



P e n s É E S

Le journal de l'École Européenne de Strasbourg



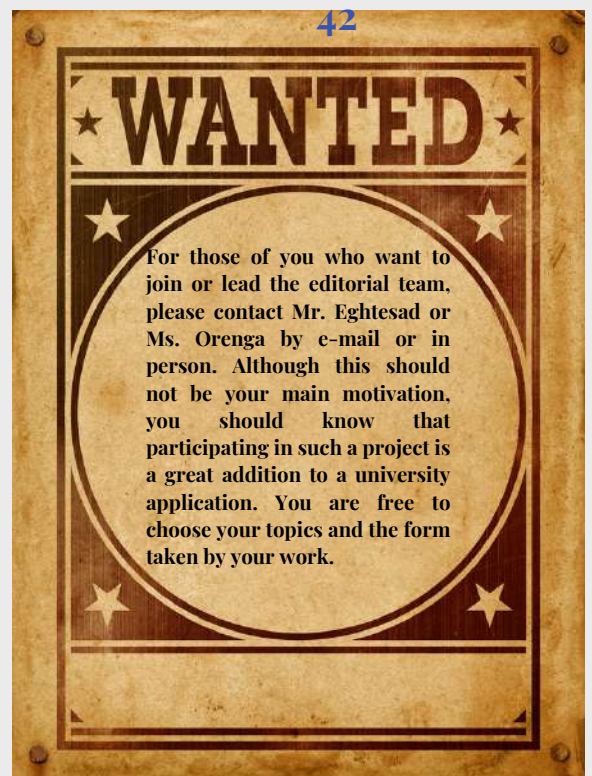


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<https://padlet.com/teghtesad/JournaleES>





EDITORIAL

NOUS SOMMES DE RETOUR!

Mark KULIKOV - S6En

Le journal scolaire “PensÉES” reprend son activité, et si vous lisez ceci en ce moment, vous contemplez le fruit du travail de dix jeunes élèves de l’École européenne de Strasbourg, qui ont collaboré avec enthousiasme et persévérance pendant plusieurs mois pour que ce journal voie le jour.

Vous avez sûrement déjà entendu parler de nous l'année dernière, lorsque le journal a été créé sous la direction de Chloé Muess et Klim Stepanenko (avec l'aide de monsieur Eghtesad et madame Orenge) . Cette année, la direction du journal a été assumée par Mark Kulikov, qui est également l'auteur de cet éditorial. Toute notre équipe est composée de personnes incroyables, talentueuses et très travailleuses, qui ont réussi non seulement à ne pas perdre leur motivation, mais aussi à trouver le temps et l'énergie pour rédiger leurs articles pour ce premier numéro (ce qui n'a pas été facile pour certains, comme les élèves de S7, qui passent bientôt le prébac).

Dans ce journal, vous découvrirez des articles rédigés par des élèves de tous âges de notre école, abordant des sujets totalement différents. Comme l'année précédente, les jeunes journalistes ont choisi eux-mêmes les thèmes de leurs articles et les ont rédigés de manière autonome, avec l'aide de monsieur Eghtesad et madame Orenge pour la mise en forme définitive de nos articles!



Group photo

Qui est ce Mark Kulikov ?

Salut ! Dans ce petit extrait, je voudrais parler un peu de moi-même. Je suis Mark Kulikov, actuellement en S6EN. J'ai intégré l'école après le début de l'invasion russe en Ukraine, que j'ai été obligé de quitter avec ma famille à la recherche de sécurité. Être journaliste est mon objectif de vie, j'ai aimé écrire depuis le moment où j'ai appris la dernière lettre de l'alphabet. Ma grand-mère conserve toujours des cahiers avec mes premiers récits : oui, il y a beaucoup d'erreurs (mais qu'attendre d'un enfant de 7 ans ?), mais c'est probablement à cette époque que je suis tombé amoureux de ce que les 26 lettres de l'alphabet et une imagination illimitée peuvent nous offrir.



ÉVÈNEMENTS À VENIR



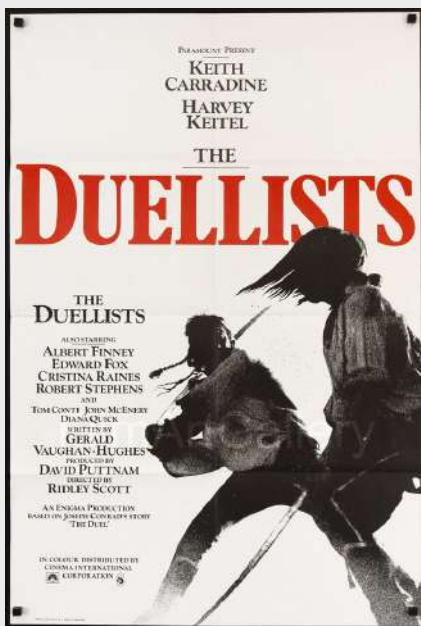
Graduation



NAPOLEON AND OTHER PROJECTS BY RIDLEY SCOTT

Ugne Zukauskaite - S6 EN

Ridley Scott, a filmmaker born in England in 1937, is best known for his movies in the science fiction, historical drama and crime genres. He's been nominated for an Oscar four times for his impressive movies : *Thelma & Louise*, *Gladiator*, *Black Hawk Down* and *The Martian*. His latest movie, *Napoleon*, however, has not received the same warm welcoming.



Scott's debut film

Source : filmartgallery.com

Scott's career as a film director began in 1977 with the expression of his passion for historical drama in his feature film *The Duellists*. Looking back on it now, the setting was similar to Napoleon, but focused rather more on two French lieutenants in 1800. Although *The Duellists* did not manage to win the main prize at the Cannes Film Festival, it did win an award for the Best Debut Film. Before this, Scott was working on series for the BBC and later on, founded Ridley Scott Associates (RSA) with his brother Tony. This company served to create commercials and films, and quite surprisingly worked for Chanel in the 1970s and 1980s.

Scott made his name international after directing *Alien* in 1979. It was the sixth highest-grossing movie of the year, creating leeway for a franchise to form. Later on, in 1982, Scott directed *Blade Runner*. Surprisingly, this movie was at first a commercial failure, while today it's considered as one of the best sci-fi movies in history. Even Ridley himself has referred to this movie as his "most complete and personal film". His next project after the successful making of *Thelma & Louise* (1991) was a historical epic called *1492: Conquest of Paradise*. This movie, however, was said to be a box office failure, resulting in Scott's break for filmmaking for 4 years.



In 2000, Ridley directed *Gladiator*, which became one of his biggest critical and commercial successes, ending up winning five Academy Awards, including Best Picture. Afterwards, in 2015, *The Martian* was released and soon after became Scott's highest-grossing film.



Gladiator poster
Source: Pinterest



The Martian poster
Source: Sci Fi Now

Finally, the movie that came out before *Napoleon*, but got a similar reaction, was *House of Gucci*. In 2021, when this movie was released, it got a mixture of reviews, mainly coming to the conclusion that the cast itself did a better job than the plot and script. *House of Gucci* ended up getting a rating of 6.6 on IMDB based on an average of tens of thousands of votes, just as *Napoleon* did. Although it received many positive reviews, *House of Gucci* was still critiqued for its tone, as it was too long and inconsistent.

This year, Ridley Scott directed the long-awaited *Napoleon*. Resembling his first movie, this movie instead focuses on Napoleon himself. Following his rise to power, while getting a glimpse of his personality and intimate relationship with Josephine, we stay in a tense state of mind for the major part of the movie. Having seen two of Scott's most successful movies ; *The Martian* and *Gladiator*, I was disappointed by a number of things in this film.

After watching the trailer of *Napoleon* a few times, my expectations were high. The emphasis on battle scenes and Napoleon's ambition for power pulls us in and encourages us to watch the movie. Unfortunately, in my opinion the trailer was actually better than the movie. By that, I mean that the trailer itself showed the majority of the film plot, not leaving much to anticipate, except its flaws. There weren't many elements that stood out to me, in contrast with past movies by Ridley Scott.



The film's trailer was successful because of the intense battle scenes, combined with the soundtrack. During the movie, the battle scenes reached the level of my expectations and admittedly might've been one of the best elements in the film. Though the soundtrack didn't lift the movie as much as it should've, it seemed to be in line with the historical period (late 18th and early 19th centuries). That being said, the soundtrack still could have transformed the movie as Hans Zimmer did with *Gladiator*.

Albeit, the cinematography didn't seem to have any faults as the vast locations where the scenes were filmed were perfectly captured, fully immersing the audience into the battles.

As an Academy Award winner, Joaquin Phoenix had a lot of pressure playing the role of a genius tyrant. One could say that his character in *Gladiator* (Roman Emperor Commodus) was quite similar because of his dark personality and greed. A glimpse of his character in *Joker* also seems to make an appearance in Napoleon's more intense and almost manic scenes. Phoenix does a wonderful job conveying the ambition required to achieve such power and glory. Although this side of him seems to be well portrayed, we wonder if at some moments he was caricatured by Scott. These confusing moments, especially between him and Josephine, show the different sides of his persona. It is because we can't fully know how Napoleon's demeanor in his personal relationships that Scott had the freedom to improvise in these situations.

Josephine's character seemed to play a major role in both Napoleon's life and the movie itself. Vanessa Kirby did well in managing the chemistry created between Josephine and Napoleon, especially during the breaking points of their relationship. All in all the performance of the cast was well carried out throughout the whole movie, despite with some confusing choices from Scott.



The plot might have been the downfall of the movie, as it didn't justify such a long film. At times it was dull, while at other times it created tension and interest. The fascinating story of Napoleon wasn't as well carried out as I thought it would be. The plot seemed to be distracted, jumping back and forth from Napoleon's personal life to his political role and actions. Although, that's the reality of a person's life, it wasn't carried out in a way that allowed the viewer to fully see either one of these sides. Realistically, it is understandable that we only see the superficial base of a person we hardly know, but the movie it could have given us more background not only on Napoleon's childhood, but also his battle strategies.

Finally, after watching this movie, I read many reviews that referred to its historical inaccuracy. Although there were quite a lot of them, the few inaccuracies that stood out to me were: Napoleon's attendance at Marie Antoinette's execution, which never happened and Napoleon firing at the Pyramids of Giza which served theatric purposes. Napoleon's battlefield tactics were also criticized and finally Josephine's death was not a factor in Napoleon's return from exile as she died the day before it and not a year after like the movie says she did.

Napoleon crowning Josephine empress of France, as portrayed in the famous painting by Jacques-Louis David.

Source: IMDB



In conclusion, although these negative elements played a part in decreasing the movie's rating, from my point of view the main reason why the movie didn't live up to our expectations is something else. The jumping back and forth between Napoleon's personal and political life seemed to me like a huge contradiction in genres. In my opinion, Scott couldn't decide whether to make this movie a historical drama or a war movie, which resulted in giving 50% of his attention to both, rather than 100% to one. Even though I did criticize this movie quite a bit, it is only because I had such high expectations and the pressure that Ridley Scott has created for himself after many spectacular projects.



IS THERE A PROBLEM WITH YOU, OR IS IT JUST SOCIAL MEDIA?



Emma Créhange- S7 FR

This article will weigh out the positive and negative impacts of social media, the internet and using screen devices (smartphones, tablets, computers...) for secondary school students. Based on testimonies from a survey conducted with twenty S1 to S7 pupils from the European School of Strasbourg, it explores the issue of addiction and how to deal with it.

Studies show that around 4.8 million users of social media spend nearly four hours on their phones every day. That is one-quarter of a person's waking life, as it is mentioned in the Science Time.

In 2023, it is estimated that there are 6.92 billion smartphone users in the world. This means 85.82% of the world's population owns a smartphone. These widely diffused devices can be the source of many problems, but they also have positive impacts.

A survey was carried out with 20 people willing to be interviewed. The classes surveyed included pupils from S1, S4, S5, S6 and S7. Their testimonies will be included anonymously in this article. These students were asked to estimate their time spent daily on their device. This data was then compared to the usage data compiled on their phone.

Table showing the average daily screen time on their phones or computers of 14 of the students surveyed at the European School of Strasbourg

Average daily time the students think they spent on their devices	Average time actually spent in front of screens daily
Approximately 3 hours and 25 minutes	Approximately 5 hours



The undeniable positive impacts of the internet for individuals

Social media, internet and screen devices have a major impact on our society. Connectivity is key. Almost everyone on the planet is connected to one another via these platforms or devices. Wherever you may be, you can connect with someone you know or do not know, regardless of their location, their beliefs or their fields of interest. Perhaps the most useful thing about social media is that you have access to a large audience and can contact anyone in a matter of a click.

The idea of staying easily in contact with close ones is one of the first things students mentioned when they were asked about the positive impacts of social media and internet.

The use of devices online can also have other positive impacts on society. For example, social networking provides various benefits for educational purposes. Via social media or internet, it is very easy to be educated by experts on any given topic. It is easy to enhance our knowledge in any field regardless of our location and education and most importantly it can be used by anyone. Access is key. We cannot deny that this helped us a lot during the Covid lockdown !

Social media can also be used to bring attention to a cause or for political movements, for example with the #MeToo movement against violence towards women. It also unites people on a huge platform for the achievement of specific goals. This brings positive change to society.





The hidden part of the iceberg : negative impacts of social media and the internet

Despite undeniable positive aspects, social media and the internet are actually harming each user in a variety of ways.

Cyberbullying is preeminent, it exists all over social media. Threats, terrorizing messages and gossip can be spread, leading to disastrous impact on users' well-being and self-esteem. Some students at EES mentioned experiencing situations in which they were repeatedly insulted by random strangers on internet while playing games.

Political propaganda or other types of propaganda can also be shared via different platforms, sometimes leading to biased ideas circulating in the general public.

Personal information and security can be hacked and shared online and radically change one's life. Fraud and scam are also common through online networking. Social media can also destroy somebody's notoriety or reputation by making a false story and bringing it online.



But social media and the internet can be especially dangerous for kids' and teens' view of themselves, since social media usually displays “perfect” distorted body images. This can lead to low-self esteem among the teenagers and kids who compare themselves to these images, sometimes even leading to anorexia or bulimia. Finally, the normalization of violence on social media and Internet is also a risk because it can lead to violence, mental health problems or criminality.

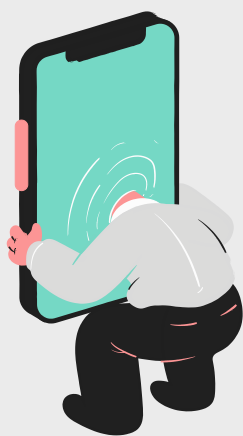


Social media addiction, a serious health concern

During the interviews with the students at our school, there was one that particularly interested and surprised me. The student, currently in his final years of secondary school, stated the following :



“ I use social networks on a daily basis, Insta, Twitter, Youtube, I get information from them, and I don't always pay attention to the sources. The more I grow up, the more I realize the dangers and negative points of the networks. A few months ago, I gave up TikTok, which had a big impact on my mental health. I was constantly comparing myself and procrastinating a lot, and this had an impact on my life at school. I was completely addicted at the time. It was great when I was using it but when I wasn't on it anymore, I was craving it. I thought about it all the time when I wasn't on it.



Fortunately, the student has since managed to get rid of his addiction and is feeling better today. But at the time of the interview a couple months prior, this student seemed to have been affected by it a lot. Even if it doesn't look seem like it, so many people, more than we think, suffer from serious social media addiction.

Have you ever noticed that it is hard to do some simple chores, chores that you consider annoying, like reading a long text for example or even just washing the dishes without entertainment? And the only thing you want to do is pull your phone out and go on TikTok?

Then you may have screen addiction, one of the symptoms being strong need of dopamine 24/7.



Indeed, social media has completely transformed our internal reward system. The reward system is located in the brain and is essential for survival, as it provides the motivation needed to carry out adapted actions or behaviours, in order to preserve the individual and the human species. And its main ingredient is a hormone called dopamine.

However, dopamine is not destined towards rational thinking, as it does not distinguish what habits are useful and what are not. When dopamine is released in your brain, even doing something bad, it could create a habit that could lead to addiction.



How to fight this addiction and have better relations with the internet

First, it is important to realize that it is very hard to stop an addiction of social media and internet instantaneously. It can't be done magically, but it is not impossible either.

There's no need to uninstall your apps from your phone, especially if they help you in some ways. The best thing would be to learn how to use it in moderation by limiting the time and number of hours you check your social media accounts. Prioritize talking to people in person instead of using your phone and avoid social media use when with friends and family.



You can also try to change your addiction by replacing it by a healthier addiction, like sports or drinking water (with moderation). Sometimes it is a better option to disconnect from bad habits in order to reconnect with your life.



Even though we don't give a lot of importance to these types of addictions, they must still be considered as something that can have a negative impact on your wellbeing if it remains unregulated. It is not easy to regulate it, so don't be too hard on yourself if you have trouble at first!



The particular case of students at the European School of Strasbourg

When the school's students were interviewed, I asked them in which year they had received their first smartphone. A majority said they had received one around S1. When observing S1 students, this seems to be confirmed.

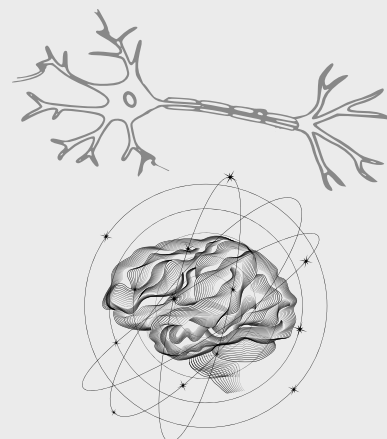
S1 (around age 10-12) is a year of major change, perhaps reinforced in our school by the fact that we stay with the same classmates as in primary school. This pushes students to want to make it clear that they belong to secondary school and are no longer little kids. Having your first smartphone around S1 is a group phenomenon, defined as a “behavioral action or reaction, individual or collective, influenced or generated by the fact of being in a group”.

Eva Telzer, an assistant professor of psychology and neuroscience and her team at the University of North California studied the brains of 169 middle-schoolers over a three-year period, between the ages of 12 and 15.



First conclusion: those who consulted their social networks very frequently around the age of 12 showed an increased sensitivity to the "social rewards" of their peers, which increased over time. On the other hand, teenagers who were less addicted to social networks developed a decreasing interest in these "social rewards", i.e. signs of approval, love or attention from others, etc.

Brain development continues throughout childhood and adolescence, although growth rates slow down. Neuronal connections continue to develop and strengthen as a function of the individual's experiences.





This period is marked by significant changes in the brain, notably the maturation of regions responsible for decision-making, impulse control and emotional regulation. These brain transformations may explain certain behaviours characteristic of adolescence, such as risk-taking and mood swings.

"We can't say causally that social networks change the brain," said Eva H. Telzer, adding, however, that "adolescents who habitually consult their social networks show quite dramatic changes in the way their brains respond, which could have long-term consequences well into adulthood, setting the stage, as it were, for brain development over time."

This research seems to suggest that teenagers have a standard brain reaction to social media. Students at the EES displayed a variety of experiences in answering the question : "What is your relationship with networks and the Internet? What do you think about it in general?"

- S1: "I don't use social networks very often; it depends on my mother. I have parental control. My friends all have access to the networks when they want and I don't, which frustrates me. I got my first phone in P5."
- S1: "Social media networks are interesting, but I spend too much time on them. It's not great to have people on TikTok at our age. We're too young. Posting videos of ourselves, we're not sure what we're doing, we can get insulted. When I'm bored, I go online."
- S4: "I think social networking and the internet can be good, but there are too many people using it to do harm. It's addictive, I don't really like it because you're forced to conform, because everyone is doing it anyways."
- S5: "The time we spend on it is too normalized in our society. because we spend too much time checking, it's a normalized addiction. If my phone didn't exist, I would have been more positive."
- S6: "Since everyone uses them, you must use them if you want to be included, but only to a certain degree. I've got nothing against it, but we should not overuse it."



LA PROPOSITION DE LOI CONTRE L'ÉCRITURE INCLUSIVE, OU LE REJET DE L'INCLUSION DE NOTRE GOUVERNEMENT

Charlie ADLI - S6 EN

Lundi 30 octobre 2023, le Sénat français a adopté par 221 voix pour et 82 voix contre, en première lecture, une proposition de loi visant à interdire l'écriture dite inclusive. Ce texte, déposé au Sénat le 26 janvier 2022 par Pascale Gruny et ses collègues du LR, a comme motif de “protéger la langue française des dérives” de l'écriture inclusive.



Premièrement, qu'est-ce que l'écriture inclusive? Selon la Cité internationale de la langue française, c'est une écriture qui a pour but de favoriser l'égalité des sexes en réformant la langue. Il faut savoir qu'elle ne date pas des mouvements LGBTQIA+ et #MeToo, mais de la fin des années

90, avec notamment un retour paradoxal de conventions datant du Moyen-Age avec la féminisation de titres comme “directrice”, “auteure”, etc. Elle passe ensuite (plus récemment) par l'invention de pronoms neutres tels qu'iel, ceux... et de points dans les terminaisons d'adjectif, par exemple “nommé.e”

Malheureusement, (comme tout sujet d'actualité) elle est très controversée. Certains la trouve trop “wokiste” ou exagérée, en ayant comme excuse “le masculin l'emporte sur le neutre”, ou encore qu'il existe d'autres façons de se montrer inclusif.ve.

Dans son discours du 10 octobre 2023, Emmanuel Macron affirme qu'en français, "le masculin fait le neutre, on n'a pas besoin d'ajouter des points au milieu des mots" et qu'on ne doit pas mélanger le genre grammatical, le genre comme construction sociale et le sexe physiologique.





Cependant, certain.nne.s historien.nne.s et linguistes soulignent que cette convention de masculin générique ne s'est imposée qu'à partir du XVII^e siècle et serait le reflet d'une vision souvent misogyne du monde. Ainsi, le grammairien Nicolas Beauzée écrivait-il encore en 1767 que « le genre masculin est réputé plus noble que le féminin à cause de la supériorité du mâle sur la femelle ».

Selon les auteur.trices de la proposition de loi, l'écriture inclusive constitue un frein à la lecture et à la compréhension de l'écrit. Iels estiment que l'impossibilité de "transcrire à l'oral les textes recourant à ce type de graphie gêne la lecture comme la prononciation, et par conséquent les apprentissages". Ils jugent que l'écriture inclusive constitue, plus généralement, une menace pour la langue française. Par conséquent, cette loi (qui a donc été votée) vise à interdire cette écriture dans l'enseignement.

Mais n'est ce pas exagéré?

L'interdiction totale d'une écriture inclusive est la preuve même de l'incapacité de notre gouvernement à s'adapter à notre époque.



L'hémicycle du Sénat français. Source : Sénat.fr

En refusant d'adopter une approche linguistique plus inclusive, il semble ignorer les changements sociaux et culturels qui appellent à une reconnaissance plus équitable de toutes les identités, notamment avec les mouvements LGBTQIA+ et les personnes non-genré.e.s, préférant utiliser le pronom "iel". En s'opposant fermement à la pratique de l'écriture inclusive, le gouvernement est déconnecté des aspirations de la population, en particulier des mouvements en faveur de l'égalité des genres.



Il est crucial de reconnaître que la langue n'est pas statique, mais plutôt un reflet dynamique de l'évolution de la société. L'écriture inclusive s'inscrit dans une démarche visant à éliminer les stéréotypes de genre profondément enracinés dans notre langage. En niant cette évolution, le gouvernement français est perçu comme entravant la progression vers une société plus égalitaire.

D'autre part, certains critiques estiment que l'écriture inclusive peut être perçue comme complexe ou difficile à comprendre, ce qui pourrait entraîner des problèmes de communication. Personnellement, je pense que l'écriture inclusive est une règle de grammaire comme une autre, et qu'il suffit juste de l'apprendre. Et puis, plutôt que de l'interdire complètement, ne serait-il pas plus constructif d'encourager des discussions ouvertes sur la manière d'adapter ces pratiques pour les rendre accessibles à tous?

En fin de compte, la question de l'écriture inclusive dépasse le simple cadre linguistique. Elle soulève des questions fondamentales sur la manière dont nous (et surtout notre gouvernement) concevons l'égalité, la diversité et l'inclusion dans notre société. Plutôt que de restreindre la diversité linguistique, notre gouvernement pourrait jouer un rôle moteur en encourageant le dialogue et la réflexion sur la manière dont notre langage peut mieux refléter les valeurs d'une société moderne.





CHATGPT : YOUR TUTOR IN POCKET

Klim Stepanenko - S6EN, Tallinn European School

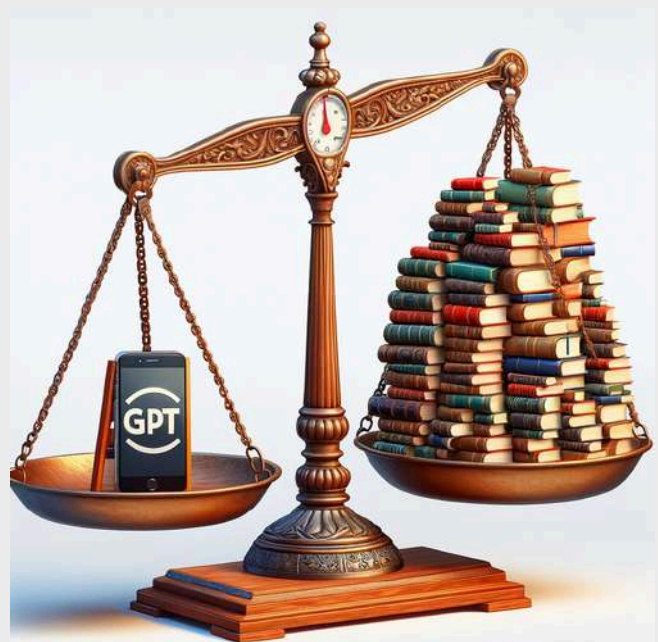
Have you all noticed how AI suddenly became the centre of discussion in 2023 ? Recently, AI has become the hottest new trend in the tech world, almost like something from a sci-fi movie. And it's not just any AI – imagine you had a friend who knew everything, as if they memorised every page of Wikipedia by heart, and could talk to you about anything you want, though I would highly question its relationship advice, but who am I to stop you from trying? But the best thing is – it's free for everybody's use, though there is a cooler premium ChatGPT-4 version.

And what can you actually do with this technology?

Practically everything: you can generate or modify images by using text description. It can write working code or complicated essays on different topics. It can do your weekly biology report, tuning it like Eminem wrote it or it can write your English poem like your uncle Shakespeare wrote it the other day. You can get the wildest, and craziest pranks and outfits for any event. You could consult with it on advice of how to get out of any trouble and be your school lawyer.

You could forget about not understanding a certain topic

and have a private tutor capable of doing or explaining any exercise on a personalised level. You can discuss homework or movies with it. It can demonstrate professional knowledge in any discipline at university graduates' level.





Now you are all probably asking, how does this even work? (Is this even real?)

Under the hood, we have something like a high-tech brain. AI uses something called 'transformer neural networks' – a fancy way of saying it's really good at understanding and processing language, just like we do when we talk or write. Think of it as being trained on a huge pile of books, articles, and websites. It learns all sorts of patterns and ways people use words, so it can come up with responses that actually make sense.

In order to achieve this, it gets special coaching from human trainers. They feed it all sorts of conversations so it can learn to talk, but also to chat like a real person. It picks up on those little things we do when we chat, making it way more than just a robotic responder, so basically an artificial parrot, that can repeat anything, only in a more fluid manner.

Though, just as with the parrot, there might be the downside that whatever we say to it, it will keep and recycle your input. , so go on right anything stupid about your friends, and you just might be in luck, and it'll show up in their prompt.

All of this opens up completely new learning opportunities to students of all ages. AI allows can make assessments of students' knowledge, testing them on their abilities and performance, allowing to find out how well versed are they in the material, find the gaps and understand what needs to be improved. ChatGPT can be used to explain study materials and topics on a personalised level, helping to bridge the gaps in the subject, and provide more in-depth explanations. Furthermore, ChatGPT can find errors in the student's work, and explain them specifically to the student. In general, ChatGPT can be your personal tutor at home, capable of helping with any topic 24/7 when no teacher is available. Imagine if such a tool was around during COVID times, just how many people less would be struggling with virtually anything.



But all things have a flip side. Though it might seem to be a smart idea to just start copying answers from ChatGPT, as its basically an encyclopaedia that can generate human-like responses, hold your horses. It's not quite as simple as it seems. There are a lot of grey areas. The main issue with AI isn't that one can check for AI – as lately a lot of research shows that AI-checkers can fail to distinguish AI and human written content (giving false-positive/negatives).

However, real concerns exist :

- a) People's overreliance on AI, which could provoke you losing the skills to do different tasks
- b) AI can generate confidently false information, giving it out as true with us taking it at face value.
- c) Unintentional plagiarism.

All of these issues can nonetheless be mitigated by an ethical usage – in other words, don't just copy, but rather treat it as an encyclopaedia and a teacher in one tool, and treat it with a pinch of salt, as it can make mistakes, just like humans. In the future, regulations and rules will be implemented to make it easier to correctly use AI, but

right now – it is basically the Wild Wild West of technology, with endless possibilities, so it is up to you right now to use it wisely, and you will be able to harness incredible power in your studies. It is most likely that AI is here to stay, and that we just need to prepare for this and adapt to it. We have the advantage of witnessing it develop in real time, a potential technological revolution occurring in front of our eyes. Fun side fact : after 30 years of the keyboard layout remaining virtually unchanged, Microsoft decided to add a whole new key: the 'Copilot' key, which will enable an AI to go through and help check and correct texts, and modify them.



Photo of the "Copilot" key. Source: Microsoft.fr

So, let's embrace the revolution rather than straying away from it and avoiding it, staying behind!



THE JAPANESE CULTURE IN 剣道(KENDO)

—Kerem Bakirci S4EN



Introduction to kendo:

Kendo is a martial art originary of Japan. Its name is composed of 剣 (Ken) meaning sword and 道 (Dou) meaning way, path or voice. Paired together its meaning will be “way of the sword” or “path of the sword”.

It is a martial art developed during the peaceful Edo era and encompasses the legacy of Samurai culture. It was created to train the body and mind, involving swift well timed and structured hits. Not to be confused with Iaido or Kenjutsu, Kendo is not based solely on Katana principles.



Kendo weapons:

The main weapon used for sparring is called a Shinai. It is a sword made of bamboo and deer leather. Before using your shinai you must put a tsuba and tsubadome on it. A tsuba is a plastic or leather hand guard to prevent the hands of the user from slipping off the sword. A tsubadome is a rubber or leather part to hold the tsuba in place. There are also certain rules to follow when using one.



The second weapon used in Kendo is called a bokken. It is a short sword that resembles the form of a katana that is traditionally made of wood yet more modern versions could be made of plastic. It is a weapon used only to practice kata and is not restricted to kendo. Other martial arts such as Aikido, Judo, Iaido etc. may include this during training with different kata types. Though it can never be used to spar with.



To name a few:

- 1) Your shinai can not be placed tip to the floor when resting under any circumstance.
- 2) There is a cord on the shinai representing the back of the katana. It should face up when hitting and down when being hit.
- 3) A shinai may be held in three positions, a guard, a broken guard and a sheathed position on the left side.



Kendo armour

Kendo armour consists of a few different things. A plastic chestplate covering the torso and sides called a Do.

A tare which is a cotton part placed under the Do to soften hits. Next is the kote which are two gloves that are covering the top of the hand but not fully the bottom.



The third and fourth weapons used in kendo are smaller versions of the bokken and shinai. A small version of the shinai is used in nito ryu, a way of kendo using two swords simultaneously.

A kodachi is a smaller bokken used for kata and came from the samurai using their main longsword and smaller sword on their waist.



The first is a Tenugui which is a thin cloth worn on the head to protect the eyes against sweat dripping when wearing the Men and a Zekken which is a cotton part put on the Tare to show the person's family name and where they are from.



Kendo clothing

In kendo everyone is considered equal, even with age differences, people will be known for their skills and not for what they wear. The traditional kendo clothing is composed of a Keikogi or Kendogi that is a loose fitting vest similar to a haori usually made of cotton, yet some modern day versions are made of synthetic materials, such as tetron or polyester.



The last piece of armour that you will receive is the Men a helmet that protects you from the first move learned in kendo which involves a hit to the head followed by a kiai (battle cry used in martial arts). The last two are accessories that are commonly used during practice.

It is traditionally dyed a dark navy blue using a dye called aizome, which is made from the Japanese indigo plant. Back when samurais were still around, they would have sparrings to the death and it is believed that at the end of a battle when people would get cuts from the katana, their wounds would be masked by the blue color, disinfected and their blood would coagulate quickly thanks to the medicinal properties of aizome plant. It is also not uncommon today that if you wear aizome dyed clothing, you might turn blue (yes, like a smurf).



The bottom part of kendo attire is called a hakama. A baggy robe or trousers with many specific folds and 4 strings or belts. On the back hakama is a rubber support board called the koshiita. A kendo hakama is also different to one for aikido, it is typically 2-3cm longer, and has longer belts. People may wish to embroider their hakama if they order online, usually people will embroider their names in Japanese katakana writing on the right back side of the Hakama.



THE JAPANESE CULTURE IN 剣道(KENDO)



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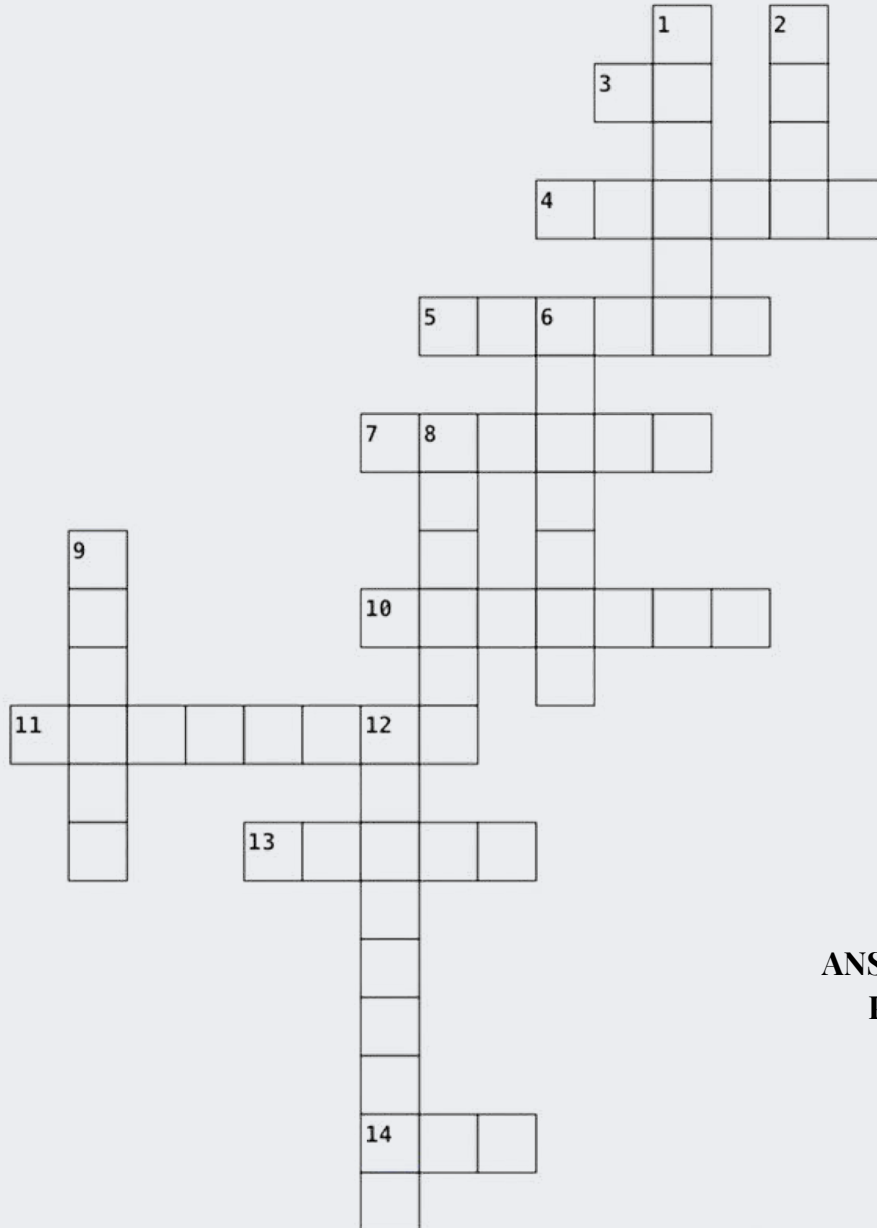
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KENDO CROSSWORD PUZZLE



**ANSWERS ON
PAGE ...**

- 3. Armour protecting chest and sides
- 4. Cloth piece displaying family name
- 5. Japanese longsword utilised by the Samurai
- 7. Bamboo sword used for sparring
- 10. Traditional Japanese warrior
- 11. Rubber board at the back of a hakama
- 13. Round leather or plastic hand guard
- 14. Kendo helmet

- 1. Wooden sword used to practice kata
- 2. Blue glove or hand armour
- 6. Cloth towel to prevent sweat from getting into eyes during training
- 8. Baggy blue cotton trousers with lots of folds
- 9. Japanese indigo dye
- 12. Leather or rubber part to hold hand guard in place



CHRONICLES OF MADEIRA

Zlata Steeves, S6EN

Picture... Madeira: a Portuguese island situated off the coast of Morocco, in the Atlantic ocean. The name comes from the Portuguese word for ‘wood’, inspired by the verdant green forests that cover the island. This article details my personal experience and what I learned about the famous ‘Flower Island’ during my stay there.

Funchal is the capital, and as the largest city, has lots to offer for everyone. Well paved roads crisscross the island and they have a bus system, but if you don’t want to drive a lot, I recommend you stay there. For those who appreciate less bustle, Machico (where I stayed) and Porto Muniz make perfect choices. I recommend you also visit the smaller, but picturesque, towns of Santana and Calheta.



**Our first glimpse of Madeira
from the plane!**

Credit: Alina Tatarenko

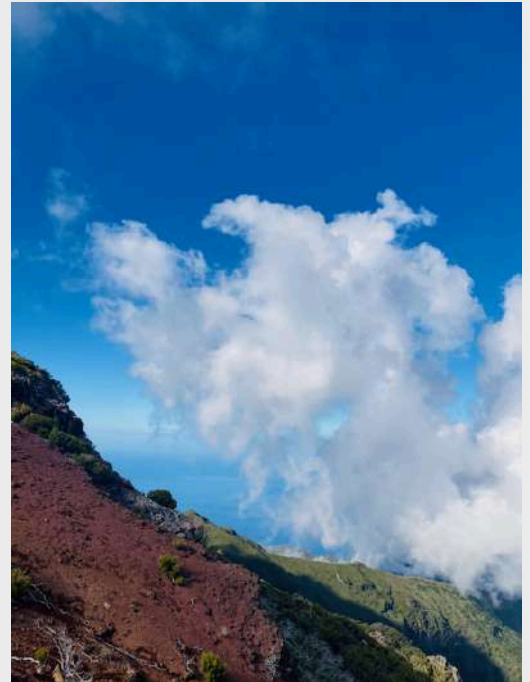
Foodwise, the most iconic dish Madeira has to offer is ‘espada com banana e maracuja’, or ‘swordfish with banana and passionfruit’! Another classic is their ‘bolo de caco’, or garlic bread. Most of the locals and waiters speak English, so you don’t have to know much Portuguese to get around. They also have great breakfast pastries, and were, as a whole, understanding about my avoidance of plastic bags and unnecessary packaging. My top restaurant suggestion in Machico is ‘Mare Alta’. They have delicious seafood, and tasty desserts! In the nearby town of Porto da Cruz, I urge you to try the frigateira, a rustic fish stew, and check out the fantastic A Pipa restaurant and bar.

Nothing, however, defines Madeira more than its natural heritage. It’s the perfect destination for hikers, with its unique levadas (traditional irrigation channels that direct water around the island to this day), the oldest of which date back to the 15th century.



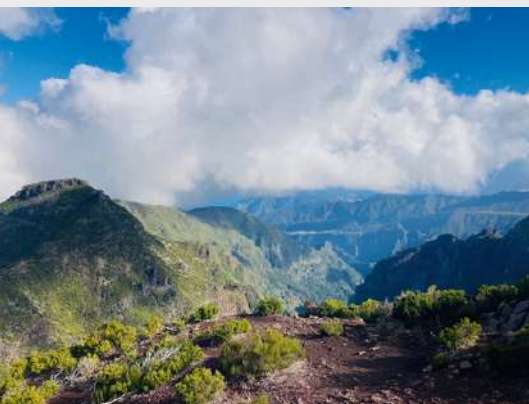
Built into the steep topography of the mountains and ridges themselves, they make for historical trail routes and are a tentative candidate to the UNESCO list of cultural and natural heritages. Madeira: The finest levada and mountain walks (Rother Walking Guide) by Rolf Goetz is a handy book to take with you.

The pictures on this page, taken by yours truly, are from my three favorite expeditions: The hike up the Pico de Ruivo, the idyllic Ponta de São Lourenço peninsula trail, and the old laurel grove where the Fanal forest station intersects with the Paul da Serra plateau.



The breathtaking view from the trail on our hike up the Pico de Ruivo

Each one is special for a different reason: the Pico de Ruivo is the highest point on the island. If you're up for over 5 hours of hiking, you can walk there from the neighboring Pico de Ariero, but the more reasonable 2 hour hike (2 and a half with pictures) from Achada do Teixeira is no slouch either. The São Lourenço peninsula distinguishes itself from the rest of the island by its aridness and lack of trees due to the high winds it bears the brunt of. It's protected area, and the perfect place to catch sight of the volcanic legacy in the form of its basalt and sediment layered cliffs. As for Fanal, the spectacular view combined with the presence of the ancient laurel trees create an atmosphere that speaks for itself, come sun or fog. These three sites are a perfect example of the variety Madeira has on offer as it has many diverse microclimates and levels of altitude.



View from the top of the Pico de Ruivo



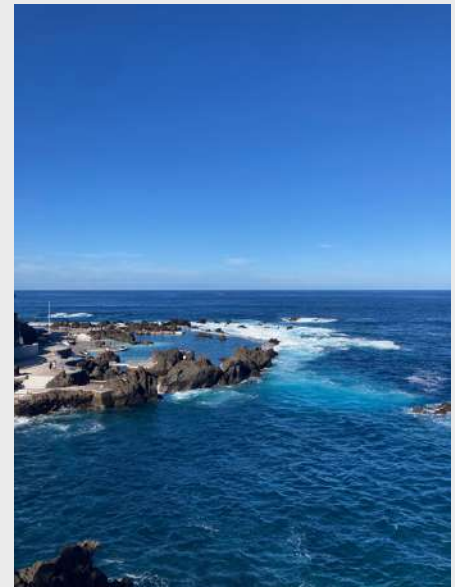
Ponta de São Lourenço



Ancient laurel trees of Fanal



When it comes to swimming, Madeira isn't everyone's ideal destination. In the summer temperatures rise enough to accommodate the average beach goer, although its natural beaches are all rock. You'll have much better luck on the neighboring island of Porto Santo, but if you're determined to find yourself a sandy shore to relax or tan on, Machico and Calheta both have a genuinely nice artificial beach for you to enjoy. Madeira's real specialty is its natural pools, which are constructed to form rock outcroppings, sort of like a mini harbor to protect you from the ocean waves. The best two we saw are in Porto Moniz and Doca do Cavacas next to Funchal, but the Seixal natural pools appear to be equally popular.



Porto Moniz natural pools

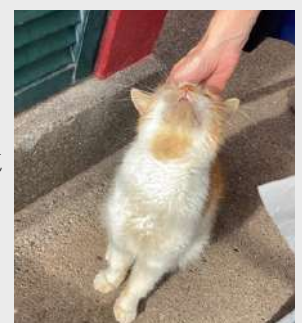
If you were wondering about the wildlife, Madeira does have plentiful birdlife, including migratory and endemic species. Curiously, I noticed their pigeons seemed to come in a much wider rangel of colors than the usual grey ones we see here in Strasbourg. One of the main marine attractions are whale and dolphin watching tours. Thankfully, the sanctuary waters northwest of the island are forbidden to ships to preserve the peace and prevent disturbances to the ecosystem. Vessels are only allowed to stay with a group of animals for up to 10 minutes. Additionally, Madeira is home to one of the most endangered, and elusive, seal species: the monk seal.



Igreja de São João Evangelist

Back in Funchal, there are two more attractions you should know about: churches, and the Christmas market. Surprising, I know, but the latter is in fact quite excellent and you'll find stuff like traditional fruit poncha and folklore dance performances. Located on the same square and consecrated in 1517, Sé Cathedral might be simple, but it's also the first church to be built on the island. Igreja de São João Evangelist, on the contrary, might be the very epitome of baroque architecture.

Finally, if you've stuck with this article till the very end and you love animals, I have a couple bonuses for you: first, a cute picture of an adorable stray cat my mom was petting. Second, if you like horses and you can afford it, I highly recommend you book a ride with Paula at Equine Village Madeira, where all the horses are bitless, shoeless, and happy.

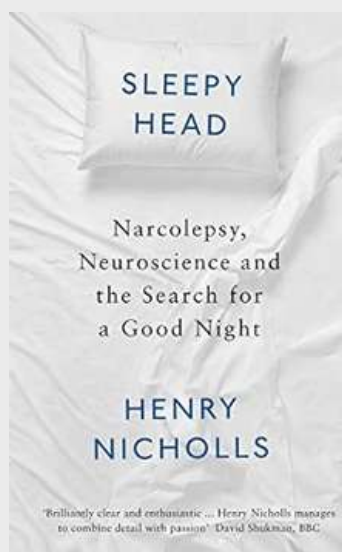
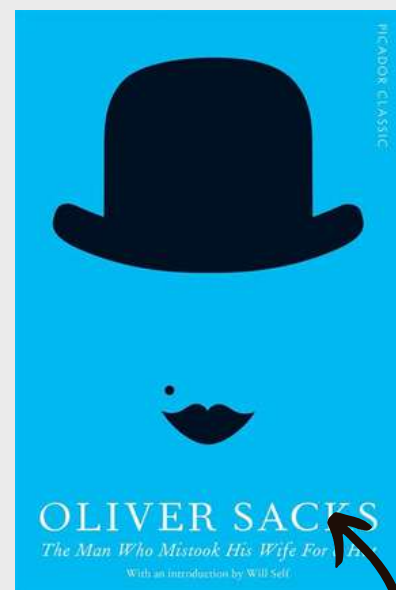
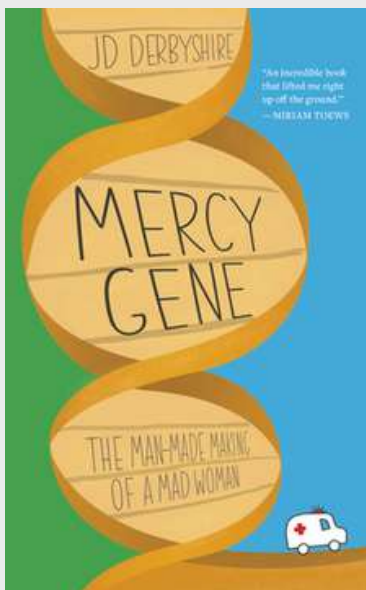




BOOK RECOMMENDATIONS ON MENTAL HEALTH AND NEUROSCIENCE

Zlata Steeves, S6EN

1. Mercy Gene: The Man-Made Making of a Mad Woman, by J. D. Derbyshire
2. Scattered Minds, by Gabor Maté
3. The Man Who Mistook His Wife For a Hat, by Oliver Sacks
4. Sleepyhead: Narcolepsy, Neuroscience and the Search for a Good Night, by Henry Nicholls
5. The Midnight Library, by Matt Haig



This one is available in the library of our very own Learning Center! (Once I finish reading it of course :)



L'HISTOIRE DU CONFLIT ISRAËLO-PALESTINIEN

Mark Kulikov - S6 EN

A la suite du 7 octobre, nous voyons partout des actualités au sujet du conflit entre Israël et la Palestine, ou faut-il dire l'appeler "guerre" ? Ou peut être "nettoyage ethnique", ou, encore pire, un "génocide" contre les peuples palestiniens? Dans cet article nous allons étudier l'histoire de ce conflit difficile et très long: de l'Antiquité jusqu'au massacre du 7 octobre. J'espère que cet article vous aidera à vous forger votre propre opinion sans l'influence des réseaux sociaux.



**Carte du royaume d'Israël au
9 siècle av. J.-C.**

L'histoire ancienne d'Israël remonte à l'Antiquité. La région a été le berceau de diverses civilisations et cultures. Vers le XIII^e siècle av. J.-C., les Israélites, descendants du personnage biblique d'Abraham, se sont installés dans la région, **établissant les royaumes d'Israël et de Juda**. Ces royaumes ont connu des périodes de prospérité sous les rois David et Salomon, mais ils ont également été confrontés à des invasions et à des conflits internes.

Pendant les siècles suivants, ces terres ont été placées sous le contrôle de différents empires et royaumes tels que l'Empire d'Alexandre le Grand, les Séleucides, l'Égypte, mais la population juive (qui constituait la majorité de la population de la région tout au long de cette période) a maintenu sa souveraineté jusqu'en 63 av. J.-C. La région a alors été conquise par l'Empire romain et est devenue la province de "Judée".

En l'an 66 de notre ère, une révolte juive a éclaté en Judée, coûtant la vie à 600 000 Juifs sur une population totale de deux millions dans toute la province. À la suite de la victoire des Romains, **Jérusalem et le Deuxième Temple de Jérusalem ont été détruits**.



En 132 de notre ère, une autre révolte, appelée la Révolte de Bar Kokhba, a été perdue par le peuple juif de Judée. Les Juifs ont été expulsés des restes de Jérusalem, et la **"Judée" a été renommée "Syrie-Palestine" afin d'effacer l'histoire de l'existence des Juifs sur cette terre** (*c'est pourquoi, d'ailleurs, considérer Jésus comme Palestinien est déraisonnable, car Jésus a vécu en Judée, pas en Palestine*). À partir de ce moment, commence une longue histoire de près de deux millénaires d'exil des Juifs à travers le monde. Leur religion, le judaïsme, et leur langue, l'hébreu, deviennent leur clé pour préserver leur peuple et leur culture. En presque deux mille ans d'exils et d'errances, les Juifs n'ont pas succombé à l'assimilation.

Jusqu'en 638, la Palestine faisait partie de l'Empire romain, puis de sa partie orientale, Byzance. Malgré les expulsions précédentes, la région était toujours majoritairement peuplée de Juifs. Cependant, le christianisme se répandait sous l'influence de Byzance.

En 638, le rapide développement de l'Empire arabe a conduit à la conquête de ces terres. Jérusalem est devenue un **centre important de l'islam**, avec la construction du Dôme du Rocher sur le site du Second Temple de Jérusalem. La région a été arabonisée, l'islam s'est répandu, et les Arabes, originaires de la péninsule arabique, ont commencé à migrer dans la région.



Mont du Temple, l'espace sacré pour l'Islam, le Judaïsme et le Christianisme

Grâce à l'Âge d'or de l'islam, la Palestine est devenue un centre commercial régional, devenant ainsi le point central des croisades organisées par l'Église catholique aux XIe-XVe siècles. **Tous ces événements ont conduit à une émigration de plus en plus fréquente de la population juive de Palestine** (il est juste de noter que les musulmans traitaient les Juifs plus toléramment que les chrétiens après les croisades). La population juive de Palestine a été de plus en plus contrainte de fuir sa patrie.



Le peuple juif s'est progressivement divisé en plusieurs catégories principales : **les Mizrahi** (Juifs restés au Moyen-Orient), **les Séfarades** (ceux qui se sont installés en Europe occidentale et méridionale), et **les Ashkénazes** (ceux qui se sont installés en Europe orientale et centrale, dont l'auteur de cet article est un représentant). Au cours des siècles suivants, les Juifs ont été expulsés de nombreux pays européens, d'Espagne, de France, d'Angleterre, etc. L'antisémitisme s'est développé, atteignant parfois l'absurde (les Juifs étaient parfois accusés d'être responsables de la peste au Moyen Âge). En raison de cela, les Juifs ont commencé à travailler dans le secteur bancaire, considéré comme "impur" en Europe à l'époque. Après la déclaration d'indépendance des États-Unis, de nombreux Juifs se sont tournés vers les États-Unis, échappant à l'antisémitisme européen aux XIXe et XXe siècles, qui atteindra son apogée pendant l'Holocauste, où 6 millions de Juifs sur 8 millions en Europe ont été tués. Cela a encore davantage provoqué la migration des restes de la population juive d'Europe vers les États-Unis, où la première diaspora juive en termes de population vit aujourd'hui (après Israël).

Depuis le début du XVIIIe siècle, les Juifs ont commencé à revenir progressivement en Palestine, même en comprenant les dangers. En 1880, les Juifs représentaient 5 % de la population de la Palestine, qui comptait alors environ un demi-million d'habitants. Au XXe siècle, le mouvement sioniste a pris de l'ampleur, souvent mal compris aujourd'hui et parfois assimilé à du nazisme. **Le sionisme était une réaction des Juifs à l'antisémitisme**, qui avait conduit à des pogroms dans toute l'Europe et le Moyen-Orient. Selon les Juifs, la seule façon d'assurer la sécurité de leur peuple, de leur religion et de leurs traditions était de créer un État où les Juifs seraient la principale nation.

En 1917, l'Empire britannique a conquis la Palestine à l'Empire ottoman, marquant le début d'une migration beaucoup plus importante des Juifs qui fuyaient les persécutions en Europe. Il est à noter que les Juifs et les Arabes n'ont pas réussi à coexister pacifiquement dès cette époque. Par exemple, lors des pogroms juifs à Hébron, 67 Juifs ont été tués, et les autres ont été chassés de la ville.

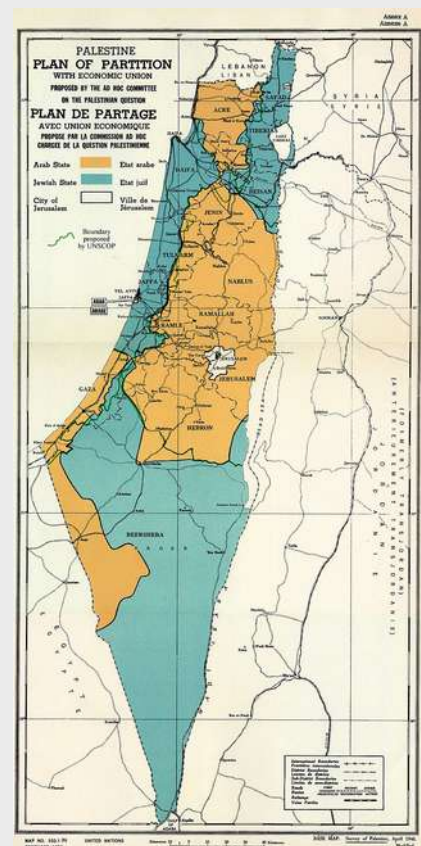


Après la Seconde Guerre mondiale, la question de la création d'Israël en Palestine est devenue urgente. C'est pourquoi le 29 novembre 1947, l'ONU a proposé un plan de partage du territoire entre les Juifs et les "Arabes de Palestine". Ce plan **a été accepté par la communauté juive mais rejeté par la communauté arabe**.

Le 30 novembre 1947, dès le lendemain, les premiers affrontements ont éclaté entre les groupes armés juifs et arabes. Les États arabes promettaient de "**jeter les Juifs à la mer**" et refusaient même la possibilité de créer un État juif. La guerre d'indépendance d'Israël a duré 2 ans et a finalement conduit à la victoire d'Israël, qui était alors soutenu par l'Union soviétique, espérant y trouver un allié. Cependant, Israël n'a pas répondu aux attentes de l'URSS en établissant des relations amicales avec les États-Unis.

De 1947 à 1967, l'Égypte contrôlait la région actuelle de Gaza, et la Jordanie contrôlait la rive droite du fleuve Jourdain. **Aucun de ces deux pays n'a créé un État palestinien** sur ces territoires au cours des 20 années qui ont suivi (en 1967, lors de la guerre des Six Jours, Israël occupe ces territoires). La Palestine n'a déclaré son indépendance qu'en 1988, à partir de ce moment, le terme "Palestiniens" a commencé à être utilisé pour désigner la population arabe de la région.

Après les accords d'Oslo en 1993, l'espoir d'une résolution pacifique du conflit a émergé. En 2005, **Israël retire toutes ses troupes de Gaza**, laissant effectivement aux Palestiniens leur État (une partie de la Cisjordanie est également libérée). Après les élections à Gaza en 2007, le groupe terroriste de **l'Hamas remporte la victoire** et prend immédiatement le pouvoir, éliminant sa principale opposition, le Fatah, par des exécutions sommaires.



Le plan, propose par l'ONU. Partie blue - l'état juif, la partie orange - l'état arabe



Après la première Intifada en 1987 et la deuxième Intifada de 2000-2005, Israël a commencé la construction du mur de défense sur la rive est du Jourdain, car pendant ces deux tentatives de révolte, de nombreux Palestiniens s'infiltraient en Israël et se faisaient exploser, devenant des **terroristes suicidaires**. Suivant une logique similaire, Israël a fait de même à sa frontière avec la bande de Gaza, d'où l'Hamas envoyait régulièrement des roquettes en direction d'Israël (l'objectif principal de cette organisation étant la destruction d'Israël en tant qu'État, ce qui est inacceptable pour les autorités israéliennes).

En utilisant les statistiques de l'ONU sur les décès dans le conflit jusqu'au 7 octobre, on peut conclure malheureusement que le nombre de décès est inégal, et cela s'explique par le **Dôme de Fer**, un système de défense antimissile hautement technologique d'Israël qui intercepte presque toutes les bombes envoyées par l'Hamas depuis la bande de Gaza.

Quant aux événements survenus le 7 octobre et au-delà, je suis sûr que vous en avez tous une excellente connaissance. Bien sûr que cet article n'est qu'une résumé bref de toute l'histoire du conflit, **il y a encore beaucoup de chose à dire**. En lisant cet article, j'espère que vous comprendrez qu'il n'y a ni bon ni mauvais côté dans ce conflit, et selon les déclarations d'Israël et de l'Hamas, un accord de paix dans un avenir proche est peu probable...



La ville de Gaza, détruit pas des attaques d'Israel



Les israéliens qui se souvient du massacre de 7 octobre



MUST-WATCH MOVIES

ACCORDING TO CHARLIE & UGNE

Charlie ADLI & Ugne Zukauskaite - S6EN

Have you ever felt dumb when people ask you “You haven't seen that movie?”. Well we have, and that’s why, a couple of years ago, Ugne and I got into cinema (like really into it). Not only that, but we consider (as should you) film-making to be an art (it's actually the 7th), and want to enrich our culture. If you feel the same way we do, consider this list as a starting point, our favorite movies in different genres, to ease you into the amazing world of cinema.

As movie fans, Charlie and I have collectively seen over 600 movies, so it was hard to narrow it down to the ones we’d want to recommend you to watch, but here are 20 movies we think you should add to your **must-watch** list. If you don’t have time for all of them, or some of them just don’t seem to interest you, we’ve added our top 3 films that you should definitely make time for. However, if you’re a movie connoisseur and have seen all of these movies, well I guess you’ll just have to wait for our next edition for new recommendations.

Horror

Joker (2019, Todd Phillips)

During the 1980s, a failed stand-up comedian is driven insane and turns to a life of crime and chaos in Gotham City while becoming an infamous psychopathic crime figure.

Letterboxd rating: 3.8/5

IMDB rating: 8.4/10

Ugne’s rating: 8.5/10





The Shining (1980, Stanley Kubrick)

Jack Torrance accepts a caretaker job at the Overlook Hotel, where he, along with his wife Wendy and their son Danny, must live isolated from the rest of the world for the winter. But they aren't prepared for the madness that lurks within.

Letterboxd rating: 4.3/5

IMDB rating: 8.4/10

Ugne's rating: 9/10

Action



Ocean's 12 (2004, Steven Soderbergh)

Danny Ocean reunites with his old flame and the rest of his merry band of thieves in carrying out three huge heists in Rome, Paris and Amsterdam – but a Europol agent is hot on their heels.

Letterboxd rating: 3.3

IMDB rating: 6.5/10

Ugne's rating: 9/10



Fight Club (1999, David Fincher)

A ticking-time-bomb insomniac and a slippery soap salesman channel primal male aggression into a shocking new form of therapy. Their concept catches on, with underground “fight clubs” forming in every town, until an eccentric gets in the way and ignites an out-of-control spiral toward oblivion.

Letterboxd rating: 4.3 /5

IMDB rating : 8.8/10

Charlie's rating: 10/10

Rom-com



When Harry met Sally... (1989, Rob Reiner)

During their travel from Chicago to New York, Harry and Sally debate whether or not sex ruins a friendship between a man and a woman. Eleven years later, and they're still no closer to finding the answer.

Letterboxd rating: 4 /5

IMDB rating: 7.7/10

Charlie's rating: 8.5 /10



Before Sunrise (1995, Richard Linklater)

A young man and woman meet on a train in Europe, and wind up spending one evening together in Vienna. Unfortunately, both know that this will probably be their only night together.

Letterboxd rating: 4.3/5

IMDB rating: 8.1/10

Ugne's rating: 8.5/10

Comedy



Little Miss Sunshine

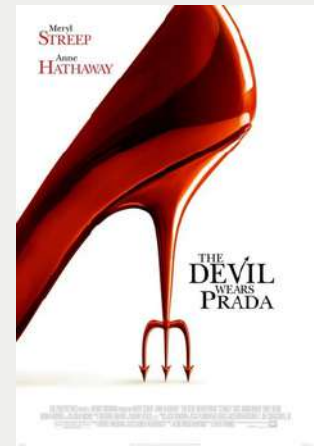
(2006, Jonathan Dayton, Valerie Faris)

A family loaded with quirky, colorful characters piles into an old van and road trips to California for little Olive to compete in a beauty pageant.

Letterboxd rating: 4.2

IMDB rating: 7.8

Ugne's rating: 10/10



The Devil wears Prada (2006, David Frankel)

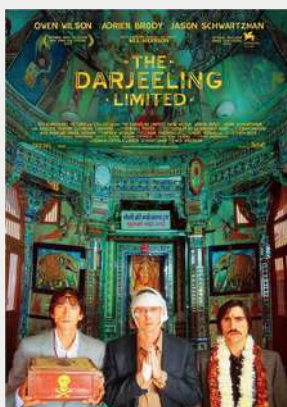
Andy moves to New York to work in one the biggest Fashion magazines in the world. Her boss is extremely demanding, cruel and won't let her succeed if she doesn't fit into the high class elegant look of their magazine.

Letterboxd rating: 3.8/5

IMDB rating: 6.9/10

Charlie's rating: 9.5 /10

Indie



The Darjeeling Limited (2007, Wes Anderson)

Three American brothers who have not spoken to each other in a year set off on a train voyage across India with a plan to find themselves and bond with each other – to become brothers again like they used to be. Their “spiritual quest”, however, veers rapidly off-course

Letterboxd rating: 3.8/5

IMDB rating: 7.2/10

Ugne's rating: 10/10



Lady Bird (2017, Greta Gerwig)

A California high school student plans to escape from her family and small town by going to college in New York, much to the disapproval of wildly loving, deeply opinionated and strong-willed mother.

Letterboxd rating: 3.9/5

IMDB rating: 7.4/10

Charlie's rating: 9 /10



Casablanca (1942, Michael Curtiz)

In Casablanca, Morocco in December 1941, a cynical American expatriate meets a former lover, with unforeseen complications.

Letterboxd rating: 4.3/5

IMDB rating: 8.5/10

Charlie's rating: 8.8/10

Oldies



The breakfast club (1985, John Hughes)

Five disparate high school students meet in Saturday detention, and discover they have a lot more in common than they thought.

Letterboxd rating: 3.8/10

IMDB rating: 7.8/10

Ugne's rating: 9.5/10

French



La haine (1995, Mathieu Kassovitz)

After a chaotic night of rioting in a marginal suburb of Paris, three young friends, Vinz, Hubert and Saïd, wander around unoccupied waiting for news about the state of health of a mutual friend who has been seriously injured when confronting the police.

Letterboxd rating: 4.5/5

IMDB rating: 8.1/10

Charlie's rating: 9.7/10



Le Fabuleux Destin d'Amélie Poulain (2001, Jean-Pierre Jeunet)

At a tiny Parisian café, the adorable yet painfully shy Amélie accidentally discovers a gift for helping others. Soon Amélie is spending her days as a matchmaker, guardian angel, and all-around do-gooder. But when she bumps into a handsome stranger, will she find the courage to become the star of her very own love story?

Letterboxd rating: 4.2/5

IMDB rating: 8.3/10

Ugne's rating: 9/10

Animation



Spider man Across The Spider Verse (2023, Joaquim Dos Santos)

After reuniting with Gwen Stacy, Brooklyn's full-time, friendly neighborhood Spider-Man is catapulted across the Multiverse, where he encounters the Spider Society, a team of Spider-People charged with protecting the Multiverse's very existence.

Letterboxd rating: 4.5/5

IMDB rating: 8.6/10

Ugne's rating: 9/10

Musicals



La La Land (2016, Damien Chazelle)

Mia, an aspiring actress, serves lattes to movie stars in between auditions and Sebastian, a jazz musician, scrapes by playing cocktail party gigs in dingy bars, but as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.

Letterboxd rating: 4/5

IMDB rating: 8/10

Charlie's rating: 10 /10



Spirited away (2001, Hayao Miyazaki)

A young girl, Chihiro, becomes trapped in a strange new world of spirits. When her parents undergo a mysterious transformation, she must call upon the courage she never knew she had to free her family.

Letterboxd rating: 4.5/5

IMDB rating: 8.6/10

Charlie's rating: 10 /10



Mamma Mia! (2008, Phyllida Lloyd)

An independent, single mother who owns a small hotel on a Greek island is about to marry off the spirited young daughter she's raised alone. But, the daughter has secretly invited three of her mother's ex-lovers in the hopes of finding her biological father.

Letterboxd rating: 3.7/5

IMDB rating: 6.5/10

Charlie's rating: /10

Drama



Good will hunting (1997, Gus Van Sant)

Will Hunting has a genius-level IQ but chooses to work as a janitor at MIT. When he solves a difficult graduate-level math problem, his talents are discovered by Professor Gerald Lambeau, who decides to help the misguided youth reach his potential.

Letterboxd rating: 4.3/5

IMDB rating: 8.3/10

Ugne's rating: 9.5/10



(500) days of Summer (2009, Marc Webb)

Tom, greeting-card writer and hopeless romantic, is caught completely off-guard when his girlfriend, Summer, suddenly dumps him. He reflects on their 500 days together to try to figure out where their love affair went sour, and in doing so, Tom rediscovers his true passions in life.

Letterboxd rating: 3.6/5

IMDB rating: 7.7/10

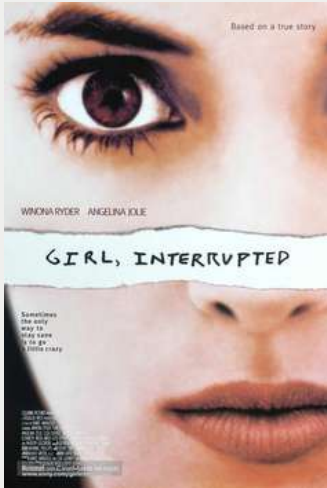
Charlie's rating: 10/10

The ones that almost made the cut:

Notting Hill, Inception, The French Dispatch, Call me by your name, Truman Show, The Holy Grail, Les Petits Mouchoirs, the Great Dictator, West Side Story, Eté 85...



3 ALL TIME FAVORITES (in no particular order):



Girl, Interrupted (1999, James Mangold)

*‘You know, there are too many buttons in the world, there’s too many buttons, and they’re just.. there’s way too many just begging, they’re just begging to be pressed, you know? they’re just, just begging to pressed, and it makes me wonder, you know, it really makes me f***ing wonder, “why doesn’t anybody ever press mine?” Why am I so neglected? why doesn’t anybody reach in and rip out the truth and tell me, that i’m a f***ing w***re, or that my parents wish i were dead.’*

Set in the changing world of the late 1960s, Susanna Kaysen’s prescribed “short rest” from a psychiatrist she had met only once becomes a strange, unknown journey into Alice’s Wonderland, where she struggles with the thin line between normal and crazy. Susanna soon realizes how hard it is to get out once she has been committed, and she ultimately has to choose between the world of people who belong inside or the difficult world of reality outside.

Charlie’s analysis : Sometimes a film just happens to you, and rather than watching and observing the pixels melt together, you find yourself being absorbed into the empty universes within the screen. And that’s the case with this movie. Girl, Interrupted talks about so many important themes: mental health, female friendship, love, feminism, and many more. Not only is the cast perfect (with Winona Ryder and Angelina Jolie as the protagonists), but the music, the pictures, the colors... everything in this movie makes the spectator melt into the universe of mentally ill girls... and in a way, relate to them.

Susanna’s journey into craziness portrays young women’s reality: In a world full of constant change, aren’t we all forcing ourselves to not act crazy, aren’t we all trapped? This movie, full of lost hopes and dreams, makes us wonder, how can I stop feeling like this?

Letterboxd rating: 3.9 /5

IMDB rating: 7.3/10

Charlie’s rating: 10/10

Ugne’s rating: /10



Grand Budapest Hotel (2014, Wes Anderson)

"Did He Just Throw My Cat Out of The Window?"

The Grand Budapest Hotel tells of a legendary concierge at a famous European hotel between the wars and his friendship with a young employee who becomes his trusted protégé. The story involves the theft and recovery of a priceless Renaissance painting, the battle for an enormous family fortune and the slow and then sudden upheavals that transformed Europe during the first half of the 20th century.

Charlie and Ugne's analysis:

Wes Anderson is known for his movies full of colors, symmetry, and funny jokes that turn out to be sad. He is, in our opinion, the best director of his generation. There is nothing greater than spending an afternoon watching his movies, full of great dialogue and scenography. It was very difficult to only pick one as our favorite, because each Wes Anderson movie has the same rules (and often the same actors), but never the same story. Finally, we chose this one, because The Grand Budapest Hotel is a classic. Set into the 1st half of the 20th century, in a luxurious hotel, this great escapade across Europe to find Boy with Apple is thrilling. All of Wes Anderson's depth is put into the characters, the warm colors melt together, and the plot twists are constant and very funny.

As we travel through the different filming locations, almost as if they all had stories of their own, we immerse ourselves into the movie's world. Anderson manages to achieve this complete immersion because of his in-depth research as he traveled many places to gain the full atmosphere of The Grand Budapest Hotel. As all Anderson movies, it manages to transport us to a world we ourselves couldn't have imagined.



If you don't know Wes Anderson's universe, we recommend you start with this one (no saving best for last!). This movie respects each Wes Anderson rule, and the dialogues are poignant and funny. The decors are beautiful, and the whole atmosphere propels you into Monsieur Gustave H and Zero's universe.

Letterboxd rating: 4.2/5

IMDB rating: 8.1 /10

Charlie's rating: 10/10

Ugne's rating: 10/10



Eternal Sunshine of the Spotless Mind (2004, Michel Gondry)

“Please let me keep this memory, just this one”

Joel Barish, heartbroken that his girlfriend underwent a procedure to erase him from her memory, decides to do the same. However, as he watches his memories of her fade away, he realizes that he still loves her, and may be too late to correct his mistake.

Ugne's analysis (Spoiler Alert): Jim Carrey does an amazing job at playing the role of a conflicted person going through a devastating breakup. However, unlike people in our world, he has the choice of completely forgetting about his ex, which could be seen both as an advantage and not. This procedure of erasing someone from our memory might seem appealing, but as we go through the movie, we notice that it's simply unnatural. This transformation of memories, portrayed by the overbearing colors and sounds convey the perfect feeling of sensory overload as we go through Joel's "healing" process. His memories with Clementine slowly melt into incomprehensible events, and Joel realizes the love he still has for Clementine. It urges him to keep those memories, because even though it might hurt, he would rather keep those bittersweet memories than lose her forever and completely.



Finally, *Eternal Sunshine of the Spotless Mind* is partly science fiction, and in my opinion, Gondry chose to add this element to emphasize the main idea of the movie. Throughout the whole of the movie, as we motion through the colors, the soundtrack and the exceptional performance of Carrey and Winslet, we realize something life changing: As much as we might want to forget a heartbreaking event or lose the gut-wrenching feeling we get when we remember a person we used to know, we realize that these memories and emotions are what truly make us grow, slowly building and changing us as a person. That's why I'm grateful we don't have the opportunity to choose as Joel and Clementine did, because as much as it might hurt, loss and grief, whatever shape or form it might be, is something we should go through.

Letterboxd rating: 4.2/5

IMDB rating: 8.3/10

Charlie's rating: 10/10

Ugne's rating: 10/10

Have fun!

"In case I don't see you, good afternoon, good evening, and goodnight." - The Truman Show



COCA COLA A-T-IL RÉELLEMENT INVENTER LE PÈRE NOËL ?



Maxime POIDEVIN - S4FR

Que ce soit sur les réseaux sociaux ou dans de vraies interactions, on entend toutes sortes d'interprétations sur le rôle que Coca Cola a joué dans l'image du Père Noël et de la fête qu'il représente.

Est-ce que la marque de boisson a-t-elle imaginé Noël tel que nous le connaissons ? A-t-elle inventé le Père Noël ou l'a-t-elle simplement popularisé ? Revenons sur l'histoire de ce personnage emblématique et de sa relation avec la marque.

Avant le Père Noël, il y avait Saint Nicolas.

Nicolas de Myre est né en Asie Mineure entre 250 et 270 et est devenu évêque de Myre (en actuelle Turquie). Il mourra le 6 décembre aux environs de 330 et sera canonisé (reconnu comme Saint par l'église catholique) car il aurait été à l'origine de plusieurs miracles.

Le mythe du Saint Nicolas : Les enfants ressuscités.

Le mythe miraculeux le plus populaire de Saint Nicolas est sans aucun doute l'histoire de trois jeunes enfants perdus qui, par une très froide soirée, auraient toqué à la porte d'une maison pour demander un endroit où passer la nuit et se réchauffer. Le propriétaire de cette bâtisse, un boucher, les accueillit pour la nuit. Mais l'homme s'avéra avoir des intentions toutes autres que gentilles et découpa les enfants pour les transformer en petits salés qu'il conserva dans de grands tonneaux de sel.

Saint Nicolas arriva au petit matin sur son âne et demanda au boucher s'il pouvait entrer et avoir du petit salé. Il savait en réalité ce que le boucher avait fait aux enfants et souhaitait punir l'homme. Ainsi, non seulement il ressuscita les pauvres enfants, mais il punit aussi le terrible boucher qui devint le Père Fouettard.



Nicolas de Myre (Saint Nicolas)
peint par Giovanni Bellini



L'arrivée de Saint Nicolas en France.

Au Xe siècle, une relique de Saint Nicolas (sa phalange) fut envoyée au Duché de Lorraine. Une basilique fut érigée en l'honneur de Saint Nicolas et celui-ci devint le saint-patron de la Lorraine. C'est à partir de là que le mythe du Saint Nicolas se reprit dans le reste de la France et des pays voisins. Il fait désormais parti des traditions occidentales et distribuerait des chocolats, des mandarines et autres friandises aux enfants sages dans la nuit du 5 au 6 décembre. Même si son rôle varie un peu selon les régions, il reste globalement celui-ci.



Exemple de Santa Claus vert.
Source : noel-de-teemo.com

L'importation de Saint Nicolas en Amérique : l'arrivée de Santa Claus.

Ce sont les immigrants hollandais qui amenèrent Saint Nicolas (qu'ils nommaient "Sinterklaas") dans le Nouveau Monde. Les Américains, par déformation de langage, l'appelèrent Santa Claus. Ce nom resta jusqu'aujourd'hui. En effet, les Américains appellent toujours le Père Noël ainsi.

Les différentes couleurs de Santa Claus.

À cette époque, le costume de Santa Claus variait de couleur. Tantôt vert, tantôt rouge, parfois même jaune ou bleu. Cela dépendait de la région. Par exemple, en Grande-Bretagne, le Père Noël était vert et le restera longtemps encore, même avec la popularisation du costume rouge.

C'est en 1868 que le dessinateur Thomas Nast finit par représenter Santa Claus plus ou moins comme nous le connaissons aujourd'hui, c'est-à-dire dodu, avec une barbe blanche et une tenue rouge. Cette image commença doucement à se répandre en Amérique.

Coca Cola et son rôle.

La boisson emblématique était considérée à cette époque comme trop désaltérante pour être bu en hiver autant qu'en été. Ainsi, Coca Cola du proposer une campagne de pub pour relancer les ventes hivernales. C'est en 1931 que l'illustrateur américain Haddon Sunblom dessina un Santa Claus dodu, avec des traits joyeux, une barbe blanche bien fournie et son iconique manteau, pantalon et chapeau rouge. De 1931 à 1964, l'illustrateur continua à dessiner Santa Claus dans les campagnes de pub de Coca Cola. Durant cette période, l'image de ce Santa Claus c'est énormément répandu et à retraverser l'Atlantique pour arriver en Europe.



Différents exemples d'illustrations faites par Haddon Sunblom pour les campagnes de Coca Cola. Sources : www.coca-cola.com ; ici.radio-canada.ca

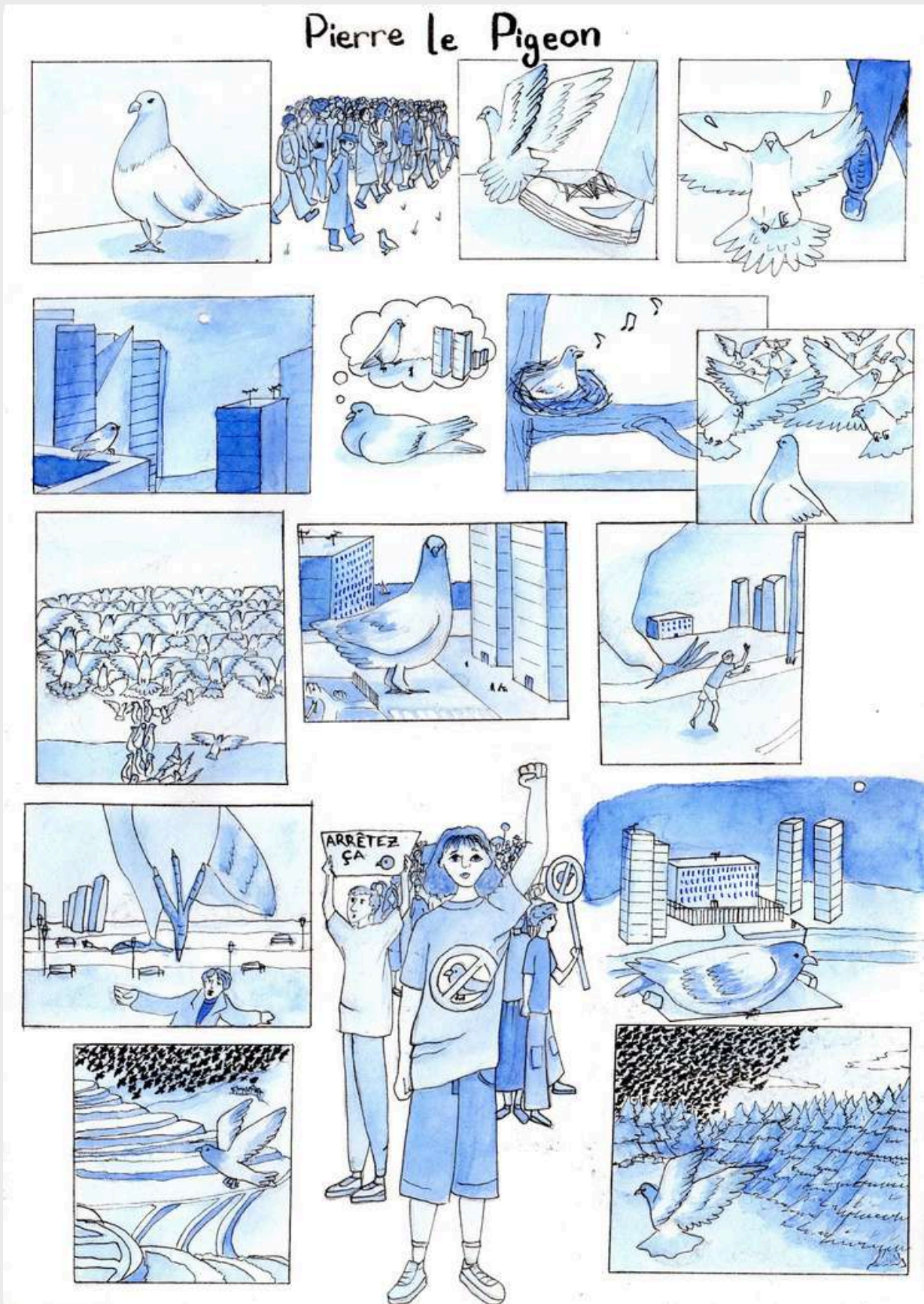
C'est ainsi que cette figure que nous connaissons si bien s'est modifiée avec le temps pour donner le Père Noël d'aujourd'hui, qui ferait le tour du monde pour distribuer les cadeaux à tous les enfants dans la nuit du 24 au 25 décembre.

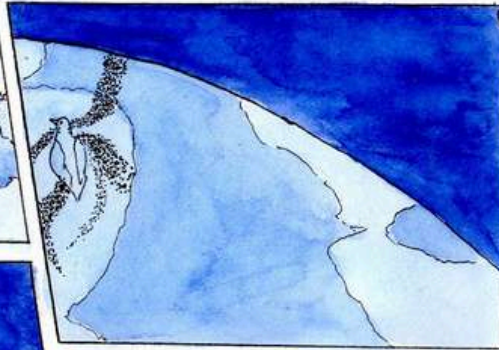
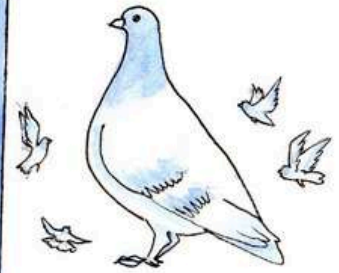
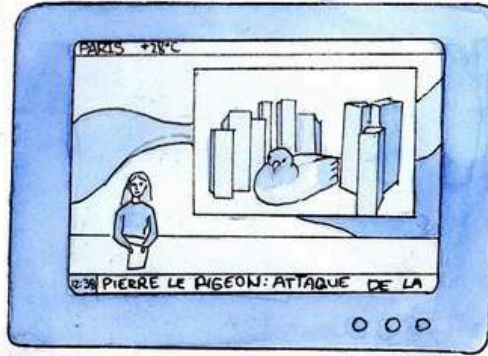
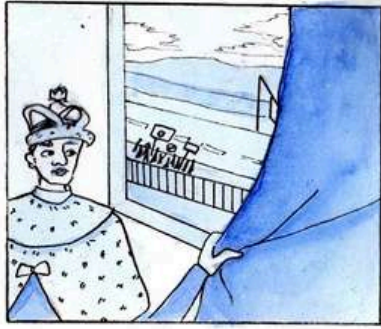
Coca Cola n'a donc pas inventé de toute pièce l'allure du Père Noël mais a simplement jouer un rôle dans sa popularité, avant tout pour le business de la marque.



UN COMIC STRIP GAGNANT

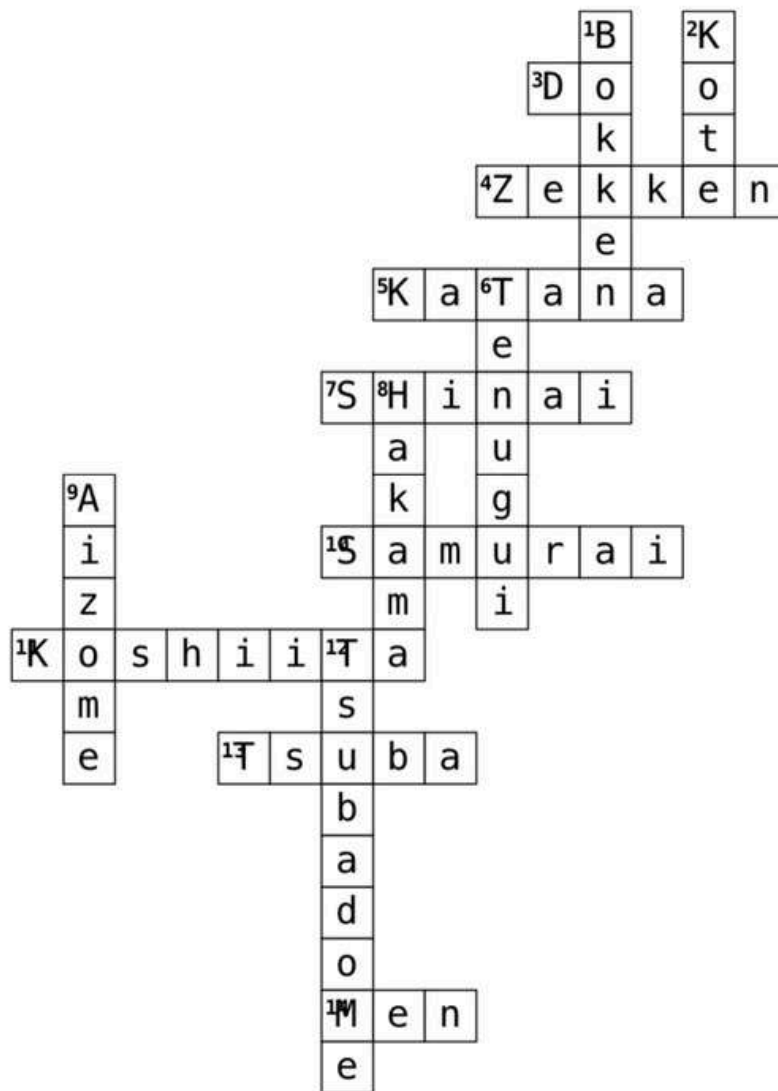
Début mai 2023, Vera Abubakirova (S3EN) a remporté le "Petit Fauve d'Argent" au concours de la BD scolaire au célèbre Festival d'Angoulême. Bravo à elle !







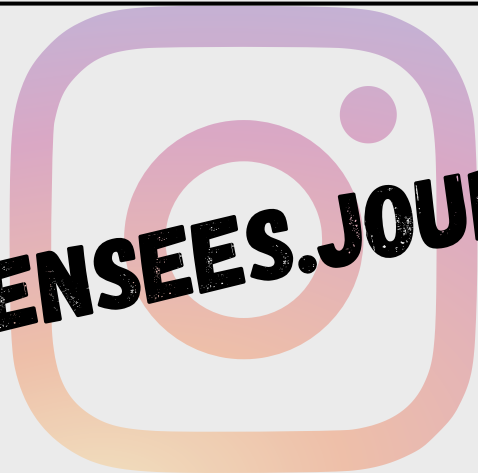
KENDO QUIZ ANSWERS





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