

Gliwice March 2026

THE AMNESTY INTERNATIONAL WRITE FOR RIGHTS MARATHON AT JEDYNKA!
DEMUN 2025

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POEMS

"THE JOURNEY BEGINS WITH CURIOSITY" (CHUCK SCHULDINER, PERENNIAL
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WHAT THE **** IS ŻUREK? - HOMO VIATOR FEELS HOMESICK

ADJUSTING TO UNIVERSITY LIFE IN CHINA

ENDOWIDZIALNA - RAISING AWARENESS ABOUT ENDOMETRIOSIS

IB Review





IB Review

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Editorial

New year, new stories.

Dive into the 2026 edition of IB Review!

The release of the 2026 edition of *IB Review* coincides with the arrival of the most beautiful season of the year. Like spring itself, this issue is fresh, optimistic, and full of life. It offers something for everyone, embracing a wide range of interests — from travel and creativity to inspiring encounters and meaningful exchanges of ideas.

This magazine has been created by our students, and I must sincerely admit how deeply impressed I am by their remarkable creativity and dedication. I truly hope you will share my enthusiasm as you read about the many extraordinary experiences they have been part of — from engaging MUN debates and international exchanges to studying at an IB school in Switzerland and actively supporting Amnesty International.

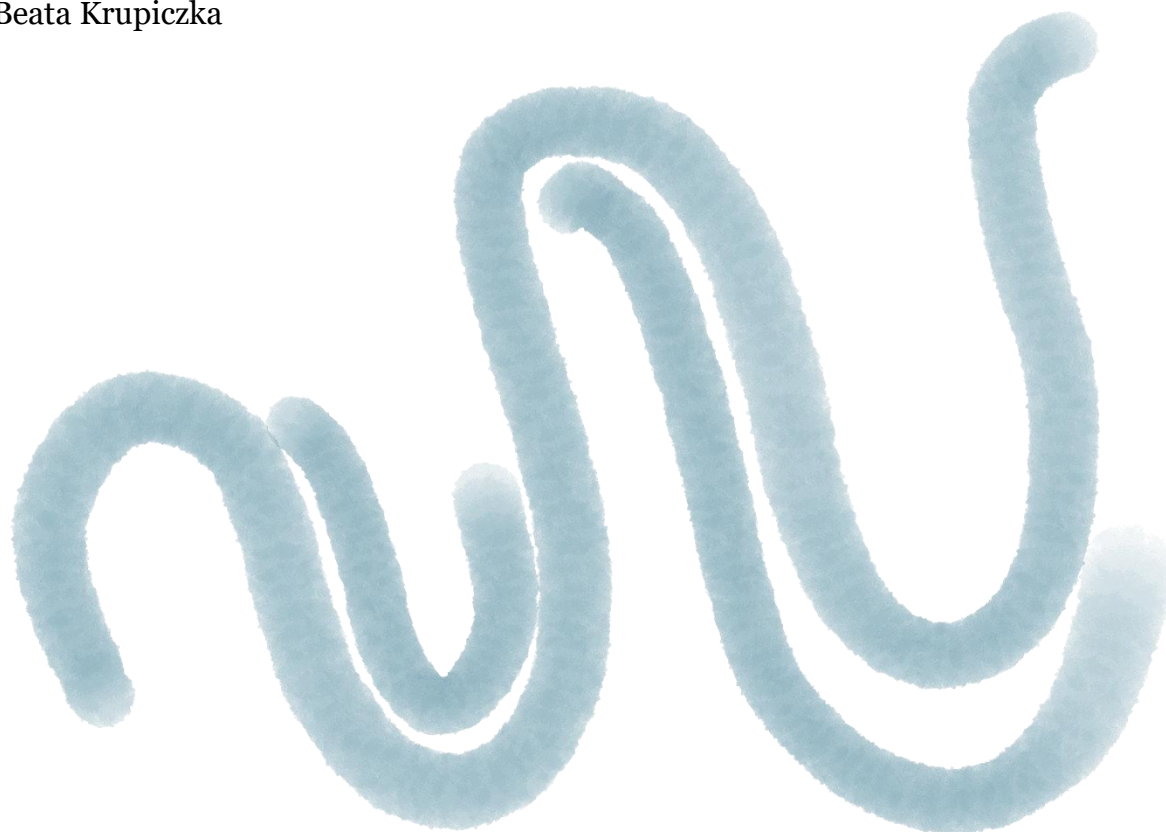
No issue would be complete without a showcase of student creativity. In this edition, you will find light-hearted limericks alongside more reflective and inspirational poetry, capturing both humour and depth in equal measure.

I am confident that everyone will discover something engaging within these pages — and perhaps you may even feel inspired to contribute to next year's edition.

Wishing you a truly enjoyable reading experience,

On behalf of the entire editorial team,

Beata Krupiczka



The Amnesty International Write for Rights Marathon at Jedyńska!

Olga Piecha

On December 5th 2025, during a cold evening when most people were heading home to rest, the students of our school had a different goal in mind. After the classes ended that day, about one hundred students, armed with dozens of pens and stacks of paper, arrived in classrooms 308 and 309. Waiting for them were Mrs. Majewska, who organized the event, and Mr. Dziedzic, both ready to explain the noble cause that had brought everyone together.

It all started in 2001, when a young man wanted to impress a young woman. After she told him about one day long meetings aimed at writing letters to governments violating human rights in Africa, he decided to organize a similar event at his local Amnesty International group. Although this story may seem distant, it all happened nearby, in Warsaw. The idea quickly became a success, and just a year later, people from all over the world joined the initiative. Every year around December 10th, International Human Rights Day, letters are written worldwide in defense of people unjustly imprisoned.

Twenty five years later, our high school was inspired by this story. The students decided to join these peaceful protests, motivated by Amnesty International's previous successes. The Write for Rights Marathons have clearly shown that concrete changes are possible when decisive actions are taken. Every year, activists support individuals whose human rights are under threat, giving strength and hope to the oppressed. Thanks to millions of letters, many have already been freed, including Albert Woodfox from the United States, Ales Bialiatski from Belarus, Birtukan Mideksa from Ethiopia, Chelsea Manning from the United States, Yorn Bopha from Cambodia, Fred Baum, Yves Makwamba from the Democratic Republic of Congo, and more than one hundred other people.

The Write for Rights Marathon in 2024, when our school participated in this event for the first time, was also notably successful, as it led to actual outcomes, such as the release of Angolan activist Neth Nahara after a presidential pardon, and renewed stalled investigation in Joel Paredes' case. The campaign also helped improve conditions for individuals still detained, including Đặng Đình Bách and Oqba Hashad. Furthermore, our actions raised awareness of the issues faced by oppressed people, increasing their visibility. Such an effective initiative made "Jedyńska" students even more excited to participate in this noble cause for the second time.

Inspired by these successes, the high school students stood up to injustice and contributed to changing the lives of many for the better. Despite their growing fatigue, some chose to continue writing letters late into the night. While most of the town was getting ready to sleep, the students grabbed more and more sheets of paper to defend human rights. We asked one of them what motivated her decision to stay at school for so many hours.

"The moment I read about the first person whose rights I wanted to defend, I was deeply moved. It was hard to believe that in today's world, not everyone can live freely, even though the Universal Declaration of Human Rights has existed for nearly a

century. Everyone should have the right to freedom, a fair trial, and safety. Yet a Tunisian lawyer, Sonia Dahmani, was convicted for criticizing racism and human rights violations, and is held in inhumane conditions. I want to defend freedom of speech worldwide, which is why I wrote a letter demanding Sonia Dahmani release. I did the same for others oppressed around the globe. It is the least we can do for them.”

Each story of the people on behalf of whom students wrote letters is bone-chilling. We encourage you to learn more about the lives of the oppressed:

Uncebo Mboteni (South Africa) was just a three-year-old boy when he died after falling into a dangerous pit toilet at his preschool. Even though the government of South Africa promises to replace these kinds of toilets, they are still threatening children’s lives.

Ellinor Guttorm Utsi (Norway) speaks out for her community, which depends on reindeer herding. Their land is threatened by energy projects like wind farms, disturbing animals and damaging Sámi culture.

Sonia Dahmani (Tunisia) is a lawyer who criticizes racism and human rights abuses, for which she was arrested and sent to prison, where she is reportedly held in harsh conditions.

Sai Zaw Thaike (Myanmar) was sentenced for twenty years in prison because of reporting on a natural disaster and its impact.

Amazon defenders (Ecuador) is a group of young girls who protested against toxic gas flaring in the Amazon, that harms people and the environment. Because of this, they have faced threats but continue to defend their homes.

The significance of the event was highlighted by the presence of the Mayor of Gliwice, Ms. Katarzyna Kuczyńska-Budka, and Gliwice City Councillor Ms. Anna Gołębiowska. We sincerely thank them for visiting our school and for the kind and meaningful conversations. Our thanks also go to Mr. Waldemar Kobzik for the sweet treats he kindly provided. We extend our heartfelt thanks to Mrs. Majewska for organizing the Write for Rights Marathon at our school, and to Mr. Dziedzic for his guidance and support during the event. We also want to thank everyone who took part in writing the letters, as well as those who contributed by baking or purchasing cakes at the fundraiser, which helped raise funds for postage. Thanks to these efforts, 591 letters were sent.

Not only was the Write for Rights Marathon aimed at protecting human rights, but it was also a chance to spend time with like-minded teenagers supporting such a righteous cause. It was a unique experience that will remain in students’ memories for a long time and will undoubtedly encourage them to participate in similar initiatives in the future.

Be the voice of the voiceless!

DeMUN 2025

Nadia Gracyas

At the end of October 2025 our school hosted the third edition of the Dembowski Model United Nations. DeMUN is an annual conference hosted by our school, which aims to educate young people on how the UN works in practice. It was filled with amazing debates, lovely people, fantastic secretariat, and most of all a ton of fun.

Over 3 days, delegates debated in 6 committees, including Security Council, UN Women, European Council, United Nations Office on Drugs and Crime, United Nations Office for Outer Space Affairs, and UN World Food Program. Topics ranged from military intervention in Syria and maternal mortality in developing countries to reforming EU migration and asylum policy, addressing food security in the Gaza Strip, and the democratisation of access to space for developing states. The agenda demanded not solid research, but also excellent speaking skills.

The conference has its reputation for high organisational standards, and got very high reviews on mymun, its rating being higher than any of the previous DeMUNs. Careful preparation ensured structured debate, punctual procedures and an atmosphere that was simultaneously professional and welcoming for first timers.

Overall, DeMUN 2025 proved to be an excellently organised and intellectually demanding conference, combining ambitious topics with an amazing, welcoming atmosphere. Hopefully future editions of DeMUN will be just as good as this one, if not better.





Poems

CECIDIT

Life In Possession

Under my first impression
 You have made a progression
 You know something
 I do not
 But it's time for regression
 Humans are our possession
 When they scowl like a dog
 In a truthful night
 You can rip them out
 With your morbid gaze
 You can lure them out
 If you know that you can
 But our sacred possession
 Is humans eternal aggression
 That will devour us all
 Rip mothers from sons
 Stain daughters
 Hail dogs
 All working call fox
 Abundance for none
 Thus everything you know
 By God will be owned

Ivanna Shevelyukhina

My beloved art

You are like water
 that I must drink
 Without you - I'm
 slowly dying...
 You are like vital air
 that is in the room
 When you are gone
 the room is empty
 and filled in gloom
 Everyone craves the art
 cause it brings us a new life
 new thoughts, new point of view
 The grateful mother of the beauty!
 The thing that I most desire
 is to be inspired by you

CECIDIT

Words of Change

You're in love with just a theme
 And emotions that it gives you
 You don't care about morality
 Or compliance with the rules
 You don't care about the pigs
 That will burn you at their stake
 Yet you dare conduct the change
 In a world, not yours to hail

All that granted by the earth
 Seems too little to your soul
 Like you're better, then all people
 Who've been scribbled down the stove
 Made for nothing but the instance
 Play the background for your book
 Your surprise must've been enormous
 To be killed by one of those

When your head had struck the floor
 All oppressed had/have cheered the change
 Like you missing from the ground
 Made the sun seem less upset
 Yet, your vapid little soul
 Couldn't handle little truth
 All that told and all that showed
 Changed your visage to the world

Made you reckless, made you weak
 Make you sluttiest of all pricks
 Worth no more than single soul
 Soul of the oblivious whore

And the moral of the story
 Is the lack of pride and glory
 What was lived throughout the world
 Falls down faster then your body

Agata Tomica

There was a girl snowboarding one day
Who slipped and fell in quite interesting way
She spinned around in the snow
And broke her poor toe
But at the end of the day she laughed about it anyway

Adolfo Micalco Weinmann

I have a friend who is tall
He is really good at playing basketball
One day he got drafted in The NBA
amazing everyone on his first day
Maybe i should give him a call

Martha Antoniak

There once was a roach in a cup
Sat still with four legs in its lap
Over the cup tips
As a gentleman sips
To find naught but a bug in this trap

Martyna Kucharek

Sometimes you just wake up without the will to live
Feels like the world is fed up with all things you could give
But if you stay in bed
You could be already dead
So don't let yourself get drown in this temporary grieve

Wojciech Dworzecki

Once in the middle of the night
A fine man woke up in a fright
Because he dreamt he lost all
His cars in casino hall
But he stole them, so it's alright

Kamila Mieczkowska

There once was a man without a head
Defying logic he wasn't dead
He found a town and went for a scout
But when he saw other people he found out
His appearance filled them with dread

Maja Pietrzak

We learn so much in every class
Tearing our veins out trying to pass
But very soon when the snow has melted
We'll all scream "It finally ended!"
Just laze around and lie in the grass

Wiktoria Bywalec

There was an airy fairy
whose dream was to marry Larry
she cried in the dark
as Larry was eaten by a shark
and then she moved on to Harry

“The journey begins with curiosity” (Chuck Schuldiner, *Perennial Quest*, 1995)

The band **Death**, which was led by Chuck Schuldiner, is known as a band that had helped revolutionise the sound of metal and played a big part in pioneering a new genre in the late 1980s, which would be later known as **death metal**, with their debut studio album *Scream Bloody Gore* (1987).

Throughout their debut studio album and their second one - *Leprosy*

(1988), Death maintained lyrics about gore and death. However with their third record, *Spiritual Healing* (1990), Schuldiner slowly followed into the path of lyrical themes based on concepts of the human mind and life (seemingly contradictory to the band's name itself).

One of the most outstanding Death albums, both lyrically and sound-wise, is Death's 6th studio album, *Symbolic* (1995). While altering the lyrical themes throughout the previous 3 works, Chuck Schuldiner also

experimented with the early death metal sound, adding more progressive elements. The music became more technical, melodic and complex, which also helped lay groundwork for progressive metal. What even is progressive metal? It is basically a genre which fuses aggressive music with high technical complexity, often incorporating

influences from classical or jazz music (A good example being Death's fourth studio album - *Human* (1991), which incorporated jazz fusion on bass). This was a shift towards a more sophisticated, melodic sound and polished songwriting compared to earlier, more raw death metal, while still maintaining “a death metal sound”.



The album cover does not have one, universal meaning, everybody can interpret it in different ways. This is the beautiful thing about the album as a whole, its complex symbolism requires the listener to reflect on their experiences and views, making the listening experience itself a lot more personal and unique. Some perceive the eye to be God, observing Adam and Eve and perhaps even judging them for their sins. Others perceive the hands to be the ones of our creator, the man and woman as our ability to be preserved as mortals and the eye to be the belief in what we cannot quite grasp. There are no

right or wrong ways of interpreting this artwork - interpretation will vary from one person to another, based on how they perceive the **symbols**. *Symbolic* is recognised for its lyrical focus on emotional and existential themes, as Schuldiner explored deeply personal, philosophical and religious topics, offering a different perspective on everyday struggles and uncertainties. The songs are a mere observation of life itself and are open to personal interpretation. While many view metal music as meaningless screaming and guitar riffs, *Symbolic*, and many other albums for that matter (such as *Bellum Regis* (2025) from the band Hate, which reflects upon human fixation on glory and wealth and how tragic the combination of power and religion can be), go way beyond that and prove that all of those “screams” are not just empty words - they contain meaningful messages, which may be relatable to many, able to be conveyed to those who will listen.

Metal has been known for its unforgivable honesty for decades, hence why some of the lyrics may be perceived as controversial. Schuldiner aimed to convey the message about many around us and perhaps even ourselves through his lyrics, without artificially adjusting reality. The controversiality that

comes with freedom of expression is truly coincidental and this freedom may be exactly what draws many into the metal genre itself.

"Crystal Mountain"

*"Shatter the myth
Don't cut yourself
On your words
against dreams made
of steel
Stronger than any faith
That inflicts pain and
fear, is that how it's done?
Twisting your eyes to
perceive
all that you want
To assume from ignorance
Inflicting wounds with
your cross-turned dagger"*

However controversial the lyrics may seem at first glance, Chuck Schuldiner's intentions were far from condemning religion itself. The song was inspired by his neighbours, which Chuck had expressed in an interview for Czech Spark Magazine; *"They were fanatics of the community, they lived on their own, so to speak, "Crystal Mountain," [...] They condemned and criticized everything around them."* According to the author, this song is aimed at christians, who feel superior to others, hurt them and then go to church to beg God for

forgiveness. *"People often use religion for hurting others when they want"*. The song *"Perennial Quest"* may be my personal favourite on this album, both lyrically and musically. Its lyrics are highly philosophical, offering a perspective on the never-ending search for happiness and fulfillment. Rather than offering easy answers, the song reflects upon uncertainty, desire and constant questioning, which play a key role in the human experience. Paired with highly complex and intense instrumentation, *"Perennial Quest"* invites us to reflect on our own pursuit of happiness and the meaning of this quest, making it a powerful and thought-provoking piece. *"Perennial Quest"*

*"From rivers of sorrow
To oceans deep with hope
I have travelled them
Now, there is no turning
back
The limit, the sky
I ask my questions Why?
What today?
When tomorrow?"*

In our pursuit of happiness, we may meet barriers along the way; jealousy, public opinions, deceit - the goal is to overcome them and not turn back, because that would mean turning our own back on ourselves.

Symbolic is simply one of those albums that have a great impact on the listener; most of the times greater than one could imagine.

Metal music has been a huge part of my life for the past 5 years or so, it is who I am. It has shaped me in so many ways; it played a huge part in establishing values, my appearance and who I strive to be as a human being. I have never been the best at maths and I remember my dad putting liking metal in this way; *"Metal is like maths; not everybody will understand at first but after some time it just clicks."* and I honestly could not agree more - especially when it comes to heavier subgenres.

I always wonder what else would we hear from Chuck Schuldiner if he had not passed away in 2001, nevertheless Death will always be one of the bands with its own legacy - a band that has nothing more to prove, as they have proven to be truly revolutionary. May Chuck Schuldiner rest in peace — he will never be forgotten, and his legacy will live on, guiding young metalheads *along the paths they walk and choose to make their own.*

- prepared by Hanna Burdzy

Charm, coal and cobblestones: the tale of three schools united by Irish literature

On a chilly autumn evening, after an exhausting journey, our guests from La Reunión and the Netherlands were welcomed in Gliwice by Mrs Beata Krupiczka and Mrs Sonia Świtońska, along with some of the students. On the late evening of 12 October 2025, the last part of our journey together as explorers of Irish literature, began.

On the first day we held a welcoming reception for the newcomers, with both students and teachers providing a wide variety of homemade treats and some drinks. As we indulged ourselves in the snacks, we began breaking the ice and socialising with the guests and got familiarised with the plan for the week. Then, our students delivered presentations not only about Poland, but also introduced Silesian culture, mentioning the importance of coal and dishes such as kluski śląskie, and local figures such as Szczepan Twardoch. Subsequently, we were given an insight into Reunionese history and ethnic diversity, as well as their lively dance music; we also discovered more about Dutch windmills, dikes and our guests' high school through the presentations. Although our Monday workshops were nearing an end, the string of introductions was



not. After lunch, it was time for a stroll through the town with an audioguide, starting from the old post office and finishing in the courtyard of Willa Caro. At the end of the day, we took our new friends to a pizzeria on the main square, where we enjoyed a lovely time together.

Our visit to Cracow on Tuesday seems to have been one of the most impactful parts of the exchange as it would form the basis of our final task. Although wind, rain, and grey, clouded skies accompanied us as we explored the city, our sheer happiness at being there together shone like the sun itself. We strolled through the courtyard of Wawel Castle and waited impatiently for the dragon statue to breathe fire, which we then watched in awe. Moreover, en route to the main square, we stopped at places such as the Church of Saint Peter and Paul, Bazylika

Mariańska and later Sukiennice, where some of our students acted as guides. Eventually, we were free to rummage around the area on our own, though we had been given three quests. The first was to upload a picture of a souvenir we have bought to Classroom; the second was to find the menu of the Wierzynek restaurant and post our preferences for a three-course meal; and the third and final task was to make and upload a video of themes and motifs we associated with the city. When we all assembled in the main square near Sukiennice after a few hours of individual exploration, everyone was slightly tired, albeit very content with the whole adventure.



Feeling inspired and invigorated with a new spirit after our wonderful trip to Cracow, we began our proper journey with James Joyce. After Mrs Krupiczka, our English literature

teacher, gave us a brief introduction to Joyce's *Ulysses*, we wrote our first poems inspired by the stream of consciousness technique, with the help of Mr Declan Gorman. This non-linear narrative mimics the unfiltered flow of ideas and often disregards grammar, instead focusing on subjective experience and psychological realism. Following this first poetry session, we were treated to a visit from Paeder de Burca, a fellow Irish theatre actor who lives in Gliwice. He acquainted us with the workings of theatre and the life of an actor and play director, even sharing his own reflections on Joyce. Afterwards, Mr Gorman guided us in creating a character by writing some information about them on a piece of paper, then passing our paper to the person on the left, so that we could unleash our creativity.

On Thursday, Mr Gorman introduced us to our final task: to write a poem about our vision of Kraków, starting with the last eight words of Molly Bloom's soliloquy: (...) *and yes I said yes I will Yes*. It was a challenging yet pleasant task that essentially took up most of the day, as we spent time sharing our work with each other once we had finished.

Eventually, our dedication culminated on Friday, when we performed our poems to Class 2c. We were divided into five groups (acts) based on the time of the day featured in our poems: morning, noon, afternoon, evening and night. In the interims between

groups, the teachers read their compositions, then the Cracow film was shown, and nearing the end one of our students sang the beautiful, touching Polish song *Niech żyje bal*. Then, once the evening group had finished, we all raised our hands as if reaching for our dreams and slowly began waving them in the air. We shushed softly as the four lines from the Polish song were gently repeated and a student from each group said “Goodnight, Cracow”. As the last person had uttered these words, we all fell silent.

Although it may seem as if we were overrun with work during the last three days of our exchange, this was not the case at all. On Wednesday, after the workshops, most of our guests joined us to explore Queen Louise’s Adith in Zabrze, which was made possible thanks to the initiative of our students. On Thursday our drama teacher, Mrs Justyna Sieradzka-Bizoń, taught us and our visitors how to dance the oberek. Afterwards we danced belgijka and the polonez, and the Dutch also introduced their most popular party dance to us. Yet it were the Reunionese students that utmostly managed to impress everyone with their traditional wedding dance and maloya. We topped the penultimate day off with a wonderful visit to the radio station in Gliwice.

Amidst all the joy that we and our guests experienced, a shadow was creeping up on us, the looming realisation that we might never see each other again. Hence, we spent our last moments together exchanging contacts and writing heartfelt notes in each other’s notebooks. Next morning, we stood on the train station crying our eyes out and feeling the invisible hand squeezing our hearts, gripping tighter and tighter, as we refused to accept that each passing second brought us closer to the agonising goodbyes. Then, as the train departed, moving farther and farther away from us, we ran after it in a hopeless, tragicomic attempt to halt it. We truly hope that our guests



enjoyed their time in Poland, finding it as magical and unforgettable as we did, and we hope to see them again one lucky day.

What the **** is żurek? - homo viator feels homesick

Notes on my life in Switzerland as a former MYP student from Poland

Natalia Brzozowska

Żurek. The first thing that came to my mind one October morning, as I woke up to the stunning view of the Swiss Alps. I've been living and studying in Leysin (read: [Lezà], not „Liśin” as I have heard a few times) since the end of August, thanks to the scholarship I won last year.

Before, I was walking the corridors of Jedyńska as an IB student from class F. Maybe, if you are in MYP, you are using my Personal Project as an example. But then the Cambridge cLASs committee looked at my amazing make-up and thought “Wow, she is so cool, let's give her the comfiest ski boots and let her ski in the Swiss Alps every Tuesday and Thursday, or even on the weekend if she wants to!” I might be boasting just a tiny bit about that to everybody. Though, more seriously, I was never an outstanding student academically. I've always had good grades, but that was all. Fortunately, what they cared about was everything around school. I'm constantly somewhere doing something, which I probably don't like, because I have this whole philosophy of stepping out of my comfort zone. I also have strong opinions on the use of AI in art and I bet that no other candidate had 346 bottles of wine in their wardrobe. Some kind of combination of all of those stuff made me the perfect fit for the school that wanted to give me cave diving and other, more academic opportunities

But coming back to the most important thing - żurek. What's also worth mentioning, I stopped eating meat, since I got my Swiss visa, and I didn't miss it at all. So the fact that I couldn't focus on anything, simply because I kept thinking about Polish sausage, felt unusual. What do you do when a thought like that pops into your head? You brag about it to a friend, duh.

But how to explain this sudden craving for soup based on fermented rye flour served with sausage, potatoes and eggs to an Indian girl that has never eaten meat in her life? To say the least, I wasn't quite understood, but Pragya tried to empathise with me as much as she could. She is an amazing friend, but it's not the same as my Polish friends sending me selfies with żurek after skiing.

That's another interesting thing. I have never ever missed anyone in my life. I loved going on camps and dreamt of living alone (which turned to living with two roommates) since I was little. I wasn't worried about feeling homesick, when leaving for Switzerland, as I never felt Polish either. And a month and a half later I find myself crying because I miss my friends, craving traditional Polish food, and listening to Polish music. Republika makes me transcend, no matter where I am in the world, yet I have never listened to this much Polish music as I do in Leysin. Then, my dad sending

me cute photos of my cute dog wasn't helpful either. What happened to Nataalka - "Little Miss Independent" that doesn't miss anyone?

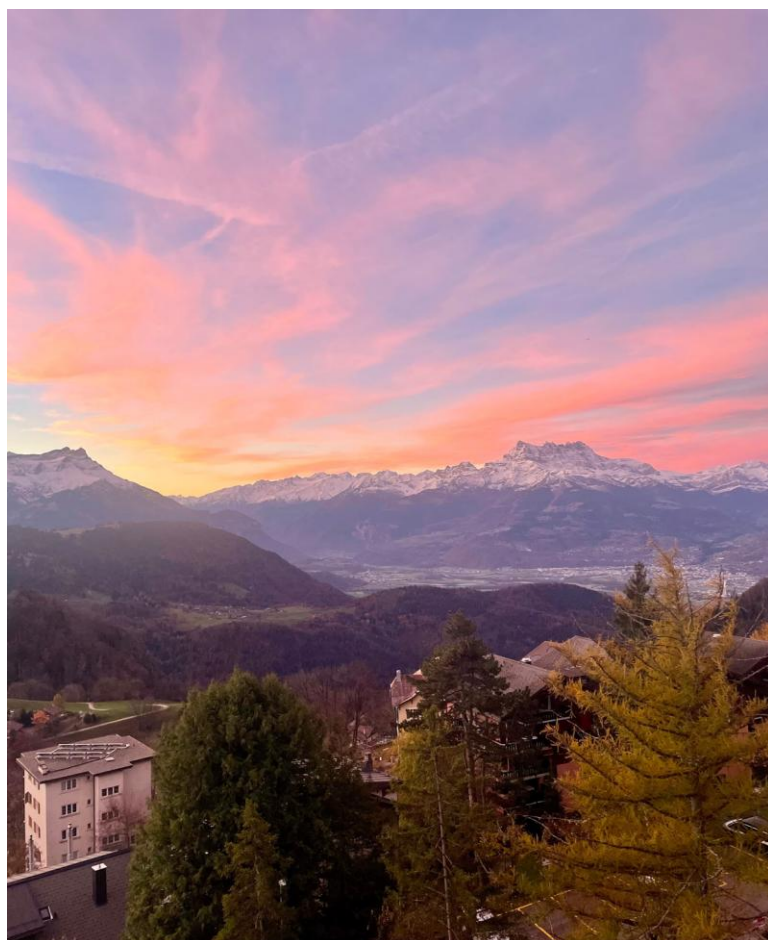
What helps me keep in touch with my platonic soulmates from Gliwice are video vlogs. I really wanted to keep as much of my Swiss experience as possible, so from every week abroad I make a video journal (the "N" in my name stands for nostalgia). They became part of my friends' weekly routines. When I came back to Poland for Christmas break, three people were asking me, where the last vlog was, as if me telling them about my exams personally wasn't enough. Then, imagine that, they have the audacity to tell me "Ugh, Natalia, go back to Switzerland, because I miss your vlogs"! Well, here I am, sitting on my 3-hour layover in Frankfurt, waiting for the vlog to upload and writing about my homesickness struggles. My life really seems like a TV series, and as it turns out - an addictive one.



Swiss Diaries #20 - Tydzień sukcesów (1-8.12.2025)



Swiss Diaries #19 - Śnieg, makijaże i inne side questy (23-30.11.2025)





Another thing about me is that I absolutely hate packing. When I go to hell for writing too many love poems for girls, I will be forced to pack over and over again for eternity as my punishment. I always postpone it until the very last moment. How shocked was I, when two days before my departure for Christmas break I was already mostly packed. Usually I wouldn't even look at my suitcase till the departure day. Who am I anymore? Suddenly my worst nightmare wasn't a nightmare at all.

Studying and living in Leysin is amazing. It gave me space to spread my wings, which I didn't even realise I needed. In some way, I had to grow up much faster. I've also changed a lot in the past few months. And to be completely honest with you - it's not easy, which my school counselor knows really well. If you want to see all the happy moments (and there is a ton of them) just find my social media or ask me about it, but that's not the reality all the time. That's why I am so grateful to have both amazing friends listening to me talking about some Polish soups in Leysin and waiting for me in Gliwice and answering all of my calls, when I am crashing out and I can only explain myself in Polish.

What about the sudden need to eat żurek? Well, when I visited Poland I bought a pack of instant żurek in Żabka and I keep it in my crisis drawer next to letters from my friends for when the dark hour comes. But as Szymborska said "Czemu ty się, zła godzino, /z niepotrzebnym mieszasz lękiem? /Jesteś - a więc musisz minąć. /Miniesz - a więc to jest piękne."



Adjusting to university life in China

Zofia Maruszewska, a first-year student at Duke Kunshan University in Kunshan, China. Graduated from LO1 in April 2025, looking to graduate from Duke in 2029 with a degree in Economics.

University will shift your interests, and that's okay. Despite writing my Matura exams in Geography and Math, I wasn't at all drawn to Earth Science classes here, choosing American History and Comparative Economic History instead. The statistics knowledge covered in math class at LO1 was short and fun, but once I started learning university-level statistics, full of coding and multiple linear models, I realized just how much more demanding university classes are.



Nanjing skyline and city views

This isn't to say what you learn in high school doesn't come in handy - in fact, there were multiple situations in which the Polish curriculum shone through, as the specific knowledge of regional, national, and broader European issues can still stand out among peers from all over the world. Some topics considered common knowledge in Poland are often unheard of in other countries, just as some knowledge that is considered elementary in China was completely unknown to me. On multiple occasions, I would be surprised by things my Chinese classmates considered trivial, and a positive attitude towards learning was absolutely necessary at every step of this journey. This doesn't just apply to academics, but also to everyday things such as taking the metro or transferring money. Only then can you take full advantage of what such a journey offers. Having lived in China for a little over half a year now, I wouldn't change it for anything in the world. Everything I've learned, all the wonderful people I've met, have made the pain and discomfort of adjusting to life in a new country completely worth it. And trust me, there's been quite a bit of discomfort.



Yuyuan Gardens, Shanghai

Did you know airports could close? I didn't, not until I arrived at Shanghai Hongqiao Airport at three in the morning (three hours before my flight to Xi'an departed, so not too early), only to find the terminal didn't open until four. Having had a stressful night before, with all the worrying and packing and making sure I've got everything I need, I just couldn't help but laugh at the absurdity of the situation. Even worse, my taxi driver tried warning me that I'd be there too early, but I couldn't understand him, much like he barely understood my broken Chinese. All in all, I spent a wonderful hour outside the airport terminal, pacing back and forth, as more and more travellers (mostly foreigners like me) came to the entrance, saw the sign, and sat down defeated on the pavement.



The Terracotta Warriors, Xi'an

The hour I spent on the pavement was not the most memorable part of my Xi'an trip, nor was it the most comfortable, but I am nonetheless grateful for it. Especially living abroad, but more broadly in university as well, you'll learn a lot of self-sufficiency. You'll learn to eat lunch alone again, then you'll meet new people and start feeling right at home in a place that you've just barely gotten to know. You'll walk the streets of a city you've never been to before, where you don't know anyone, can't read the street signs, and don't speak the local language, and you'll feel perfectly confident, because you've done this so many times before.

Endowidzialna - Raising Awareness about Endometriosis

Lena Bielińska, Zuzanna Staszal, Michalina Lempart, Maja Ekiert

Hi! We are the Endowidzialna team - Lena, Zuzia, Michalina and Maja. As part of the Zwolnieni z Teorii competition, we, a group of students from this high school, are running a **social campaign on endometriosis**, a disease that is frequently underestimated. We decided to focus on this issue because it is not widely acknowledged, despite the fact that, according to research done by the University of Warsaw, it affects as many as 1 in 10 Polish women. **Endometriosis** is a chronic disease involving the appearance of endometrial tissue outside the uterus. Many of its symptoms resemble those associated with **menstruation**, such as severe menstrual and pelvic pain. This, combined with the **misogyny** present in the healthcare system, has led to patients with endometriosis being **disregarded** in the past and continues to do so today.

Our campaign's main activities focus on **sharing knowledge** about endometriosis on social media, where we publish educational materials. We also conducted a **survey** among our school community, including students and staff, about the level of their knowledge about this disease. Most people correctly associated the condition with the endometrium and knew the age range of those affected. Interestingly, however, when asked about the estimated time of **diagnosis**, many respondents guessed between 1–2 years, whereas it actually takes an average of **4–7 years** - due to the symptoms being frequently brushed off as "exaggerated" or "normal".

We are also planning to organise **workshops** and a meeting with a gynaecologist. During these sessions, participants will be able to obtain reliable information, ask questions, and find out when it is advisable to see a specialist. These will, of course, take place at our school, so **follow us** on social media for updates. :)



