

# pensées

Le journal des élèves de l'École Européenne de Strasbourg

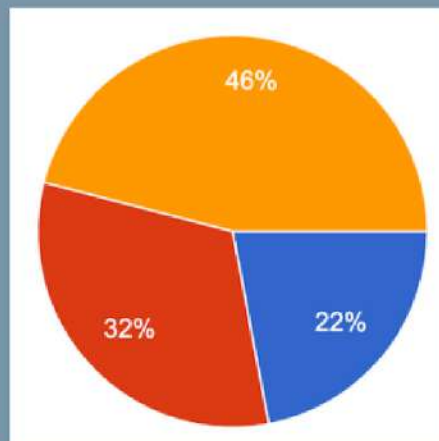


Source : MSN.com

IVG dans la Constitution française, ne nous réjouissons pas trop vite



How I got through the 75  
Hard Challenge



Les élections européennes  
selon les élèves de l'EES



L'impact du téléphone  
portable sur notre sommeil



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## SOMMAIRE DU CINQUIÈME NUMÉRO

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Sommaire	02
L'éditorial	03
Looking back at ESC: why we nominated Camille Etienne for the Malala Prize	04
7 movies in 7 days	07
How I got through the 75 Hard Challenge	15
IVG dans la Constitution, ne nous réjouissons pas trop vite.	18
L'orientation politique des étudiants du lycée	20
20 days in mariupol	23
ARTissimo! Une exposition artistique et musicale des élèves de l'EES	26
L'impact du téléphone portable sur notre sommeil	27
Student Board events	29
Grands évènements à Strasbourg	30
Comment rejoindre l'équipe de PENSEES	31





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## EDITORIAL : LE MOT DU RÉDACTEUR EN CHEF

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**Mark KULIKOV - S6EN**

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L'équipe du journal scolaire "PensÉES" est prête à vous présenter sa nouvelle édition. Nous avons beaucoup travaillé sur nos articles et nous sommes sûrs que vous allez les adorer !

Le temps passe, les fleurs de printemps éclatent déjà dehors et les cigognes volent dans le ciel à la recherche de nourriture pour leurs petits. Avec cela vient le temps des grands projets scolaires (comme le MEC et l'ESC), suivis de près par les examens et les tests pour lesquels les élèves commenceront bientôt à se préparer.

Le temps s'accélère, le soleil brille de plus en plus fort à travers les fenêtres des salles de classe, et notre équipe de rédaction a travaillé tout ce temps sur une nouvelle édition du journal scolaire. Malgré tous nos projets, nous avons trouvé le temps de travailler sur un nouveau numéro de notre journal. Les élections européennes se rapprochent aussi, la vie politique de notre Union est de nouveau très active. Notre équipe va **continuer de travailler sur tous les sujets pour vous tenir au courant des dernières actualités!**



Credits photo : Oleksandr Levashov

### Oleksandr Levashov nous rejoint!

En tant que rédacteur en chef, je suis très heureux de vous présenter le nouveau membre de l'équipe de "PensEES" - **Oleksandr Levashov**, de classe de S6EN. Comme moi, il a dû fuir l'Ukraine à cause de la guerre. Durant ces deux années passées à l'École européenne, ou il a beaucoup amélioré son niveau d'anglais et maintenant, il est en train d'apprendre le français. Il est prêt à nous rejoindre ! Dans cette édition, vous pourrez lire son article sur le documentaire *20 Days in Mariupol* vainqueur d'un Oscar, "which is about the war as it is" selon lui.





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# LOOKING BACK AT THE EUROPEAN STUDENT COUNCIL : WHY WE NOMINATED CAMILLE ETIENNE FOR THE MALALA PRIZE

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**Zlata Steeves - S6EN**

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The **European Student Council** is an EU-wide initiative led by high school students from different member states, with the goal of being “the voice of high school students in the EU.” This year’s edition took place, as it always does, at the European Parliament, and was hosted by our school from 2-5 April. During this time, many different workshops were run on the theme “in Arte Concordia”, or “art and culture as vectors of European citizenship.” Each workshop submitted a candidate for the Malala prize, which is to be awarded to an individual or organization that deserves to be recognized for their outstanding contribution to a worthwhile cause in the EU. This year’s winner, and hopefully soon to be recipient (there have been occasions when we do not receive an answer) was Polish abortion activist and doula Justyna Wydrzyńska. Workshop 3, which I was a part of, suggested that the prize be awarded to Camille Etienne. The following text, written by the Workshop 3 team and in particular Marie Kunter from the French delegation, explains why Camille Etienne should be the recipient of the 2024 ESC Malala Prize.



Camille Etienne is a French environmental activist born in 1998 in Grenoble. She was raised by an environmentally committed family in a little village in the mountains. Her father was a mountain guide and her mother a professional snowboarder and climber. The importance of nature, sustainability and environmental balance were thus impressed on her from an early age.



Portrait of environmental activist Camille Etienne. Source : Wikicommons





Growing up, Camille always had an interest in social and judicial cases. In fact, she wanted to become a children’s judge. However, she changed her mind and obtained a degree in economics at Sciences Po Paris- one of the world’s most prestigious universities- before dedicating herself entirely to fighting for the planet.

During her studies, her commitment to alerting on the climate crisis and spreading awareness could not be contained. First, she became the spokesperson of the group ‘We Are Ready’ in 2018, and eventually president of the student section of Amnesty International. Moreover, she acted as the president of the NOVA, a transpartisant and 100% student-led group at Sciences Po Paris.

Her goal is powerful but simple: hold billionaires like Bernard Arnault accountable so our efforts to change the way we live on earth are not in vain. This is why she started and continues to raise awareness among the general public.

At the end of the lockdown, she created an organization called ‘Avant l’Orage’ (Before the Storm) : its point is to bring art, ecology and awareness together. Through a video, called ‘Reveillons Nous’, she reminds us of the alarming state of climate change and our need to act. This clip, filmed in the mountains, stages Camille Etienne and dancer Lea Durand showing us the importance of nature and the need for change in our lifestyles. The video was a resounding success and reached 15 million views all over the world.

Subsequently, Camille Etienne started releasing movies in order to still warn people about the ecological crisis. Indeed, she released two short movies called Glacier and Désobéir. In addition to her actions and publications, Camille Etienne raised 1.8 million euros to maintain biodiversity in November 2022, on a French national TV channel program.



Etienne protesting against Norway’s proposal for the legalization of deep sea mining. Source: [Lemonde.fr](https://www.lemonde.fr)





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More recently, she raised 1.2 million euros for the preservation of the ocean. Through these fundraisings, Camille Etienne maintains her positions and still assures her position of whistleblower and actress in the ecological crisis.

Throughout her career, she participates in acts of civil disobedience like, for example, against the project EACOP : it will be the largest heated oil pipeline in the world located in South Africa. To protest against this project, Camille Etienne blocked a general meeting of Total Energie in 2023.

The most impressive part of her work concerns lobbying. In this domain, she is very effective. For example, recently she was lobbying to promulgate a law against deep sea mining in Norway. She shares her knowledge, she establishes the facts and she applies pressure on the members of the parliament. Finally, thanks to her works and her scientific coworkers the bill of law was adopted.

She has achieved nationwide media attention in France, and continues to spread her message in hopes of reaching an ever growing audience.

In 2023, she delivered a speech right here in Strasbourg, at the Parliament, accompanied by Greta Thunberg and other climate activists, during which she called for an “ecological uprising”.

Not only has she gained notoriety in France, but Camille is also unique in her melding of art and activism. She uses her platform for educational purposes, yet remains unwavering in her decision to take action and frequently takes part in what is considered “civil disobedience”.

Her willingness to speak out on the difference between what is legal and what is legitimate makes her a great spokesperson for our generation.

She was a worthy candidate for the Malala prize for the importance she gives to the links between art and the ecologist fight and so that her voice can gain traction in Europe, with our help.

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Camille Etienne on the plateau of Le Quotidien, during which she explained her most recent battle against PFAs, also known as “eternal polluters” (polluants éternels). Source :

Leparisien.fr





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## 7 MOVIES IN 7 DAYS

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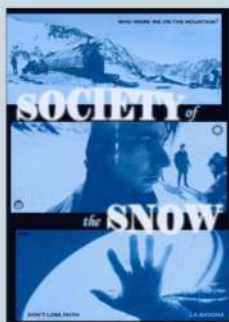
Charlie Adli & Ugne Z. S6EN

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Holidays are the perfect opportunity for film buffs to catch up on all kinds of movies. We all have that extensive list of movies that we need to watch, analyse, and discuss. It's the perfect time to catch up on classics you ashamedly haven't seen yet, go to the movies and watch new movies that you can't normally see during the week, or simply watch a comedy to laugh and pass the time...

For our second edition of our movie recommendations, we decided to give ourselves a challenge to watch 7 movies in 7 days. These movies ranged from classics, to cheesy comedies, to gut-wrenching dramas and more. Anyways, use our list as an example to watch more movies, and have fun!!

### Day 1



#### **Society of the Snow**

(2023, J.A. Bayona)

On October 13, 1972, Uruguayan Air Force Flight 571, chartered to take a rugby team to Chile, crashes into a glacier in the heart of the Andes.

**Letterboxd rating: 4.1/5**

**IMDB rating: 7.8/10**

**Ugne's rating: 9/10**



#### **Punch-Drunk Love**

(2002, Paul Thomas Anderson)

A socially awkward and volatile small business owner meets the love of his life after being threatened by a gang of scammers.

**Letterboxd rating: 4/5**

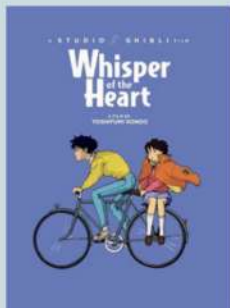
**IMDB rating: 7.3/10**

**Charlie's rating: 9.5/10**





## Day 2



### **Whisper of the Heart**

(1995, Yoshifumi Kondo)

Shizuku lives a simple life, dominated by her love for stories and writing. One day she notices that all the library books she has have been previously checked out by the same person: 'Seiji Amasawa'.

**Letterboxd rating: 4.1/5**

**IMDB rating: 7.8/10**

**Ugne's rating: 9.5/10**



### **Sibyl**

(2019, Justine Triet)

Sibyl, a jaded psychotherapist, returns to her first passion: writing. However, her life is complicated by a desperate film actress who wants her help, and who draws her into a world of questionable ethics.

**Letterboxd rating: 3.3/5**

**IMDB rating : 5.9 /10**

**Charlie's rating: 7/10**

## Day 3



### **The Guilt Trip**

(2012, Anne Fletcher)

An inventor and his mom hit the road together so he can sell his latest invention.

**Letterboxd rating: 2.6/5**

**IMDB rating: 5.8/10**

**Ugne's rating: 6/10**





### **Black Swan**

(2010, Darren Aronofsky)

A journey through the psyche of a young ballerina whose starring role as the duplicitous swan queen turns out to be a part for which she becomes frighteningly perfect.

**Letterboxd rating: 4.1/5**

**IMDB rating: 8/10**

**Charlie's rating: 9 /10**

## **Day 4**



### **Punch-Drunk Love**

(2002, Paul Thomas Anderson)

A socially awkward and volatile small business owner meets the love of his life after being threatened by a gang of scammers.

**Letterboxd rating: 4/5**

**IMDB rating: 7.3/10**

**Ugne's rating: 9/10**



### **Scarface**

(1983, Brian De Palma)

After getting a green card in exchange for assassinating a Cuban government official, Tony Montana stakes a claim on the drug trade in Miami. Viciously murdering anyone who stands in his way, Tony eventually becomes the biggest drug lord in the state, controlling nearly all the cocaine that comes through Miami. But increased pressure from the police, wars with Colombian drug cartels and his own drug-fueled paranoia serve to fuel the flames of his eventual downfall.

**Letterboxd rating: 4.1/5**

**IMDB rating: 8.3/10**

**Charlie's rating: 7 /10**



## Day 5



### **Tammy**

(2014, Ben Falcone)

Tammy loses her job and finds that her husband has been unfaithful. It's time for Tammy to hit the road, but without money or transportation, her options are limited. Her only choice is a road trip with her hard-drinking grandmother, Pearl, who has a car, cash and an itch to see Niagara Falls.

**Letterboxd rating: 2.3/5**

**IMDB rating: 4.9/10**

**Ugne's rating: 6/10**



### **Zone of Interest**

(2023, Jonathan Glazer)

The commandant of Auschwitz, Rudolf Höss, and his wife Hedwig, strive to build a dream life for their family in a house and garden next to the camp.

**Letterboxd rating: 3.9/5**

**IMDB rating: 7.6/10**

**Charlie's rating: 9 /10**

## Day 6



### **Batman Begins**

(2005, Christopher Nolan)

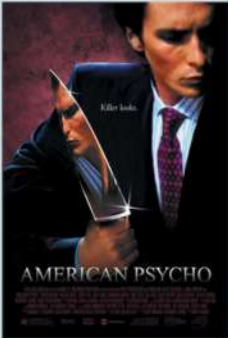
Driven by tragedy, billionaire Bruce Wayne dedicates his life to uncovering and defeating the corruption that plagues his home, Gotham City. Unable to work within the system, he instead creates a new identity, a symbol of fear for the criminal underworld - The Batman.

**Letterboxd rating: 3.8/10**

**IMDB rating: 8.2/10**

**Ugne's rating: 8.5/10**





## **American Psycho**

(2000, Mary Harron)

A wealthy New York investment banking executive hides his alternate psychopathic ego from his co-workers and friends as he escalates deeper into his illogical, gratuitous fantasies.

**Letterboxd rating: 3.9/5**

**IMDB rating: 7.6 /10**

**Charlie's rating: 9.5 /10**

## **Day 7**



## **Gone Baby Gone**

When a 4 year old disappears from her home and the police make little headway in solving the case, the girl's aunt hires two private detectives. They have little experience with this type of case, but the family wants them for two reasons - they're not cops and they know the tough neighborhood in which they all live. When they are about to solve the case, they are faced with a moral dilemma that tears them apart.

**Letterboxd rating: 3.7/5**

**IMDB rating: 7.6/10**

**Ugne's rating: 8/10**



## **Cleo de 5 à 7**

(1962, Agnès Varda)

Paris in the sixties, a real-time portrait of a singer set adrift in the city as she awaits test results of a biopsy. A chronicle of the minutes of one woman's life, Cléo from 5 to 7 is a spirited mix of vivid vérité and melodrama, featuring a score by Michel Legrand and cameos by Jean-Luc Godard and Anna Karina.

**Letterboxd rating: 4.2/5**

**IMDB rating: 7.8/10**

**Charlie's rating: 10/10**



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## Our three favourites in no particular order

This time, we decided to contribute an analysis of our favourite movies out of the list we watched during the week. Imagine it to be a sort of conclusion. When you watch a movie for the first time, you never know if it's going to be great - or even good (but then again, taste is subjective); so we don't recommend every movie. We do, however, recommend undertaking this challenge once in your life. Watching one movie a day can be very entertaining, and a great stretch for your mind. As you may already have noticed, we watched one movie together - and luckily for us, we loved it! So you'll get both our individual perspectives and our common analysis.

**Whisper of the Heart** (1995, Yoshifumi Kondo)

*“Even if I go, I won't know if I have the talent until I try.”*

### Ugne's analysis (Spoiler Alert):

At first glance, this movie might seem like a sweet love story, but like all Ghibli movies, it is much more complex and contains more depth in its meaning. The plot follows Shizuku, as she meets Seiji and starts to understand the importance of finding a passion in life.



As their connection develops, she learns more and more about herself, pushing herself to pursue her passion of writing instead of going from one day to the next without looking for her meaning. As their unlikely relationship grows, they both become a better version of themselves, supporting the other to “reach for the stars”. This coming of age story not only illustrates perfectly the value of having a passion in our lives, but also the need for someone as driven as us to support and motivate us by our side when the cloudy days come. By the end of the movie, their bond becomes ineffable, reaching beyond their expectations of it. Their love for each other fully grew and was founded on their shared journey of finding their passion as they admired the other's ambition.

**Letterboxd rating: 4.1/5**

**IMDB rating: 7.8/10**

**Ugne's rating: 9.5/10**



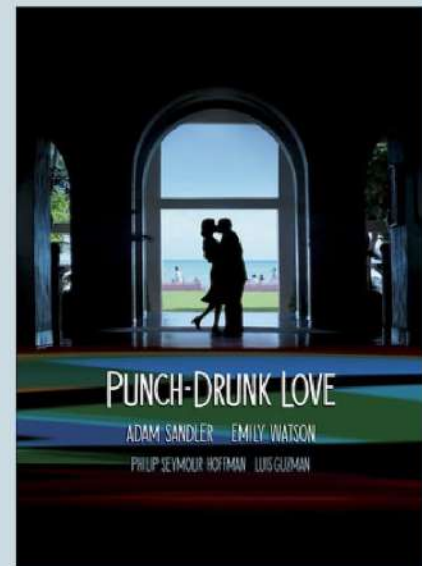


**Punch-Drunk Love** (2002, Paul Thomas Anderson)

*“I have a love in my life. It makes me stronger than anything you can imagine.”*

**Ugne/Charlie analysis (Spoiler Alert):**

This film shows to perfection the feelings of an anxious man, through the main character, Barry Egan (shoutout to Adam Sandler, who is incredible in his role), or the sound effects. The viewer is uncomfortable but happy - they feel like Barry.



The use of colours and different sounds through Barry’s story brings the audience to understand what he truly feels without having to put it into words. The chaotic mix of miscellaneous sounds and colours at random times portrays perfectly the anxious mindset Barry is living with. All of Barry’s struggles are represented with subtle sensory elements. His loneliness is emphasised by many scenes of him isolated in a vast amount of space, while also feeling trapped as is shown by the mocking of his sisters and various scenes during which he encounters glass and tries to get out. Finally, just like the rest of the movie, Barry’s love is shown through these visual and artistic elements. His monologue at the end sums up his character perfectly as he blurts out his thoughts to Lena, revealing his trust and love for her in his own way.

**Letterboxd rating: 4/5**

**IMDB rating: 7.3/10**

**Charlie’s rating: 9.5/10**

**Ugne’s rating: 9/10**



**Cleo de 5 à 7** (1962, Agnès Varda)

*“Ugliness is a kind of death... As long as I'm beautiful, I'm alive more than others.”*

As an admirer of French cinema, it's impossible to overlook the Nouvelle Vague movement. Agnès Varda is known as one of the pioneers of the "French New Wave" with her feature film *La Pointe Courte* (as well as being a huge feminist, and the first female director to be awarded the Honorary Oscar for her lifetime achievement in 2017).



Knowing her films is essential, especially *Cléo de 5 à 7*. Agnès Varda is not just a filmmaker, but an artist: because in the New Wave, the image is extremely important, and far more important than the storyline. The radical nature of *Cléo de 5 à 7* lies as much in its form (the film takes place in real time, from five to seven pm, with realistic movements in Paris) as in its refusal to accept any form of decorum. From the very first sequence, the only passage in colour, where the fortune-teller's tarot deck displays the cards of death in a brutal montage, the film assumes its gravity. Cleo is a heroine condemned, if not to death, at least to the Damocles sword of disease: cancer. She's disconnected from the world (witness the sequence in the café where she doesn't listen to her assistant), she seeks the gaze of others only to reassure herself of her own seductive power and *raison d'être*. But everything changes when Cleo sings Varda's song « *Sans toi* ». She starts mourning herself, throughout her clothes, and even changes her stage name for her real name, Florence. *Cléo* becomes unrecognisable and serious as she learns to "live her life" in anticipation of a contemplated death.

**Letterboxd rating: 4.2/5**

**IMDB rating: 7.8/10**

**Charlie's rating: 10/10**

If you decide to undertake the challenge yourselves, which we highly recommend, have fun doing so ! **“And in case I don't see you, good afternoon, good evening, and goodnight.”** *The Truman Show*





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# HOW I GOT THROUGH THE 75 HARD CHALLENGE

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Ugne Z. S6EN

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To quickly introduce you to the 75 hard challenge, it is a self care and growth process that (logically) takes 75 days to create and get into a healthy mindset with good habits and, most importantly, breaking bad ones. Andy Frisella, podcaster, entrepreneur and CEO of the supplement company 1st Phorm started this movement in 2019 that is still popular today. I learnt about it on Tiktok as many people did. The 75 hard challenge started as a one part-fitness program, one-part-nutritional plan, centered around the idea of “mental toughness”. The goals of this challenge are to push yourself to your limits and become the best version of yourself with long-lasting effects.

## These were the 5 original rules made by Andy Frisella:

- Follow a Nutrition Plan of Your Choice - No Alcohol or Cheat Meals
- Two 45-Minute Workouts - One MUST Be Outside
- Drink 1 Gallon of Water
- Read 10 Pages of a Non-Fiction, Personal-Development Focused Book
- Take a Progress Picture

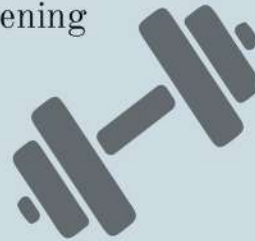


As time went on, people adapted their own rules depending on what they felt they needed to work on. This ranged from different hobbies they wanted to take up, different workout routines, budgetary goals or just good habits in general. I learnt about this challenge last year, but somehow only decided to do it this year after having seen so many other people on social media doing it. I thought I needed it to boost up my good habits and go out of my comfort zone.



**These were my personalized rules:**

- No coffee
- No alcohol
- 8 hours of sleep minimum
- Make my bed every day
- Clean my room once a week
- Read 10 pages every day
- Watch at least a movie once a week
- Workout at least once a week (if possible)
- Do my skincare every morning and evening
- Drink 2 liters of water every day
- Eat healthy
- Practice Duolingo every day
- Journal the progress



**I started the challenge January 2nd, meaning it finished March 17th. The following are my notes of my thoughts written during the process :**

“As someone who loves coffee, I intentionally added the first rule, selecting it as a personal challenge to find out the true extent of coffee's role in my life. The initial phase of the challenge was quite tough, especially with the smell of coffee around me from my friends. Fortunately, the physical impact was not as strong as I had anticipated. As the days went on, it became easier to get used to living without coffee and replacing it with tea or water. By the end of the challenge, however, it became tough again, as I realized how long I've actually gone without coffee. The anticipation for that first cup of coffee started to build, and the countdown to its return began.”





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8 hours of sleep wasn't always possible, but I did try to prioritize sleep more than I used to and give myself rest. Surprisingly, the seemingly trivial act of making my bed each morning had a stronger impact than I expected. It became an organized and efficient start to my day, proving to be a simple yet effective method for establishing and keeping habits. Reading 10 pages every day, whether it was fiction or not, slowed down the day, made me learn new things and allowed my mind to get some rest. This was an important habit to bring into my life that I will continue after the challenge ends. I followed the rest of the rules and noticed similar effects of habit-making. Healthy habits like working out, consistent skincare and healthy food obviously had a positive impact. Finally Duolingo and consistent journaling exercised the mind just like reading and organized my thoughts in a better way.

Many people start this challenge as a healthy and positive way to start the new year, but that doesn't mean it can't be started at any time. If you think you need a change in your routine, making it healthier and more mindful, this is the perfect way to start. Setting a number of days and different goals makes you accountable for whether you achieve them or not.

Hopefully you can also reach your goals with such a mindset and work towards a better version of yourself, whomever that may be.





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# IVG DANS LA CONSTITUTION, NE NOUS RÉJOUISSONS PAS TROP VITE.

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Charlie A S6EN

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Le 1 février 2024, après des heures de débats, le Sénat vote à une faible majorité (166 voix contre 152) en faveur d'une loi constitutionnelle sur l'IVG. Retour sur cette proposition qui reste insatisfaisante.

Suite aux critiques face à sa loi d'immigration et de sa réforme des retraites, notre président a choisi de rouvrir un sujet peu controversé en France : l'Interruption Volontaire de Grossesse. Il compte donc bien remonter sa côte, et fait passer à l'Assemblée une proposition de révision constitutionnelle (qui passe par un vote historique) afin de faire rentrer l'IVG dans la Constitution et faire briller la France à l'international. Néanmoins, ce qui est voté à l'Assemblée n'est pas voté au Sénat; et beaucoup de monde ne comprend pas tout ce qui est en jeu.

Déjà, les formulations entre les deux textes divergent. L'Assemblée vote pour l'inscription suivante : *“La loi garantit l'effectivité et l'égal accès au droit à l'Interruption Volontaire de Grossesse”*, mettant ainsi l'égalité et l'indisputabilité de l'IVG au premier plan. Mais c'est visiblement trop pour les sénateurs qui (suite à un amendement déposé par Les Républicains) reformulent le texte de la manière suivante : *“La loi détermine les conditions dans lesquelles s'exerce la liberté de la femme de mettre fin à sa grossesse.”* Là, il n'est même plus question de l'IVG, ce texte se focalise sur la compétence du législateur. Mais surtout, le texte dit bien la “liberté”, et non plus le “droit”.



[www.msn.com](http://www.msn.com)



[www.mediapart.fr](http://www.mediapart.fr)





[www.europe1.fr](http://www.europe1.fr)

Cela signifie que l'IVG n'est plus un devoir de l'État, qui n'a plus à s'impliquer dans sa mise en œuvre, mais plutôt un élément de la liberté des femmes. Tout cela semble pointer vers le fait que les priorités du Sénat sont ailleurs. Il est tout de même important de noter qu'à chaque fois que le Conseil constitutionnel a eu à traiter un texte relatant de l'IVG, il a remis en question l'article 4 de la Déclaration des droits de l'homme et du citoyen, qui stipule que *“La liberté consiste à pouvoir faire tout ce qui ne nuit pas à autrui.”* Rappelons que l'IVG est légale en France depuis la loi Veil, en 1975, et que ces questions sont aussi datées que les hommes qui les posent.

De plus, la proposition est déplacée : l'Assemblée voulait l'inscrire comme un nouvel article (le 66-2), mais le Sénat en a décidé autrement; le texte devient un alinéa de l'article 34, qui traite du domaine législatif. Encore une fois, la symbolique se perd (dommage pour Macron) et par-dessus tout, les femmes et l'IVG ne sont plus au centre du texte. La version du Sénat fait seulement de l'avortement une catégorie relevant du domaine du législateur, ce qui était déjà le cas!

Concrètement, ce texte ne change pas grand-chose. L'IVG étant déjà légale et surtout pas remise en question — il semble que l'annonce de Macron soit simplement une manière de faire parler de la France à l'international. Tout de même, l'inscription de l'IVG dans la constitution est importante et reste un beau projet, mais pas de cette façon. Changeons cela ensemble et **remettons le droit à l'IVG et la femme au cœur du débat!**



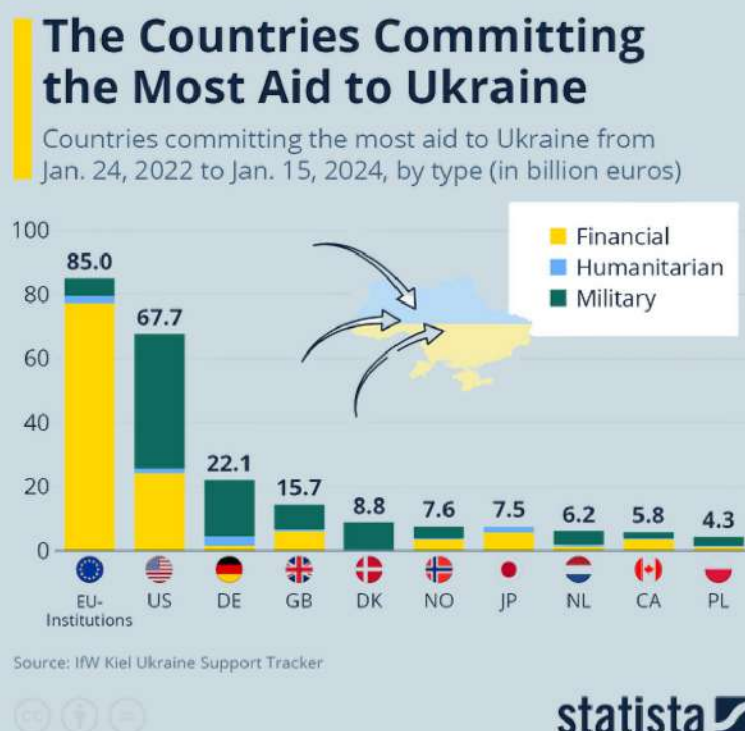
# LE REGARD DES ÉLÈVES DE L'EES SUR LES ÉLECTIONS EUROPÉENNES À VENIR

Mark Kulikov S6EN

Les élections européennes se rapprochent de plus en plus, puisqu'ils auront lieu du 6 au 9 juin 2024. Nous ne pouvons pas encore prévoir quels seront les résultats. C'est pourquoi j'ai décidé de faire une enquête anonyme auprès des lycéens de notre école pour mieux connaître leurs préférences politiques et leurs pronostics sur le résultat des élections.

Les élections européennes sont toujours un événement majeur dans le monde politique international, mais de nombreux commentateurs disent que celles de 2024 seront les plus importantes dans l'histoire européenne. Et pourquoi? Parce que ces élections vont, si je peux oser le dire, **définir l'avenir du monde et notamment de l'Ukraine.**

Dès le début de l'invasion russe de l'Ukraine en février 2022, l'Union européenne était un des **alliés les plus importants du pays**. Les gouvernements des Etats de l'UE ont donné plus de **85 milliards de dollars** d'aide militaire et économique à l'Etat ukrainien.

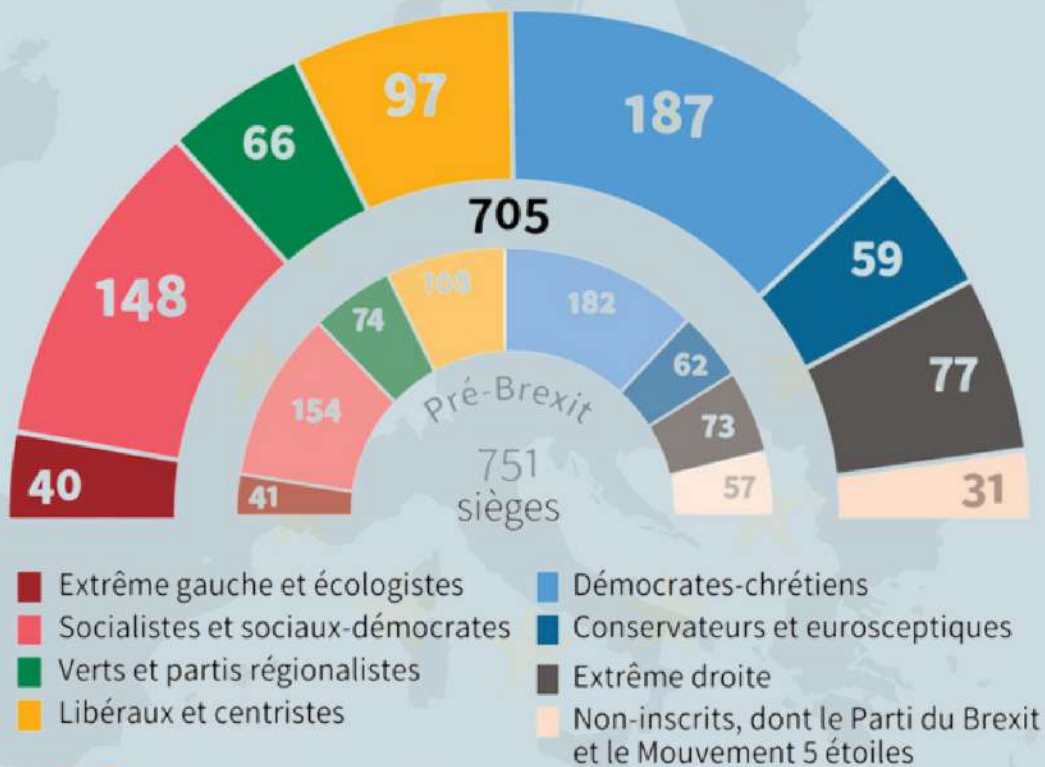






Les grands médias ne peuvent pas prédire le résultat des élections, mais un certain nombre d'entre eux mettent en avant l'idée que les partis de droite et d'extrême-droite vont gagner la majorité des sièges. Les autres disent que la coalition informelle entre sociaux-démocrates, centristes et démocrates-chrétiens, qui doit se construire en négociant à chaque vote du Parlement, va rester au pouvoir à Strasbourg. **Mais une seule chose est sûre : le futur Parlement sera très différent.** Certains parlementaires vont arriver, d'autres partiront à la retraite, et les dynamiques des années venir changera.

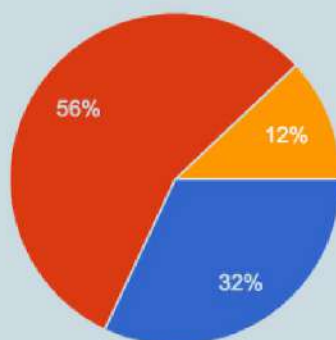
Composition après le Brexit et le départ des 73 eurodéputés britanniques



© AFP Source : Parlement européen

Suivez-vous la politique? | Do you follow politics?

50 réponses



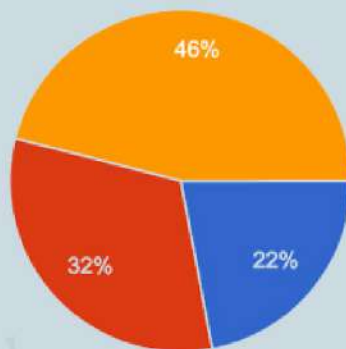
- Oui, je la suis activement. | Yes, I actively follow.
- Parfois, je lis les nouvelles. | I occasionally read the news.
- Non, je ne la suis pas et la politique ne m'intéresse pas. | No, I don't follow, and politics doesn't concern me.



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## Quelle est votre orientation politique? | What is your political orientation?

50 réponses



- Droite (points de vue plus conservateurs) | Right (more conservative views)
- Gauche (points de vue plus libéraux) | Left (more liberal views)
- Centriste (je combine des points de vue de droite et de gauche) | Centrist (combining both right and left views)

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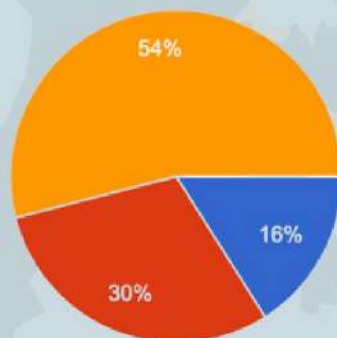
L'enquête parmi les élèves révèle des chiffres intéressants. Tout d'abord, on peut se réjouir de voir que de façon générale, les élèves de l'EES suivent l'actualité politique. Quelle bonne nouvelle !

La majorité des élèves se considèrent toujours comme des **centristes**, ce qui pourrait être perçu comme représentatif de la composition du Parlement actuel, bien qu'il soit plutôt dominé par les partis de centre-gauche et de centre-droit. Les centristes pourraient faire une percée lors des prochaines élections.

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## Quel avenir politique attend l'Europe ? | What political future awaits Europe?

50 réponses



- L'Europe restera libérale. | Europe will continue to be liberal.
- L'Europe sera dominée par des partis de droite. | Right-wing parties will dominate Europe.
- L'Europe équilibrera entre les idées de gauche et de droite. | Europe will balance between left and right-wing ideas.

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Les résultats de la dernière enquête (où les élèves ont été interrogés sur l'avenir du Parlement européen) montrent des tendances similaires. Plus de la **moitié ont convenu que les centristes continueront de dominer**, et que les parlementaires chercheront des compromis entre les idées de gauche et de droite. Cependant, presque **un tiers des élèves sont enclins à croire que les partis de droite pourraient remporter les élections européennes**, même si le soutien des élèves pour les partis de droite ne dépasse pas 22%. Seuls **16% croient que les partis de gauche remporteront les élections européennes**.





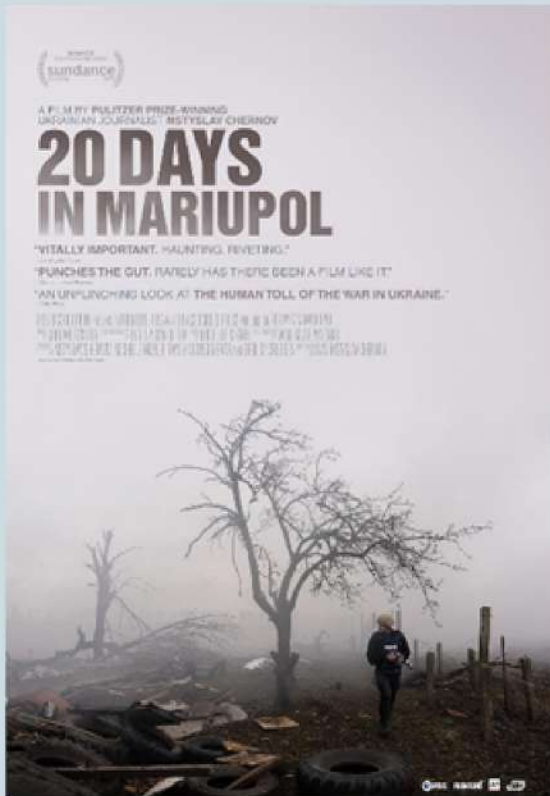
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# 20 DAYS IN MARIUPOL

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Oleksandr Levashov S6EN

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Promotional poster for the documentary film.

“When my daughters grow up, they will ask me: “What did you do to stop this madness?” - I want me to have something to answer them.”

**DISCLAIMER**  
**THIS DOCUMENTARY**  
**FILM IS NOT**  
**SUITABLE FOR**  
**ANYONE UNDER 15,**  
**DUE TO VIOLENT**  
**CONTENT.**



The main directors of the film.

*20 Days in Mariupol* is a 2023 Ukrainian documentary directed by Mstyslav Chernov. He is a member of the Associated Press\* team of photojournalists with fellow photographer Yevhen Maloletka and producer Vasylysa Stepanenko. While working on the Russian siege of the coastal Ukrainian city of Mariupol (431 000 inhabitants in 2021), they recorded footage that later became the defining images of the war : the deaths of children, mass burials, a bombed maternity hospital and etc. Up to 90% of the city is said to have been destroyed.

\*Associated Press (AP) is a cooperative of journalists worldwide that provides news reports that national and local media can access in order to produce their own reports.





To facilitate viewers' comprehension, the duration of the film is limited to a mere 1 hour and 35 minutes. We can only imagine how much information we're not allowed to see. Indeed, the film represents **only a small fraction** of everything that has happened and is happening now, whether in Ukraine, Sudan, Gaza, Yemen or any other country currently at war.



Journalist survival in Mariupol



The team working on the film receiving the Oscar for Best Documentary Film.

*20 Days in Mariupol* followed the suffering of the city's inhabitants caused by the Russian invasion. It was heartily received by the film industry and received an **Academy Award for Best Documentary Feature Film**. After the Oscar ceremony, director Mstyslav Chernov said that “if anyone told me that (we would have won an Oscar) in the moment when we were hiding from bombs in Mariupol, I would think it was just a mean joke.”

### **The only international journalists left in Mariupol**

According to Mstislav Chernov, “The only person who I know so far that stayed behind was Mantas Kvedaravicius, a Lithuanian documentary filmmaker who was also filming in Mariupol at the same time. Unfortunately, he was trying to leave the same way we did, but later, he got captured and executed by Russians.”

He explained this situation by adding that “the reason why there was so much attention on journalists is due to the fact that we were the only individuals transmitting images outside the city, and consequently, our names were immediately recognized. Official Russian diplomatic channels claimed that we were information terrorists and that we were lying, that we were staging everything.”





Chernov reflected on the meaning this situation, claiming that it was a dilemma. It “brought attention to us, and that meant we couldn’t just leave. But at the same time, people kept coming to us and saying, “You have to keep filming. You have to show this to the world. You have to make sure that this is all recorded.” It was such a big responsibility — not only a journalistic or documentary responsibility, it was just a civic responsibility to do this.”



The late Lithuanian journalist Mantas Kvedaravicius, captured by the Russians after being the last journalist left in Mariupol.



Being a journalist on the battlefield. Image from the film *20 Days in Mariupol*.

For Mstyslav Chernov, it was quite difficult to make the film while avoiding to impose his own thoughts and feelings. By doing this, he would risk the viewer being confronted to a propaganda video rather than a journalistic piece. Notwithstanding the fact that both he and his team were in life-threatening territory. They experienced a lot of the same feelings as the victims of the conflict since they were confronted to it on a daily basis.

To resolve this, Chernov explains that : “there was a long search for a delicate balance between the film being personal but at the same time quite neutral, even distant at times, so people will feel their own feelings, not my feelings.”

We live in turbulent times, with wars ongoing in many regions of the world. Most residents of the European Union are fortunate not to have experienced the horrors of warfare in their lifetime. The film "*20 Days in Mariupol*" **was made precisely to remind those living in peace not to forget about those experiencing war and not knowing whether they will wake up after a night of bombing.**





# ARTissimo! Une exposition artistique et musicale des élèves de l'EES

Zlata Steeves S6EN

Les élèves d'art et de musique auront l'occasion de briller lors de l'exposition "ARTissimo !" du 16 mai au 9 juin à Apollonia. Pour l'occasion, les professeurs d'art et de musique Mmes. Lenzi et Fischer ont créé une collaboration avec l'équipe de l'espace artistique Apollonia qui accueillera le projet. Au programme : des œuvres sur une multitude de supports allant de la peinture à la sculpture, du collage à la photographie et de la vidéo à l'installation, toujours en ayant comme alliée la musique !



**“Notre envie était de créer et de faire vivre les disciplines de l'éducation artistique et musicale ensemble, de créer des ponts entre l'art visuel et la musique, d'aller de l'une à l'autre en passant par la danse et le mouvement.”**

L'École Européenne nous offre la possibilité de pratiquer les matières artistiques tout au long de notre parcours scolaire et même de les choisir en tant qu'option pour le Baccalauréat européen. C'est dans cette dynamique d'ouverture et d'imagination, que nous vous invitons à découvrir notre exposition, de **regarder avec les oreilles et d'écouter avec les yeux nos compositions colorées et sonores ;).**

Vous pouvez également **nous contacter pour avoir plus d'infos**, Chloé ou Tanya de la S6-FR ou moi-même, puisque c'est nous-même qui l'organisons ! En espérant vous voir là-bas !







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# L'IMPACT DU TÉLÉPHONE PORTABLE SUR NOTRE SOMMEIL

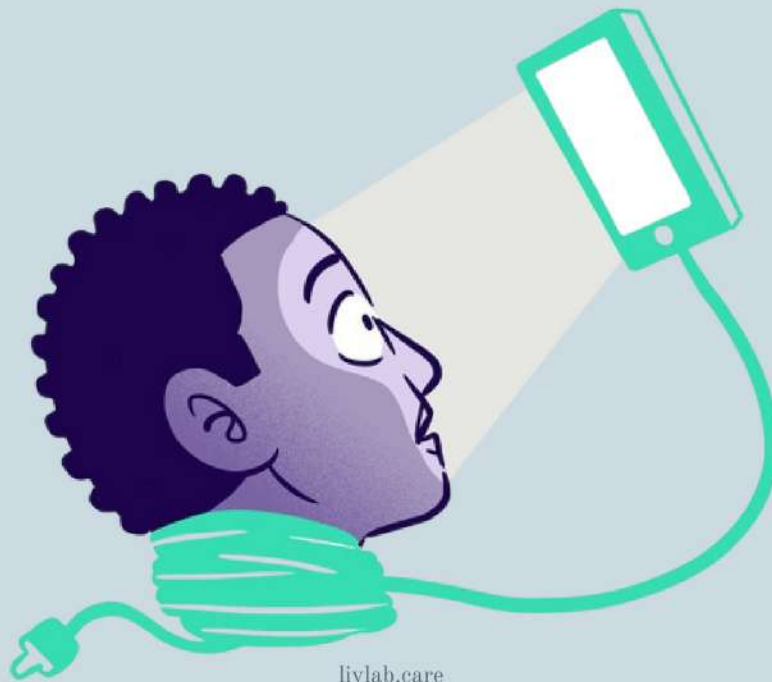
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Maxime Poidevin S4FR

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Aujourd'hui, notre téléphone portable est partout avec nous durant la journée, que ce soit pour se divertir, pour s'informer ou pour travailler. Mais bien trop souvent, il nous suit aussi jusqu'à notre lit pour y passer avec nous le début de la nuit. Alors que notre corps est fatigué et souhaite dormir, cette stimulation permanente peut amener certain-e-s à s'endormir bien trop tard, car elle réussit à leur faire oublier un sentiment de solitude.

Cette utilisation tardive du téléphone portable altère aussi l'horloge biologique du corps à cause d'un certain type de lumière : la lumière bleue.



## Comprendre l'horloge biologique de notre corps

La plupart des fonctions de notre corps fonctionnent selon les lois du rythme circadien (du latin circa : « proche de » et diem : « un jour »), comme le cycle éveil/sommeil, l'humeur, la mémoire, la fréquence cardiaque ou la pression artérielle. C'est grâce à ce cycle biologique d'environ 24 heures qu'on sécrète de la mélatonine - l'hormone du sommeil - en fin de journée, que durant la nuit notre rythme cardiaque diminue ou encore que l'éveil soit maximum au milieu de la journée.



## **L'impact de la lumière sur l'horloge interne**

La production de mélatonine est contrôlée par l'horloge interne. Celle-ci est influencée par la lumière perçue par la rétine. Ainsi, l'exposition à une quelconque lumière le soir peut retarder l'horloge biologique et la sécrétion de mélatonine. De la même manière, l'exposition lumineuse matinale permet d'avancer l'horloge. C'est grâce à ce phénomène qu'on peut par exemple s'adapter aux changements d'heure et aux décalages horaires.

## **Les effets de la lumière bleue**

Chaque type de lumière a des effets sur notre organisme lorsqu'elles sont captées par notre rétine. La lumière bleue - celle issue de l'écran de notre téléphone - est celle que notre rétine arrive le moins bien à filtrer. Ainsi, les photorécepteurs de nos yeux interprètent cette lumière comme un signal pour rester éveillé·e et cela fait diminuer la sécrétion de mélatonine de 4 à 6 fois moins.



En conclusion, les effets nocifs de l'utilisation d'écrans le soir sur notre horloge biologique et notre rythme de sommeil sont incontestables. Même si le problème de la lumière bleue peut facilement être réglé grâce à des filtres de couleurs sur notre écran ou par des lunettes anti-lumière bleue, il faut aussi se méfier de l'aspect stimulation qui peut tout autant dérégler le cycle de sommeil et le résultat sera sans appel : grosse fatigue dès le réveil.

Alors le mieux est d'éviter les écrans au moins une heure avant de se coucher pour être sûr·e de ne pas impacter notre sécrétion de mélatonine et donc notre qualité de sommeil.

### **Sources :**

Article de Sleep Hackademy : *“Quels sont les effets du téléphone portable sur la qualité du sommeil ?”*

Étude de l'INSERM (Institut Nationale de la Santé et de la Recherche Médicale) : *“Chronobiologie, les 24 heures chrono de l'organisme”*

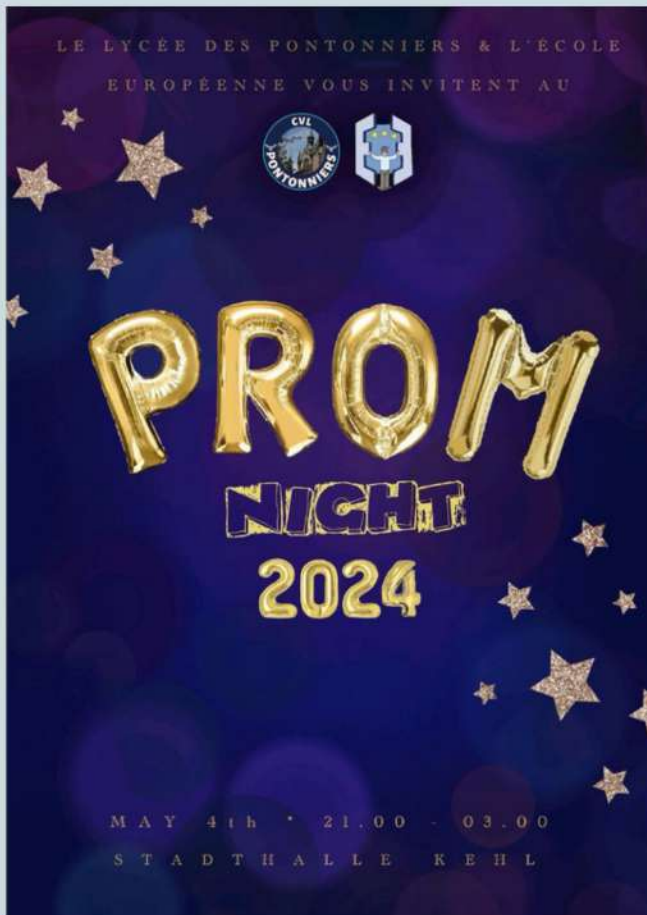




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## STUDENT BOARD EVENTS

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Prom EES x

Ponto

4th of May

Le thème : “chic  
et élégant”

Des idées pour améliorer la vie des  
étudiants de l'école?



Contactez - les!  
**@studentboard**



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## GRANDS ÉVÈNEMENTS À STRASBOURG

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Chaque année, l'Ecole Européenne de Strasbourg, la ville de Strasbourg et d'autres institutions publiques organisent des événements dédiés à l'Europe durant le mois de mai. Ce "Mois de l'Europe" est organisé autour de la Journée de l'Europe, célébrée le 9 mai dans les États-membres de l'UE



. Cet événement commémore la Déclaration Schuman du 9 mai 1950, qui a posé les bases de la construction européenne.

**Du 3 au 31 mai 2024 à Strasbourg**, plus de 50 animations gratuites, des activités pédagogiques et ludiques, des expositions, des arts urbains, des conférences, des concerts, rythmeront cette 10ème édition de la Fête de l'Europe à Strasbourg. Vous pourrez trouver le programme sur le site [strasbourg.eu](http://strasbourg.eu).

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**Du 23 avril 2024 au 22 avril 2025**, le projet Lire Notre Monde sera l'occasion de nombreux événements organisés à **Strasbourg, première ville française à obtenir le label prestigieux de Capitale Mondiale du Livre.**



Ce label est accordé à une ville chaque année par l'UNESCO, agence de l'Organisation des Nations Unies spécialisée dans l'éducation, pour reconnaître la qualité des programmes de cette ville pour promouvoir le livre et la lecture.

A cette occasion, des milliers d'événements de toutes sortes auront lieu dans l'Eurométropole, et même à l'Ecole Européenne de Strasbourg où Madame Gast, professeur de français, se charge de recueillir toutes les initiatives en faveur de la lecture.





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# **ENEZ NOUS REJOINDRE! COME JOIN US! KOMMEN SIE ZU UNS!**



Our solid team of journalists could use some more artists, investigators, team leaders, proof readers, and more ! We hope to expand our solid team and meet more regularly to create a magazine by the students of EES, for the students of EES.

To find out more, to propose a future article or simply to make a suggestion for our future editions, you have several options :

- 1) Contact the editor-in-chief Mark Kulikov (S6-EN) or a journalist on our team directly at school.
- 2) Come see Mr. Eghtesad or Ms. Orenge in person.
- 3) Write a mail to [touraj.eghtesad@ac-strasbourg.fr](mailto:touraj.eghtesad@ac-strasbourg.fr)



**We are open to all students  
who wish to share their talent!**

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**Nous sommes ouverts à tous les élèves  
qui souhaitent partager leur talent !**

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**Wir sind offen für alle Studenten  
die ihr Talent teilen möchten!**

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