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THE
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POST

EDITOR'S NOTE

As autumn settles in, the changing leaves remind us that this season marks more than the beginning of colder weather. Half-term itself is like a boundary ritual—an invitation to pause and take stock. Like Canadian Thanksgiving, it's a time to celebrate the harvest of what we've sown since summer, and like Halloween, it's a moment to face the darkness with courage, lighting the way with lanterns and costumes that speak to the many roles we might play.

In the spirit of this seasonal transition, we at *The Akademeia Post* offer you food for thought and reflection as you head into your well-deserved break. This issue captures highlights of the term so far: updates from year trips, insights into how Akademeia is evolving, and what's new in the Physics lab. We also bring broader perspectives with a reflective piece on recent flooding in southern Poland, informative articles on Turkmenistan and inflation, and even a closer look at the arts, with an experimental piece inspired by Gertrude Stein.

It is, indeed, when autumn cycles back around that I think of R.M. Rilke's words:

"Be patient toward all that is unsolved in your heart and try to love the questions themselves... Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer."

With these words in mind, I encourage you to dive into this issue and let the articles inspire you. Whether it's reflections from the art students, updates in sports and music, or something that raises a question within you—let's embrace the unknown together and live these questions as part of our own autumn ritual. Enjoy the break, and see you on the other side, ready to keep exploring.

Read and belong,
Sonia Blank

MEET THE TEAM!

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Y9 TRIP TO

KAZIMIERZ DOLNY

Jan Janczar

On the 25th of September, all the Year 9s travelled to Kazimierz Dolny in the Lublin voivodeship. We had the opportunity to sleep in an old granary, which was turned into a hotel. We took many walks to the city centre, where we stocked up on necessary rations such as several pizzas. Some of the Year 9s also spent their money on bang snaps which they used to traumatize the rest of us. Besides that, we spent a large chunk of the time playing volleyball on the pitch by the hotel with Mr. Stefan.

One of the highlights of the trip was playing hide and seek when it was already dark! The game was extremely fun, and it helped us bond. Even though we spent a lot of time on fun bonding activities, we also had several workshops, the most interesting of which was baking Kazimierz Roosters. We got to know the traditions of rooster bakers, as well as the legend behind the roosters themselves.

Even though the trip only lasted 3 days, it gave us plenty of time to bond and integrate with our friends as well as explore the Polish culture and learn more about the region.



TRICITY IN THREE DAYS

Y12 INTEGRATION TRIP

Julia Jaśnińska

Julek Franco Janecki

As the vibrant tapestry of summer shifted to warm shades of yellow, orange, and red, the annual Akademia school trips took place. Together with our fellow y12s we had the opportunity to bond and integrate over the course of three days in three different cities: Toruń, Gdańsk, and Sopot. In addition, Mr. Chróstowski, had something in store for us – a tournament, but let’s not get ahead of ourselves.

The adventure began in Toruń, where each of us could roam around the city and devour the famous pierniki. Next, we made our way to Gdańsk. The game master *cough, cough*, Mr. Chróstowski, organised a competition between mentor groups. That evening, the grand quiz awaited us. And oh, I can tell you that the atmosphere was buzzing with rivalry and competition. On day two, each mentor group participated in the Gdańsk City Game, and was challenged to take creative selfies in the iconic locations of Gdańsk. Congratulations to the Los Pablitos for winning the tricity tournament!

Trip Competition - results

	Mentor	Team's name	Quiz	Exploring Gdańsk	Photo competition	SUM
1	Mr Chróstowski	Los Pablitos	10	7	2	19
2	Dr Marchyk	Misty Methanes	5	7	4	16
3	Dr Kittel	The Skittles	8	7		15
4	Ms Koblak	Koblaczeki	7	7		14
5	Ms Fiolna	Chipsy Chips	6	7		13
6	Mr Ladziński	WW TV	6	7		13
7	Mr Stobierski	Sujecki and the Jet Ski	6	7		13
8	Ms Strzelczak	The GOATS	4	7		11
9	Mr Markiewicz	Suja and Friends	4	7		11



Later, we visited the World War II Museum, which, fun fact, is one of the largest exhibition spaces in Europe. After a day filled with history and exploration, we relaxed at the hotel, while those looking for more entertainment could enjoy a screening of the one and only 'Interstellar.' As the last day arrived, each mentor group could do an activity of their choice. The toughest students swam in the ice-cold sea as others explored the charming beaches and lively promenade of Sopot while enjoying some ice cream. On that sweet note, the trip came to a close. On behalf of Y12, we would like to thank Mr Chróstowski for organising such an unforgettable school trip that will remain in our hearts for many years to come.

If only there was a trip every month...

QUOTES FROM THE TRIP

“Girls, are you really dancing Belgijka at 1 am?”

- Mr Chróstowski

“3 cities, 3 days of adventure, and a lifetime of memories”

- Hania G

“The trip was amazing - I thought the World War II Museum was especially interesting”

- Zuzia S



A GOOD GIRL'S GUIDE TO AN EPQ

Julia Jasińska

Should I write an EPQ? How important are EPQs for university applications? How do I choose a good topic? As the Y13s just finished presenting their EPQs these might be the questions floating around your mind right now. If so, read this guide that includes insights from former EPQ students: Julia, Pati, and Tatiana as well as from a very experienced EPQ advisor Mrs Szala, to help you gain clarity and determine whether EPQs are the right choice for you.

Before deciding on writing an EPQ it is important to know if it is the right thing for you to do. Here is some advice from Ms Szala that hopefully will make that decision easier:

WHO SHOULD CONSIDER WRITING AN EPQ?

Anyone with a passion project or special area of interest that lies outside or else extends their regular A Level subjects, and which would allow them to grow academically. Are you a NatSci student but have a penchant for opera? This is your chance to explore your interest further and gain academic recognition for it.

IN TERMS OF UNIVERSITY APPLICATIONS, HOW VALUED ARE EPQ'S?

Some universities in the UK will give more favourable conditional offers if students do an EPQ, specifying that they must achieve A/A* in the EPQ for the offer to be activated. There have also been instances of universities that did not do this taking an A/A* in the EPQ into consideration when a student scores lower than expected in an A Level (achieving a B, rather than an A/A*), and accepting them anyway.

I have personal experience of this: my sister attended the University of Bristol on the strength of her EPQ when one of her A Levels did not go as planned.

WHAT ARE YOU LOOKING FOR MOST IN AN EXEMPLARY EPQ?

A love for the given topic that leads to a natural and energetic pursuit of knowledge about it; extensive and rigorous research; a high level of project management through the student managing their time and learning resources effectively; a high degree of self-reflection on the project's strengths and weaknesses.



Y11 IGCSE Students

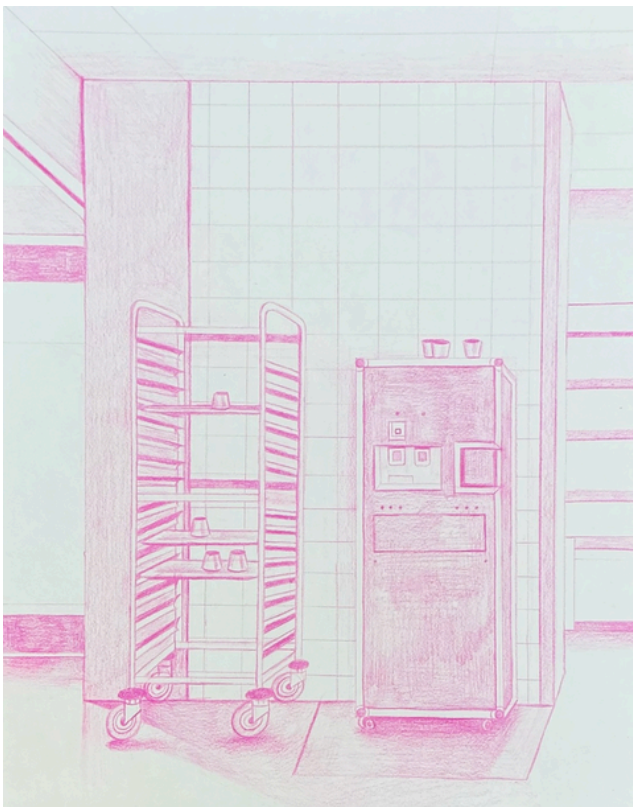
After deciding you want to take on the challenge you should first focus on choosing the topic you're going to write about. This is what Julia, Pati and Tatiana had to say:

Julia

I had quite a struggle while trying to choose the topic, as there were many questions I wanted to investigate and was interested in. However, from the beginning, I knew that in general I wanted to write about film as it has been a side passion of mine. As I continued doing my research and narrowing down, I was trying to link film to architecture, but finding an appropriate framework and primary sources was quite a challenge for me. I have been interested in and admired the work of Christopher Nolan for quite some time; hence, I think it became a natural transition that led me to write about him and his work.

Pati

Choosing my question was relatively easy since I came into the project knowing what I wanted to write about. Wanting to combine music and biology on a deeper level, I wanted to research music therapies in practice. Narrowing down the question was only tricky since I had to choose only one topic to write about, so it really limited my options



Aniela Zeszuta Y12

Tatiana

When choosing my topic for EPQ, I aimed to explore both spheres of my interest: economics and AI. One is a source of great enjoyment and exploration, while the other is not only a passion but also aligns with my future career aspirations. I tried to produce an astonishing and absorbing question to explore, and to all intents, my cousin was the one who gave me a phenomenal idea. He recently graduated from college and was telling me that half of his friends had to take jobs they did not want – underemployed. That was the moment I realized I had just discovered my topic. I planned to evaluate to what extent will the AI impact unemployment. However, when I had an interview with a co-founder of an AI software firm, we agreed that this topic is enormous to be contained in 5,000 words. That's how I narrowed my question to: "To what extent will AI impact unemployment in the legal sector."

As no project is perfect, here are some reflections from Julia, Pati, and Tatiana on what could have they improved on next time:

Julia

I would definitely prioritize the first stages of the project more. That is the research and forming the structure of what you will write about. I know that everyone says that, but it is very vital and simply easier to write the EPQ when you have these fundamentals. Especially that later it is harder to find the time to simply do the EPQ as there is much going on in year 12.

Pati

I'd definitely change my question to focus more on the neurobiology behind music to make the dissertation more scientific.

Tatiana

If I could do my EPQ again, I would probably start networking and conducting interviews earlier. The insights from professionals were really valuable for my research, and I think reaching out to them sooner would help me refine my topic question earlier in the process, saving me time. Also, I would dedicate more time to improving my essay-writing.

In order to help you make your EPQ journey a bit easier, here are some unexpected challenges that Julia, Pati, and Tatiana had to face that you should watch out for:

Julia

I think my biggest challenge was to not put so much pressure on myself about what the dissertation should look like. The key was to actually write it and then slowly but gradually work on what you have written. I spent way too much time analysing instead of writing. It is important to remember that it is in fact a big

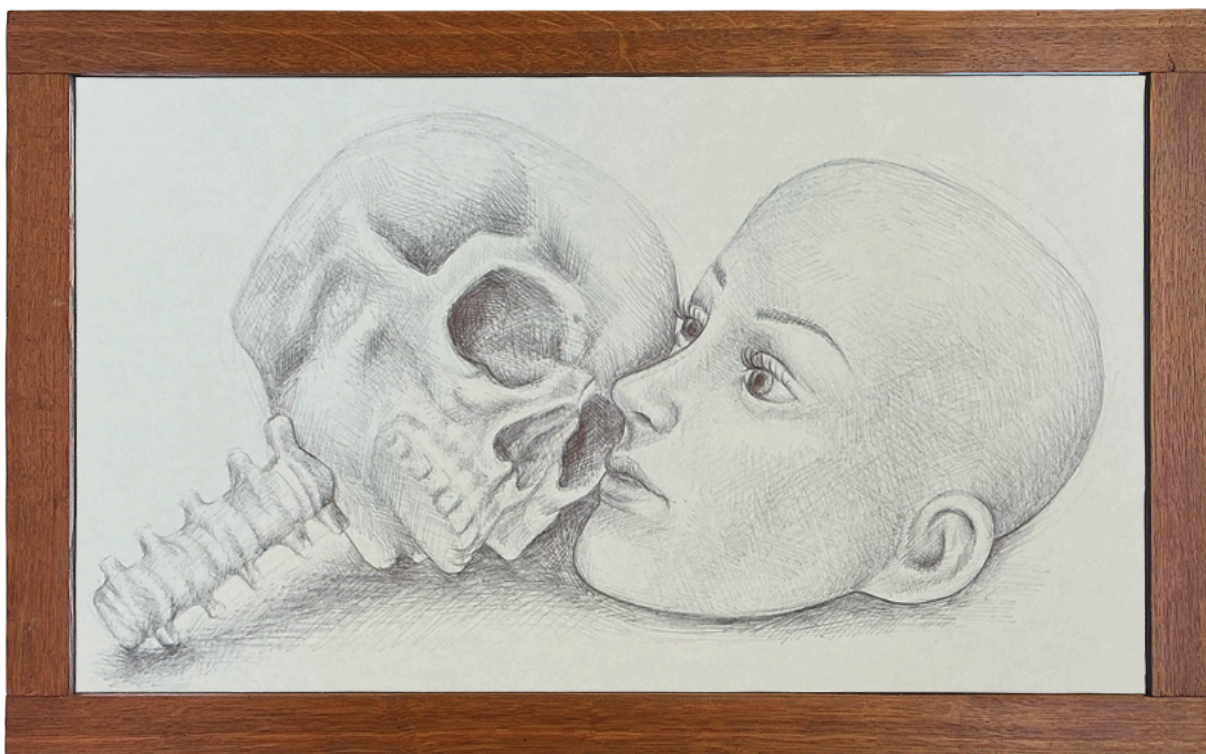
academic project, but not lose yourself in the overthinking.

Pati

The most surprising challenge was probably the lack of studies and literature available regarding my topic. The papers I read never answered my question directly, so to find any useful information I had to analyse each paper in detail. Sometimes I failed to find anything useful which was very demotivating, but I managed to push through it.

Tatiana

The most surprising challenge was realizing how extensive my initial topic was. I thought I could cover AI and unemployment in general (in all sectors), but after speaking with my supervisor and experts, I had to rethink that and narrow it to the legal sector. Managing the scope of the project while keeping it detailed was more challenging than I anticipated.



THE NEVER ENDING JOURNEY

TRAM TO WILANÓW UPDATE

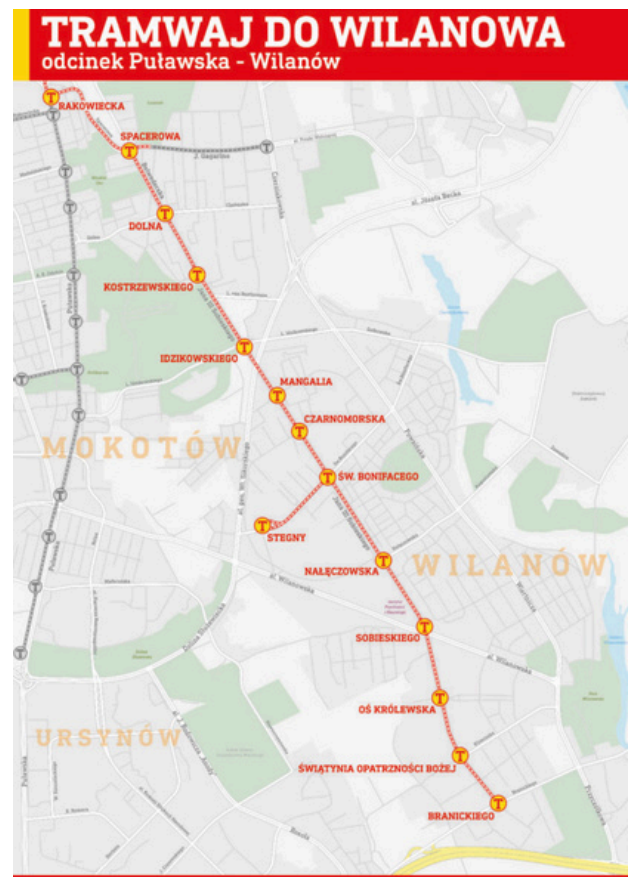
Helena Bruździak

Imagine this: You wake up in good spirits, wanting to start another beautiful weekday, the sun is still shining, you think your day will have a smooth start. On your way to school, you look out of the window. It's not the sight of a shiny new tram gliding smoothly along its track to Wilanów. Nope. It's just another day of construction chaos. If you're around Stegny and Wilanów, you know that I am of course talking about "Tram to Wilanów," one of the city's most anticipated investments, as well as Poland's largest tram project.

The "Tram to Wilanów" project started in August 2022, which means 2 years and 3 months have passed. The construction of the tram to Wilanów was to be completed in 2023; later the date was moved to September 2024, and the chances of that happening are well, close to zero.

I look out the car window, having sat in traffic for the past 15 minutes watching the fading sign that reads: "We are changing Warsaw for you. Construction of a tram route to Wilanów. We apologise for the inconvenience". It has been there since September 2022.

Citizens are losing patience and walking among excavations stretching for 8 km, *Gazeta Wyborcza* warns in their article titled: "The most hated build in the city". Drivers are getting stuck, and the traffic jams are insane, so buses arrive late, and cyclists cannot get through. The date just keeps getting pushed on and on, and I was wondering 'when will this tram finally be ready.'





At a recent Mokotów District Council meeting, officials from Budimex, the company in charge of building the tram, revealed that the primary construction work will not be completed until the second half of 2025. That implies all the key tasks—laying tracks, establishing stations, installing bike routes, walkways, and planting greenery will still be worked on for a while.

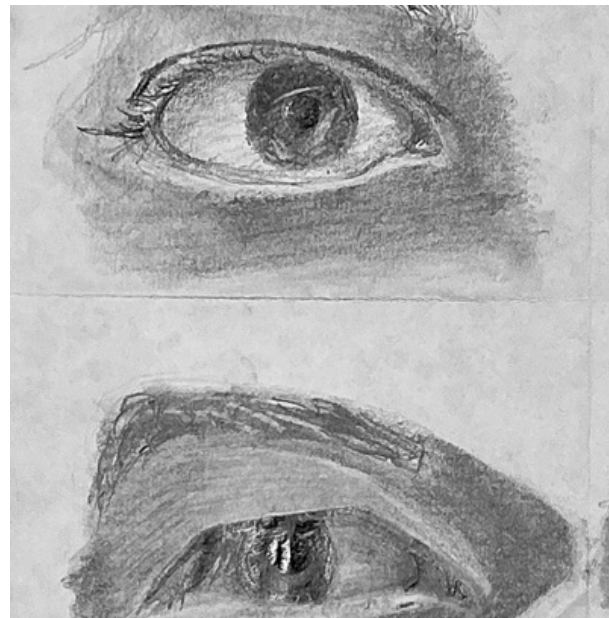
However, there is hope! According to Budimex, citizens might be riding the major tram line (from Spacerowa to Branickiego so from Wilanów to Śródmieście) as early as late 2024, most likely in October or November. So, while the wait is still considerable, we could see the tram running before the entire project is completed.

Unfortunately, even when the tram is finally ready to roll, it won't be smooth sailing. It turns out the tram tracks and the roads around them don't quite line up. So now, a whole street has been split in half and fixing that will mean more construction. It's like a never-ending game of 'when will it be done?'

The tram is, of course, highly anticipated and its creation will bring a lot of good. The promise is 25 minutes from Wilanów to the Centre. It will surely be helpful to a lot of people, and especially with the recent traffic, it almost seems too good to be true.

It will have 31 stops, all designed to accommodate people with disabilities, and cutting-edge features like electronic timetables that update in real-time using satellite systems.

For now, it seems like a loop of constant delays and disruptions, for example on the way to get to school in the morning. All we can do is wait, hope, and perhaps find alternate routes to get where we're going. Because one thing is clear: the tram to Wilanów is not arriving anytime soon.



Hubert Sędzikowski Y11

**UPDATE!
THE TRAM STARTED RUNNING
ON 29TH OCTOBER.**

HAPPY RIDES!

NEW PHYSICS TOYS

Julek Franco Janecki

Do you remember when you were a kid, and come your birthday you would be losing your wits about the new toys you got? That is what the Physics Department is feeling right now.

I had the pleasure of speaking with Mr. Darek Aksamit about all the shiny new toys they recently got.

GAMMA SPECTROMETER

Que the applause! The most exciting thing to hit Akademeia since the debut of the Akademeia Post is here! This wonderful device is able to measure the activity of a radioactive source, but unlike the Geiger-Muller Tube and counter, it easily identifies whether it is alpha, beta, or gamma radiation ... and the element! This innovative technology works on the principle of scintillation, where atoms in a crystal get “excited” by radiation which sends electromagnetic waves to a camera in the device – magic.

LEAD SHIELDING

In the corner of the staff room between the labs, one can find a monstrous beast – lead shielding. It is insanely dense - 11.29 g/cm^3 at $20 \text{ }^\circ\text{C}$ while for comparison, aluminum's is 2.7 g/cm^3 at $20 \text{ }^\circ\text{C}$. Meaning? If you dropped this on your phone... you'd better run to the store for a new one because that thing is destroyed.

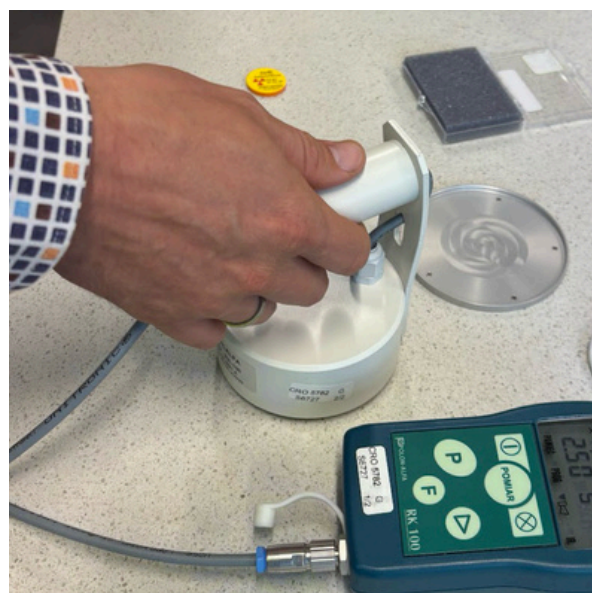
SUN FILTER

Have you ever been told not to look at the sun because it's dangerous? That's a lie! Well, partially – it is perfectly fine to look at the sun through a telescope using the brand-new sun

filter our local physicists acquired! You can even see hot spots as they are moving!

Of course, these are not the only shiny gadgets the department bought over the summer, but if I were to comment on all of them, this article would take up the entire newspaper.

I suggest you catch Mr. Aksamit who will be very thrilled to talk to you about all the new Physics Toys!



AKADEMEIA THEN AND NOW

A PERSONAL ENQUIRY INTO THE HISTORY OF OUR SCHOOL

Bohdana Dyka

As the saying goes, the only person you should compare yourself to is yesterday's you. If we were to fully embrace this principle, we would conclude that the only people today's Akademeia students should be compared to are Akademeia's alumni. Our school is continuously changing, so it would be beneficial for the newcomers to learn more about the experience of their predecessors in order to enhance their own.

I decided to explore the memories of the students. The first victim of my curiosity happened to be Harry, a Y13 student who joined the school back when he was in Y9. "The school has certainly changed a lot," he said. In his opinion, the best change was the "expansion of sports and well-being facilities and services." He also mentioned that the school "began to fill up with students, especially with new ones, after Covid," – a transformation that is hard to overlook, except when gazing from the main stairs. My next interviewee, Ms. Wojas, whom we know as Politics and Economics teacher, was actually a student at Akademeia not more than five years ago. During our conversation, she remarked that the atmosphere in her student community, which was only 60 people at the time, differed from what she observes now. "We were more connected to each other. I knew every single person, and closely." – she said. "So, it's not exactly the same with what you experience when there are close to 400 students."

Expanding on that, she added, "There was a little bit more connection between the different subjects within the departments, because we all knew each other so well." Nonetheless, in Ms. Wojas' opinion, having more schoolmates can be a huge advantage. "We couldn't have as many friends here as you guys. Now, we are a more diverse community with a bigger scope of interests and passions." – said Ms. Wojas and continued, "Because of that you have a way bigger range of clubs than when I was a student. That is something I really like to see."

Personally, I found both chats extremely engaging and insightful (let us thank Harry and Ms. Wojas). The interviews gave me a chance to see how the AHS student body, once seven times smaller, grew into the dynamic community we have now. My hope is that you will be inspired to dig into the history of the place you call home during your high school years.



RISING TIDES

LESSONS FROM THE FLOODS OF 1997 AND 2024 IN POLAND

Helena Jurczak

This year marks 27 years since the “Millennium flood”. In 2024, less than a month after the anniversary of the end of the disaster from 1997, Poland has faced a catastrophe of a similar scale. Two decades ago, Poland was at a different level of development. Have we learned from our mistakes and are we better equipped to deal with natural disasters?

In 1997, between 4th and 8th of July, the areas in Wrocław and Katowice set record amounts of rainfall. In the most populated cities affected by flooding, rainfall exceeding 200 mm was recorded, and in some parts even over 300 mm. For comparison, monthly rainfall in this region ranges from 30mm in the winter months to 75mm in the summer months.

Neither the land, rivers, nor even reservoirs were able to absorb such a large amount of water. This created a huge flood wave that uprooted trees and carried away entire buildings, but above all it cut off the towns and cities from the rest of the world. The consequences were dire: 56 fatalities in Poland alone (114 in Poland, Germany and, Czech Republic), and even more injuries and health damage. 680,000 apartments, 4,000 bridges, and 14,400 km of roads were destroyed or damaged. 613 km of flood embankments and 500,000 hectares of crops were flooded.

THE RIPPLE EFFECT OF DIFFICULTIES

What allowed such vast destruction? Despite the dramatic situation of smaller towns already at the beginning of July, the state authorities did not predict that the flood wave and destruction would be so huge. Larger actions began only after Opole was flooded and there was a direct threat to Wrocław. Unfortunately, the first flood alerts were announced only in a few cities and often too late. The “high water” took away people's ability to leave their homes, and in the flooded areas, electricity and water were cut off. Flood victims trapped in their apartments had no way to do basic shopping. Disconnected from the world, without light, drinking or running water, they had to wait for rescue. In the cities like Wrocław, which were reached by the wave in later days, just two days before water flooded almost 40% of the city area, local edition of *Gazeta Wyborcza*, reported that: “There is no risk of flooding in Wrocław, but (...) individual basements may be flooded”.



This year's flood was caused by the Genoese low, a weather system that forms south of the Alps, particularly around the Gulf of Genoa. This low-pressure system brings heavy rainfall as warm, moist air from the Mediterranean meets freezing air from the Alps which triggered heavy rain after a long drought. This phenomenon took place between 12th to 16th of September 2024. The rain caused the rivers, especially the Oder, to flood. Water levels rose rapidly, posing a threat to many towns. So far, the water has managed to pass through the Opole and Lower Silesian Voivodeships, and forecasts predict that the "High Water" may even reach Szczecin.

PUBLIC AND GOVERNMENT RESPONSES

The 1997 floods in Lower Silesia, especially in Wrocław, triggered shock and anger among the public due to extensive damage and the evacuation of over 100,000 people. The Kozanów district was particularly devastated despite assurances about flood defences. The public blamed the government for the lack of infrastructure and procedures to prevent disasters. In response, Prime Minister Włodzimierz Cimoszewicz gave a speech that suggested that many people should have had flood insurance, implying a lack of personal responsibility. The remark was seen as deeply insensitive, considering how ill-prepared the country's infrastructure had been for such a disaster. Mr. Cimoszewicz's comments became a symbol of how disconnected officials seemed from reality. After the cataclysm in 1997, significant improvements were made to flood defences, including reservoirs and levees. These measures helped mitigate the impact of the 2024 floods, which, while still severe, caused less devastation thanks to reforms from 1997. When heavy rains caused rivers to swell again, the authorities were more prepared. For instance, the Racibórz Dolny reservoir, a massive flood-control project completed in 2020, played a key role in diverting water and protecting Wrocław from severe damage.

Public reactions in 2024 were still intense, but not critical; while frustrations remained over local flooding and slow responses, early warning systems allowed for better preparedness. Urban areas fared better than in 1997, but rural regions along the Oder still faced significant challenges due to outdated flood defences. The government's response in 2024 was perceived as improved but highlighted ongoing disparities in flood preparedness.



SOCIAL CONSEQUENCES

The psychological impact of the millennial flood was devastating, especially for the poorest and most vulnerable communities. Many rural areas were left separated from the world and without support for weeks. Residents were stranded without access to everyday products such as food and clean water, and days passed before help arrived. In contrast, cities like Wrocław received prompt attention from authorities, highlighting the disparity between urban and rural responses. Improved early warning systems and better flood defenses reduced the number of evacuees compared to 1997. However, the rural-urban divide persisted as homes and farms in smaller towns faced significant damage. Many of these areas still lacked robust flood defenses, raising concerns about ongoing vulnerabilities.



The 2024 flood also underscored the growing worries about climate change's effects on local communities. In many rural areas, residents organized volunteer efforts to build defenses, showcasing community spirit. However, this reliance on self-organization raised long-term sustainability concerns regarding disaster preparedness and recovery efforts.

ENVIRONMENTAL IMPACT

The environmental damage caused by the millennial flood in Lower Silesia was severe. Vast swathes of agricultural land were flooded, and pollutants from industrial areas, including chemical plants and factories, were washed into rivers, leading to widespread contamination. For example, in Walbrzych and surrounding areas, known for its coal industry, toxic sewage from industrial areas seeped into groundwater, significantly affecting local ecosystems. In the cities of Opolskie, voivodeship reports show that chemicals from factories damaged in the flood got into the Oder River, killing fish, and destroying the region's biodiversity. Soil erosion in rural areas did not improve the situation. It led to worsened agricultural losses. The flood washed away a layer of soil rich in important agricultural nutrients, leaving layers in which further cultivation was not possible.

Farmers reported that their land was barren for several seasons, and many were forced to abandon their farms, nurtured by generations, and change career path. These communities have suffered not only from long-term crop losses, but also from the destruction of the lands on which their prosperity depends.

In 2024, although environmental damage will certainly affect many, the situation seems less tragic. In the two decades since "high water" came to the country for the first time, Poland has made progress in regulating industrial pollution and cleaning up rivers. Numerous factories by the Oder have been equipped with rigorous waste disposal systems to prevent chemical leaks, not only during floods. Nevertheless, some pollution has not been avoided. In the town of Brzeg Dolny, this year's flooding has revived fears and concerns about chemical leaks from nearby factories. This time, however, environmental protection measures taken over the last 27 years have helped to mitigate a massive part of the potential damage. Local authorities have worked with environmental agencies to check water quality better than they did during the millennium flood. On agricultural lands, the impact of the "high water" in 2024 was less severe than in 1997, but still significant. Some farmers, for example in Oława and the surrounding area, reported significant crop losses. However, the recovery process was more organized, and government support mechanisms and subsidies helped farmers to sow their fields more quickly. Unlike in 1997, when many people felt abandoned, the Ministry of Agriculture sent teams to assess the damage and distribute aid among flood victims. Nonetheless, farmers expressed concerns about their long-term ability to survive their crops in a climate where the weather is becoming increasingly unpredictable.

FINAL TAKEAWAYS

In the song 'Moja i twoja nadzieja' (Our hope) by the band Hey, re-released in 1997 and in 2024, the proceeds of which went to flood victims, the artists sing 'You have to find hope / And no matter that they call you a fool.' I think this is a perfect representation of what the disasters in question represent. Despite the millions of zlotys of damage in both disasters, although it was less with the last flood, the 'Great Water' didn't just take with it the big numbers shown in the media, but also individual stories. Stories that took away more than just people's possessions. Homes that had been lived in for generations. Remembrances of now departed beloved family members. Once again, people had to face the loss, not only of objects, but also of the memories associated with them. That is why hope is one of the few things a person can grasp on to in the face of such a tragedy. In such unstable times, flood victims began to form support networks to help each other in the recovery process, as well as coming together to strengthen flood structures.

As Ms. Maria responds to a question from a TVN „Uwaga!” reporter; 'We are starting over because we have no other choice. It is important for us to stay together as a family.' In the face of disasters such as flooding, hope becomes a key element of survival. Recovery is not only a physical process, but also an emotional one, in which hope plays an irreplaceable role. The value of interpersonal relationships and support, not only locally but also nationally, is invaluable. People join forces by organizing collections, offering in-kind assistance and emotional support to those affected. Such support not only mitigates the effects of the crisis, but also builds hope for a better tomorrow and bonds between people. In the face of tragedy, it is human relationships and a willingness to help that become the foundation for survival and reconstruction.



CAN INFLATION BE A GOOD THING?

Anastazja Rybakiewicz

*IN THIS WORLD, WHERE
INFLATION IS ALMOST A CURSE
WORD, THERE ARE SOME WHO
TAKE ADVANTAGE OF IT.*

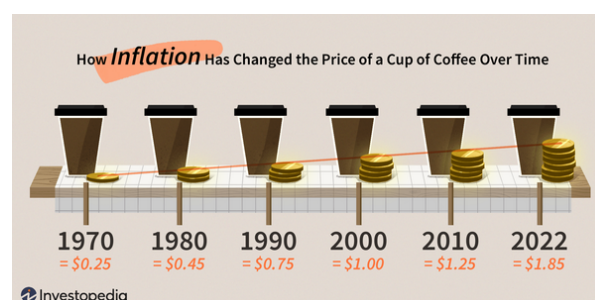
What most people have in mind when hearing of inflation are its negative effects on the public. The financial reporter for Investopedia, David Floyd, defines inflation as “the overall rise in the prices of goods and services over time” - and although this is true, is inflation only bad news? Is there any way that it can be advantageous?

While high or unpredictable inflation is considered harmful, moderate inflation has several economic benefits. So, instead of asking “can” inflation be a good thing, we should start asking “when.”

First, let’s look at who can benefit from this occurrence. Inflation reduces the real value of debt, making it easier for borrowers (for example households and governments) to repay loans over time, as the money they owe is worth less in inflation-adjusted terms. This way, it can stimulate the development of companies, which have fixed costs (like rent or loans) that do not change with inflation. Fixed debts become less costly as the money owed is worth less in cost-adjusted terms.

When prices rise gradually, consumers and businesses are more likely to spend and invest rather than hold onto cash, which loses value over time, in turn boosting economic activity. British economist John Maryan Keynes believed that some inflation was necessary to prevent the Paradox of thrift, which refers to a situation in which people tend to save more money instead of spending it, forcing industries to produce less and leading to an economic slowdown. For example, the savings rate for the average American household increased from 2.9% to 5% during the Great Recession that followed the financial crisis in 2008. It shows that slowly increasing price levels keep companies profitable and prevent consumers from waiting for lower prices before making purchases.

Furthermore, in a situation where the economy is not running at full capacity, meaning there is unused labour or resources, inflation helps increase the production of goods and services. More capital often translates to more spending, which equates to more aggregated demand. More demand, in turn, triggers production to meet that demand.



Although lower prices may seem beneficial, deflation can, in fact, be highly damaging to the economy. It can reduce spending and investment, which would lead to lower economic growth and higher unemployment. That is why, 2 years ago, the Central Bank was forced to intervene when Poland was exposed to this issue.

There is one more important effect inflation has on the global economy; it impacts the exporters and importers. When the Polish PLN decreases in value and Euro becomes stronger, it can benefit the Polish exporters, as they are receiving more pay for their goods in the same quantity of Euro. The goods are cheaper, which can make them more competitive, e.g., on the European market. This situation can attract more tourists and investors to Poland, as the goods and services are cheaper and therefore more profitable.

Polish people would also feel discouraged to spend holidays in a more expensive place, causing them to stay and spend more in Poland, boosting the Polish economy. On the other hand, inflation makes it harder for importers to buy goods from other countries, as they can buy less of the same amount in PLN. This way, inflation increases a country's internal economy, however, it also disadvantages importers.

So, with all this in mind, what could be the ideal inflation rate?

According to **THE greatest economist**, Dr. Katarzyna Borzym – Grzesik, „*Inflation may be a sign of a healthy economy as long as it's low and stable.*” But what does this mean exactly?

It should remain at a modest, manageable level, where prices rise gradually rather than sharply. This allows wages and costs to keep pace, without disrupting the economy or people's purchasing power too drastically, giving the public time for adjustment to the new reality. Inflation should be predictable and not fluctuate wildly over time. Stable inflation occurs when industries, consumers, and governments can plan more effectively, with more confidence in pricing, wages, and interest rates.

Inflation hits



Ideal inflation rate is generally considered to be around 2% per year by most central banks, including the Federal Reserve in the U.S. and the European Central Bank, so the economy does not face hyperinflation nor deflation.

Therefore, rather than fearing inflation, we should focus on how to harness its power to stimulate growth and innovation. After all, the right amount of inflation can keep an economy moving forward. It is crucial to remain aware of the risks associated with high and hyperinflation, however looking at this phenomenon from a wider perspective allows us to benefit from it.

SAPARMURAT NIYAZOV- THE UNKNOWN DICTATOR

Jan Janczar

SAPARMURAT NIYAZOV'S INFAMY CONTINUES TO IMPACT TURKMENS EVERY DAY.

When you hear the term dictatorship, you think of Nazi Germany, the Soviet Union, or North Korea. However, there have been many unknown dictatorships. An excellent example of this is the ex-soviet republic: Turkmenistan. First, some information about the country itself. Turkmenistan is a central Asian country. Its capital city is Ashgabat and most of its terrain is covered in cold deserts, which is why despite its large land mass of 491k km², it only has 7mln inhabitants. The country has had 3 presidents in its history, the first and most well-known of which is Saparmurat Niyazov.



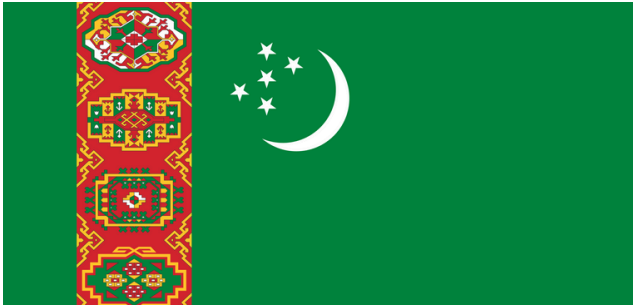
CHILDHOOD AND RISE TO POWER

He was born in 1940 in Ashgabat. His father died in WW2, allegedly fighting Germany. When he was 8 years old his mother died in a powerful earthquake. After losing the remaining parent, Niyazov was moved into an orphanage before being taken in by his wealthy uncle. This allowed Niyazov to attend the best schools in Ashgabat and later to study electrical engineering at the famous Leningrad Polytechnic.

In 1962 he joined the Communist Party of Turkmenistan and quickly rose to its top ranks, being appointed First Secretary in 1985. He was very anti-reforms and so he participated in the coup on Mikhail Gorbachev.

THE FORMATION OF TURKMENISTAN

When the coup failed, a referendum was organised in which 94% of Turkmens were in favour of leaving the Soviet Union and Niyazov was elected president.



In December, he passed a law which stated that anyone who didn't agree with the President could be fired. In 1993 he assumed the title "Turkmenbashi" (leader of all Turkmen). During his rule he got rid of remnants of the country's Soviet past removing, for example, the Cyrillic alphabet. Niyazov aimed at establishing Turkmenistan as a neutral country, which he succeeded in 1995 when Turkmenistan was recognised as neutral by the United Nations.

According to him, his ancestors were descended from Alexander the Great and the prophet Muhammad. He also ordered the creation of a statue of himself made from pure gold. The smell of dogs bothered him, so he banned them in Ashgabat.

THE RUHNAMA

In 2001, Turkmenbashi finished writing the *Ruhnama* (book of the soul) which was meant to be seen as a book about the history of Turkmenistan and became the only textbook used in history lessons. The book presents a rather rewritten version of history, suggesting that both the wheel and robot was invented in Turkmenistan. The more bizarre uses of the book were: being read in mosques and testing candidates on driving tests. The book was also awarded a 20-foot-tall statue in Agshbat, which used to open and read out certain fragments of the book.

PENSIONS

In January 2006, Turkmenbashi introduced a reform aiming to restore the country's budget, as Turkmenistan was greatly in debt. Their approach at this was limiting the amount of money given out in pensions as well as the number of people receiving them. The only people allowed to receive a full pension were people who worked for over 38 years and had no adult children. People who worked for 20 years had a partial pension. Arguably the worst thing about this reform was the fact that pensioners who no longer qualified needed to return all the money they had received in the past 3 years. This led to massive hunger and poverty.

As time passed and his power strengthened, Turkmenbashi's health deteriorated. In 1997, he flew to Germany for heart surgery, and this was kept secret until 2006. The government assured the people that the German doctors said that Niyazov was healthy again and would live until he was at least 80 years old. Fate had it that he died in December 2006 of a heart attack. The official date of death is 21 December; however, specialists say he probably died a few days earlier.

AFTERMATH

Dictatorships fall, but they ultimately leave their mark on society. To this day there remain memoirs of Turkmenbashi's rule in the form of statues, monuments, and buildings. In Turkmenistan, even though Turkmenbashi died, others have taken his place. This means that the Turkmen people continue living on in oppression, and likely will for a long time.

NO ONE BEATS GERTRUDE STEIN INTO SUBMISSION. ESPECIALLY NOT PUNCTUATION.

UNCONVENTIONAL BIOGRAPHY OF AN UNCONVENTIONAL LIFE

Natasza Grzyl

Gertrude Stein, despite being most known for 'The Autobiography of Alice B Toklas', which was written in standard prose, was also known and admired for her distinctive approach to grammar. Stein claimed that punctuation 'beats you into submission' as the text is already punctuated through language and our reading of it. These reflections lead her to abandon linguistic rules in order to re-gain communicative creativity. In this article, I attempt to re-create her writing style while presenting you with her incredible life story. Enjoy this rebelliously punctuation-less read!

BACKGROUND

Gertrude Stein Gertrude an avant-garde American writer eccentric self-styled genius. She a writer a poet a novelist a playwright an art collector. Born 1874 February Allegheny Pennsylvania. But moved often moved often from France in infancy to California in girlhood. Age 14 mother die age 17 father die so move with sibling sibling sibling sibling San Francisco a new place a new life. Radcliffe College 1893 to 1897 psychology study under William James William James she admired she learned admired learned. John Hopkins Medical School 1897 to 1902 no interest fail left no more medical no more.

John Hopkins challenge stress men domination her writing show she depressed but also sexuality awakening awakening of sexuality awakening of self. 1903 follow brother Leo who close close to London to Paris he art critic he artist. She follow she change she become more more than writer she a sound a voice a new way of thinking. Overall she an imposing figure an exceptional self-confidence a commanding manner commanding her words to world.

INFLUENCES

Gertrude arrived and submerged in bohemian community avant-garde brother call propaganda atmosphere. Brother collect Cubist works experimental painters of period later became friends. Picasso Henry Matisse Georges Braque Picasso again Picasso often. Together accumulated art formed collection renowned prescience historical importance. Home become destination salon for visitors leading artists leading writers place where leading figures of literature art modernism meet. Mingled with expatriate American writers famous painters Gertrude call Lost Generation. Ernest Hemingway F Scott Fitzgerald Juan Gris. Gertrude inspired. What painters achieve visual arts she attempt in writing attempt in words attempt parallel Cubism through concentrating illumination of present moment using varied repetitions extreme simplification fragmentation. Gatherings brought together talent thinking talent thinking thinking minds meeting minds helped define her writing.

Also Claribel Etta Cone in Baltimore had Saturday evening salons inspired Stein emulate in Paris and psychological training under James influence dialogue and other parts Gertrude writing.

LITERARY ACHIEVEMENTS

Gertrude begin submitting writing for publication mainly retellings college experience. Published first best book 1909 Three Lives three tales three short stories each explores main character nature called minor masterpiece first critically acclaimed publication. 1933 published only book reached wide public The Autobiography of Alice B Toklas actually own biography written in life partner voice. Stein also give public lectures spoke read notes provide audience question answer end of presentation. Advocate avant garde helped shape artistic movement which demanded novel form expression conscious break past. Influenced inspired motivated major modern writes. James Joyce modernist writing masterpiece Ulysses composed after Stein exposure. Edmund Wilson wrote “Most of us balk at her soporific rigmaroles, her echolalic incantations, her half-witted-sounding catalogues of numbers; most of us read her less and less. Yet, remembering especially her early work, we are still always aware of her presence in the background of contemporary literature.”

STYLE

Steins writing includes novels plays stories libretti all written highly idiosyncratic playful repetitive humorous style. Repetition use search characters bottom nature.

Her stream of consciousness experiments rhythmical essays designed evoke “the exactingness of pure being” can be seen as literature reflecting visual art styles. Cubism plasticity collage. Stein predominately used present progressive tense creating continues presence in work rejecting linear time-oriented writing characteristic for spatial process oriented 20th century literature. Resulted dense poems fictions devoid plot dialogue. Didn't trust narrative style conveying human behavior complexity so Stein employed description achieving “a continuous present. Her technique like motion picture camera freezing action into separate frames.



Pablo Picasso, 'Portrait of Gertrude Stein', 1905

Although Gertrude Stein maybe unconventional and weird she create follow her own path exploring different possibilities of writing.

CHAMPIONS LEAGUE 2.0: BIGGER, BETTER OR TOO MUCH?

AS UEFA INTRODUCED A NEW HORMAT OF THE UCL TOURNAMENT, MANY FIND IT EXCITING BUT CONTROVERSIAL

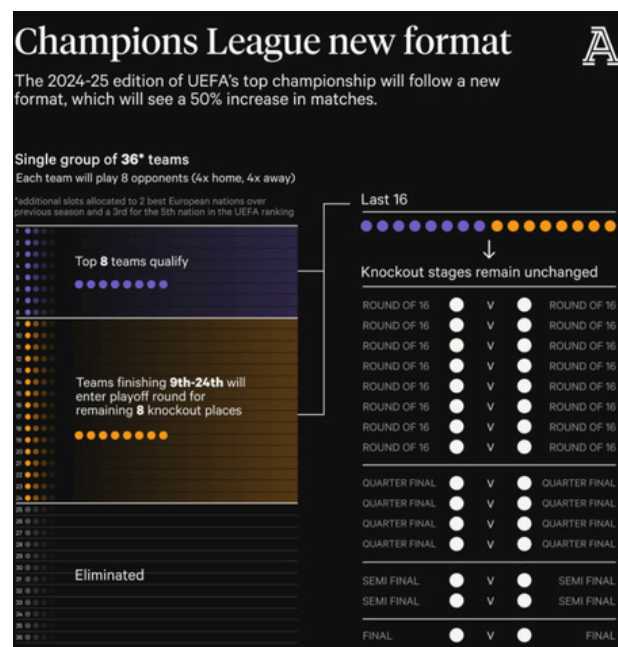
Konrad Wierzbicki

WHAT'S NEW?

With the new season's UCL underway, we will be experiencing an entirely new format adapted by UEFA, which will change the structure of the tournament. The most impactful change will be the number of teams participating and how the group stages are organised. Most importantly, the first elimination stage will be different with no groups, instead we will see one big league phase. Moreover, there will no longer be 32 teams, but instead we will see 36 participants. Another substantial difference will be the number of games played. Teams will no longer play 6 games, but 8—4 at home and 4 away; without any rematches. Teams 1-8 in the league will qualify for the knockout stage immediately. Those finishing 9-24 will be battling it out in the old 2-legged play-offs to seal who joins the last 16.

FINANCIAL BENEFITS

The Champions League has been bringing in €3.6 billion for the last three seasons.



Graphic: Sam Richardson, The Athletic

With the recent changes implemented, revenue will rise significantly with the increase in games and streaming rights. Projections are saying of up to €5 billion in revenue with the new format being introduced. Moreover, the UEFA is planning to share a bigger part of the cake with the clubs. With profits and a larger percentage going to playing sides, improvement of the financial situations of teams is certain. This element without a doubt enhances the competition.

WHAT'S IN IT FOR THE FANS?

Fans are optimistic about more games coming because who does not like seeing their team play more often? Supporters of different teams are set to get extra UCL games with even more variety due to the lack of rematches. However, some voices of opposition from the fans appear, with many likely to lose interest in watching football because there will be too many games, and everything will look similar.

IS THE CHANGE RUNNING PLAYERS TO THE GROUND?

One crucial issue has been raised: players being overworked. Many fans, players, and experts have been opposing the new format. Various journalists have been claiming that even more games can only be detrimental for the players' wellbeing with more fixtures coming. More games mean players picking up minutes more often. In the 20/21 season, 18-year-old Pedri has played 70 games. Another very good example, would be a Spanish wonder, Lamine Yamal, who, discovered last season by Barcelona, has played 60 games at 17, and with his potential, that number is only set to rise. Many more like Phil Foden or Julian Alvarez have also crossed the 75 games line. The story of Pedri is a notable example of someone who has been haunted by injuries ever since, with his ACL tearing last year and another injury during the Euro. On the other hand, this could mean more minutes for other players and hopefully discovering new talents



<https://www.foxsports.com/stories/soccer/spain-star-pedri-expected-miss-euro-2024-semifinal-knee-injury>

CONCERNS

Some players are on the verge of going on strike or opposing the new calendar, with another tournament, being the revamped Club World Cup, appearing on the horizon. Many top players have been saying that it is simply too much like Daniel Carvajal or even the Ballon d'Or contender Rodri, who has just been seriously injured practically ending his season in the 2-2 tie against Arsenal, further raising the concerns, and so has Carvajal tearing his ACL in a recent Real win against Villarreal that ended 2-0.

ONLY THE FUTURE WILL TELL

The only way we can truly find out whether this will function correctly and whether it will be a change for the better is to wait and see. So far, the new format has not been creating any major problems aside from raising concerns; however, we will need to wait a season or two to be certain.

— UNLOCKING ACADEMIC — POTENTIAL THROUGH SPORT

Lena Szlaga

The new gym in our school is being opened, take advantage of it and see how it is going to improve your academics!

ENDLESS BENEFITS

Sport is a big part of a lot of people's lives. Some people do it professionally, some do it for fun and some just to take care of their health. No matter what the reason is, physical activity is extremely beneficial. Not only does it allow higher quality sleep, better mental health, increased energy and focus, but it also helps students achieve superior academic results.

LET'S BACK IT UP

There are a few studies we should look at when considering whether positive academic performances arise from participation in sports, one of which was published in the National Education Longitudinal Study (NELS). Nelson and Gordon-Larsen analysed results from the US National Longitudinal Study of Adolescent Health; they observed that adolescents who were active in school were more likely to have high grades. Even after adjustment for demographics, the risk ratio of higher grades was 1.20 for mathematics and 1.21 for English among adolescents active at school.

Another exploration done in South Australia by Dwyer titled 'Relation of Academic Performance to Physical Activity and Fitness in Children' surveyed over 9,000 Australian children aged 7 to 15 and found significant correlation between physical activity and academic achievements, especially in the age group of 9 to 12 years.

Apart from increasing focus and creating a better ability to study, sports help with procrastination, discipline, teamwork, and leadership. Thus, it encourages young people to value hard work, which is extremely important as it makes them more disciplined and motivated to pursue their ambitions in the future.

Physical activity is also a productive way to have a social life - while staying healthy - as a student at Durham University has stated, college sports are 'an amazing stress reliever' and 'a great way to do some exercise and see friends in an otherwise busy time.'

LAST LAP

Looking at all these extremely valuable features of sport, it's easy to conclude that sport is a valuable activity that everyone should try to do consistently. Akademeia encourages its students to do so even when they do not have a lot of free time after school - you can use the school's gym during breaks or free periods! The gym is available during different times and breaks - look at the table down below to see when you can take part in this advantageous activity!

GYM OPEN HOURS:

Monday: 13:20 - 14:00 and 14:05 - 14:45

Tuesday: 12:35 - 13:15

Wednesday: 13:20 - 14:00

Thursday: 12:35 - 13:15 and 13:20 - 14:00

Friday: 12:35 - 13:15



AP JAMZ

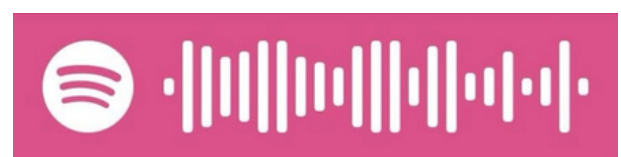


Julek Franco Janecki

I'll just skip the pathetic fallacy – you get my point. It's getting dark sooner, the rain isn't stopping anytime soon, and the schoolwork is hitting hard. How will we make it through? Music, as always. Maybe these songs aren't "pick-me-ups", but they sure are ethereal. Whether while studying, on the way home, or lying in bed, these tunes will make you appreciate the season:



1. Wicked Game by Chris Isaak
2. California Dreamin' - Single Version by The Mamas & The Papas
3. She Knows (feat. Amber Coffman & Cults) by J. Cole, Cults, and Amber Coffman
4. Homecoming by Kanye West and Chris Martin
5. Weekend (feat. Miguel) by Mac Miller and Miguel
6. All These Things That I've Done by The Killers
7. Homecoming by The Teenagers
8. This Modern Love by Bloc Party





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