

# WALDAZINE



HALF OF THE 12. CLASS

# INDEX

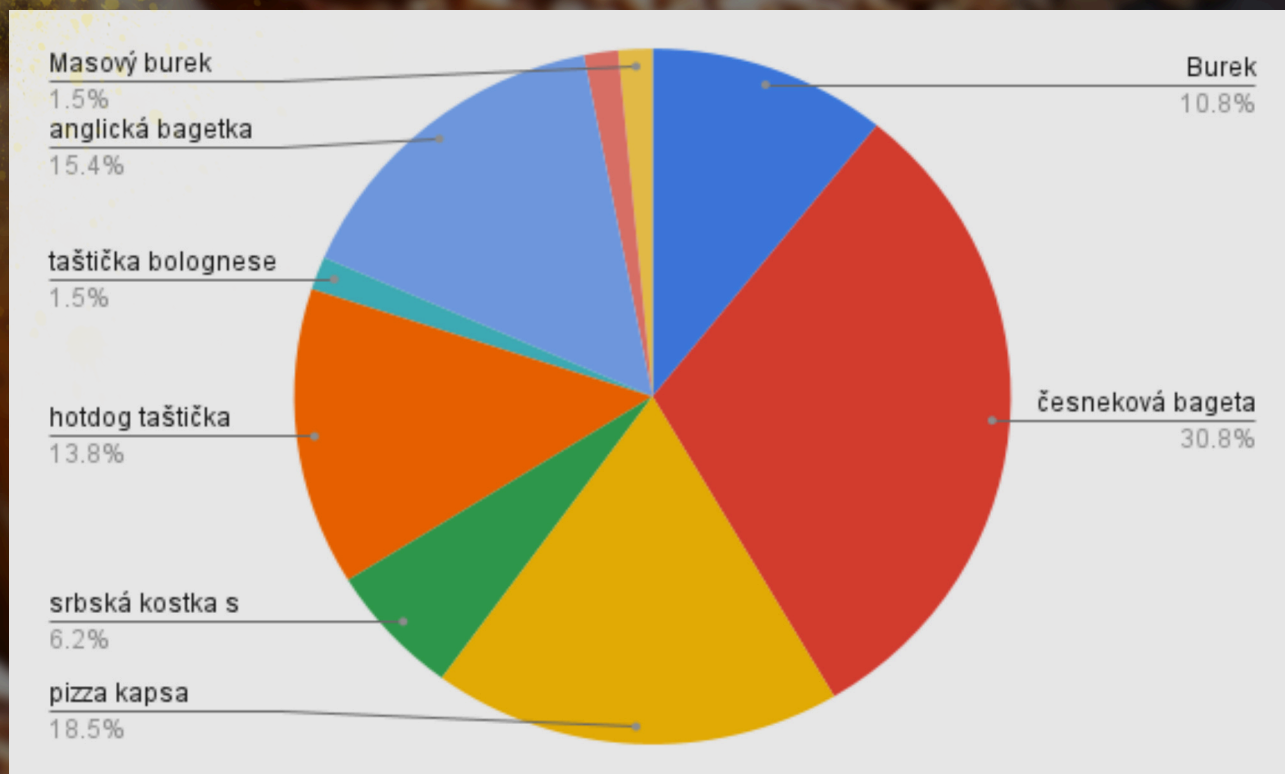
Introduction.....	1
Survey results: Lidl Bakery .....	2
The Czech paradise mystery .....	5
Bears in Slovakia .....	6
What was behind the great succes of The Beatles? .....	7
Welcome back to Trench.....	8
Dreaming of Extraterrestrials.....	9
Theater play from start to finish.....	15
The biggest sports event of 2024 .....	19
Billionaire Kylie Jenner and Timothée Chalamet?!.....	20
Delicious Gnocchi.....	21
Are you going on an Exchange .....	22

In this excellent work of art you will see a lot of practical and even more unpractical articles written by the half of the class 12 from the Waldorf lyceum Semily. We have covered everything you can think of, from sport news to Lidl bakery rating. You can even hear some words from our exchange student from Argentina in our podcast. QR code for this podcast is present in this magazine on the last page, so you will have to go through all the articles to earn it. I think we have said more then enough, so we hope, that you will enjoy our Waldazine.



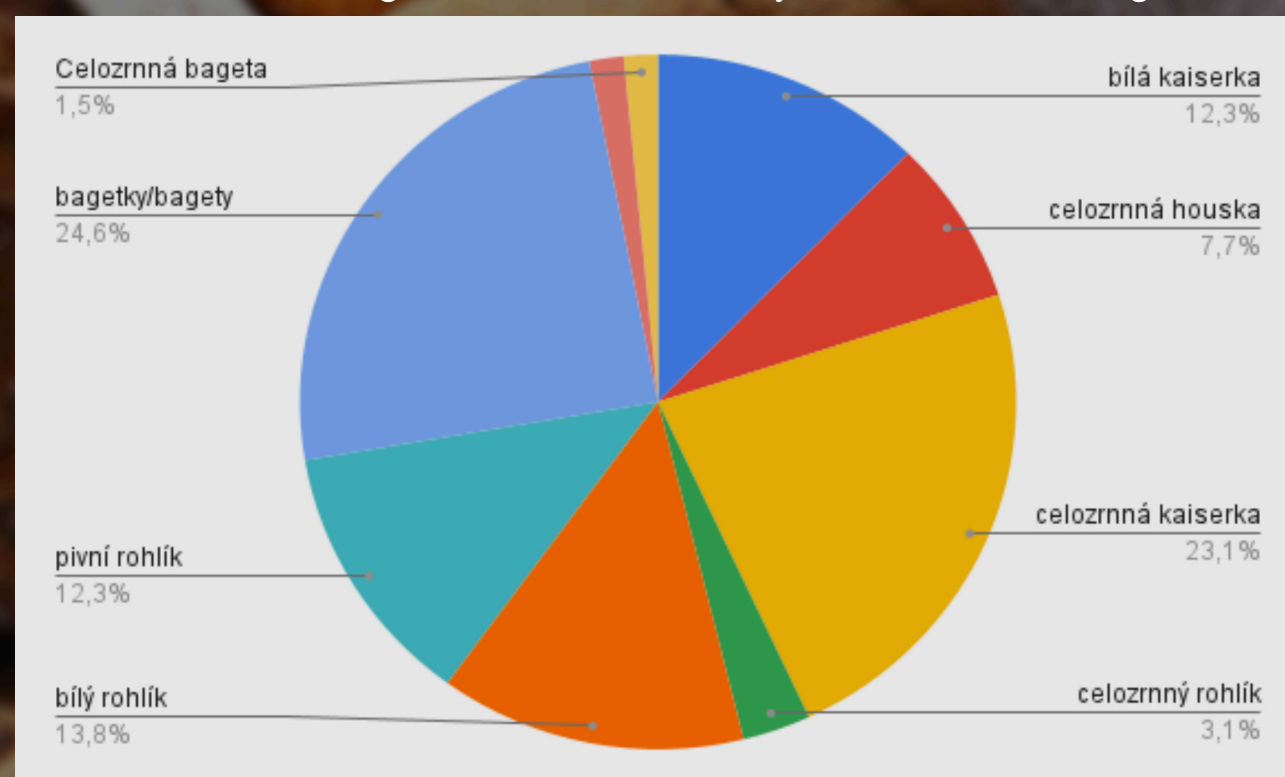
## Sweet treats

There are many kinds of donuts in Lidl bakery, so it makes sense for them to win this category. They're also very yummy, so their victory is reasonable.



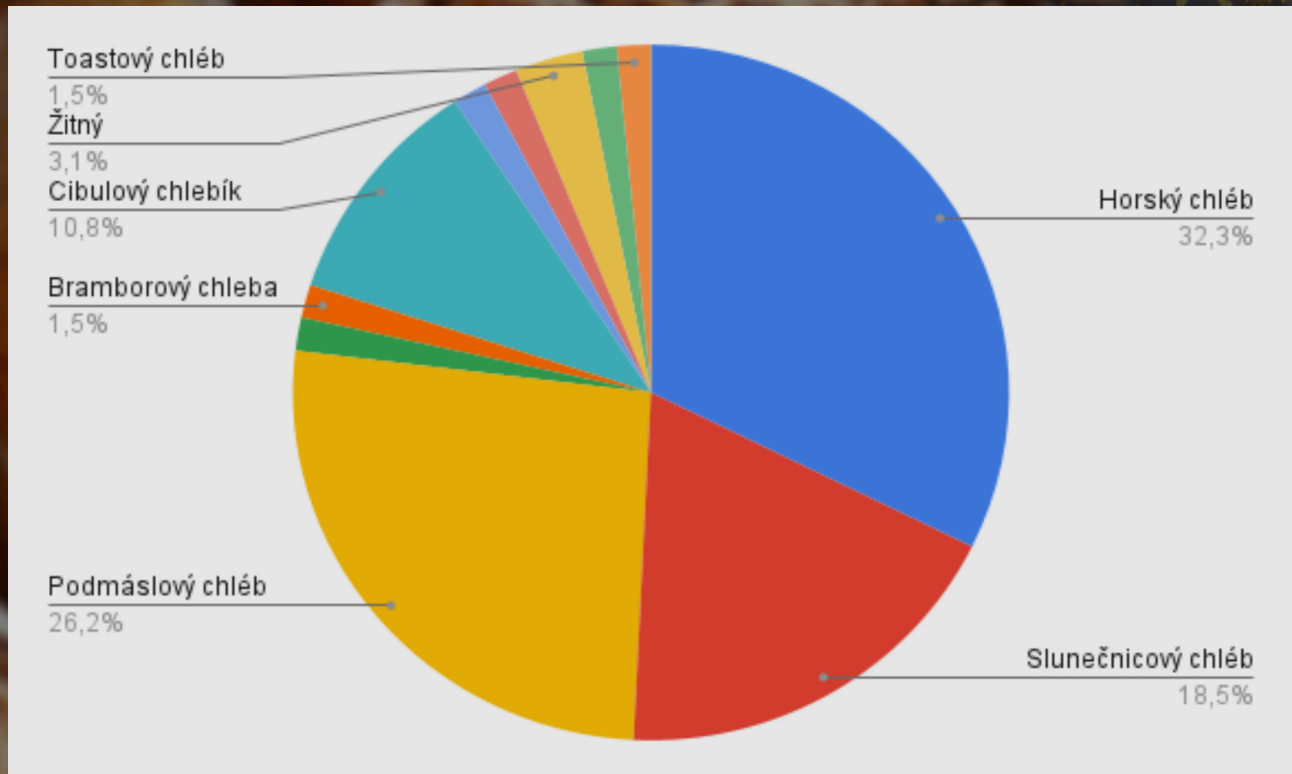
## Regular pastry

The winner of this category, a neutral pastry that is usually served with a spread or as a side dish, was a whole grain Kaiser bun and a very close second was a baguette.



## Bread

The surprise from this result was not from who the winner was but because of how close the other candidate got to him . “Mountain bread” got around 32,3% and the buttermilk one got 26,2%.



## Overall winner

The favorite piece? Stinky breath maker, savoury internationally beloved king...  
Garlic bread!

# THE CZECH PARADISE MYSTERY

MARIE ŠABĀTKOVÁ

Czech Paradise is a well-known landscape to us, locals - the region where we grew up and where we visited most of its tourist places nearby our home or school, without realising just how unique location we inhabit.

The area was named by the rich holidaymakers and sick people visiting the spa in Sedmihorky, in the first half of the 19th century. Since 1955 it has been the oldest protected landscape in the Czech Republic. The concentration of historical castles and ruins is the highest in whole Czechia but the most unique curiosity is the spectacular formation of sandstone rocks. These were created more than a million years ago while the sand grains and natural sediments were accumulating under the ocean that used to be there.

Here is the question: Why the quantity of historical residences is so high? It just can't answer the simple view into beauty of landscape. If we look at conditions for building historical constructions we find out the placement is not just random. The place must fit in spiritual requirement. Rock locations in the area are defined by amount of caves and hangovers which used to be perfect as shelters. That is why Czech Paradise was colonized already in the stone age – 50 000 years ago. And later also Celts came. And exactly the presence of Celts is unexplained mystery and maybe also the explanation of rich concentration of historical monuments. Because Celts settled down always where the magical power was found.

The great example is the ruin "Trosky". Staying of Celts is proved but it is very controversial subject. There is many theories what they did there because - they didn't lived there, but still archeologic discoveries show untypical remains of Celtic culture. Why would Celts kept moving from their permanent background in period of time to places as Trosky is?

Roughly in the middle between two towers of Trosky "Baba" and "Panna" we can find a 600 meter long hollow called (by the keeper of the castle Ladislav Tomáš) "The door to hell". He was highly interested about it and after publishing his article reporting the mystery of the hollow he was suddenly killed by a train. We know that Celts had followed up boundaries of "other worlds". They were spiritual and obsessed to enter invisible worlds. It seems like they searched for special places with potential to use them as a portal to parallel invisible dimensions. And I think the door to hell between "Baba" and "Panna" might be a portal.

Professor John A. Wheeler from Princeton University has scientifically proved the existence of multidimensional parallel worlds. This study is based on principles of nuclear physics.

Here is the suggestion: You - my dearest reader - should go on a trip and see what you might see in the mystery of Trosky!

# BEARS IN SLOVAKIA

**VERONIKA ZÁRYBNICKÁ**

The debate about the elimination of bears after the death of a woman and injury of three more people continues

Bear attacks have become one of the most discussed topics in Slovak politics. The government promises to solve this situation. Together with Romania, Slovakia wants to propose moving the bears to a lower level of protection at the European meeting of environment ministers. The president of the Slovak State nature protection said that the bears are coming this close to people not because they want to kill them, but because of food that's left in containers or in the gardens.

On Friday evening in the Low Tatras a tourist from Belarus died because of a fall from height. She was followed by a bear. On Sunday another bear went to the centre of Liptovský Mikuláš, where he attacked another person. The second one got hurt while running away. Another incident that happened was, when a security guard wanted to shoot a running bear but instead he shot his colleague.

How many bears are there in Slovakia? The statistics showed that from the year 2019-2021 was counted during a lesson 1056 bears. That's two hundred less than in the years 2013-2015. The statistics are provided by the State nature protection of the Slovak republic.

# A GREAT MYSTERY HAS BEEN REVEALED... WHAT WAS BEHIND THE GREAT SUCCESS OF THE BEATLES? KILÁN POKORNÝ

On April 1. a letter arrived at the mailbox of this paper. It said in capital letters: "Mystery about The Beatles. If you want to know more, send us 1 000\$ a then just open the letter". After reading it, we found the content interesting and we wish to share it with you.

At the beginning of the year 1962 the Beatles were disappointed. After so much time spend on their concerts, the dream of becoming the most famous band in the world was not getting any closer. The Beatles were becoming desperate. They searched for any available means to become a little famous. After a month of big failure, everyone started spending money on drugs and alcohol. It was a tough time especially for John Lennon and Paul McCartney. John was the front man of the band and Paul was the second most important man in the band, at least at that time. Days after days the smoked many cigarettes, they drank every bottle of alcohol. Time went without success, without even some reconciliation with the failure of the small band from Liverpool.

In the middle of February John and Paul were drinking in the pub at the harbor. As they were leaving the pub a mysterious group of men came to them and told them they could help their band. John and Paul stopped laughing and started listening as a strange man, their leader, said, "If you'll make a deal with me, you're going to be famous". Paul and John were considering the proposal and finally responded, "What's the offer?". The offer was that one of friends of the Beatles would die and they would have to pay 5 000\$. John immediately said, they could not, that it was too much to pay for the fame.

Paul disagreed with John and in the end they consented, making the biggest mistake in their life, from which they never recovered. They did become the most famous band in the world. A month after that night a friend of The Beatles died, Stuart Sutcliffe. They were sad but they kept on playing and they flew away to Hamburg. After the trip to Hamburg, the career of the band took off and success of The Beatles after the year 1962-1963 is history.



# Welcome back to Trench

Štěpán Gottstein

Twenty One Pilots (TØP), an American Grammy winning musical duo formed by Tyler Joseph and Josh Dun, are about to release a new music album on May 17th. Also they will do a new World Tour with this album, called as well as the album "Clancy". This modern band is special because of its multi-genre music. Each of their albums has its own style and every song is unique. For example their last album "Scaled and Icy", which was released three years ago, is mostly pop and indie-pop. The older one called "Trench" is more wild and has rap-rock and alternative hip-hop style. Also all the music they make has a complex story behind their music.

Back in 2018, after a 12 month break, TØP started the new era of in-depth background story behind their video clips and lyrics. It all started by the release of new songs "Jumpsuit" and "Nico and the Niners" and a website with cryptic messages and strange images. Slowly the fanbase has started to theorize about the new imaginary continent "Trench".

On this continent is a city called "Dema". It is surrounded by a large circular wall and has nine towers in the middle. It is also split into nine districts with each district being ruled by its own "Bishop". The main character of the story "Clancy" (portrayed by Tyler Joseph in video clips) is a resident of Dema who is famous for writing letters detailing his life in the city. He spent an amount of time as a prisoner of Dema being forced to make propaganda, but since he has escaped, he started discovering the wilds of Trench and became one of "Banditos", who makes rebellious music.

This whole story has never been fully explained and admitted by TØP. Yet, with the first song of the new album „Clancy“, they already broke the whole Internet. Few days before the release of the new tune called "Overcompensate", TØP published a mysterious unannounced video. This video has clarified and settled a lot of unclear theories and speculations about the Trench and whole story of Clancy.

What will be the continuation of this enigmatic story? This will be revealed to us already on May 17th. So do not forget to buy the tickets...



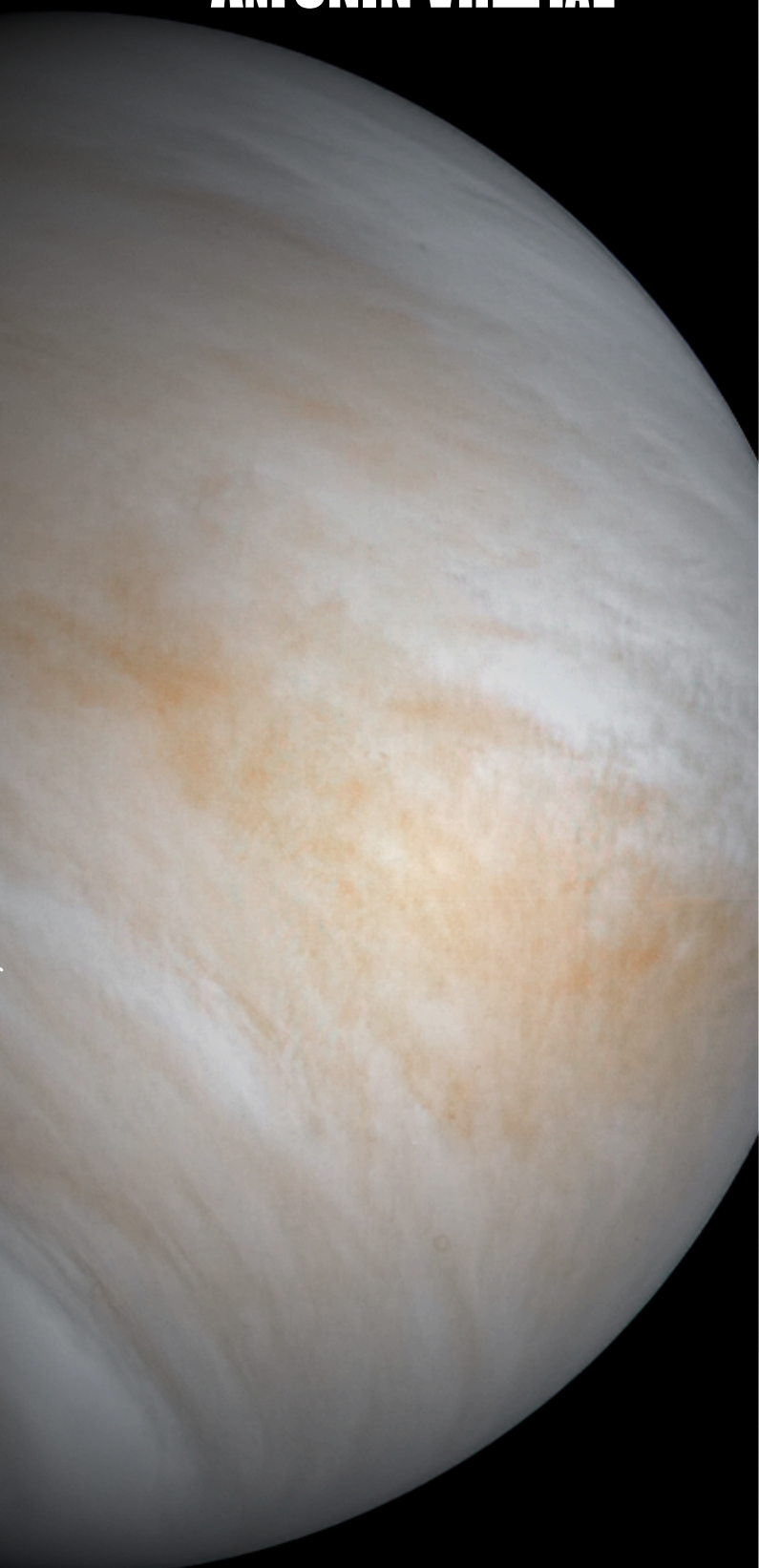
# DREAMING OF EXTRATERRESTRIALS

ANTONIN VRESTAL

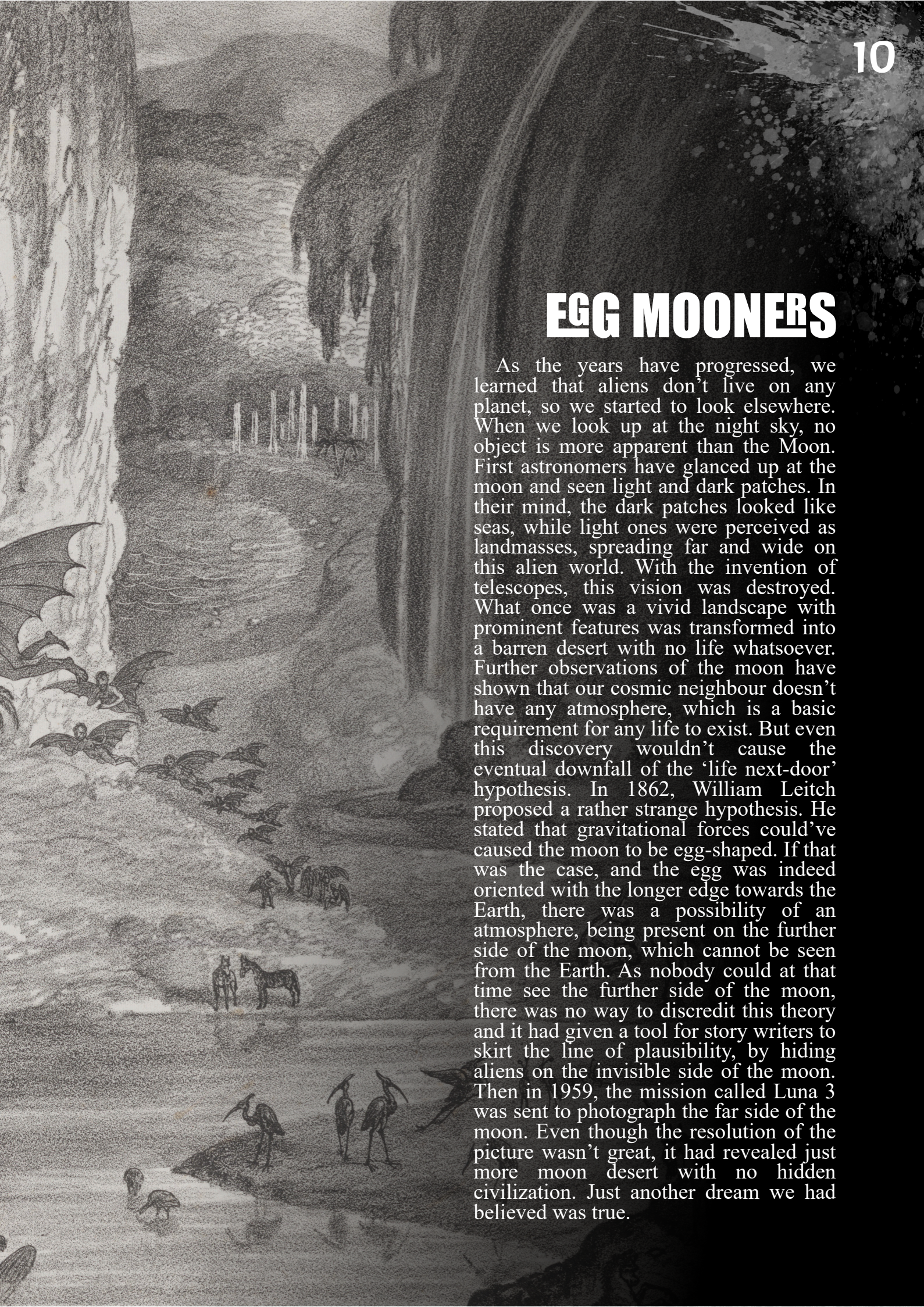
Over the course of the entire history, humans have always been fascinated by the night sky. First, we thought that we were in the middle of everything and everything was made for us. Then we learned that we were as wrong as we possibly could've been. As we learn more and more about the universe around us, we've started thinking about life living outside our own home.

## Ashen Light

It was a cold spring of the year 1643. Giovanni Battista Riccioli was in his observatory getting ready to watch the planet, Venus. As he pointed the telescope towards Venus, he was surprised to see the dark side of Venus not blending into the darkness of space. Instead, it was slightly glowing. As he later said, "The planet was reddish towards the Sun, yellowish in the middle, and greenish blue on the side opposite the Sun." This he ascribed to an effect called chromatic aberration, which is caused by the optics of the telescope. As the surface of Venus is covered in the clouds, this and many other witnesses of this interesting phenomena have sparked a large debate about what could be causing this ashen gray glow of the Venusian atmosphere. Franz von Gruithuisen has even suggested that there is a species on the surface of Venus, that is lighting fires on the night side of the planet to celebrate the coronation of the new Venusian emperor. The reason for the Ashen light? We don't know. In recent years, Venus, when caught in the path of a solar storm, was observed to glow. This mechanism is still poorly understood and even though ashen light was spotted by many astronomers, it has never been captured by any camera.



## EGG MOONERS



As the years have progressed, we learned that aliens don't live on any planet, so we started to look elsewhere. When we look up at the night sky, no object is more apparent than the Moon. First astronomers have glanced up at the moon and seen light and dark patches. In their mind, the dark patches looked like seas, while light ones were perceived as landmasses, spreading far and wide on this alien world. With the invention of telescopes, this vision was destroyed. What once was a vivid landscape with prominent features was transformed into a barren desert with no life whatsoever. Further observations of the moon have shown that our cosmic neighbour doesn't have any atmosphere, which is a basic requirement for any life to exist. But even this discovery wouldn't cause the eventual downfall of the 'life next-door' hypothesis. In 1862, William Leitch proposed a rather strange hypothesis. He stated that gravitational forces could've caused the moon to be egg-shaped. If that was the case, and the egg was indeed oriented with the longer edge towards the Earth, there was a possibility of an atmosphere, being present on the further side of the moon, which cannot be seen from the Earth. As nobody could at that time see the further side of the moon, there was no way to discredit this theory and it had given a tool for story writers to skirt the line of plausibility, by hiding aliens on the invisible side of the moon. Then in 1959, the mission called Luna 3 was sent to photograph the far side of the moon. Even though the resolution of the picture wasn't great, it had revealed just more moon desert with no hidden civilization. Just another dream we had believed was true.

DIOSCURIA

UMBRA

# THE CANALS OF MARS

ISIS REGIO

SYRTIS MAJOR

THOTH-NEPENTHES

MARE TYRRHENUM

MARE HA

USO

HELLAS



CHERSONESUS

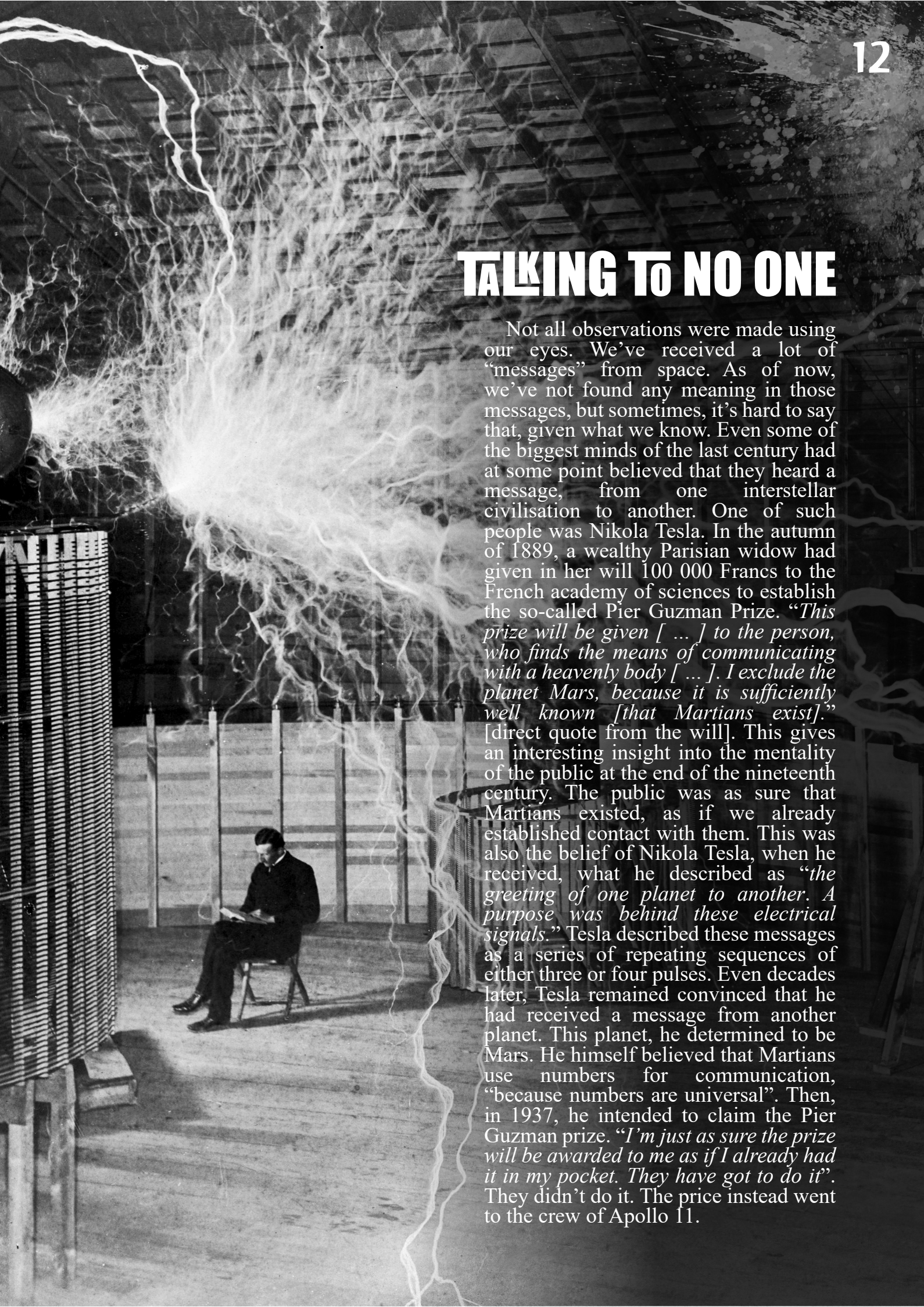
Sometimes, people see things that really don't exist. As early as 1877, drawings of the red planet had shown fine, almost indistinguishable lines, connecting various features that were visible on the planet's surface. Percival Lowell, one of many astronomers that have seen these lines, had famously said, "There are celestial sights more dazzling, spectacles that inspire more awe, but to the thoughtful observer, who is privileged to see them well, there is nothing in the sky so profoundly impressive, as these canals of Mars". As these canals were at the edge of visibility, the telescopes were never quite good enough to conclusively prove nor disprove their existence. Over the years, as more people had seen this phenomenon, the infamous canals of Mars were made so popular that they appeared in maps of the red planet published by the US Army Corps of Engineers and NASA. These canals were one of the things the mission of Mariner IV was ready to photograph these dazzling features. As the first images came through, there were no signs of any linear features on the surface of the red planet. Imaginary inventions, optical illusions, they were all gone. This had led to a research study being conducted to search for the reason for these non-existent canals being visible. And they weren't visible only with human eyes. If you know what you are looking for, you can almost see them in some pictures of the red planet. The explanations for this came in the year 1903. A study had found out that subjects seated across the room from a specific drawing, could discern fine, veil-like lines, which were non-existent. You can try this illusion for yourself. On the bottom right of this page, there is a drawing, like what has been shown to the subjects. If you look at this page from about five metres away, and focus on it, you can maybe start seeing those artefacts.

DEUCA

NOA

STRALE

## TALKING TO NO ONE



Not all observations were made using our eyes. We've received a lot of "messages" from space. As of now, we've not found any meaning in those messages, but sometimes, it's hard to say that, given what we know. Even some of the biggest minds of the last century had at some point believed that they heard a message, from one interstellar civilisation to another. One of such people was Nikola Tesla. In the autumn of 1889, a wealthy Parisian widow had given in her will 100 000 Francs to the French academy of sciences to establish the so-called Pier Guzman Prize. *"This prize will be given [ ... ] to the person, who finds the means of communicating with a heavenly body [ ... ]. I exclude the planet Mars, because it is sufficiently well known [that Martians exist]."* [direct quote from the will]. This gives an interesting insight into the mentality of the public at the end of the nineteenth century. The public was as sure that Martians existed, as if we already established contact with them. This was also the belief of Nikola Tesla, when he received, what he described as *"the greeting of one planet to another. A purpose was behind these electrical signals."* Tesla described these messages as a series of repeating sequences of either three or four pulses. Even decades later, Tesla remained convinced that he had received a message from another planet. This planet, he determined to be Mars. He himself believed that Martians use numbers for communication, "because numbers are universal". Then, in 1937, he intended to claim the Pier Guzman prize. *"I'm just as sure the prize will be awarded to me as if I already had it in my pocket. They have got to do it"*. They didn't do it. The price instead went to the crew of Apollo 11.

This is something that frustrates me a lot. The perception of Aliens being smart or extremely advanced. Think about this, what reason would another civilisation have to develop a language based on numbers? They'll probably end up with a language, made up of sounds, instead of having the consciousness to design a structured language, that is based upon nothing, but abstract topics that we've started to uncover only after we've learned to speak and write the first languages. If you take away anything from this article, it should be that aliens will probably not be smarter than us. If something, they'll have different parts of knowledge than us, but they will certainly not be all-knowing, all-seeing creatures. Or they very well could be. That's the beauty of astrobiology. You don't know what you'll find until you actually find it and it will probably exceed your wildest dreams and expectations.

Novices or experts, amateurs or scientists, humans are not perfect. Optical illusions, imagination or just our ability to give things too many meanings can make unimportant events seem interesting. For now, the only place we currently know has developed life is the Earth. While the search is still underway, we know that no other planet has their own life. You might see how I'm dancing around saying that no other planet has life. That is not true. Mars and Venus have been visited by the probes from the earth and despite our best efforts to clean them, it is expected that every rover has some sort of bacterial colony, which it had brought with it. So that's it, mystery solved. There is life on planets other than Earth. We just brought it there.



# THEATRE PLAY FROM START TO FINISH

## KAROLINA MACHOVÁ

As usual every year, class 12. had to prepare a theatre play of their choice. In the following article you'll find out the important about the process, from the selection of a play, to the premiere at a waldorf festival.

Few weeks prior the theatre classes we were asked to think about what are our ambitions regarding the theatre play. Do we want to play a small or a big role? Are we good at memorising text? Do we want to design the costumes? Is scenography something we are interested in? Do we have experience directing?

The first step was to, of course, select a play with enough characters, men and women, that would fit the criteria the class has set aswel. In our case a comedy/ parody with a romatic side plot and a lot of space for music (here's when your knowledge of theatre and literature would come in handy). With the help and advice of mrs. Břenková, „Strakonický dudák“ by J. K. Tyl was selected.

Then came the time for cutting and rewriting, as the play was too long. A perfect apportunity to squeeze in some heavily discussed themes and reference to modern or not so modern culture (If you know a thing or two about pop culture throughout the years and have a good sense of humor, now would be your time to shine). Questions like: How exaggerated should the characters be? What parts of the origial play should we keep? What time period will the rewritten play be set in? Who is our audience? were something we had to talk about. Still leaving some room for creativity, the idea of Švanda getting an electric guitar instead of bagpipes seemed fitting and it only made sense

that when reading about the magical forest fairies, hippies and their colourfull flowy clothes came to mind.

Three of our classmates (Fajx, Hofhans, Gabryš) volunteered to rewrite and adjust the script. This is what one of them had to say about the atmosphere at the workplace:

*"We worked in the "suggest something, we will consult it and possibly write it down" type of way. Our workplace was, for example, the library or the bistro. We were mainly motivated by the upcoming performance in Příbram"*

Matyáš Gabryš  
(Script-editor, songwriter)

After everyone got their own copy of the script, we all sat down to read it. Though the editors and directors had some idea of who could play witch role, we all had to think about of which character we want to play. Do I want to step out of my character completely and play a character with traits opposite to my own? Do i want to play a villain? Or maybe an old man? What about a princess?

We practiced a few scenes in small groups to get into character. If more than two people ended up wanting to play the same role, they each performed a short improvised bit and let the class decide who's interpretation was the best. After this, we had two people chosen for every speaking role. And with everyone having a role to play, we had to start asking ourselves: Who is this character I'm portraying? What is their view on life? What are their priorities? How would they act in specific situations?



We switched around to observe the chemistry in different groups of people and started forming the two alternations, though it's good to not keep them exclusive. If an actor from one alternation were to fall ill, everyone has to be as comfortable with the other actor chosen for the role.

From now on, our priority was to learn the text and start playing. First, we practiced reading from our script, sitting down and gradually moved on to standing up and using the script less and less. Knowing our lines and not having to focus on the words gave us room to work on the body language and a bit of scenography (so, obviously, the sooner you learn your lines, the better). The most efficient way to get things done was to split into groups. While one group practiced their scenes, the rest of the class had time to think about the costumes props and scenery (If you're creative, practical and like to think outside the box, this is something you'd be good at).

When designing costumes, one has to think about the time period the play is set in, the personality and status of a character, as well as the practicality of the clothing itself. When designing the scenery and the layout of the bigger props (chairs tables) it's good to look for versatile pieces that are easy to move and transport. How can you best use a

chair? Can it serve as anything else in scenes where a chair is not needed? Another thing to consider is the stage size and availability. Will there be a big enough backstage or we need to create a space to hide some props?

Majority of the costumes consisted of clothes we already owned, the rest we found in local secondhands or borrowed from a relative. We were able to use old projection screen and some wooden frames from previous theatre plays, so there were only few little things we had to buy to create the leporelo style backdrop after we got back from the theater practice. The backdrop by no means has to be as descriptive as our was, it can be as simple as a plain canvas, as complicated as a mural of all the characters.

The week long theater practice took place in Hrabětice from 11. to 15. of march. There we had to rehearse the remaining parts (about a half) of the play, put all the scenes together, practice the transitions, in short, make the small pieces into one cohesive one.

Our adaptation of J. K. Tyl's play saw the light of day for the first time at the Waldorf festival in Příbram. This is what we have to say about the experience:

*"I was especially nervous on the evening of the final theater rehearsal and I was afraid that it would all be a terrible failure. In the morning, since we had little time before the premiere, something in me was suddenly activated, and I stopped being nervous and started to be more excited. I was mainly afraid that I would jump into someone's speech during the play and that I would forget the text. But as soon as I stepped on the stage, all my doubts disappeared and I barely noticed the audience. I just started acting like it was nothing and it was great."*

Veronika Adamová  
(Zulika)

*"About an hour before the show I was still nervous but then it all went away very quickly when the show started. Since then I just enjoyed playing. My biggest fear was that I would screw up my singing in that competition because I don't have much confidence in my singing, so it was a bit difficult to sing in front of people. I didn't forget the text at all. When I got into the role, I remembered the lines easily. Telling myself that the more calm I am, the smoother it will go, helped me with stage fright and fear."*

*"I enjoyed every part of the theatre practice. I found that I enjoyed playing and every rehearsal was fun for me. How to deal with the fear of performing in front of people was something the theatre practice taught me."*

*"As for playing in a band, unlike playing the main character, there wasn't as much attention on me, so it was a lot less stressful. Then the mistakes I make won't seem so noticeable"*

František Lukeš  
(Švanda, guitaist)



# THE BIGGEST SPORTS EVENT OF 2024

**FRANTIŠEK LUKEŠ**

The European Football Championship, also known as EURO, is coming in 2024. This tournament, that takes place every four years, is the second to most popular football event in the world. The championship is organized by the Union of European Football Associations (UEFA).

EURO 2024 is going to take place in Germany from 14 June to 14 July. There are 24 teams, which will compete, with Georgia making their first ever appearance. Those 24 teams will be divided into 6 groups by four, where will teams compete against each other for the best places in the group. Only the two of the best teams from each group will qualify into the knockout stage, where are they going to compete for the trophy.

Hot favorites, based on their results in past competitions, include the team of France. France finished the highest out of all European nations at the World Championship in 2022, while finishing second after losing to Argentina in the final. We must not forget about the teams of England or Italy, which were the best two teams at EURO 2020, with Italy winning the championship and England finishing on the second place.

The team of Czech republic has also qualified. The group, in which will the team of Czech republic compete for the knockout stage, is formed by the teams of Portugal, Turkey and Georgia. With the results from the last matches, in which the team of Czech won their last two matches against Armenia and Norway. We can expect some decent chance of qualifying into the knockout stage.



# BILLIONAIRE KYLIE JENNER AND TIMOTHÉE CHALAMET?!

MAGDALENA VAN DE LOO

After months of speculation, Timothée Chalamet and Kylie Jenner made their first public appearance together at Beyoncé's Word Tour. Here we could see them hugging and dancing. Everyone was in shock.

After a break up with her ex-boyfriend rapper Travis Scott, with whom she has two kids Kylie changed her image completely. Today her instagram looks mote tender then when she was with her ex-boyfriend; she moved from spicy - sexy to tenderly dresses. People are assuming that it's Timothée's influence.

The couple arrived at the Golden Globes together. They showed everyone their love by chatting, kissing and laughing.

There is suspicion that they broke up, because the last time we saw them together was at the Golden Globes in January.

The truth is anyone's guess.

# DELICIOUS GNOCCHI

KRYSTÝNA HAVLÍKOVÁ

Gnocchi is a side dish we either love or don't know exists. In This article we will explain where gnocchi comes from, when they were first used and in the end reveal a recipe discovered through friendship.

Gnocchi came from northern Italy. It's a traditional type of Italian pasta since Roman times introduced to Europe by the Roman legions during expansions of empire to Europe.

They were first used as a food for commoners since their preparation wasn't hard.

First servings were given as a part of Carnevale in Verona in 1531. The legendary ending of this event was a celebration called Venerdi Gnocolar which translates to Gnocchi Friday as the last day before Lunt.

We probably all know this dish as a weirdly shaped dough balls with some sauce on top. In Italy though they are also prepared in a way so they can be filled in with some sauce.

Me and my friends decided to try to make a dish with gnocchi ourself which you can also try at home.

## Firstly, we bought following ingredients:

- 400g of tomatoes
- 1 piece of parmesan
- 300g of mozzarella in piece
- 2 packages of Gnocchi from Lidl
- few dried tomatoes for bonus taste
- 1 puree
- 250 ml of whipping cream
- 2-3 cloves of garlic
- 1-2 onions
- basil
- chicken meat

## procedure:

First peel the onions and cut them into small pieces, start frying them with oil on a pan on a small fire. While they are slowly frying, prepare the meat, it's best if it gets chopped into small cubes. You can spice them up depending on your liking of the taste. When you are done, put the meat on the pan with onions and let them fry for a bit.

Chop tomatoes into small pieces and put them into a pan.

Soon tomatoes will release water and shrink. When that happens put the whipping cream in following with finely cut garlic cloves and basil. Let it cook for approx. 4-5 minutes with constant mixing and then put the puree in with grated parmesan, if the sauce is still too watery you can put in some ketchup.

Now is the time you start to prepare Gnocchi, follow the instructions on the package and when they are done put them together in a pot with your Gnocchi.

While mixing sauce with gnocchi together, tear the mozzarella into the pot. It's good to leave some for plating on the top of the dish as well as some basil.

After that your dish is officially done, all it needs now is a plate and a hungry stomach.

Bon Appetit!

# ARE YOU GOING ON AN EXCHANGE? HERE ARE 5 TIPS YOU NEED TO KNOW!

**EDDIE RADICH**

There are many challenges that one can encounter when experiencing life in a complete different culture. From dealing with a foreign language and people's social expectations, to the food or the weather; Getting out of your comfort zone is hard, and can cause a lot of stress and feelings of isolation.

As a exchange student myself here in the Czech Republic, here are some tips you should have in mind to prepare and manage situations that might arise.

- ***Watch...and ask!***

You will probably see many behaviours and objects that don't exist in your culture, therefore you might feel confused. Don't judge under your own suppositions, ask the locals! They will probably be happy to provide you with all the information you need.

- ***Say YES***

Chances are that in your exchange you will be offered many, many opportunities to take part in activities with the locals that you wouldn't encounter in a normal trip. Don't be afraid to say yes to as many of them as you can! It will take a lot of energy and organization, but it will all be worth it in the end.

With all these tips, you will be able to enjoy your trip to the fullest!

Happy learning and have a good trip!

- ***Don't take things personally***

Like in any intercultural experience, problems and misunderstandings can and will happen. This is not easy to go through, but most probably they happen out of ignorance and not malice. Take these opportunities to teach and learn.

- ***Practise Practise Practise!***

If you want to integrate and enjoy it to the fullest, you will have to put effort into learning the language and habits of the locals. Even if it's not perfect, practising every day with friends and host family will be beneficial for you and you will show them that you're interested in their culture.

- ***Be kind to yourself***

Even with the best of wills, all of this can be very exhausting. Don't forget to give yourself space to breathe, to not force yourself if you really don't want to, to take a break from learning. It is just as important as participating actively.

# WALDORF PODCAST, STARRING EDDIE JACHYM HALAMA AND JAROSLAV BROUGH

Once in a while, a great idea comes to your mind, which for us, was to make a podcast. Sadly, people are lazy, and so are we and if it wasn't for our creative idea, to connect our dreams with our English homework, we would have never made it.

Yet here we are, happy to present you our great podcast, hosted by the world's smoothest mf Jáchym, who loves his chinese songs, and by sleepy ass Jarda, who Jáchym cut out of the podcast a lot for a very good reason.

You can look forward to meeting a lovely person Eddie, an exchange student from Argentina. Eddie will share with us what life is like in Argentina, what it is like to go through an exchange and Eddie will try a few Czech sweets, which he will rate based on his preference.

All in all, this podcast is jam-packed with a lot of useful information, crazy stories, outrageous theories and many enjoyable moments. You will find answers to questions like: Are Jarda and Jáchym gay? Does Eddie think waldorf Is a cult?

We will find out for all the ladies, that Jáchym is single ready to mingle and even Matěj Kiszka will share a few words of wisdom.

We wish you, to enjoy our podcast with its chinese, jazz and one good old Czech music the fullest and leave you traumatized as least as possible.



(if you are lazy to scan this code, here's the link <https://on.soundcloud.com/2uw9L>)