



THE DUAL DIPLOMA TIMES

Second Edition

May 2015

AVE AMICI and AVE AMBASSADORS



by Sara Varljen

Dual Diploma Program is a great opportunity to improve our English by studying different subjects, but it also offers some chances to get to know our peers from the United States. It is very interesting talking with someone “different” from us in culture and origin, but very similar in interests. There are two programs that allow us to share our experiences and get in touch with teens from the opposite side of the world: **AVE AMICI** and **AVE Ambassadors**.

AVE AMICI is a program that consists of a Skype call between an American student and a Dual Diploma student supervised by Mr. Andres Calavia. The sessions are organized every week, for a different country each time, so we can usually join them once a month. To participate we just have to accept the invitation sent by our school, because it is a group activity. We will practice our skills with a native speaker of English for about an hour, but we do not have to worry if we do not know how to begin: we will get started with some icebreakers, but then we will talk about our common interests.

AVE Ambassadors is a program managed by some teachers, among whom are Mrs. Sandra Llanes, Mrs. Jessica Vilorio and Mr. Andres Calavia. After submitting an application, the Dual Diploma students are matched randomly with an American mentor who has attended a leadership course. We will e-mail each other and have Skype calls. In the first period we should meet about three times in eight weeks, then we will get in contact approximately once a month. The topics of discussion are free, although the mentors are always prepared with some icebreakers to start the conversation. There are many benefits for both domestic and Dual Diploma students: we improve our English with meaningful conversations and, maybe, make a new friendship.

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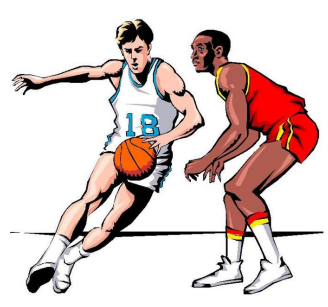
NCAA—FUTURE SUPERSTARS IN THE NBA

By Oscar Becerril



Last March, the “March Madness” took place in the USA. The March Madness is a basketball tournament, played by the best 64 teams of the universities in the US. These 64 teams play one on one against a team. Depending on their position on the regular season, they will defeat a better or a worse team.

Once the tournament is finished, all the players try to attract the main teams in the NBA, as these teams have a chance to choose some players in the “NBA Draft”.



Maybe, this year, the players weren't as famous as the last years'. But this wasn't a fact that made the March Madness less interesting than other years. Although the players weren't popular, they made the tournament very interesting because of their skills. Also, the teams which reached the Final Four, which took place in Indiana, were some of the best teams ever in the NCAA: Kentucky, Duke, Michigan and Wisconsin. The teams which reached the final of the final four, were Duke (lead by it's key player Jihil Okafor, and it's coach, the USA national coach, Coach K) and Wisconsin (lead by it's center Kaminsky), although the favoured team to win the tournament was Kentucky, which came to the March Madness with 40 wins in a row during the regular season.

Now, everybody is looking at the “NBA Draft”, which makes us ask ourselves a big question: Who will be number one this year? Apparently, Jihil Okafor is the favourite one to be chosen, but there are also some other great players, such as Mario Hezonja, from Spain, Frank Kaminsky, from Wisconsin, and some Okafor Partners in Duke.

This month of June, our question will be answered, but now, it's the time to see the playoffs of the NBA!

Tennis



by

Victor Serrano



My name is Victor and I am from Madrid. Here in Spain and in Madrid people like to take care of themselves and they also want to stay fit to look attractive. Most of the people that want to make this possible practice a sport, go running or go to the gym because as everyone knows, if you want to stay fit you have to exercise.

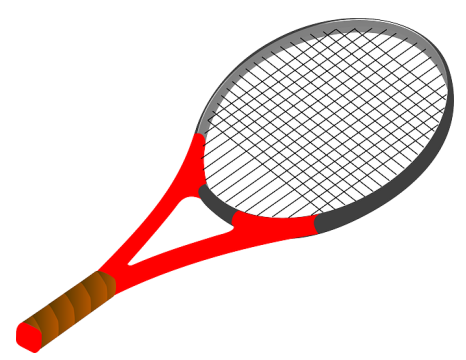
Most of the boys like to play football so that they stay fit but there are many other sports to help you exercise, such as basketball, swimming or tennis. I am going to talk about tennis because in my opinion it's a very interesting and exciting sport.

Tennis is a very healthy sport because you exercise and also make new friends. Tennis is a sport that consists of one on one or two to two matches where the player who has most points wins. In Spain the best player and the one who has won the most trophies is Rafael Nadal, he has become famous all around the world for winning a tournament nine times called Roland Garros.

I hope you have learned something more about tennis.

Thank you for reading,

Victor Serrano



QATAR 2022

By Nicolas Martinez de Urbina



On the 2nd of December 2010 the International Federation of Soccer, decided to choose Qatar as the organizer of the 2022 World Cup. Since that date there have been many discussions about this event.

Firstly, some newspapers published there had been bribery in FIFA's decision; they say Qatar paid the judges to be elected instead of United States, Japan, Australia or South Korea.

Qatar presented its candidacy to organize the event during the summer, which is the main problem. FIFA's doctors warn the temperature is too high to play soccer, it can easily go up 50 grades. Another option is to move the World Cup to winter, but this can also cause many problems.

European leagues' dates would have to be changed and the championships should be stopped for two months. This would mean the tournaments, including worldwide famous Champions League and Europe League; should start much earlier during summer vacation.

But there are more facts that make the decision more difficult. If World Cup 2022 was played during January and February it would coincide with the Winter Olympic Games. And that's not all, during these dates the playoffs of the NFL and the Super Bowl will also be played. These last two are both shown on the TV by FOX Channel, who's also bought World Cup 2018 and 2022 retransmission rights. And because of the coincidence of all events, it might not be able to retransmit all of the matches. However, this would also mean a catastrophic loss of money for the whole world.

Defending itself, Qatar guaranties that neither players or fans will suffer from heat. The country promises to install air conditioning in the soccer fields and fan clubs and says they are developing new technology which can suppose a radical change in sports.

What's clear is that the decision is going to be very difficult and it's impossible the whole world agrees on something. But taking into account all the opinions and perspectives; we could stop for a while and think further into this theme. Are these discussions really about soccer? Is the World Cup really the biggest soccer event for fans to support their country and have a great time deciding who the best team is? Or is it just one of the best ways for countries, televisions and politicians to earn money? And what about soccer, is it a game which helps people and makes them enjoy or is it just another simple way of earning easy money?



GERMANWINGS

INCIDENT

by Alberto Barban

In Marseille, in France (AP) the co-pilot of Germanwings, Lubitz, crashed the plane of Flight 9525 into the French Alps killing all the passengers. After some days, investigators discovered that he had received psychotherapy for suicidal tendencies for several years before he became a pilot. The plane's cockpit voice recorder revealed the following information:

The crash was caused by the co-pilot, Andreas Günter Lubitz, 27, who during the Flight 9525 from Barcelona–El Prat Airport in Spain to Düsseldorf Airport in Germany, he locked the captain, who went some minutes to toilet, out of the cockpit and he brought the plane to crash into the French Alps. Meanwhile, the captain begged Lubitz to open the cockpit door. This incident caused 150 deaths, including the crew, some German and some English. Only the plane's cockpit voice recorder was able to explain what really happened.

Other investigations revealed that Lubitz was declared "unfit to work" by a doctor, but he hid this information from Germanwings. In fact according to German law, the employers don't have access to the medical records of employees. In addition other research revealed that Lubitz did some web searches including "ways to die" and "cockpit door and their security provisions" before the terrible and fatal flight.

After the incident, aviation authorities in Canada, New Zealand, Germany, Australia and the European Aviation Safety Agency issued a recommendation to ensure that at least two crew members, including at least one pilot, are in the cockpit at all times of a flight.



THE "FUTURA" MISSION

By Laura Duo

Futura is a **long-duration mission** that will engross space fans who want to experience the stunning environment in terms of science, technology and international cooperation for peace and for the future humanity. The International Space Station is accommodating Captain Samantha Cristoforetti, Italian Air Force pilot and ESA astronaut, for the Italian Space Agency ASI long-duration mission Futura. Samantha is part of Expedition 42/43 that was launched on 23rd November 2014. She is the **first Italian woman to fly into space**. Samantha will remain on International Space Station for about six months, will perform **re-experiments** projects all over the world and **enormous** help maintain the space laboratory.



FOCUS » SAMANTHA CRISTOFORETTI

Personal data: Born in 1977 in Milan, she enjoys hiking, scuba diving, yoga, reading and travelling. Other interests include technology, nutrition and the Chinese language

Education: Samantha completed her secondary education at the **Liceo Scientifico** in Trento, Italy, in 1996 after having spent a year as an **exchange student in the United States**. In 2001, she graduated from the **Technische Universität Munich, Germany**. Then she spent four months at the **Ecole Nationale Supérieure de l'Aéronautique et de l'Espace in Toulouse, France** and wrote her master's thesis in solid rocket propellants As part of her training at the Italian Air Force Academy, she also completed a bachelor's degree in aeronautical sciences at the **University of Naples Federico II**. Not bad as a curriculum!

Experience: In 2001 Samantha joined the Italian Air Force Academy in Pozzuoli, Italy, graduating in 2005. She served as class leader and was awarded the Honour Sword for best academic achievement. Samantha was selected as an ESA astronaut in May 2009. She joined ESA in September 2009 and completed basic astronaut training in November 2010.

Volunteerism



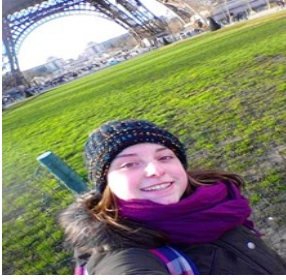
Review of Lonely Planet's Top 10 Destinations

By Angel Tosal



VOLUNTEER WORKS

by Paula Barcelona Lahoz



Volunteer works are one of most beautiful things in the world, I will explain why. A lot of people dedicate themselves to help poor people or the people who live in distressing situations. In some parts of Spain, there are people that live in a sad place. They live in a recession, which started six years ago.

There are so many people who don't have a house because they went through an eviction, or they don't have money to buy food to eat. When I see these conditions I think about how I can help these people. There are lot of ways to help, for example: I can give money or clothes in NGO or help in a social dining room and social houses where these people can sleep and eat some dinner.

NGO are organizations that help people that are facing difficult circumstances. The people who work in these organizations are always volunteers.

For example, in Spain, there are so many NGOs but in my opinion one of the best is Caritas. This organization has a lot of functions but the most special is that they have social dining rooms. Also they give food and necessary materials to the families so that they can cook in their houses and they don't feel different than the rest of the people.

I encourage you to help in any NGO in your country and think, these people need our help!



Like every year, Lonely Planet has published its top 10 destinations of this summer and we will analyze them:

Singapore is the first destination. This year is its 50th anniversary. Singapore is one of the richest countries in the world and there are awesome buildings to see like Marina Bay Sands.

Namibia is the second one, and this year the country celebrates the 25th anniversary of its independence. Namibia is not one of the richest countries in the world but there are a lot of activities to participate in like going on a safari.

Lithuania is number three. This year Lithuania has taken the Euro as its currency. This means that now it will be easier to travel there. You can go to Vilnius the capital city which is an awesome city. The old part is declared world heritage by the UNESCO (United Nations Educational, Scientific and Cultural Organization)

Nicaragua is the fourth, but not for that less important. There, in Nicaragua there are beautiful beaches and really awesome cities like Granada.

Ireland is the fifth interesting location. There are a lot of places there that are declared world heritage by the UNESCO like Moher Cliffs in the West Coast of Ireland. When something is declared World Heritage it means that this place is very important to keep because it has a huge human value and we want this place kept for future generations.

Congo is the sixth, this enormous country is situated in the center of Africa. The government has been remodeling the National Parks and has been creating new ones.

Serbia is a country not well or bad known but it is really cheap to travel to and a really beautiful country.

Philippines is the seventh one, there are awesome beaches with white sand, Philippines is a really cheap destination but really far away from Spain and the USA.

Santa Lucía is situated in the Caribbean. It's an island of adventure, for example you can drive in the crater of a volcano and the beaches are great for kitesurfing and watching fish.

Morocco the last one, is the door to Africa. This country has a lot to offer, for example the marketplaces in Tanger or Marrakech. Then there are many deserts where you can go on an adventure with a 4x4.

HOW DO OTHER PEOPLE AROUND THE WORLD ENTERTAIN THEMSELVES?

by Maria Fernandez



Nowadays, with new technology, we have a good and easy way to entertain ourselves. However, there are a lot of places around the world with different types of entertainment and a lot of things to do without a computer or a tablet.

Now, we have the help of the new technology, but before the “computer era”, people had fun with games that today, are still being practiced.

For example in Ireland, people had bruised competitions that hail back to the misty legends of magical warriors and faery folk. They dress up as various characters and interpret traditional stories of heroes and warriors, acting, fighting, and even singing!

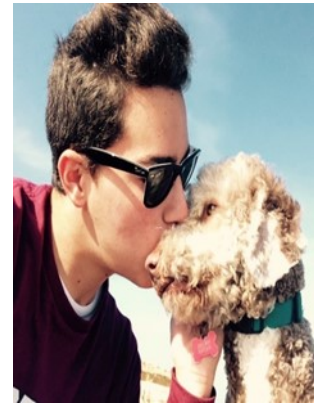


Or the Colombians, that spin a wheel rim tirelessly! Or even in the Middle East where kids throw bones instead of the traditional dices, just to try how lucky you are.

In conclusion, there are lots of ways to entertain yourself without using the computer, you can play these interesting games or create your own!

by **Alejandro Serrano**

Amaro



One of the most important parts of entertainment are films and cinema. Both of them are my favorites inside this global topic.



This incredible invention has changed the world. It is not a normal social and cultural activity. Unlike books, films do not only tell us many different stories; we can also live those stories in first person. I have the theory that cinema is a magic place. Inside it for some hours you can: live the exciting life of a superhero, you can fight as the best boxer ever; or just be a current teenager.

The world of movies and cinema is incredible. During the pass of the years we can see the improvement realized in the technique of each film. There are films that have changed the world. I am referring to classics like: E.T., Jaws, James Bond, Indiana Jones, Back to the Future...

So many people have been born watching these types of movies. These films have educated people to believe in a culture.

The spectacular culture of cinema!

Book Review

by **Benedetta Rigotti**

“Breakfast at Tiffany’s”

The story talks about one of the milestones of the American literature: “Breakfast at Tiffany’s” by Truman Capote. It’s a short book, but very intense.

The book tells us about a struggling writer that moves to an old house in Manhattan. He gets acquainted with an unusual woman, called Holly Golightly. She is a young and beautiful woman belonging to the New York high society. She is looking for a rich husband, since she originally comes from a poor family and was obliged to marry an old man when she was only fourteen.

The main character, the writer, tells us her story during his stay, as a neighbor, in the old, grey, spectral building. We don’t know his name, but she calls him Fred, because by looking at him she recalls her brother.

The title “Breakfast at Tiffany’s” is due to an inspired dialogue between Holly and “Fred”. She tells him that when she is furious, agitated or anxious, she takes a yellow cab, and she goes to Tiffany’s store. She says that Tiffany’s relaxes her, because it is the only place where she feels safe.

This book made me think and appreciate the lightness of madness as an inspiring approach to life. We should change our mind and sometimes think about bizarre personalities as intriguing and genial minds.

“Never love a wild thing...If you let yourself love a wild thing. You’ll end up looking at the sky”

-Truman Capote



Fashion

The Evolution of Fashion

By **Miriam Robledo**



Fashion, like every kind of art, represents how our world changes and evolves.

In the sixties, teenagers were inspired by rock musicians and tried to copy their fashion by wearing black leather jackets and miniskirts. It was also in the 60’s that the hippie movement started and was extended all around the world. Hippies wore Bohemian clothes. At the end of the sixties, belt pants started to be a trend. The fashion icons of this decade were Eddie Sedgwick, the model Twiggy Audrey Hepburn and the American First Lady, Jackie Kennedy.

In the 70’s the flower power movement was on but then travelling became easier. This transformed the hippie fashion trend into the futuristic trend with high heel boots, polyester clothes and disco inspired looks. A fashion icon of the 70’s was Ali MacGraw.

In the 80’s people started caring about how they dressed to go to work and started buying designer brand clothes. This was due to a book called “Dress for Success” which encouraged people to spend more money on clothes to be more successful.

In the 90’s, working hours became more flexible and a lot of people started working from home, this made fashion more comfortable and laidback. People wore more minimalist looks.

Fashion nowadays recycles fashion trends from other decades and gives them a more futuristic approach

Egyptian Culture by Andrea Alcaraz Ramirez

The Egyptian civilization depended on the Nile that gave fertility to the territory that extended along its banks, rounded by the desert. The Egyptian people lived in a long and thin strip, that's why the distance between north and south was too big. Each zone had their own gods that were added to the others when the country was one. That's why the Egyptians had a big number of gods, their religion was polytheistic. Here are some Egyptian gods:

Ra: he was the personification of the Sun, King of the sky. He was one of the most important gods of Egyptian mythology.

Horus: it was represented by the falcon; he was the god of sky and protector of royalty. The monarchs were seen as an incarnation of Horus.

Isis: Mother of Horus and wife of Osiris. She protected the people of the dangers and she cured disease.

Osiris: he represented the cycles of death and back to life. He was the god of the dead who had been well mummified and buried, as this would lead them to the resurrection.

Anubis: he was the god of mummification and mummifiers, the guardian of the tombs and doors of the Hereafter. He had the head of a jackal.

The Egyptians believed that thanks to the pharaoh the crops grew, the cattle lived, the order of the seasons and the Nile remained. They thought that their kings were invincible because they had gods' power. But when the pharaoh converted really into a god was when he was dead. That's why his tomb was so important and they also served as temples for giving worship to the king that from the hereafter continued caring about Egypt and their people.

For the Egyptians, the pyramids had a very important religion objective, because they served as a home for the dead king. From there, it was thought that the pyramids protected all the country and they could worship it as a god.

The pyramids, that resemble a big mountain and that seem to match the sky and Earth, are clearly highlighted in the flat land of Egypt.



FOUR TYPICAL THINGS IN CATALONIA

By Alicia Lluzar Frias



SARDANES

Sardana is a dance in group and in circle, this dance is famous in Catalonia (Spain), Andorra and Roussillon (France). The participants are taken from the couples' hands (man - woman). There are sardanes of 7 and 10 "rolls," which are structures defined by short and long steps. Part of the success of Sardana as social dancing is the open character dance that supports a highly variable number of couples and, at least public, does not require special physical conditions for their practice.

Sardana has its origin on the island of Sardinia. From there, the Catalans took it in their travels next to the Alfonso Magnanimous in full revival. It began to emerge after several centuries in the northern regions of Catalonia.

CASTELLERS

A "casteller" is a person who is part of a group to form towers. It is a typical Catalan tradition in different regions, especially in Tarragona, Alt Camp, Alt Penedès and Baix Penedès, to raise human towers several meters high. Presently, this tradition has spread throughout Catalonia.



CARAMELLES

Caramelles are popular songs that are sung at Easter. Caramelles have traditionally religious topics: singing the joy of Christ's resurrection, but in nowadays they have included festive songs.

SANT MEDIR'S GIANTS

Sant Medir's Giants are a couple of two giants, the Estevet and the Tuies or Toietes, linked to the parish of St. Medir, in the neighborhood of Bordeta. It is physically a couple that is absolutely different from the other classic giants, because its faces and forms seem like children, although they represent adult characters. The original figures were about four meters.

Extracurricular Activities

Fun and Skills Development in Student's free time

By Tanja Paulmichl



Are you often bored to tears? How many times don't you know what to do in your leisure time? Or are you looking for a new challenge?

Then Extracurricular Activities are exactly what you need. There are thousands of possibilities: whether you want to practice sports or you are interested in developing other new skills, nowadays almost every school offers these activities to their students.

Beside the fact that such courses may be interesting for you, they also have a lot of other benefits such as knowing new people, finding new friends, exploring fresh ways of study or providing a precious balance between school and spare time.

Some of the most common and popular extracurricular activities are sports clubs (like soccer, football, volleyball or basketball) and music groups (where you can play an instrument, sing and have fun with other people). Obviously, there are also some courses that enhance school contents or deal with mental work in general, for example chess clubs, computer courses or newspaper clubs.



In our school, we have an association for teenagers, which organizes such activities on every day of the week. Some days are dedicated to physical activities while others are concerned with cooking workshops or computer classes. Two of my classmates participated in such a computer class and printed with a 3D-Printer their own chessboard with colored chessmen! Then our school itself offers the possibility to join a robotics club, a chemistry laboratory or a neuroscience course.

When speaking with other students, from other schools, I noticed that they all have positive experiences with this pastime. Nearly everybody says that Extracurricular Activities are useful for getting new social contacts, for developing new qualities and the most important reason of all having fun!

Student Exchanges

What is a cultural exchange?

by Ana Esponera



A cultural exchange is the opportunity that gives other countries the possibility to share its culture and meet his offer. Also, a cultural exchange is a chance for a student to visit other countries and experience the culture. Theoretically it is a well planned immersion in another culture and thus completely changes the life experience of the student.

You could say it's a way to move a physically, mentally and emotionally developed person toward a deeper awareness of vision, relationships, behaviors and norms of a different culture.

This trip allows you to experiment, innovate, feel, travel, risk, win, and lose. Each exchange is unique yet with things in common: make friends for life, do unthinkable things for your normal life, learn effortlessly, create a new “yourself”...

With each trip you broaden your horizons, you become more tolerant, you learn to live in different societies, it prepares you for the future ... Therefore maturity is what you gain with a cultural exchange.

Anyone who has already made some exchange would recommend this experience because although it can be scary to have to get used to other customs, living in another country and speak another language; your mind develops in all aspects and you embark on a journey that can last a lifetime. Many students today are still in contact with foreign families and continue visiting each. Intense and strong friendships and relationships are formed.

In conclusion, a cultural exchange involves learning that brings the intercultural experience, involves growth and change at different levels: personally, in terms of values and skills; in interpersonal relationships, intercultural awareness and ultimately at the global level or the awareness of addressing global issues.

Haiku Poetry Contest Winners Spain

Claudia Bayer Cortadellas

Easter:

The wind is blowing

The leaves rustle in rhythm

To nature's heartbeat

Rainbow:

Curving up, then down.

Meeting blue sky and green
earth

Melding sun and rain.

Monica Ramos Valiente

tiny snow angel

windy weather kiss your
cheeks

white winter beauty

**Marta Gonzalez Hidalgo
Jimenez**

Winter is coming

Trees are getting white, snow
falls

and cover our dreams.

Elena Mila De Rosa

Nothing but the sun

Afternoon breeze on my skin

Hidden in summer

Leyre De La Torre De Jaime

Love covered in white

innocence, drifting in the

sea of the dark dreams.

Alicia Morte

The sky is full of stars

how can you see the sun

the moon shines so bright tonight

Emma Alvarez

From as far away there in the universe

The sun comes flying with "UV"

Crosses at the top of the clear sky

And sometimes stands still: there, just watching

Next come the new springs:

With its golden butterflies slow flight

Flowers and radiant colors,

To enjoy his innocence of sunshine

The Dual Diploma Times

Thank you for reading the second edition of The Dual Diploma Times!

If you have any suggestions for article topics that we didn't cover in this edition, please send us your thoughts or ideas!

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