
9. Remove the CaCO<sub>3</sub> crystal shell by applying pressure to it and then carefully peeling it.  
10. Cut the egg in half vertically using the surgical blade. You are left with the albumen and exposed yolk, which is safe to consume. To achieve better results, evenly distribute the NaCl over the exposed side of the egg.

Jokes on you, you should not consume anything in the laboratory.

**Analysis & Conclusion:**  
The albumen and yolk consist of 12% and 16% of protein, respectively. You have successfully denatured the proteins in it, since the heat applied leads to disruption of bonds inside the protein, causing its altered structure. In some cases, you can observe a green compound on the border of yolk and albumen. It is Iron sulphide, which is created when Fe<sup>2+</sup> ions from the yolk react with the H<sub>2</sub>S gas from the albumen.

This post was made by a HL Physics student who knows that the magnitude of the buoyant force acting on the egg is equal to the weight of the fluid displaced by the body.

DANIEL STRNAD



## THE DANGERS OF DIET CULTURE

In the past few decades, we have seen a massive rise in dieting and the diet culture. Dieting is when you limit certain foods such as carbohydrates, sugar, or fat to achieve a certain weight goal. We all limit certain foods, or enroll ourselves on a new diet every now and then, since that is the easiest way to lose weight and be thinner, no? While the idea behind it may seem innocent, what became of it is certainly not. It is no longer about trying to be the healthiest version of yourself. It is about how we can lose weight the fastest. Looking thin was not always the beauty standard. It started in the 1950s with the model Twiggy who started the slender body trend. The ideal body type became thinner and healthier. We often hear about the extreme diets (including a "liquid-only" diet and "one apple a day" diet) models go through to prepare for fashion week and other events. While it may get them "fit" for the runway, it adds to the unrealistic beauty standard of always looking thin.



Source:



## WHY 'LARGE' IS NOT BEAUTIFUL AND 'SKINNY' IS NOT HEALTHY

When meeting a new person, the first thing we notice is their face, their body, and their build. Some people are short, some tall, some large, others skinny. It is natural to see an average person as "normal" and healthy and, usually, they are. However, our culture today, mainly through the mass media and advertising, tends to normalize certain bodies more than others. This makes people judgmental. Then, in order to erase the judgment, we are told that big and fat is beautiful, and skinny is healthy.

Body positivity is a matter of health, no doubt. Does this not mean that one should not feel "positive" about an unhealthy body? True, there are people cannot lose or gain weight due to an illness

or some genetic condition. There are also survivors of horrific accidents, veterans, and people who have been born with a deformity. Those are different cases.

When a person, who would otherwise be normal-looking, overeats or starves themselves, and the society says it is somehow ok, they do not receive the feedback which would enable them to correct their lifestyle, which would enable them to lead a more fulfilling life and contribute to society, because they would be healthy and happy. If someone tells a really overweight friend "You should lose weight," they are not a body-shamer, but a good friend. Worldwide, obesity has nearly tripled since the year 1975. It was very rare to see an overweight person back in the 70s or 80s. The western democracies suffer from obesity the most. For example, the United States of America is well-known to have the most overweight and obese citizens: nearly 37% of American adults are obese, and nearly 33% are ranked as morbidly obese. This means that



Source: <https://www.zalando-lounge.co.uk/magazine/body-positive/#/>

over two thirds of American adults are obese. This includes around 17% of children aged 2 to 19! That is nearly 13 million American children.

Being overweight or obese is linked to more than 60 chronic diseases, such as diabetes, hypertension, cancer, heart disease, and many others. By normalizing "large people" we are telling them that it is normal to be fat and suffer from all these diseases, even when their natural body-type is totally different. Social media have a huge impact here. Fearful of being cancelled, many "influencers" and media personalities support obesity, and sometimes are themselves unapologetically obese. They are then followed by mainly younger kids and teenagers who want to be like their stars and models which, frankly, is opinionated, fat and sick.

Being underweight is the opposite problem but can be just as urgent and painful. Social media, models and movie stars are often suffering from various eating disorders and look visibly skinny and unhealthy. Still, mass media and fashion propaganda consider "thin girls" as the beauty standard for the whole world. Contrast this with countries in Africa and elsewhere where people have very little to eat and are either bloated from malnourishment or the opposite. In this light, it seems almost unethical and inhumane to "normalize" obesity and tell people with eating disorders that they are healthy, or tolerate and normalize their deep-rooted psychological problems by falsely telling them that they are "beautiful" or good-looking.

What is more, many models in publicity photos are photoshopped or arranged to look extremely thin or (men) muscular. They do not look like that in everyday reality. Majority of people do not realize this, so they tend to compare themselves to what is an unrealistic, as well as an unreal, ideal. Men use steroids, women diet themselves, sometimes to death. This produces neuroticism which becomes a social problem, but is obfuscated by the media and a false "normalization."

I support body positivity, but not as it is presented and forced upon us today. Normalizing sickness is okay and should never be okay. What is displayed and showed on screen should be realistic, and our "models" should be true paragons of beauty, as they used to be in the days of Michelangelo.

VIKTORIE BABICKÁ

## NFT: A PINNACLE OF THE HUMAN DESIRE TO OWN

Humankind has been around for a while now and we have improved from the times when we sat on a rock and did not know how to do anything more than a pig. Since then, we have made a lot of breakthroughs from making a fire to discovering multiple dimensions. All these thanks to the one thing that makes us so out of the ordinary and powerful: Imagination. Unfortunately, it is also our greatest curse. With all the inventions and success came a big deal of greed, wrath and pride that has held us from going forward even more. One of these bad things is the urge to own something that nobody else has. The last example of how insane this urge has become are the NFTs.

For those who have been fortunate enough not to hear about this new trend in "online investing", a non-fungible token (NFT) is a non-interchangeable unit of data stored on a blockchain. I think that most of us, who are not so educated about the digital world and try to solve every issue regarding electronics with the infamous "OFF/ON" technique, this definition from Wikipedia does not explain anything. Instead of trying to explain to you what those sophisticated words mean, I will use my definition.

A non-fungible token (NFT) is a picture, video or other online assets, that is "unique" and by buying it, use get the author rights, since you get a certificate of authenticity and ownership when buying it.

That is the best I can do. The internet has been flooded by these pictures of bored apes, pixelated portraits and whatever else and people have been paying thousands of dollars for them. These transactions are made in a cryptocurrency, like Bitcoin or Ethereum which you probably have already heard of. Many people including me think that this digital art is very stupid and the people buying it are insane or they just buy it for profit as an investment. I am okay with the investment side of things, but the idea of buying a picture of an ape for thousands of dollars is just mind-blowing.

I decided to list the issues I have with this new trend;

1. The idea of buying digital art is shocking to me. I cannot even hang it in my room!
2. The effort made by most of the artists when doing this art is questionable, to say the least. I do not find a pixelated pic-

ture as art. Some very good pieces must have been very hard to make, but most are absolute garbage.

3. Buying a picture that can be found on google and owning it does not feel to me like owning it. You can find pictures of the Mona Lisa online, but there is only one real version you can own (not really because it is owned by the French government, but you get the point). With NFTs, the art is also online so there is no feeling of having it if it is just a jpeg in your computer.

4. A lot of people shared that they bought an NFT and said: "please do not screenshot." That is the problem! Anyone can just look it up, screenshot it and now have the same thing as you, you may be worth money but buying it just to have it is pointless.

5. An artist that makes the original art can be a target of plagiarism and there is nothing that can stop a person to copy an artist's NFT and making money off it by selling it as yours.

6. The NFT transactions have proven to be environmentally demanding, since the blockchain transaction uses a lot of electricity, thus making a big carbon footprint.

I also tried making money by investing.

Since I never believed in the online world of cryptocurrencies, I tried to buy a limited pair of Nike shoes to sell them after some time, then the price goes up. Thousands of people are trying to get them at the same time, and I was fortunate enough to be one of the lucky people. I have them beside me while writing it. You might be asking why am I telling you this? Because the feeling of them being next to me, being real and I could wear them at any moment is special to me and I do not think that NFT can give you this feeling. Not just because of the smell of new shoes, but the ability to hold them in my hands is something I would never have a chance to do with an online file.

For the last few decades, we tried to make most things accessible to everyone. The Internet has been a breakthrough in this process, but I feel like we are getting caught up in the need to own something nobody else has and by that going backwards in the grand scheme. We have to stop this trend, and even if it is going to be hard, rise above this cause and make a more equitable society.

ADAM CHÁRA

## DIFFERENT SPORT, DIFFERENT FUN

We all follow some sports and the biggest league in it. Whether it is the Premier league in football or the NBA in basketball. The magic of sport is that it unites different people around the world that cheer on for their favourite team in the fight for victory. There are diverse ways to cause the dramatic end to an eventful season. That is because there are a lot of different league formats in the world of sports. In this article, I will highlight my top three sports format in the world.

Firstly, we must establish some rules to this article. The first one is that in this article, I will only consider collective sports with minimum of 5 people. This is, because for example tennis has a lot of different events and there is no prize for winning the most tournaments in a season. Another rule will be that I will consider only the most followed leagues in their respective categories. Some sports have different formats, but I am interested in the most common or popular. Now than I established the rules for today's topic, time to dive into the first type of competition.

1. Group stage + two-game playoffs (Champions League): Arguably the most prestigious football tournament, Champions League in a league of champions. The Europe's best teams from different league

get to compete against each other. Firstly, there is a draw to determine who will face off in the group stage. Then, teams play in one group twice against all three other opponents. Two teams from each group qualify for the playoffs where every team play at home and away and the final cumulative score of these two matches decide who will move on. Only the final is played as one match in a predetermined city to decide the champion. The advantage of this format is that fans that are unable to travel to opponent's town can go to a home game. Another advantage is that teams have a chance to save a bad result from the first match to still qualify. This can be especially handy for big favourites that have one bad night. The disadvantages might be that same things that are considered advantages. There is a small probability of an upset by a smaller club because even if they win the first game, they cannot qualify because a tougher second leg. There are only two matches in one series and one final match, which makes the ticket prices high, and you might not get the chance to see your team live.

2. Regular season + playoffs No. 1: This format is immensely popular in American sports leagues (NHL, MLB) and a prime example can be the NBA. It is much simpler than the first one: Each

team plays 82 regular season games with 15 teams in eastern and western conference and 8 teams from each make the playoffs. If a team wants to get to the finals, they must win three Best-of-7 (win 4 games) series. The top four teams in each conference have the home court advantage, which means that from the possible seven games, they will play one more home game than the opponent. This applies to the finals too. The advantages are clear. More games = more fun. The game is not decided just based on a team's star player's bad night or a blowout loss, but we can see epic comebacks from down 2-0 or 3-1. The tickets are a lot less expensive thanks to the number of games in each series and if your team makes them finals, you do not have to travel to a faraway city but can go to a home game in your town. The disadvantages are very arguable. There is a smaller chance for a shocking result and for some people, the series is too long, and it loses the excitement of the game.

3. Regular season + playoffs No.2: Speaking of Superbowl, let me move on to the last format I like the most and that is used in American football's NFL. Being remarkably like the season of NBA, it has a regular season and playoffs, but there are key differences. The regular season has only 17 games and home court advantage

are even more important here, because there is only one game in each round, played at the higher-qualified team's home field. That is until the Superbowl which is played in a predetermined American city, very similarly as in the Champions League. For me, an advantage is that it combines two of the previous formats into one, more exciting season. I also like that there is only one deciding game to determine moves on. This makes the games less predictable and makes for a good underdog story. One chance and that is it. The problem is that as in CL, the ticket's price is extremely high and, on some occasions, the worse team wins by luck, which makes us think of what could have been

I hope this article gave you some perspective on how different a league season can be. I follow a wide range of sports and this format dilemma is one thing that I like about sport overall. The diversity in sports, competition formats, teams, strategies, and player are something unbelievable and so great to see because everyone has a chance to find what suits them best. Do not fear exploring different leagues, and you might find a new love.

ADAM CHÁRA

## ABBREVIATED IB ADVICE

As pitiful as it may sound, I decided to present to you my realizations, recommendations, and ideas about the IB programme in the past year of my studies, in the section of Special Interests. And to be true to you, it really seems as if IB has turned into an exceptional hobby of mine in the past 8 months of my life, but as a hint I must say - I really do not mind. Let us look at what I found out in a chronological order.

First, trust your gut feelings. Now I am referring to the choice of your IB subjects. If for the past few years, you are wondering about two or three areas of careers you would like to pursue once you are out of school, follow that intuition and do not overthink the choice as you will get even more lost in your final decision. I understand that it is challenging to realize which of the several paths is the one but try to comprehend yourself better and memorize which of subjects and topics

you study right now you find engaging. Think about what job would you really enjoy one day when you wake up being a grown up and you look back onto the path that took you there. Sort your priorities while making the choice and my tip is put happiness first. It is your life, we are all born alone, and we all die alone, so make sure you are the one who enjoys the ride along. Additionally, if, you wake up unsatisfied, never forget that you always have a choice, so if you choose badly now, you always have the possibility to correct that decision in future. I wish I would have sounded calm like this a year ago when I filled in my subject choices table.

Nevertheless, when I finally stepped into the legendary first IB year, I realized a truly central thing to all my further education. Organization is key. Pay attention while in the lessons and try to get distracted as less as possible. Then when you have a brake, use it wisely, and fill in the short exercise in your language workbook you have been just told to do for tomorrow, or think about the topic you have just been taught and realize what is behind it. Every minute you have in IB is precious. So, while in school try to do as much of your schoolwork as possible and

when you come home, cherish yourself with a little rest, do some sports, read a book, be with your family & friends, and simply try to chill out, so that your home is a peaceful sanctuary. Related to this; stay ahead of the game. Know what tasks you have on MB, realize that when reaching the chapter of your textbook, you will probably write and exam, and ask the older students, or teachers, about the syllabus, IAs, and papers that await you. You will be much more confident than in what you do and focus on.

Therefore, if you follow this recommendation and you are at least partially bright and emotionally stable, I promise you IB (at least in Septima) will not be so tough. With good organisation, calm attitude, and attention you will be okay. That is what I found out the funny way. Forgetting about some quizzes or unexpected in class written essays, I realized that when I was not only with my body but mind present in the class, the information stays. So, value the explanations the teacher gives you and when unsure, ask! That is another key recommendation; rather ask and seem stupid, than stay stupid. The teachers are always willing to help if you show your interest and modesty in their class.

Finally, do not underestimate the pow-

er of forced engagement. CAS, ToK, EE, alongside all the sometimes-boring subjects can be very frustrating and insignificant. Yet, if you try to seek something interesting in everything you must do, it will be much easier for you to get it done, rather than if you dwell on its dumbness. Henceforth, try to search the way ToK develops your critical thinking, EE your planning skills, and CAS you as a whole-some being. When studying certain boring chapter of the other subjects, such as combinations & permutations in maths, see through its practical application. And if you are truly down and after all the effort do not see the point of the task, share your frustration with your friends and just get it done together as effectively as possible.

Dear friends, I would like to sum up my findings in a simple abbreviation you can carry along your IB years; OMFG (Organisation is key, Más o menos easy, trust your gut Feelings, Gain engagement). I hope you all use it wisely and built upon my findings your further experience, and believe me, it is your choice to do IB, so use the choice to the fullest. If you do, I promise you will not regret it.

MICHAELA RENDLOVÁ



Source: <https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.isob.cz%2Fbrno-ib-diploma/>



## THE PSYCHOLOGIST'S JOURNEY

**M**rs. Alena Javůrková is a reputable clinical psychologist, neuropsychologist, and cognitive-behavioural therapist with years of expertise who works as a head of department of Clinical Psychology University Hospital Královské Vinohrady in Prague. - It was my pleasure to conduct an interview with her to introduce to the students the possibility of becoming a psychologist with all the aspects of this career.

**So, what is it like being a neuropsychologist and what is the content of your job?**

It is important to mention that being a neuropsychologist is an additional function of a clinical psychologist who works in the healthcare system. The clinical psychologist performs a diagnosis when it comes to psychopathology and does psychotherapies with the patients. Personally, I work at the University Hospital at Prague where I help patients with various diagnoses according to international classification of diseases. When it comes to neuropsychology, after completing a specialized course this psychologist is able to diagnose and treat people with neurological problems that relate to a central nervous system. The core of clinical psychology is the diagnosis and treatment of psychological disorders via systematic psychotherapies. To do this you are trained to

perform therapy according to various psychotherapeutic approaches (psychoanalysis, cognitive behaviour, Rogerian style, mindfulness...) And techniques (relaxation, hypnosis).

**How can a person become a psychologist?**

Psychology can be studied in undergraduate and postgraduate form on the Philosophical faculty, in which the undergraduate takes three years to study in bachelor program and the follow up is post graduate which lasts two years more in master program. In Czech Republic it is possible to study a "single domain psychology" which means that the studies focus only on psychological content, or it is possible to study a "double domain psychology", in which it is combined with other studies. However, in case you want to become a clinical psychologist it is required to study psychology in the single domain only. Then after finishing Master with the college the applicants need to take an additional specialized course which is called 'Psychologist in the Healthcare' which is provided by the universities. This course, which is for two semesters, includes lectures and more than 400 hours of clinical practice. And after finishing this course you can have a certificate of being a psychologist in

healthcare and start working full time in a hospital. This process of additional learning, both practical and theoretical, finishes after five years of working in the hospital when you go to the probation form clinical psychology. And after that, finally you can become a clinical psychologist.

**Is this the final stage of studying, or are there some more specialized courses?**

Additionally, if you want to perform therapies you can get accredited training from psychotherapy, which is also process for five years and can be done simultaneously with the work at the hospital, and after having the diploma from clinical psychology you may go to the three years of grounding after finishing the psychotherapy course. This ends with the audition from systematic psychotherapy, after which you can perform and report psychotherapies.

**What can a graduate of psychology do for a job after graduating?**

After successfully finishing your studies of general psychology, there is a wide range of options, jobs, and specializations that a person could do with this degree and the knowledge obtained. For instance, you could focus on additionally studying for a sport psychologist, psychologist that performs assessment of people at the workplace, psychologist at school, health

psychologist, counselling psychologist or research psychologist. This specialization of specific programs comes after you obtain your master's degree and can lead to whatever path you have chosen. In my case it was the way of a clinical psychologist, where I cooperate with a team of doctors and help them with diagnosis and with rehabilitation of patients. Here I discuss with them the potential risks of brain surgery. Also, I do regular check-ups on the patients after surgeries to do with them cognitive rehabilitation or therapy when needed.

**How can a high school student prepare for university?**

The entrance exams consist of exams from psychology as well as comprehensive knowledge and intelligence tests. I would recommend reading psychological books and get interested deeper into the world of psychology, ideally more than through laic work. Unluckily, for pre-gradual students it is not possible to have internship in the hospital facilities, however, it is useful to go to care centres and nursing homes and help people with psychological disorders or participate in other beneficial programs, projects, or activities, so you could demonstrate your interest in this field.

NATAN KRATOCHVÍLA

## THE ART OF LEAVING

**O**n January 31st, 2022, with four days before the release of the second album with his band Black Country, New Road, lead vocalist Isaac Wood announced his decision to leave the band. Alongside they announced in the news that the band's North American tour would be cancelled. This decision had been made months prior but was held back until a time where Isaac felt comfortable sharing it with the rest of the world. It might feel strange to start on this sour note, but it is important to mention this, as the themes of isolation, depression and leaving something behind play a big part on the band's sophomore album, *Ants From Up There*. And despite what Isaac has gone through to make it, I think what he and the rest of the band have left us with is not only an incredible musical album, but what might be a definitive piece of art that will be listened to and analysed for years.

The album starts off with a minute long intro, structured around a motif that appears further into an album, that makes up an incredibly exciting and energetic intro which highlights the band's new, more melodic, and indie rock approach to their unique line-up of instruments. This energy continues into *Chaos Space Marine*, which is named after and based on the character of the same name from the *War-*

*hammer 40000* franchise. A baroque pop piece moving so fast you might not notice the mention of "Billie Eilish style" which is one of a few mentions of the singer throughout the project. The following song, *Concorde*, strongly focuses one of the main metaphors present in the album, the Concorde supersonic airplane, whose grandiose goal eventually burning out in its own ambition is used to represent Isaac's love for the person he is speaking about. A perfectly structured song, which features one of the best climaxes I have heard in a while. The following *Bread Song* continues the themes of unrequited love, using the metaphor of eating bread in bed to describe a failing long-distance relationship, and featuring a free tempo section inspired by the music of Steve Reich.

While most songs on the LP follow a more heartbroken approach when speaking of love, the following *Good Will Hunting* and *Haldern* bring about more lovestruck imagery, the former in a sweet indie rock story of fantasizing about living with the person you love, shown in lyrics such as "It's just been a weekend, but in my mind, we summer in France with our genius daughters." The latter, named after the festival of the same name, where the band produced the song while improvising, relies more on surrealistic images,

such as in the lyric "You turned your perfect hands to me, and ruptured every bone," with some wonderful interplay between the violin, saxophone, and piano. *Mark's Theme* provides a quiet interlude for the band to mourn the passing of Mark Paton, the grandfather of one of the members, who was also planning to provide singing vocals on the track. All of this prepares you for the emotional journey that the last three tracks, which take up about half the record, will take you on.

The first of these is *The Place Where He Inserted the Blade*, a joyful 7-minute romp through obsessive dependence that the narrator has on their partner, featuring a flute, an immediately catchy chorus, and an ending sing-along rivalling The Beatles. With *Snow Globes*, BCNR solidly place themselves into post-rock territory, with a long build-up which goes into a free jazz drum solo, pelting on the listener like a thunderstorm, while Isaac weaves poetry about the mundanity of the modern, materialistic life we all sadly lead, even with an album-defining statement in the lyric "God of weather, Henry knows snow globes don't shake on their own", a stark commentary on the fact that, we all do need to move on and do things independently on our own, a thought that doesn't get finished until what I consider to be one of the

best closing songs I have ever heard.

*Basketball Shoes* is a song that takes its time setting its own stage, each instrument slowly joins into a marching and winding indie rock anthem, describing the narrator finally feeling normal ("I'm feeling kind of normal with a packed lunch, train rides don't hurt much these days"), but the sudden intensity in the section ends as a familiar motif appears, the same one as in the intro, but slower, more dream-like, as it transitions into an infectious and amazing math rock part, describing an incredibly sweet relationship ("I can't think of anything better, pick a hair off my sweater). However, the section disappears just as quickly as it appeared, as if it was only a dream. The motif reappears, and just as you start to feel uncomfortable, it transforms into what can only be described as a droning, operatic, metal section. The final three minutes of the piece are anthemic, depressing, and terrifying. The narrator realizes they have dreamed about their past partner in their bed and wish of nothing else but to forget, ("In my bed, sheets now wet, of Charlie I pray to forget") as the band's guitars, bass, piano, violin, and saxophone play with a shrieking passion.

IVAN PAVLOVEC





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