

january
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2018

NO NAME

WELCOME BACK

Welcome to the first No Name issue of 2018!
We're back with a bit of winter sports, pizza and
hot chocolate for you to enjoy.

WINTER SPORTS

NEW SPORTS TO TRY OUT DURING WINTER BREAK

Winter holidays are just around the corner. As happy as we all are for it, for sure most of us acknowledge the fact that at one point we are probably going to get bored. If you want to chill out during this break and enjoy the heat of your oven then that's great but- for some of us this break is an opportunity to try out new, sometimes extraordinary things. If you belong to the second group then this article is exactly for you. Here I will show you 5 extremely fun winter sports, you can try out in Poland during these holidays. But note that because of that these are extreme sports, and because of the professional gear you have to have and the risk they provide, they are also more expensive than some winter sports you can practice on a daily basis.

1. ICE BIKING

This is nothing else than riding a bike on snowy, icy, and slippery roads. The only things you need to equip your bike with, are special tires, some screws, special chain and pedals. Ice Biking is about recreational rides as well as competitive racing. Riding Ice Bikes is also more exhausting than riding your average bike because of more demanding terrain as well as of course cold temperatures.



2. SKIBOB

This sport is a combination of Ice Biking and Skiing. It is about riding specially designed "bikes" with skis mounted on each side of the bike, down the ski slope. This sport guarantees lots of adrenaline and emotions, as the speeds reached on skibobs are above 100km/h. The world record for highest speed reached on skibob is as high as 200km/h!



3. ICE CLIMBING

This is one of the most difficult and physically exhausting extreme sports on earth. It is about climbing obstacles of various shapes made of ice. Climbing those is very difficult itself, not to mention many of those obstacles are completely vertical- like a frozen waterfall or iced wall.. Ice Climbing requires a great physical fitness, as well as professional equipment, and advanced skills, as it is much harder to practice this sport than climbing a regular climbing wall. But the satisfaction of climbing to the top is far greater than you imagine.



4. SNOW SCOOTERS

I don't think I even have to present this sport to you, as I am sure you've heard about it at least one time in your life. You can ride the snow scooters through tons of snow and ice at speeds higher than an average car goes on a German highway. This combined with admiring beautiful sights in the Polish mountains is just one of many advantages of snow scooters. Renting them usually isn't that expensive, and most of the tourist destinations in the southern Poland have them in their offer.



5. ICE DIVING

Nothing above can compare to this sport. Being on the opposite side of the sheet of ice will give you an unforgettable experience. The sights of the underwater world pumping with life even in temperatures below zero, as divers describe it, is incredible. Because water very cold, you not only need a professional gear, but also someone on the surface to help you out in different things, for example: to get to the surface after your journey ends, and help you prepare your gear correctly, because Ice Diving without the proper skills and training may be tragic in consequences. Nevertheless, it is definitely worth trying out, as it will give you a time of your life.



So what do you think? Of course there are hundreds of different winter sports out there that I didn't mention here, as I tried to pick the most extraordinary yet fun ones to do. Also, remember: during our highly anticipated winter holidays, always stay safe- no matter what you're up to. But don't forget to have a lot of fun too!



PROM 2018

On 27.01.2018 students from our school had polish "prom" (a ceremony that takes place 100 days before the most important exams in our life-matura). Everyone was dressed up. At the beggins students danced a polonaise- it is a tradition. When it started to dim, a lantern show took place. Everyone was having fun until 4 am!

Julia

HOT CHOCOLATE FOR COLD EVENINGS

- 250ml milk
- 100ml cream
- 50g dark chocolate
- your favourite ingredientS like cinnamon/chilli/nuts/marshmallows
- 1/8 little spoon of salt

1. Put milk and cream into a little pot, but don't let it boil!
2. Crush chocolate in small pices and add them to milk and cream. Mix it all well. You can add cinnamon, nuts or even chilli. Just the way you like your hot chocolate the most.
3. Take it off fire and mix till u get nice consistence. Pour it up to your favourite mug and drink!



NATIONAL PIZZA DAY

Every February 9, across Poland and in other places around the world, Pizzerias are probably the most besieged places to visit. That day people celebrate National Pizza Day! It's the most beautiful holiday, isn't it? From the humble beginning to today's gourmet offerings pizza has captured the hearth and stomachs of people around the globe. February 9th Pizza Lovers are going for a walk to the local pizzeria, making it themselves or just ordering for delivery. Make it a great adventure by picking toppings out at random and try something you have never eaten before! You never know, it may become your new favorite.

Have you ever taken part in this holiday? Or you're just celebrating Pizza Day everyday?

INTERESTING FACTS ABOUT PIZZA:

- Pepperoni is the most popular pizza at 36% of all pies ordered.
- Americans consume on average 23 pounds of pizza per person each year.
- Approximately three billion pizzas are sold in the United States every year, plus an additional one billion frozen pizzas.
- Pizzerias represent 17 percent of all U.S. restaurants.



ST. VALENTINE'S DAY

St. Valentine's day is on **February 14th**. It is a day when people tell truth about their feelings to someone. This date is magical- love is coming out of everyone. Traditional way to share love with someone in that day is sending valentine cards, giving small gifts, like flowers or chocolates or taking someone to a date.

Happy Valentine's Day!



Kaja



THANKS
FOR READING

• See you soon! •

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