



The Dual Diploma Times

Eighth Edition

May 2018

Newspaper Club

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Inside this issue:

<i>Dual Diploma News— Fitness Challenge, Social Media Club’s Twitter Party</i>	1,-3
<i>Science</i>	4-6
<i>Global News</i>	7
<i>Sports</i>	8
<i>Tribute/Poetry</i>	9
<i>Travel</i>	10, 11
<i>Entertainment</i>	12- 13

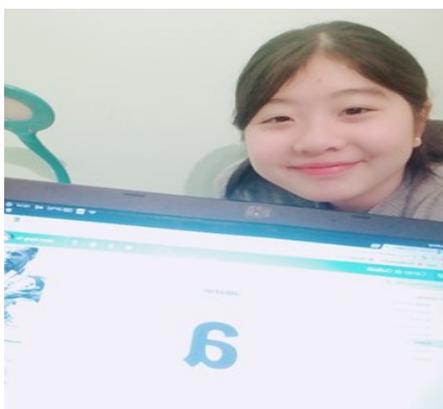
Dual Diploma Fitness Challenge: Virtual School is Not Always About Staying Behind a Screen

By Elise Olle

From November 13th to December 15th a special event occurred called the Dual Diploma Fitness Challenge. It is the second year of this challenge and it keeps involving more and more people! I had the pleasure of interviewing both Alissa Longo, who is one of the organizers and the winning teacher of the Fitness Challenge this year, and Xinrui Xiang, the student winner of this year.

The Fitness Challenge was for the students and the teachers of Life Management Skills course only. This challenge is all about doing sports every day and sharing with others about the experience. To earn points the participants had to do their daily workout, to sleep for 6 or more hours and to stay adequately hydrated.

Alissa said that she was very happy to organize this challenge. She and another teacher wanted to create a project on the topic “how the brain is affected by physical activities.” It demands a lot of organization with all the emails they have to send to the teachers but also to the students. Teachers were very happy to participate in the challenge, they were very vocal about it and encouraged the students participate and get excited about it.



Xinrui found that the fitness challenge was a very great idea. She is not a very athletic person, and this challenge is all about doing sports, but she is as competitive as Alissa is. The most difficult part of it was to stay motivated and work out every day. She did her challenge with a friend to stay really motivated. Every day after working out, students could post on Edmodo to earn extra points and share their experience. Another girl was always better than Xinrui and her competitive spirit helped her to stay really motivated.

All the participants did a great job and all the teachers helped their students to stay motivated. This is a very creative way to make students learn and have fun at the same time. Mrs. Longo predicts the Dual Diploma program will continue to hold the Fitness Challenge for many years to come.

Social Media Club Twitter Party

By Elia Rossetti (Social Media Club member)

If you're reading this article, then you're probably a student enrolled in some *Dual Diploma* courses, or maybe a teacher; if so, during your time in *DD* you will hear of the Social Media Club for sure, and maybe you're even a member of this fantastic club.

In case you're not, you must know that the Social Media Club is a club inside the *Dual Diploma* program, that carries out various activities related to social media. Now, if I caught your attention, let me introduce you to one of the most characteristic activities of the Club: The Twitter Party.

The party, which takes place on Twitter, has a topic set by the Social Media Club, which varies from time to time: while February's party was about Self-Love, April's party was about Tolerance.

Discussion follows, as Party members answer questions and share their thoughts and reflections: it is a beautiful opportunity to chat with other people and know how they feel about the Party's topic.

But what makes Twitter Parties so special, is that it's an open-to-all activity! No problem if you're not a member of the Social Media Club, because all students, teachers, and their families can join the Party via Twitter. It is also a good way for students to try and discover if they are interested in Social Media Club activities, and if they would like to join.

Twitter Parties are however only one among the many activities and experiences that the Social Media Club has to offer, and none of them is inferior.

So, if you like social media, or I've enticed you to discover more about its potential, why not give the Dual Diploma Social Media Club a look?



The Best Opportunities for the Future

By Jorge Estringana

Within recent times, technology has improved in a massive way leading to the amazing advanced technology that we have today: smartphones, computers, the Internet as well as more social, economic, and politic improvements. We must not doubt that technology is related to jobs and the change of those. For example, while in the past the profession of a peasant was very common and almost controlled the economy of the world (before the appearance of trading and the Industrial Revolution), today, due to the new technologies that have appeared, jobs have changed to harder working opportunities which need more qualified workers. Children and teenagers of the current generation are not going to avoid these changes. That's why I think that this article is a good opportunity to guide teenagers to the jobs that they might have to practice in the future.

App Developer:

Computers, mobile phones and the rest of electronic devices are equipped with thousands of different APPs which improve our experience with these gadgets. That's why this profession is very important, a lot of APP developers will be necessary for the future to improve and create new facilities for our technological world. If you are keen on the technological world and you enjoy learning how APPs work and how to set up different programs, this is one of your best career options.

As with every other job, if you are good you'll be well paid. The APP platform in which you could earn more is Apple's IOS, where you can earn around \$5,000 a month. Nevertheless, that's not your limit, if you create a very nice APP which soon becomes very popular, you might earn much more, for example, Mark Zuckerberg, the creator of Facebook.

Physical Therapist:

Physical therapist can reduce pain and improve the mobility of a person, in some occasions even without surgery. They are very important to people's health, especially when it's about muscles and sport injuries. They will be strongly needed in the future to carry on with their labor of helping people with some mobility difficulties. If you love helping people and enjoy medicine and applying different treatments, you might want to consider being a physical therapist.. This profession is very well-paid, with a medium salary of \$85,000 per year. This profession is also expected to grow in demand by 36% between 2012 and 2022.

Personal Financial Advisor:

The next job on the list does not stay behind the earlier ones. A personal financial advisor, with a 29% percent of growth for this year alone and an average salary of \$90,000, is also a very important job that might be one of the leading jobs of the future.

One of the problems in society is that people often don't know how to control their economic expenses, causing them a lot of problems that might damage their life quality. Personal financial advisors give financial advice to their clients, helping them to plan their expenses and incomes in a more effective way.

The previous jobs were more related to science and technology while this one is more related to economy and law and might be more interesting to people who prefer those kinds of subjects. What's certain is that these jobs are a very good opportunities for the future.

The Falcon Heavy

By Borja Medina de las Heras



Cape Canaveral, Florida— The most powerful operational rocket has been launched into space towards Mars.

Humans have always been fascinated by space, our ancestors observed the sky and the birds and wanted to fly as they did, but one of the most important space revolution came with Galileo Galilei and his invention of the telescope. Nowadays we are living a new and very important space revolution and Elon Musk wants to be part of it trying to be the first one to be able to send people to Mars.

On February 6th, 2018 at 03:44 EST SpaceX was able to launch into the space the most powerful rocket until now, it was a test to see if everything went right with the rocket. Now we can say that the launch was a tremendous triumph, the two lateral ships landed successfully, and the central ship crashed into the sea. In this moment, the Tesla Roadster owned by Elon Musk which is inside the rocket, while simultaneously reproducing the song of David Bowie 'Space Oddity', will be furrowing the space, rotating between Mars and Earth forever.

SpaceX has been developing this rocket for many years. Since 2011 Elon Musk, the director of SpaceX, has been thinking of this rocket. During an interview seven years ago, he stated that Falcon Heavy would "carry more payload to orbit or escape velocity than any vehicle in history, apart from the Saturn V Moon rocket ... and Soviet Energia rocket". Also, its development has been closely linked to the development of the other rocket SpaceX Falcon 9 and the success that this rocket had in the majority of all its tests being able to land back on earth.



Falcon Heavy is the most powerful operational rocket in the world. It can lift into orbit nearly 64 metric tons (141,000 lb.). Falcon Heavy is able to

launch into space more than double of the load than the second most powerful operational rocket the Delta IV Heavy, at one-third the cost. Its mission is to carry humans into space to land on the moon or even on Mars. The ultimate purpose is to create a colony on Mars to develop human life on this planet.

Maybe if Elon Musk and SpaceX continue developing their project, soon we would be able to travel to Mars or even to other planets more remote. In my opinion with the developing of space missions, we open to the whole humanity an infinite world of possibilities. I'm sure that in the future, I don't know if it will be a near or a distant one, all the efforts from Elon Musk and the rest of the people dedicated to the study of space will help many upcoming generations.

Fear of Spiders and Snakes Innate or Not?

By Laura Espinosa



Germany/Sweden- Everybody's afraid of something but do we know the origin of some of those phobias? Are you afraid of spiders? Or snakes? Well, if you are, then you will love this article and you'll learn that this fear is conceived as innate as the result of some different experiments. Those experiments show that the origin of this fear is innate. Let me explain to you how.

Arachnophobia is the most common phobia between human beings while herpetophobia is the second most common. Would you call it a coincidence? Many scientists have done experiments over many years and have concluded that this fact is real. The research of the Max Planck Institute for Brain and Human Cognitive Sciences, in Germany, and the University of Uppsala, in Sweden have done this experiment with babies as they wanted to see not the physiological reaction but the capacity they had to determine whether or not an animal is dangerous or non offensive.

Something that surprised the scientists that were doing the experiment is that even though the babies didn't know if that animal was dangerous or not, they still responded by dilating their pupils, which, for the brain means, stress. They knew it wasn't a coincidence because when they showed photographs of flowers and fish, they didn't do that, but in the case of spiders and snakes, they did.

As with any experiment, there's always one that contradicts it. The Arne Ohlman research of the Karolinska Institute in Sweden and the research of Susan Mineka (from the University of the Northwest, in the United States), decreed that this fear could be learned and that it was true that in human beings as well as in monkeys, these phobias or fears are much easier to learn than other things like the fear of heights or other animals.

I personally think that there are many people in this world who are afraid of these animals. I believe that these phobias could be perfectly innate and that we have been fearing these animals for many generations.



School Anxiety

By Anna Carbonell



Anxiety and depression are one of the most common mental illnesses that students suffer currently around the whole world and there are different causes why people can suffer these illnesses but when it come to students there is one reason in common... school.

We can't define or describe anxiety as one single feeling because those with anxiety are experiencing many different emotions that make you feel nervous or afraid of something. Anxiety is divided in several disorders like panic attacks, social anxiety, phobias or generalized anxiety (when you feel worried all the time without an explanation).

High School students might suffer anxiety sometimes when they are new at school, before a big test or before a presentation. Before telling you how to manage school anxiety, we must listen to an anonymous witness that is currently suffering a bit of depression partly caused by school:

XXX (witness' name): I started with my depression in December, I thought that every single thing was my fault, that everybody was against me. Part of my depression was because of school and after one horrible day in particular, I never came back to school . . . Also now I'm on medication, without it I would always feel down.

Depression, stress and anxiety are the most common mental health issues in students which is why it's important that if you are suffering from any mental disorder but in particular from anxiety please pay attention to the following:



Let people know what's bothering you by talking to them, opening up to someone who is close to you, can help them to understand what is happening to you. Also, they can find the way to help you recover. It's also very important not only to talk to your parents or friends about this but also tell your teachers when you are experiencing anxiety in school. By speaking about this to your teacher they can possibly arrange some accommodations; for example they can give you extended time on tests so you can calm down and take some time to do it the best you can.

Students often hear ``you need to get the best grades to get into college``. This makes us anxious trying to be perfect but the first thing is to be realistic. If math isn't your best subject and your grade average is C and you need an A, don't panic because we aren't perfect.

Studies show that going to extracurricular activities improves school grades, but you only have to go to one because going to too many can take your time and your energy for school and that's exactly what you shouldn't do. After-school activities help kids to escape for a few hours from school and focus on something they are interested in.

School Anxiety is a mental disorder that can be caused by school and only a doctor can tell you if you are suffering from this disorder. Also the best way to help yourself with this issue is to speak to people close to you, be realistic and do things you like to do.

<https://www.familyeducation.com/school/academic-achievements/under-pressure-7-tips-managing-school-related-anxiety>

<https://www.everydayhealth.com/depression/stress-may-trigger-mental-illness-and-depression-in-teens.aspx>

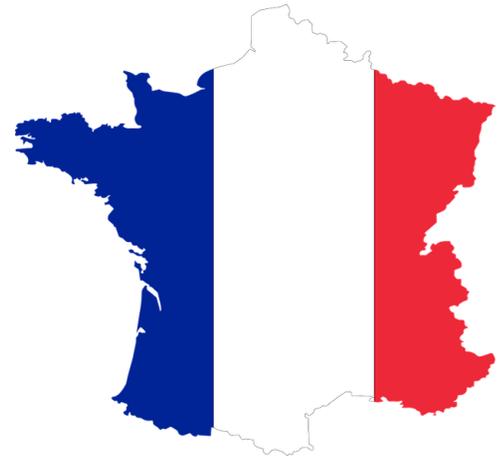
Comparison of Education in France vs the USA

By Astrid Broucas



In France, children must go to school from age 6 to age 16. The majority of children start school when they are three years old. The classes are divided into 4 sections: Kindergarten, where the children go from age 3 to age 5. Then the primary school is for children between ages 6 and 10. For the teens between ages 11 and 14, there is the secondary school. Finally, for teens from age 15 to age 17, there is the sixth-form college. At the end of the sixth-form college, many students work to earn their diploma: the baccalaureate. Most students continue their studies in high school, university, or college.

In the USA, the educational system is not very different. From age 3 to 5 years, there is preschool, which is the equivalence of nursery schools in France. The American students from age 5 to age 11, go to elementary school. The elementary school is for kindergarten to 5th grade. After that, children go to middle school which is from age 11 to age 14, and includes the 6th, 7th and 8th grades. Then students enter high school, where they stay until 17 or 18 years old. At the end of high school, and after have obtained a diploma, many students go to university or college.



The major difference between the French educational system and the American school system is the way of grading. In France, students are graded with marks, which are a quotient out of 20. It's very useful because it allows to have a quantitative feedback of their work. It's very different in the USA, American students receive letters. In fact, an A is the best mark that a child can earn while an F is the worst. Some schools also give marks in percentages, but not every school.

Another difference is the organization of courses. In France, students go to school at 8 or 9 am. They have around 4 hours of courses in the morning with a little break of 20 minutes around 10 o'clock. The lunch time is longer than in the USA, in France it is between one and a half to two hours long. In the afternoon, students have 3 or 4 hours more of school. The French students finish between 4 and 6 pm. Indeed, the journey is very long but French students have more breaks than in the USA.

In fact, the US educational system and the French educational system have more similarities than differences.



Incredible Llull: End of the Road

By Jaime de Andrés Lerma



The last time I talked about Llull, I concluded my article by saying he was going to end his period of recovery and he was going to come back to the courts. Now about two months later, Llull is in the last part of his rehabilitation. As Real Madrid basketball coach Pablo Laso said “Now we don’t talk about months but about weeks or even days”. The countdown has already started.

So.... Let’s figure out how Llull has got to this place????

In the last 11 months Llull has built his muscle, recovered his physical resistance and a few months later he started practicing and remembering basketball skills, movements,... But if the rest of the team is completing in Europe and Spain and they just have time to train and play, who has practiced with Llull???

This important role, the recovery of the team star has been done not by an important player, veteran or experienced trainer, it has been done by Melvin Pantzar, a Real Madrid junior player who is 18 years old. You may think this is a stupid decision. Why would a junior player train a pro??? Well, a young boy like Pantzar gives the hope and the happiness an old player could not have. Happiness and hope is exactly what Llull needs to believe in him and get to the courts again.

Llull also had the fans help. Llull’s followers, including a girl from a college basketball team from Coruña, have supported him with messages in the social networks. Llull who reads every single message they send him, has shown his appreciation for this help by doing special things for them such as singing Happy Birthday to the girl from Coruña. This lets us see he doesn’t think he is a god or even a star, he just appreciates all the help he has received.

While these people try to help Llull, he also helps others. Llull was one of the attendees at the V Edition of a dinner party organized by the football player Esteban Granero in which proceeds will go for The Dream of Vicky Foundation non-profit whose purpose is to finance research projects to cure childhood cancer.

Llull finished the interview he gave in this event by saying: “If Madrid is in the Final Four, I’m sure I won’t miss it.”



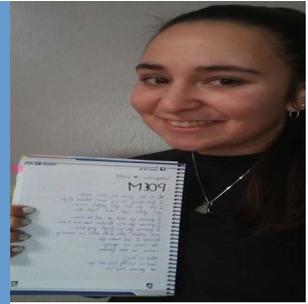
Poetry by Ainoa Llacer

I am sad, really sad...
My life without him is not the same.
He was a part of my life
And now, my heart is mad.

But my daddy explained to me something,
My dad said that he is in a better world.
And I noticed a strange feeling,
Like if he was giving me forces.

And yesterday I talked with him.
He said that he is now inside of me,
as a record that I will never lose.

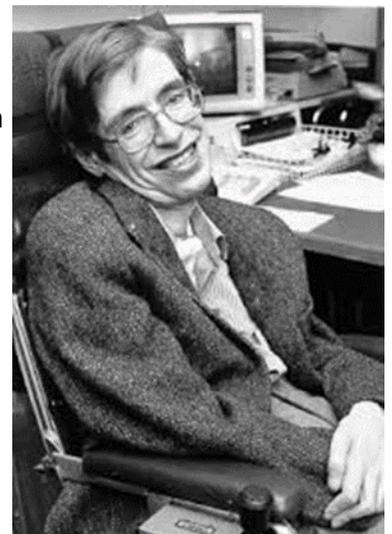
His death is not a loss,
it's an earn, now he is closer to me than ever
Now he is a part of me.



Tribute by Elise Olle

Stephen Hawking was born on the 8th of January 1942 and died on the 14th of March 2018.

He was an English theoretical physicist, cosmologist and the Director of Research at the Center for Theoretical Cosmology at Cambridge University. He was diagnosed with motor neuron disease in 1963. He is considered a medical marvel, because he lived for 76 years while doctors gave him only two years. His disease didn't stop him to become one of the most significant scientific figures. He has been portrayed by Eddie Redmayne in *The Theory of Everything*, a wonderful movie which retraces his life.



The Discovery of Bali and Java

Article and pictures by Elise Olle

WHERE IS BALI?

I went to Bali during February and I did some excursions in Java. It was a wonderful trip, where I met amazing people.

Bali and Java are two small islands in Indonesia, with more than 145 million people.

Balinese beach

I love swimming in the sea and the one in Bali is so beautiful and bright. There are small and colorful fish everywhere!



Prambanan

Prambanan is a gigantesque Hindu temple in Java. Each little temples contains a statue of a god. The Hindu culture rests on three great gods, Brahma (who symbolizes the creation), Vishnu (preservation) et Shiva (destruction).



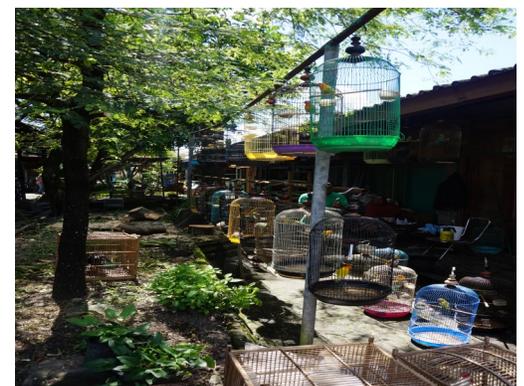
Ganesh

Ganesh is the god of wisdom, intelligence, education and prudence. He is also the patron of schools and knowledge.



The Bird Market

In Java many people participate in bird competitions. They buy wonderful birds with pretty voices and hope they sing to win. The bird market is a very colorful place where birds sing all day.



The city

I took a cycle rickshaw to travel in the city. It is really impressive how many people use scooters to move. Most of the time they are 3 to 4 on it, with no protections.



Borobudur

Borobudur is the world largest Buddhist temple. Buddhism is not a religion, it is a way of life. It is based on the myth of Buddha.

Living people have to pray for the death to offer them another life. All the steps of the temple represent the goals people have to achieve in their life.



Houses

From the grandparents to the grandchildren in Java and Bali every family lives together. Also each house has its own temple.

A family temple



I had the opportunity to meet amazing people. They were very nice! It was a pleasure to talk with them and learn about their life.



The Top Ten Anticipated Films of 2018

By Maria Hornero



Even before the Oscars are given, movie critics and moviegoers are already making a list with the most awaited movies for the year. Whether the movies already have a date for the premiere or they have just been announced for production, the trailers are watched over and over again and the dates are marked in the calendars of the enthusiastic audience.

This year, 2018, promises to be the one in which many sequels and remakes are going to be released.

Below are the Top 10 Most Anticipated Movies of 2018, according to the premiere date in United States.

Ready Player One(March, 29th)

This movie is the adaptation of the book with the same title by Ernest Cline, and it has been one of the most awaited films since Warner Bros. bought the movie rights in 2011 and Steven Spielberg signed to direct in 2015. The movie is set in a dystopian world in 2044 and follows Wade Watts into The Oasis, a vast virtual-reality playground. In order to inherit the creator's fortune, Wade must search for an Easter Egg hidden in the game. The film criticizes a nowadays society that hungry for this type of experiences.

Avengers : Infinity War (April, 27th)

In this new issue of the Avengers, which is now the third film of this series, a major crossover takes place between the Avengers team and the Guardians of the Galaxy in a decisive battle against Thanos to protect the universe. Will they be on time to find the last Infinity stone?

Deadpool 2 (May, 18th)

After the outstanding success that the first Deadpool movie had, Wade Wilson comes back as Deadpool to fight Cable, the character that Josh Brolin (Thanos in Avenger: Infinity War) plays in this new issue of one of the most real and comical superhero movies of all time.

Solo: A Star Wars Story (May, 25th)

The new prequel to the Star Wars series after Rogue One: A Star Wars Story, which was released in December 2016. Solo features a bunch of new actors and tells the story of a young Han Solo some years before he joined the Rebellion and how he met his loyal companion Chewbacca. Even though there were some problems between the directors due to "creative differences", the movie entered post-production in October and is scheduled to appear in theaters by the end of May.



The Top Ten Anticipated Films of 2018—continued

Incredibles 2 (June, 15th)

Fourteen years after the first movie, Pixar is giving our favorite superhero family a very deserved sequel. This second installment will take place following the events of the original film. Jack-Jack is still a baby and Mr. Incredible will have to take care of him while Helen (Elastigirl) must save the world with her superpowers. This movie marks the return of Brad Bird, the director, to the cartoon business which is something really anticipated among his many fans.

Ant Man and Wasp (July, 6th)

Paul Rudd returns to the big screen for another issue of his major superhero series, Ant-Man. However, just when we thought he was the only insect-superhero, the Wasp appears to help him uncover some secrets from his past. Just when Scott Lang had become a father!

Mamma Mia: Here We Go Again (July, 20th)

With the original musical of Mamma Mia!, the 1970s group ABBA got a lot of popularity since its songs were used to tell the story of a bride-to-be in the search for her father. In 2018, Mamma Mia comes back, but this time we get to learn what happened in Donna's life before having Sophie, who is now pregnant. The rumor has it that the singer Cher is somehow involved with this awaited sequel!

Fantastic Beasts : Tales of the Grindewald (November, 16th)

Nearly two years have passed since we last saw the Spin-Off sequel of the famous Harry Potter series. The Fantastic Beasts franchise, which follows the adventures of Newt Scamander in New York with the secret society of witches seventy years before Harry Potter first visit to Hogwarts. With special appearances like the one made by Jude Law as Albus Dumbledore, this new installment promises to be what the fans have longed for since 2016.

Aquaman (December, 21st)

For this Christmas season, a new superhero is coming to town. Jason Momoa is playing the part of Arthur Curry, alias Aquaman, in this new superhero adventure. When he learns that he is the heir to the kingdom of Atlantis, he will have to step and defend his people when faced with a new threat. After Jason Momoa's performance in the Justice League fans have been waiting for his solo movie, which Warner Bros. is planning to release late this year.

Mary Poppins Returns (December, 25th)

And finally, our favorite nanny of all times returns to the big screen this Christmas season, just in time to take care of all the little kids that are in need of a nanny. Mary Poppins will have to use her magical skills to help the family rediscover the joy of life. This remake of the 60s movie will feature Oscars winning actors such as Meryl Streep and Colin Firth; and the Golden Globe winning actress Emily Blunt that will be Mary Poppins in this awaited film.

Although these movies are the most anticipated ones for this year, there are many more which will be aiming for the 2019 Oscars Awards. Will some of these films make it next year? We will have to wait and see!

The Dual Diploma Times

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

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