

INTERNATIONAL JOURNAL

from invisible to unstoppable

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**In this version of the international journal you will find articles written by the class of 1st AMC. We all wrote by group but only some articles will appear in the newspaper.
We wish you a good reading !**



group work

*NEW YEARS
RESOLUTIONS
ARTICLES*

Welcome into 2023

Written by Sofia Cayez & Claire Carlier

New Years resolutions

What are the origins of new year's resolutions ?

New year's resolutions are not just a creation of Modern Americans and it actually goes back to ancient times. In fact, about 4000 years ago, Babylonian started their new year with an 11-day festival called Akitu, in March. However, In 46 B.C., the former Roman emperor Julius Caesar decided that the first day of the year would be January 1st. Babylonians are still those who decided to make new year's resolutions in order to earn good favor for the coming year, by making promises to the gods. Over time, resolutions seem to help for self-improvement, reflecting a desire to develop stronger moral character and also a stronger work ethic. Furthermore, according to Natalie Boero, medical sociologist, «today's resolutions are also a reflection of status, financial wealth, responsibility and self-discipline.»

How do people all over the world make their new year's resolutions ?

In the United States, resolutions are a large part of new year celebration. For example, at the beginning of 2022, 23% of people decided to live a healthier lifestyle, 21% resolved to improve themselves and be happier, and another 20% wished to lose weight. However, among the 41% of Americans who make new year's resolutions, only 9% stick to them. In Brazil, on new year's eve, it is customary to go to the beach to make your resolutions. According to the tradition, after midnight, one must dive into the ocean dressed entirely in white, a symbol of purity, and jump into seven waves while making seven wishes. This is a tribute to Yemanjá, the goddess of water.

In Italy, new year's resolutions are often similar to those in the United States. They are called buoni propositi, or “good intentions”. Nevertheless, some Italians also have traditions, such as eating fatty pork to earn more money, eating black-eyed peas or wearing red underwear on New Year's Eve for good luck the following year. In China, new year's is a two-week long celebration that begins at the first full moon of the lunar calendar. Through various rituals and traditions, chinese people make new resolutions to ensure good fortune in the new year. It is usual to offer red envelopes containing money, to have dinner with the family, to make sacrifices to the ancestors and to clean the house to make the new year prosperous.



How to stick to your resolutions

Wanting to change your habits is one thing, but you need to stick to them. Fortunately, we will give you some tips to help you, which worked well for us. First, buy a notebook and write them, in details, so they are fixed on paper and not just in your mind. Thanks to that, you will be able to check them everyday. You can also make habits tracker, to tick your progresses at the end of each day. Then, if you share your resolutions with people you trust on, like your family or your close friends, they will then check up on you and your progression.

Nevertheless, we advise you not to tell your goals to people you are not close with, who might do everything so you don't achieve them. Furthermore, if you stick to your resolution for a series of for instance 5 days, but you fail during the 6th day, never mind, don't give up ! Above all, don't believe that you will fail the following days too. Finally, do not choose too much little pointless or unrealistic resolutions, maybe five would be a better choice to enhance your well-being!

Written by Anais Pokorski & Lucie Saegerman

New Years resolutions

Many resolutions are taken by the entire population in the World. This is a promise to yourself to do or not something furthermore this is the tradition when new year starts. We may wonder what's the year's resolutions history and why do people still make resolutions?

Origins

It is difficult to determine exactly when we started celebrating New Year and when New Year's resolutions came into being.

However, we do recognise that historically this celebration came through Babylonia.

Indeed, the celebration took place during the 12 days of the festival of Akitu. In addition, the Babylonians commonly made resolutions for their gods and not for themselves and also pledged their loyalty to the king at the beginning of the year. However, the new year began in March.

The emperor Julius Caesar ruled over ancient Rome and changed the calendar from the Babylonian one to the first of January.

The history of tradition

The birth of good resolutions goes back to the creation of our temporality. "In the world, with the exception of certain countries, we live to the rhythm of the so-called Gregorian calendar, which came into force on 15 October 1582 and was created by Pope Gregory XIII.

This calendar, which used to be religiously symbolic, begins on 1 January, which marks the New Year, a symbol of renewal, of the possibility of doing better, of solving problems, of agreeing to find a solution for what was not correct or good last year. To be better, to be happier, more satisfied with oneself, with one's life."

Difficult to hold them?

New Year's resolutions are usually not fulfilled due to the fact that these resolutions are decisions taken under the impulse to "do better" which do not take into account the restrictions of daily life and which break with habits that have been established for more than a month, or they are decisions taken through the prism of those close to you, the influence of those who could potentially think for you and decide what is optimal for you.

Some keys to help you keep your resolutions

Firstly, for resolutions to be kept, they must be integrated into the consciousness and believed in. The guarantee of keeping your resolutions is induced by a sufficient temporality and a deep motivation.

It is therefore necessary to prepare these good resolutions in advance, by preparing an assessment of one's own life with all that is problematic, and then to establish resolution projects to achieve personal accomplishment with a defined and reasonable timeframe.

If you decide to make a material resolution, it is a matter of taking action to be in touch with your economic reality.

If you want to change your behaviour, it is a matter of taking stock of who you are, by list of resolutions asking those close to you about your strengths.

Celebrated all around the world

The special thing about this feast is that it includes the whole world. Regardless of religion and place, throughout our lives we change years every year.

In the United States, resolutions are an important part of the celebration.

In Australia, Sydney was the first place to be in 2023 and for the occasion they have launched more than one hundred thousand pyrotechnic devices.

In France, especially in Paris, more than one million of people were on the road to celebrate the new year. This is an important time of cohesion.

List of resolutions

There are more apparent resolutions, which are a goal for many people, here are some examples:

- Stop smoking
- Lose weight
- Stop snacking between meals
- Workout
- Stop procrastinating until tomorrow what I can do immediately
- Read at least one book a month
- Play fewer video games
- Spend less money on clothes
- Save money for holidays
- Stop drinking
- Go to bed earlier
- Get up less late
- Be productive



This year we were lucky to exchange with several schools around the world : the Toowoomba Anglican School in Australia, the Wycombe Abbey in England and the Rosehill School in New Zealand. We maintain both individual and collective exchanges. Here is a presentation of those partener schools and their students.

As the school years are not the same in Australia, TAS students will come to NDA next year, from March 25 to 31, 2024.





TOOWOOMBA
ANGLICAN SCHOOL

Est. 1911

*PORTRAITS of
AUSTRALIANS*



PORTRAITS

Claire

Salut, je m'appelle Claire. Sur la photo, je suis celle qui tiens le portable.

Je suis australienne. Je vais bientôt avoir 14 ans. J'ai les cheveux châtain et les yeux bleus-verts. Je suis grande et mince. J'ai une chatte grise, elle s'appelle Sparkles. J'ai aussi deux chiens, Bella et Mindy.

Je vais à l'école secondaire au collège Toowoomba Anglican School. Je joue aussi au Netball.

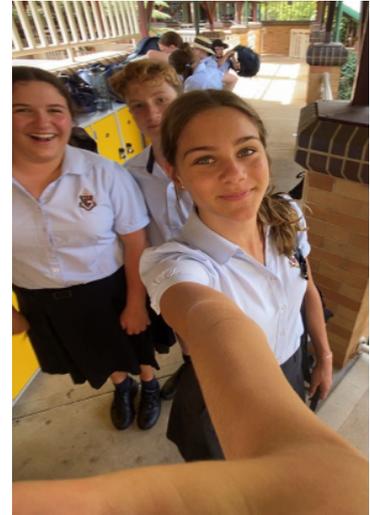
Jusqu'à présent, j'ai visité cinq pays différents. Je suis allée en Thaïlande, aux États-Unis, en Nouvelle-Zélande et aussi à Fidji. J'adore les voyages et j'aimerais bien aussi aller en France et vous rencontrer un jour!

J'adore la lecture. En ce moment je lis "As Good As Dead" de Holly Jackson. C'est super bon! J'adore aussi Netflix. Je regarde "Brooklyn 99" en ce moment. Dans ma famille, il y a cinq personnes. J'ai deux frères et ils sont ennuyeux!

J'adore la plage en été! C'est mon passe-temps favori!

Au revoir!

Claire



Willem

Bonjour,

Je m'appelle Willem Dekeyser. J'ai un frère, une sœur et deux chats.

Je suis né le quatorze août et j'ai quatorze ans. J'ai les cheveux châtain et les yeux bleus.

Je suis australien mais j'ai aussi la double nationalité belge. Mes parents sont natifs de Belgique et ont immigré en Australie.

J'adore le sport. Je joue au volleyball. Mon sport préféré est le tennis. J'aime la musique, je joue de la trompette et du piano. Je travaille à l'hippodrome de ma ville natale qui s'appelle Toowoomba. Je scanne les billets des gens.

À bientôt!

Willem





*PORTRAITS of the
BRITISH*



Anoushka



Anoushka est une élève de l'école Wycombe Abbey School et elle a seize ans. Anoushka aime faire de la musique pendant son temps libre et est également passionnée par F1 et le ski nautique. J'espère que vous connaîtrez mieux Anoushka en lisant ses réponses à ces questions rapides.

Quel est ton anniversaire?

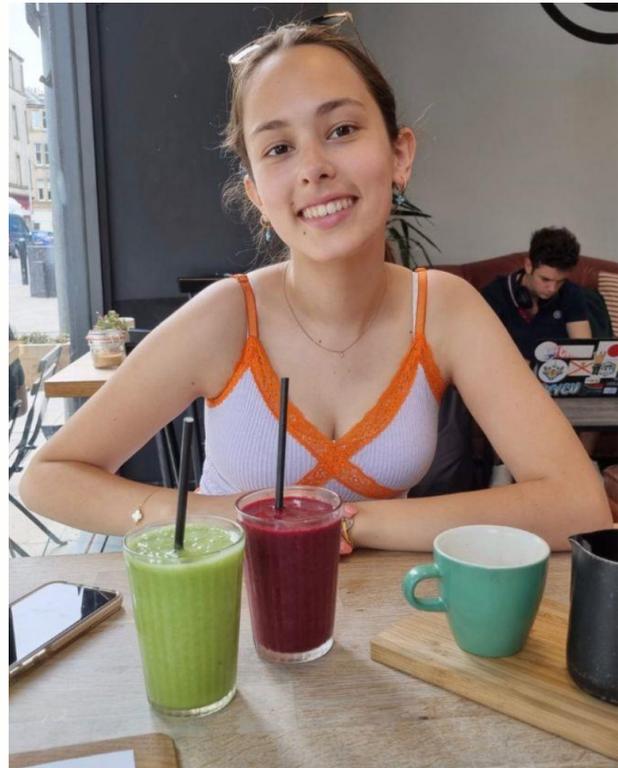
Le 14 avril 2006

Quel est ton signe astrologique?

Bélier, ça me choque qu'il reflète vraiment ma personnalité.

Est-ce que tu joues d'un instrument ?

Oui, je joue du violon, du piano et je chante. Je n'ai pas eu le choix de l'instrument que j'ai appris, si je l'avais eu, j'aurais aimé apprendre le saxophone !



Tu joues dans des groupes de musique?

Oui, je joue du violon dans un orchestre et je chante dans une chorale. C'est très amusant mais ça me prend beaucoup de temps !

Quelle est ta nationalité ?

Mes nationalités sont très diverses - je suis française, mais je suis née aux États-Unis, et j'ai toujours vécu en Angleterre.

Quelles sont les matières que tu étudies pour les A-Levels?

J'étudie le français, l'histoire, la géographie et l'espagnol.

Quel serait ton métier de rêve ?

J'aimerais beaucoup devenir avocate; mes parents sont avocats et le droit m'a toujours intéressée. Mais quand j'étais plus jeune, j'aurais dit que d'être magicien était le métier de mes rêves. Les temps ont un peu



Poppy



Poppy a seize ans et elle étudie à Wycombe Abbey School depuis six ans. Elle a une passion pour le lacrosse et elle fait partie du groupe de jazz. Pour que vous puissiez connaître Poppy un peu plus, je lui ai posé quelques questions rapides.

Quel est ton anniversaire ?

Le 16 décembre 2005

Quel est ton signe astrologique ?
Sagittaire

Est-ce que tu joues d'un instrument ?

Oui, je joue de la trompette et du piano.

Quel est ton emploi de rêve ?

J'aimerais devenir diplomate !

Quelle est votre nationalité ?

Je suis anglaise mais j'habite à Edinburgh, en Écosse.

Est-ce que tu peux m'expliquer lacrosse ?

C'est un sport dans lequel on utilise des bâtons pour lancer des balles. L'idée est de mettre la balle dans le but. C'est un peu comme le hockey dans l'air !

Tu aimes aller dans un internat ?

Oui, je l'adore ! Je suis avec mes amis tout le temps et je m'amuse beaucoup avec eux. Être pensionnaire me permet de faire plein d'activités extrascolaires.

Qu'est-ce que tu aimerais étudier à l'université ?

J'espère étudier le français et l'allemand à l'université. Cela semble très amusant !



*PRESENTATION of the
NEW-ZEALANDERS*



Who are they ?

Rosehill School is a school in New Zealand that promotes inclusion, tolerance and diversity. It welcomes people from 5 to 21 years old with disabilities and allows them to follow a complete education while taking into consideration their difficulties and their specific learning needs. Its main objective is to allow its students to progress as much as possible, at their own pace. The different learning paths are the Kowhai, the Puriri, the Pohutakawa, Rimu and the last one, Te ara Putama.

Their four main currencies are :

1. I care for my environment.
2. I am open to learning new things and keep trying
3. I am happy, healthy and confident.
4. I am kind and respect and value others.

Our correspondance ?

In AMC, we had the opportunity to discover their school through different videos. Although we did not have individual exchanges, the discovery of Rosehill school allowed us to learn about their educational method and to open our minds to specialized schools.





The purpose of our specialty being to study the news around the world, we were curious to know how the different countries perceived these events. To date, we have not received all the replies from our penfriends from the different schools because some are on vacation.





FORCED MARRIAGES

*Written by Clémence.S, Juliane.H,
Claire.C, Ainaïs.P, Sofia.C*

Forced mariages

In India, child marriage percentage is very high. Indeed, more than 40% of the world's child marriages take place in India. Effectively, about 50 to 60% of girls are married below the age of 18, and around 10 to 15% are even married below the age of 10. Both girls and boys are affected by forced marriage but girls are affected disproportionately. Moreover, forced marriage dates back centuries as a way to maintain their status, this is prohibited and punishable under the terms established by the law.

Contrary to what someone might think, forced marriage is not the result of tradition or patriarchy, but rather of poverty, lack of education and fear of tomorrow.

In many Indian families, girls are more busy taking care of the house, the family, and they are less going to school and learning useful things. In India, the cattle are also considered as more useful than girls which is the principal mindset occurring in this country.

A girl who is married as a child is more likely to drop out of school, so it makes them miss out on education.

In India, child labour is also a common phenomenon. Indeed, instead of going to school in order to be educated, girls are in charge of, for instance, cooking, cleaning the house, in general, to help their parents in the household. However, organizations help to stop this atrocity. A good example to illustrate this is « Educate girls », an Indian organization which try to get girls to actually go to school and get an education.



Australians penfriends' answers

Forced marriage

Yes, I have heard of forced marriages in countries such as India, America, England, and African countries such as Zambia and Ghana. Forced marriages are rooted in patriarchal beliefs, with many young vulnerable girls, being 'given' away to old men and forced into marriages they don't necessarily want to be a part of, which is completely wrong. Arranged marriages are in some cases bordering on immoral (love cannot be arranged nor forced), but not completely horrible, an arranged marriage in some cases results in many happy marriages but can also result in not-so-great ones as well, because of this my standing point in regards to arranged marriages is not completely clear-cut. I have never known anyone in a forced marriage, nor really an arranged marriage unless mates setting up their friends counts, but I don't think it does, even if the 'set-up' results in marriage.

Grace McKenna

I have heard about forced marriages. I know they happen in the countries in Asia quite a bit and have for centuries. I know they occur in other countries when making business deals. I don't like the idea of forced marriages as I feel it can wreck people emotionally and some people would really appreciate the ability to fall in love. I think there's a bit of a difference when it comes to Forced Marriages and Arranged Marriages. Arranged Marriages are more about choice whereas forced has no choice. I don't think arranged marriages are a problem in society. Sometimes it can be very beneficial for society to have an arranged marriage especially with things like kings and queens. Having arranged marriages can tie countries together. I'm sure there could be arranged Marriages in Australia, but I wouldn't know. I've never met anyone who's been in an arranged marriage or a forced one. I have read a book called Homeless Bird in Grade 7 about a girl who's 13 and gets put into an arranged marriage to help her family. I think when it comes to arranged marriages it's to help families with money problems and too many people in the family or to help with uniting families and country's/businesses. Whilst forced marriages are just not ok.

Lily



SPORTS

Written by Clementine.L, Lena.G, Eloise.C

Sports

In France, sport takes place in a lot of french people's daily life: football, tennis, horse riding or bodybuilding. It brings people of all ages together and allows you to discover new hobbies and interests.

Most popular sports in France:

The football is a collective sport born in the middle of the 19th century in Great Britain which became the most popular in the world in the following century. The roots that this sport shares with other "football" games date back to the Middle Ages. It finally spread to Europe (first to France) about a millennium later, in the Middle Ages. It was later banned in several countries because of the problems the matches created. Nowadays, football is more than a sport, it lives in thousands of people.

However, this sport was not always called football, it had other names like « Cuju » (China), « Kemari » (Japan), « French soul » (France), « foteball » (English) that became « folk football ».

Tennis is an English adaptation of the French old game "jeu de paume" (tennis court). It exists since Antiquity but has become famous through the XIV and XVIII centuries. First practiced with bare hands or leather gloves, it later became a racket sport. The tennis court is also associated with the tennis court oath (which advocates the abolition of the monarchy), one of the major events at the start of the French Revolution. Tennis, in France, is the second most popular sport. You must know Roland Garros, a famous tennis tournament which takes place in Paris, in France. In tennis, a player plays against another. The aim of the game is to hit the ball so that the opponent cannot put it back in bounds, either by scoring the point by putting the opponent out of reach of the ball or by forcing them to commit a fault (if the ball doesn't fall within the limits of the court, or if it doesn't pass the net).

French sports :

- Cycling : Famous thanks to the « Tour de France », cycling become a national sport and it is really broadcast for some years. « Le Tour de France » has been created in 1903 by Henri Desgrange and Géo Lefèvre, it is one of the most famous sporting events in France.
- « Pétanque » : The « pétanque » is a fun sport to play with your friends in holidays. From the south of France, « la pétanque » is a sport of strategy and precision with steel balls.



*Written by Ocelia.L, Lucie.S, Pierre.D,
Lilla.T, Chloé.M & Altheá.G*
Sports

In France, the most popular sport is football : we won one star in 1998 and another one in 2018.
Then, the second most popular sport is tennis. Indeed we have been welcoming the championship « Roland Garros » since 1891.
We also excel in handball as we are 6 times world champions.
Finally, rugby is also a famous sport in France, we are 3 times world champions.

Questions to the penfriends :

- What are the most popular sports in your country ?
- Do you have a famous sports team ?
- What sports do you practice in school ?

our men's rugby team



our men's football team

our women's handball team



WAR IN UKRAINE

*Written by Ocelia.L, Lucie.S, Pierre.D,
Lilla.T, Chloé.M & Altheá.G*

War in Ukraine

The war in Ukraine had really impacted us because we are a big world power. We are informed from the beginning of the war and we follow the actualities every day. We thought of world war 3 on social media. We welcomed a lot of Ukrainians in our school, we gave them French lessons and a house to live in. In our villages, we collected some clothes, food and stuff to help Ukrainians. Actually, we talk way less about that.

In our opinion, it is dumb to create a war only for lands and power. For us, it's bad to threaten countries that help citizens...

QUESTIONS FOR INDIA:

Are you aware of the war in Ukraine ?

Did you welcome ukrainians in India ?

What is your position faced with this problem ?

Have you ever talked about that with your teachers or adults ?

Are you afraid of this war ?

What do you think will happen in the future for Ukraine ?

What do you think about Russian propaganda ?

Written by Clementine.L, Lena.G, Eloise.C

War in Ukraine

How France helps:

Since the beginning of the war, France has tried to do its best to help Ukraine. Emmanuel Macron has decided to strengthen ties between France and Ukraine, with weapons, military and moral support.

NDA also felt concerned about this disaster, so we put joint measures in place in order to improve the life of Ukrainians in these difficult times. The students made donations of clothing, food and medicine, but also hosted a Ukrainian family.

Our opinion :

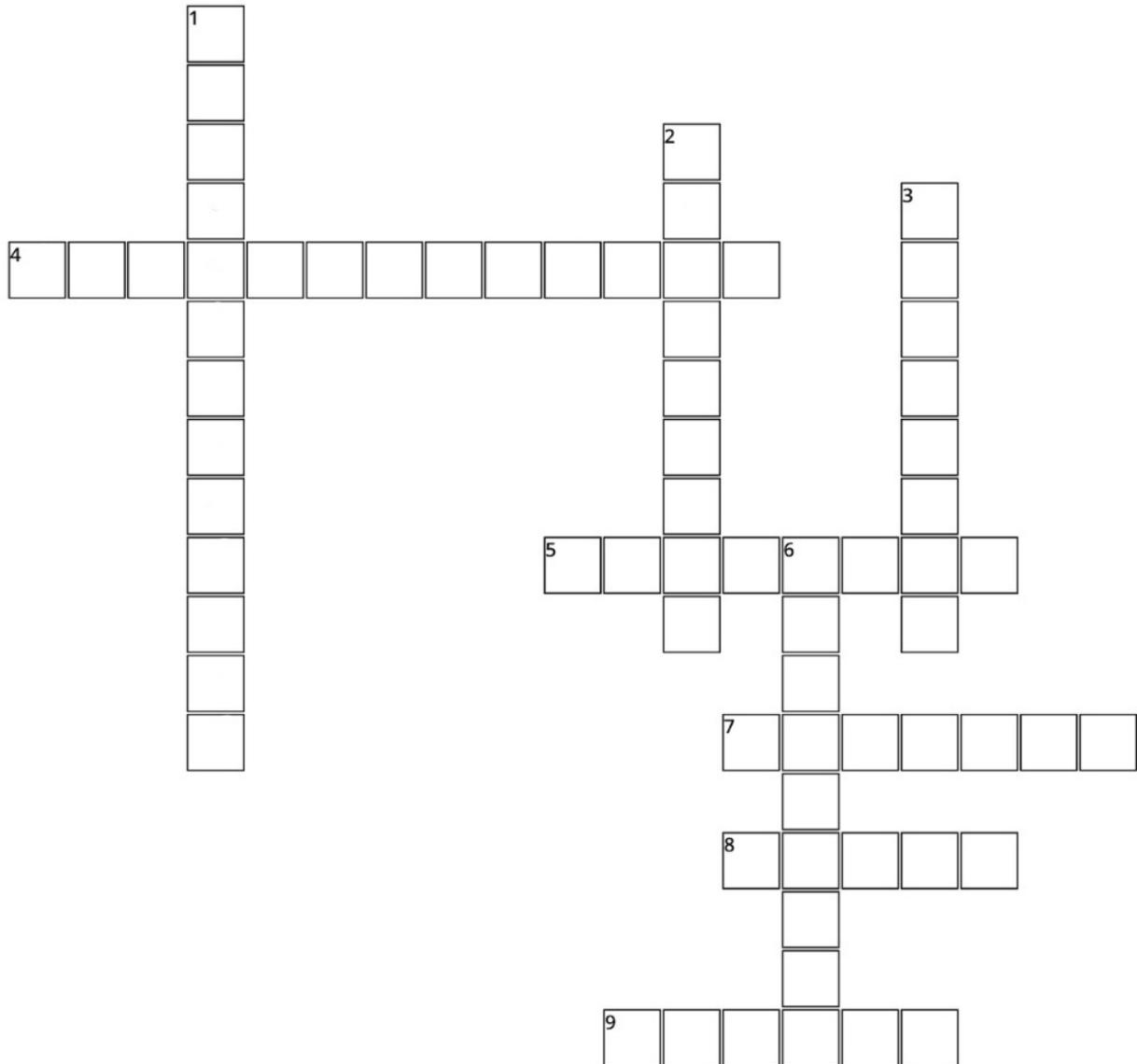
First of all the war has affected everyone, by attacking the Ukrainians, Russia has also trained others who help the Ukrainians in any way they can. Moreover, this war has consequences in other parts of the world such as inflation which is growing every day in France.





LITTLE GAME

did you follow it?



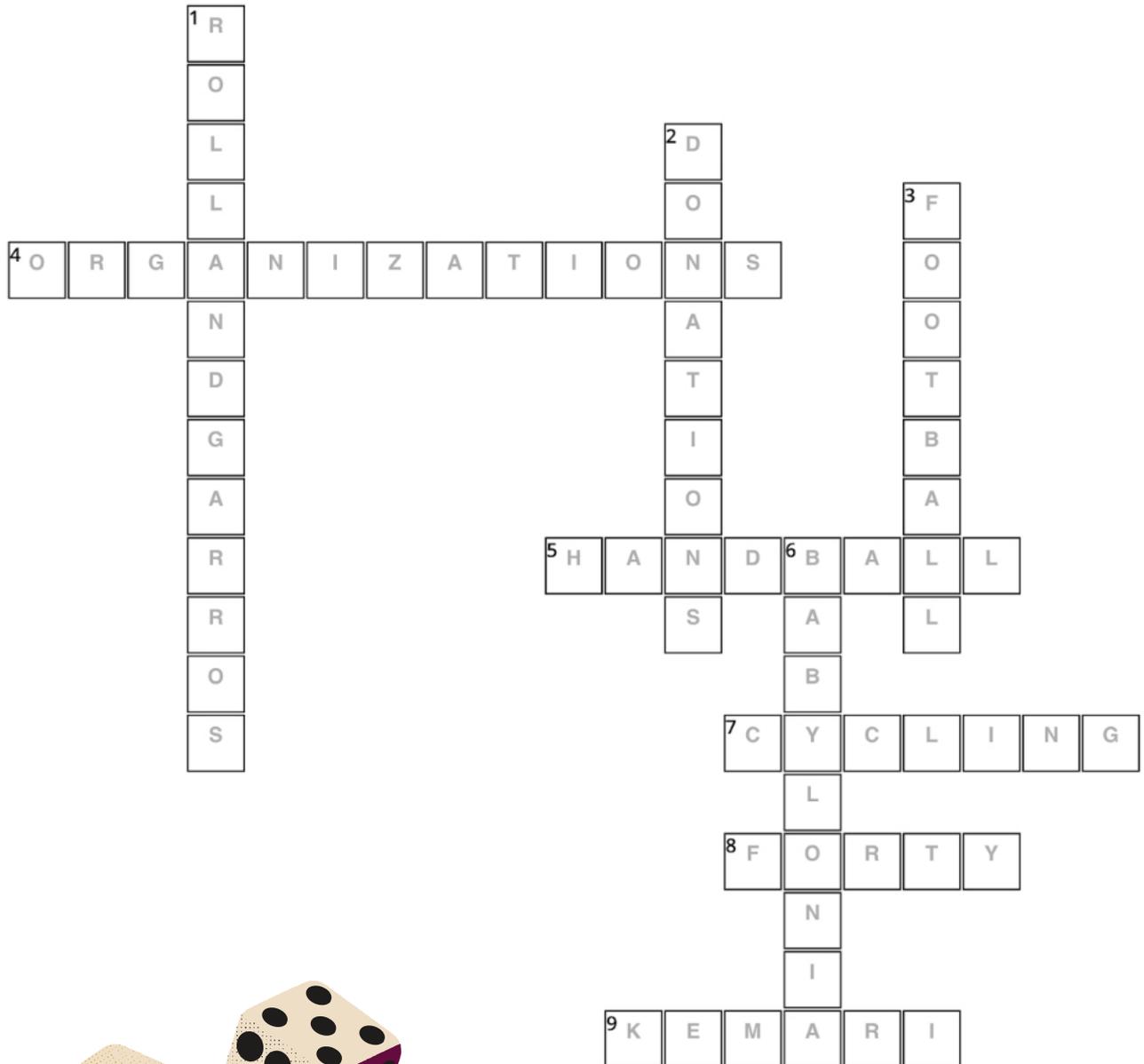
Horizontal

4. What helps to stop the atrocities of forced marriages?
5. In which sport have we been 6 times world champion?
7. Which sport is famous thanks to the « Tour de France »?
8. How many percent child marriage takes place in India?
9. How is football called in Japan ?

Vertical

1. Which championship have we hosted since 1891 ?
2. What did we do for ukrainian students during the war?
3. What is the most popular sport in France?
6. Where does the idea of "New year's resolutions" come from?

Answers





*We thank all the schools we
corresponded with.
It was a pleasure !*