



BURSA ULUDAĞ ÜNİVERSİTESİ  
SCHOOL OF FOREIGN LANGUAGES



# BLACKBOARD

*A school magazine by the students for the students*



SPRING 2026



## **Atatürk's Address to Youth**

*Oh Turkish Youth!*

*Your first duty is to forever preserve and defend Turkish independence and the Turkish Republic.*

*This is the only foundation of your existence and future. This foundation is your most precious treasure. Even in the future, there will be malevolent people, at home and abroad, who will wish to deprive you of this treasure. If one day you have to defend your independence and your Republic, you will not tarry to weigh the possibilities and circumstances before taking up your duty! These possibilities and circumstances may turn out to be extremely unfavorable. The enemies making an attempt against your independence and your republic may have behind them a victory unprecedented in the annals of the world. It may come to pass that, by violence and ruse, all fortresses of your beloved homeland be occupied, all its shipyards captured, all its armies dispersed, and every part of the country invaded. And what is sadder and graver than all these circumstances is that the people in power inside the country may be negligent, misguided, and even in treachery. These people in power may even align their personal interests to the political designs of the invaders. The nation may be ruined and exhausted in impoverishment.*

*Oh, Child of Turkey's future!*

*Even in these circumstances it is your duty to save Turkish independence and the Turkish Republic!*

*The strength you need is within the noble blood in your veins!*

## **From the Editorial Team**

As we proudly present this new issue of our school magazine, we are once again reminded of the creativity, dedication, and diverse voices that make our school community so special. This magazine is more than a collection of articles; it is a reflection of our students' thoughts, experiences, talents, and perspectives brought together through a collaborative effort.

Throughout this process, our students worked enthusiastically to create original pieces, while our instructors guided and supported them in developing their ideas. Our editorial team carefully reviewed and organized each contribution to shape this issue into its final form. The result is a meaningful example of cooperation, creativity, and shared effort within Bursa Uludağ University School of Foreign Languages.

In this issue, you will find articles from different languages and perspectives, covering a wide range of topics inspired by personal experiences, culture, education, daily life, and creativity. Each piece reflects not only our students' language skills, but also their ability to think critically, express themselves confidently, and engage with the world around them.

We would also like to extend our special thanks to our student Azra Tenekeci for designing the cover of this issue and contributing her creativity and artistic vision to our magazine.

Finally, we would like to thank all the students, instructors, editors, and contributors who made this publication possible. We hope this issue inspires you, offers an enjoyable reading experience, and further strengthens the sense of community we share.

Happy reading!

**Students' Activities Unit**

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## THE POWER OF MOVIE SOUNDTRACKS

Nowadays, in theaters and on online platforms, countless movies and series come and go. Every film or TV show has its own soundtrack, but some soundtracks become more than just background music — they become the soul and identity of the story itself. Sometimes, these soundtracks become so iconic that they even outshine the movies or series they were originally written for.

One of the biggest reasons for this is the emotional power of music. A single melody can make a scene unforgettable and create a stronger connection with the audience. In many cases, people may forget the plot of a movie after a few years, but they still remember its soundtrack. For example, the music of *Interstellar*, *Star Wars*, *Game of Thrones*, and *Harry Potter* can immediately remind people of specific emotions, memories, and scenes within seconds.

In addition, film soundtracks are no longer limited to the movies they belong to. Today, they are shared on social media, used in edits and videos, and listened to independently by millions of people. As a result, some soundtracks become part of popular culture and continue to live on long after the movie leaves theaters.

Sometimes, people may dislike a movie because of its weak plot, but its soundtrack can still outshine the movie itself and become timeless. For example, last year's *F1: The Movie* received mixed reactions from audiences, yet its sound design and music were highly praised. In fact, the movie even won an Oscar for Best Sound. This proves that even if a film is not successful in every aspect, its soundtrack can still leave a powerful and unforgettable impression on people. Therefore, music is just as important as the plot and the actors in a movie.

In the end, music is one of the most powerful elements of cinema. A great soundtrack not only supports a story but also gives the story a lasting identity. That is why some film music becomes timeless and unforgettable, even beyond the screen itself.

**Sena Saritaş M5-4**

## ANTHONY BOURDAIN: UNDERSTANDING THE WORLD BY FOOD

Anthony Bourdain was not just a chef, he was someone who changed the way people think about food, travel, and culture. For him, a journey was not about collecting photos or visiting famous places. It was about meeting people, listening to their stories, and understanding how they live. As he once said, "Context and memory play powerful roles in all the truly great meals in one's life". Also he said, "The journey is part of the experience". These ideas shaped his entire journey.

For Bourdain, travel was not about luxury hotels or famous landmarks. Instead, he believed in exploring real life- the streets, local markets, and small family restaurants. Bourdain preferred authenticity. He walked through busy streets, sat at small tables and ate food made by people living their every day lives. He believed that the best way to understand a place was not through guidebooks, but through its kitchen. In his words, "Travel isn't always pretty. It isn't always comfortable. But it changes you".



In his world, eating was never only about taste. Every dish he tried told a story about history, migration, struggle, or celebration. As he said, "Food is everything we are. It's an extension of nationalist feeling, ethnic feeling, your personal history. He respected every culture he visited. He never treated places as "exotic" or people as "others". Instead, he listened and learned. Whether he was eating street food in Vietnam or sharing a meal in Lebanon, he highlighted human connection above everything else. He believed that sharing food could break down barriers that words sometimes cannot.

He often encouraged people to take risk, especially when traveling or trying new things. One of his most famous ideas was that comfort can limit experience. As he said, "If I am advocate for anything, it is to move. As far as you can, as much as you can". Through this mindset, he inspired people to explore beyond what is familiar.

In the end, Anthony Bourdain left behind more than travel shows. He left a way of seeing the world. His work reminds us that every meal has a story, every place has meaning, and every person has something to teach us, if we are willing to listen.

**Şevval Şentürk M4-19**

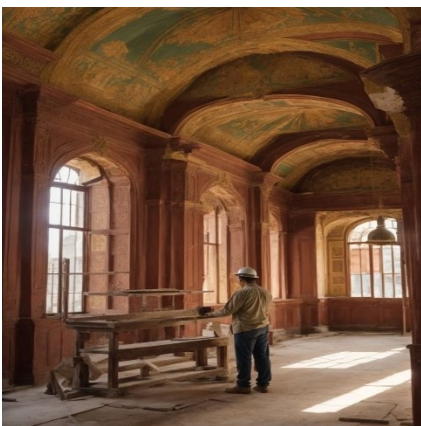
## ANCIENT STRUCTURES, NEW STORIES

Türkiye is a country, rich in history, home to many ancient structures that reflect different civilizations. From the beauty of Hagia Sophia and the grandeur of Topkapı Palace to the elegance of Selimiye Mosque, these buildings tell powerful stories from the past. Other important landmarks such as Ephesus, Cappadocia and Ani ruins also show the deep historical roots of the country. In cities like Bursa, places such as Green Mosque, Grand Mosque of Bursa and Cumalıkızık Village reflect the rich Ottoman heritage.



However, many of these historic structures are at risk due to time, weather and human activities. This is why it is important to protect and restore them. Restoration helps keep their original beauty and meaning alive. By preserving these buildings, we are not only protecting history, but also passing it on to future generations.

Restoration is the process of repairing and protecting historic buildings while preserving their original design and character. It requires careful planning, detailed research and the use of suitable materials to stay true to the structures' history. Experts such as architects, historians and engineers often work together during this process.



In Türkiye, many important historical buildings have undergone careful restoration. For example, Hagia Sophia has been restored several times throughout history. During these restorations, special attention was given to protecting its mosaics, large dome and structural stability, especially after earthquakes.

Another example is Topkapı Palace, where restoration work has focused on preserving delicate interior decorations such as tiles, Calligraphy and wooden details. Experts have used traditional techniques to maintain its original Ottoman style.



In Ephesus, restoration projects have focused on stabilizing ancient ruins like the library of Celsus. Original stones were reused as much as possible and missing parts were completed in a way that clearly distinguishes old from new.

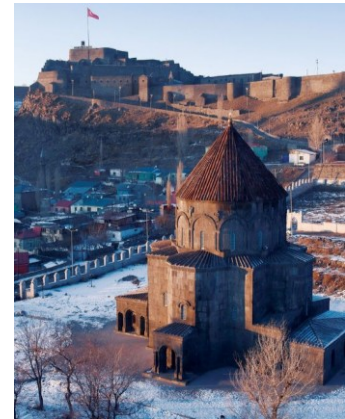
Similarly, in Cappadocia restoration work has aimed to protect rock-cut churches and cave houses. Special care is taken to prevent erosion while preserving the natural structure of the rock.

Finally, Ani Ruins have been subject to restoration efforts to strengthen damaged walls and protect the site from weather conditions. These projects require international cooperation and careful planning due to the fragile condition of the ruins.



However, restoration is not always perfect. Some projects face serious challenges. Incorrect restoration methods can damage the original structure instead of protecting it. The use of modern or unsuitable materials may also reduce the historical value of a building. In addition, limited budgets can slow down restoration work while heavy tourism can put extra pressure on these fragile sites. For these reasons, restoration must be done carefully and responsibly to truly protect cultural heritage.

In Türkiye, some restoration projects have faced criticism due to incorrect methods or decisions. For example, parts of Ani Ruins have been restored using modern materials that do not fully match the original structure. Similarly, restoration work in Cappadocia has sometimes been questioned because of tourism-related construction that may harm the natural and historical environment. In Istanbul, changes made around Hagia Sophia have also led to debates about how to balance preservation and modern use. In addition, limited funding can delay important projects while heavy tourism in popular sites such as Ephesus can cause physical damage over time. These examples show that restoration is a complex process that requires careful decisions and long-term planning.



Türkiye's historic buildings are not only architectural treasures but also important symbols of different religions, cultures and civilizations that have shaped the country's identity. From mosques and palaces to ancient cities and churches, these structures represent a shared human heritage. Protecting and restoring them is essential, not only to preserve the past but also to respect the diversity and history they carry. By valuing these monuments, we ensure that future generations can continue to learn from and appreciate this rich cultural legacy.

**Ceylin Serbes M4-25**

## A MAN WITHOUT A COUNTRY: THE TERMINAL



Imagine living in an airport for months because your country "disappeared" while you were in the air! This is exactly what happens to Viktor Navorski in the movie *The Terminal*. Directed by Steven Spielberg and starring Tom Hanks, this film tells a very strange but true story. When Viktor arrives at New York's JFK Airport, he learns that his country has undergone a revolution. Suddenly, he has no valid passport and no home. He is not allowed to enter the city, so he starts living in the transit lounge. From sleeping on uncomfortable seats to making a living in the terminal, Viktor's life becomes a social experiment.

### Why Should You Watch This Movie?

You should watch this movie because it is both funny and emotional. First, Tom Hanks delivers a brilliant performance; you can truly feel his happiness and his sadness. Second, the movie shows us that we can find hope even in difficult situations. Viktor doesn't speak English at first, but he learns it and helps the people around him. Also, the secret of Viktor's "Planters Peanuts" can is very touching. If you want to see a story about patience and friendship, *The Terminal* is the perfect choice for you. It reminds us that "waiting" is also a part of life.

### My Thoughts and Feelings About the Film

For me, *The Terminal* is a comedy-drama that has so much life in it; a story yearning to be told about human nature, dreams, and sacrifices. The film moved me, made me angry and made me laugh, and gave me joy and hope. If you are reading this recommendation, you should definitely

watch this movie when you lose hope, when you are looking for a way out, or even when you just want a little break. I would like to conclude this review with this quote from the film:

“Ever feel like you are living in an airport?”

**Nermin Su Pancarođlu M4-11**

## THE FIRST MILE

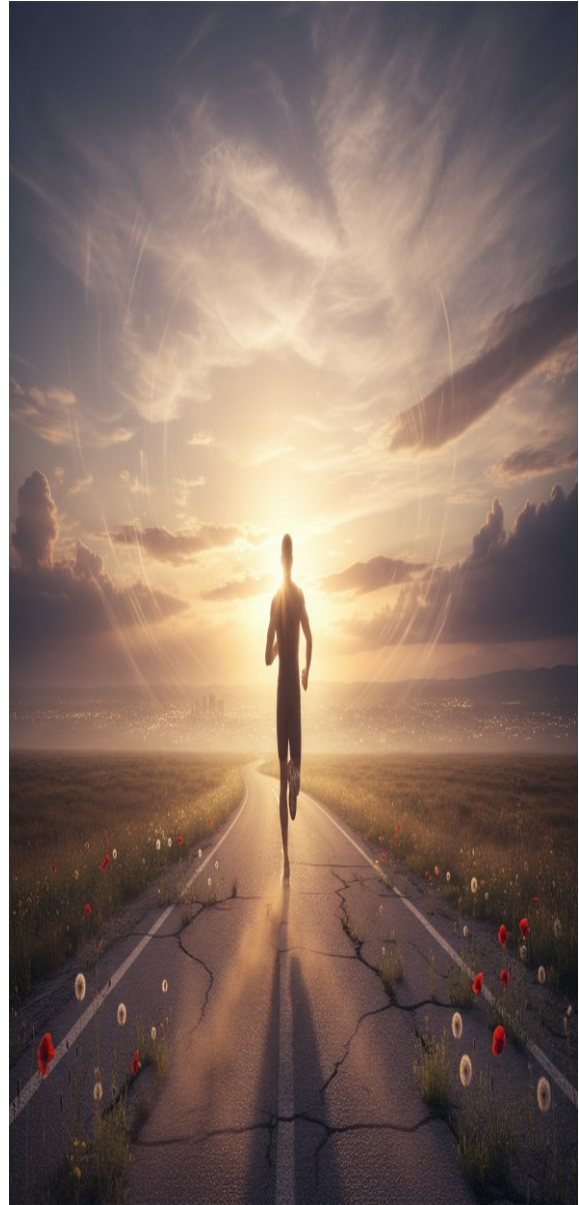
The sun climbs high, I climb it too,  
The sky looks old but still feels new.  
I fall sometimes — then break the ground,  
Life runs loud, but I run louder.

The roads are long, the days move fast,  
We fear small moments will not last.  
But every second leaves a sign,  
Like messy stars that still can shine.  
Life runs loud, but I run louder.

My shoes know dust, my heart knows fire,  
One walks the world, one climbs higher.  
I lose, I learn, I laugh, I rise,  
Like city lights in sleepless nights.  
Life runs loud, but I run louder.

Some dreams are late, some doors are closed,  
Some flowers bloom through broken roads.  
The rain may fall, the wind may fight,  
But storms can never steal my light.  
Life runs loud, but I run louder.

One day my name may fade away,  
Like footprints washed by waves of grey.  
But while I breathe, while sparks still fly,  
I'll live so hard the stars ask why.  
Life runs loud, but I run louder.



**Yusuf Demir M4-19**

## THE CULTURAL CHANGE IN TÜRKİYE

Have you ever thought that our culture and traditions have been changing without us even realizing it? Our daily habits no longer feel as familiar as they once did, as if something important has shifted. For instance, when you lie on the sofa and search for TV programs, they no longer feel the same as they used to. Today, many shows focus on crime, drug dealers, mafias, and many other strange or disturbing details. When you think back to your childhood, there were different kinds of series that aimed to develop your sense of humor and teach valuable lessons.

Furthermore, we used to play outside on the streets from morning until evening. The streets felt peaceful and safe. However, the majority of children today grow up inside their homes. They do not truly experience the streets, their atmosphere, or the games that were once played there.



As we know, time changes everything. It transforms traditions and culture as it transforms people. If I had to explain, I would express so: The development of technology and the increase of social media use have led to some behavioral changes. Technology continues to advance, and as it does, people often become more isolated than they were in the past. Some individuals even imitate others' personalities because they have not fully discovered themselves.

Before mobile phones and social media, people were more patient. For example, our parents used to write letters to each other and sometimes waited months for a response. Today, however, we often cannot wait even five minutes for someone to reply to our messages.

In conclusion, the dynamics of our culture are constantly changing, and these changes deeply affect our lives. In every century, our rules, rights, and social norms evolve according to the conditions of the time. However, these transformations we are experiencing today are different. They do not only affect our culture, but they also influence our habits, reactions, hobbies, tastes and nearly every aspect of our lives at a rapid pace. Time will ultimately reveal the full impact of these changes. for now, we can only wait and observe.

**Cem Deniz Erkoyuncu M4-7**

## BEYOND SOUND: A JOURNEY THROUGH FEELING MUSIC

### When was the last time you really felt the music?

Do we really listen to music, or do we just hear it?

I don't want to talk about the history of music or how many genres exist. In fact, while reading this, I would like you to turn on a music app in the background. My goal is to show the connection I have with music and maybe help you build your own.

We are going on a journey. A journey that slowly becomes heavier.



### Progressive music:

I want to start with my favorite genre.

Let's open *Camel – Lady Fantasy*. Don't be afraid of its length. Just let yourself fall into the solo.

In progressive music, the listener is as important as the music itself. Because it is very emotional, sometimes it is even debatable whether a song is progressive or not. Sometimes you listen to the same rhythm for minutes, and then suddenly it hits you. In

this way, it reminds me of life. You can find pieces of your own feelings in it.

*Pain of Salvation- Iter Impius*

Maybe the only rule of listening to prog is patience. Because this type of music exists to break your prejudices.

### Alternative music:

Another world that music creates for me is alternative music.

*Muse – Sunburn*

Compared to progressive music, it is more direct and simpler, however it still keeps a strong emotion. It feels darker and more introverted.

*Radiohead – Jigsaw Falling into Place*

This kind of music is not limited to one emotion. While listening, you can feel thoughtful or even withdrawn. That is why it feels more “real” and changeable to me.

Different genres don't just change sound; they change emotions.

Post-punk / Gothic rock:



*The Sisters of Mercy – Black Planet*

This genre is built on a darker and more atmospheric sound. Guitars and bass do not decorate the music; they create space. These songs are not for fast and surface-level listening. They are meant to be felt carefully and deeply. They often find you when you are already in a thoughtful or melancholic mood.

*She Past Away – Monoton.*

**Is metal nothing but screaming?**

Many people have prejudices about metal music. For some subgenres, these ideas might be understandable. But is metal only about that?

Most people still think of loud sounds, heavy guitars, and hard-to-understand vocals. But metal carries many different emotions.

**Classical metal:**

*Apocalyptica – Not Strong Enough*

This can be surprising for people who think metal is only about aggression. It shows that music is not only about power, but also about emotion.

For me, the problem is not the music itself, but how people judge it from outside without really listening.

**Nu metal:**

*Korn – Good God*

Metal does not have a single form. Over time, many different styles appeared, and nu metal is one of them.

It keeps the heaviness of metal but also mixes it with rap, alternative, and modern sounds. This shows how flexible metal can be.

*Limp Bizkit – N2 Gether Now*

Lastly, I want to talk about another genre because of different kinds of prejudice.

When people think about Asian music, they usually think only about K-pop or J-pop. But there is much more than that.

*Malice Mizer – Aegean*

*Gulu Gulu – Oyasumi*



**VKEI (Visual Kei):**

Visual kei is not only a music genre, but also a mix of visuals and emotions. Sometimes dark, sometimes theatrical creates a very intense atmosphere. It shows that music is not limited to what is popular.

These are the things that come to my mind when I think about feeling like music.

In this fast and chaotic life, we even forget how to listen to music. Maybe sometimes we just need to slow down and truly feel it. I hope I was able to break some prejudices and show you something new.

Stay tuned with music, and with what makes you feel! 🎧

**Gizem Türcan M4-9**

## THE TWO SIDES OF NATURE: A MOTHER-CHILD RELATIONSHIP



In nature, survival is not only about being strong; it is also about protection and love. For many animals, the bond between a mother and her baby is very important for life. This relationship does more than just provide food; it also teaches the baby how to live in this world. However, nature has different strategies for different species.

### **The Giants of Love: Elephants:**

Female elephants are one of the most emotional mothers in the world. When a baby elephant is born, the mother and the whole group (aunts and grandmothers) help take care of it. This is called "*collective mothering*." Thanks to this protection, the baby has been learning social skills for many years. In these groups, the bond is so strong that elephants can feel very sad when they lose a family member. Female elephants stay with their babies 24 hours a day to keep them safe from danger. Interestingly, other females in the group act like 'babysitters' to help the mother. This shows that in the world of elephants, no individual is alone; they grow up with a lot of support and care.



### **A Different Strategy: Sea Turtles**

On the other hand, not all animals stay with their babies. Some species choose a different way to survive. For example, sea turtles do not stay with their young. The mother lays her eggs on the beach and goes back to the sea. When babies hatch, they are completely alone. They must run to the ocean quickly to stay alive.

### **Why Are They Different?**

By and large, nature offers two different ways of survival:

- Mammals (like Elephants): They have only a few babies, so they give them a lot of time, energy, and love to make sure they survive.
- Reptiles (like Turtles): They lay many eggs, and although many do not survive, the large number increases the chance that some will continue the species.

To conclude, nature shows us that every living being has its own way of surviving. Some babies hold their mother's trunk, while others run alone toward the sea. Both strategies are part of the amazing balance and diversity of life in our world.

**Gözde Yılmaz M4-9**

## NATURAL DISASTERS

### What is a natural disaster?

Natural disasters are sudden and powerful events that occur naturally, without human control. They are caused by changes in the Earth's surface, weather conditions, or ocean movements. These disasters can cause serious damage to people, animals, and the environment.

### Common Types and Causes:

#### Earthquakes:

Earthquakes happen when tectonic plates beneath the Earth's surface move suddenly. This movement releases energy and causes the ground to shake. Example: One of the most devastating examples is the **2023 Kahramanmaraş earthquakes**, which affected many cities in southeastern Türkiye and caused widespread destruction and loss of life. This event showed the importance of earthquake-resistant buildings and emergency preparedness.

#### Floods:

Floods occur when heavy rain falls for a long time or when rivers overflow. They can destroy homes, roads, and farmland.

*Example:* The 2022 floods in Pakistan affected millions of people.

#### Wildfires:

Wildfires often start during hot and dry weather. Strong winds help the fire spread quickly through forests and grasslands.

*Example:* The Australian bushfires in 2019–2020 burned millions of hectares of land.

#### Tsunamis:

Tsunamis are huge sea waves caused by underwater earthquakes or volcanic eruptions. They can travel quickly and flood coastal areas.

*Example:* The 2004 Indian Ocean tsunami affected countries like Indonesia, Thailand, and Sri Lanka.

#### Hurricanes / Cyclones / Typhoons:

These are powerful storms with strong winds and heavy rain that form over warm oceans.

*Example:* Hurricane Katrina in 2005 caused severe damage in the United States.

#### Droughts:

Droughts are long periods without enough rainfall, leading to water shortages and crop failure.

*Example:* Droughts in parts of Africa have caused serious food crises.



**Landslides:**

Landslides occur when rocks, soil, or mud slide down slopes, often after heavy rain or earthquakes.

*Example:* Landslides in Nepal frequently affect mountain villages.

**How to Stay Safe and Take Precautions:**

Although natural disasters cannot always be prevented, people can take many precautions to reduce danger and save lives:

1. Know the risks: Learn which disasters are common in your area.
2. Create an emergency plan: Make sure your family knows evacuation routes and meeting points.
3. Prepare an emergency kit: Include water, food, medicine, flashlights, batteries, important documents, and first-aid supplies.
4. Stay informed: Follow weather forecasts, government alerts, and emergency warnings.
5. Practice safety drills: Schools and families should regularly practice earthquake, fire, or evacuation drills.
6. Build safely: Strong buildings, flood barriers, and fire-resistant materials can reduce damage.
7. Protect nature: Planting trees, protecting forests, and reducing climate change can lower some disaster risks.
8. Avoid dangerous areas: Do not build homes near flood zones, unstable slopes, or active volcanoes.
9. Keep communication tools ready: Have mobile phones, radios, or emergency contacts available.
10. Help your community: Supporting neighbours and local emergency teams improves safety for everyone.

Overall, natural disasters show us both the beauty and power of nature. While they can cause great destruction, proper education, preparation, and precautions can save lives. By understanding these disasters and learning how to respond, we can better protect ourselves, our communities, and future generations. Being prepared is one of the strongest defences against nature's challenges.

**Sena Bariş M4-8**

## TRAVEL TRENDS OF THE NEW GENERATION

Travel habits have changed in recent years, especially among young people. Today's travellers are more interested in experiences than in luxury. Instead of staying in expensive hotels, many young tourists prefer affordable hostels, local guesthouses, or short-term rentals. Staying in nature has also become very popular nowadays. People who love nature often have a caravan; they travel everywhere without accommodation costs. There are many places around the world to visit; however, some places are more famous than others.



Top international visitor destination is **Bangkok.**

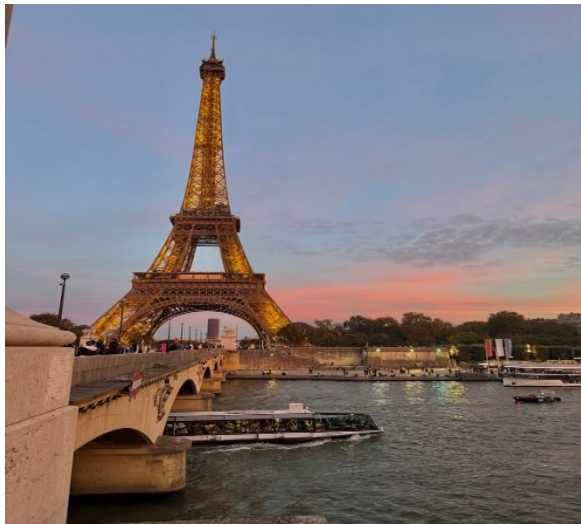


Popular for rich history and bridge between Europe and Asia is **Istanbul.**



Top European city for culture and history is **London.**

A premier city for food, culture, and innovation is **Tokyo**.



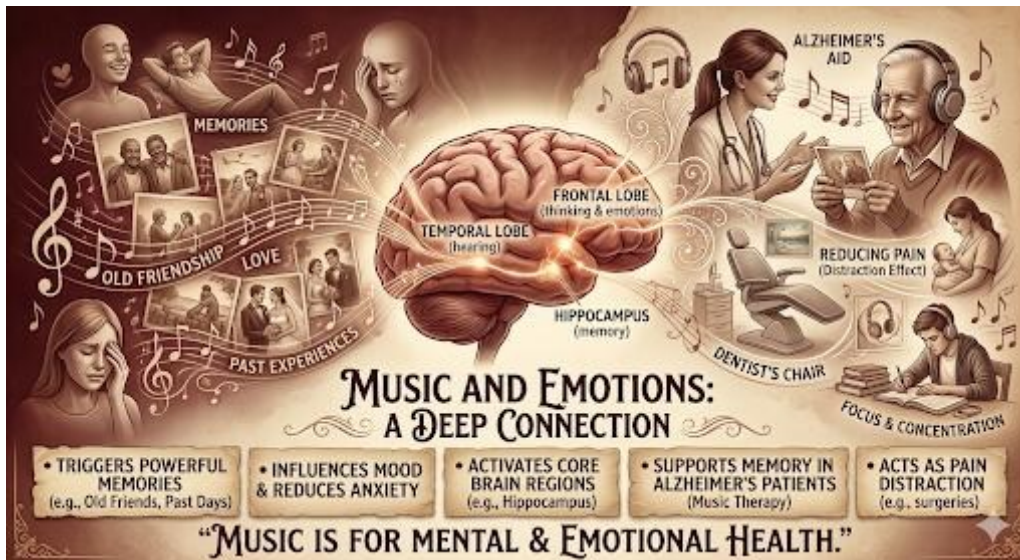
Renowned for its art, romance, and landmarks in **Paris**.

Another important trend is sustainable tourism. Young travellers are becoming more environmentally conscious and try to reduce waste, support local businesses, and use public transportation whenever possible.

Technology has also made traveling easier than ever. Mobile apps help people book flights, find restaurants, and navigate unfamiliar cities quickly. When we go somewhere we don't know, we can find every location using apps or Google Maps.

In conclusion, the new generation sees travel not only as a holiday but also as a way to learn, explore cultures, and create unforgettable memories.

**Merve Yüksel M4-19**

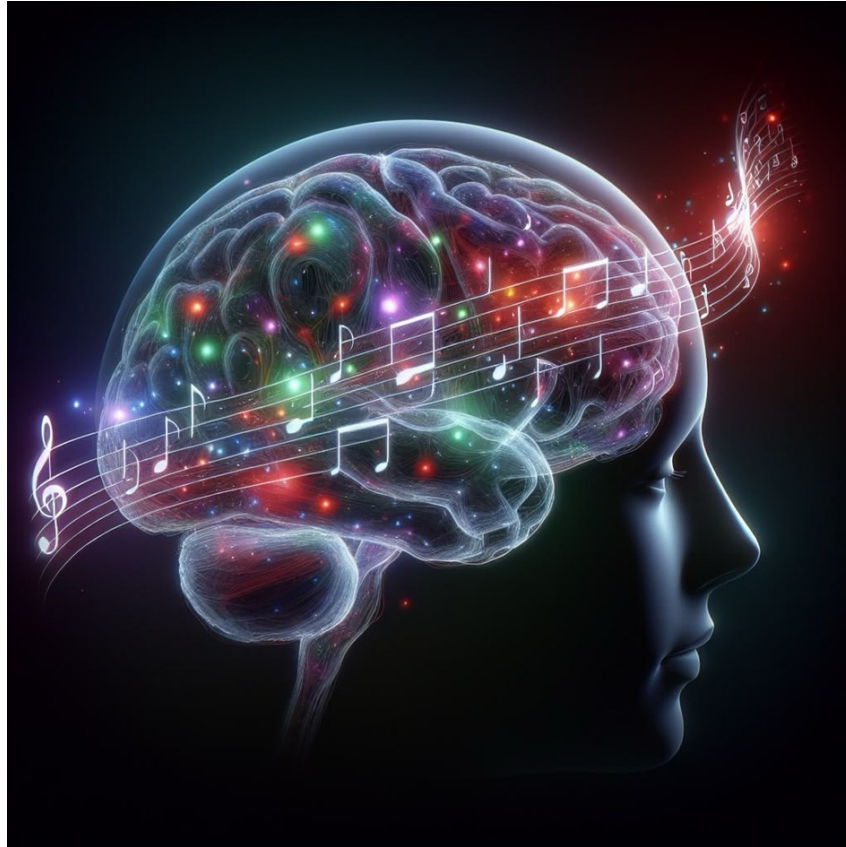


## MUSIC AND EMOTIONS

Music is an important part of our daily life. We listen to music when we are happy, sad, or tired. Sometimes, a song can change our mood in a few seconds. In addition, music is everywhere in our lives, for example, in shops, cars, and social media. However, why does music affect our feelings so much? In this article, I will talk about the connection between music and emotions. I will also explain how music can influence our thoughts and daily activities.

Music can change our mood very quickly. For instance, when we are in a bad situation, music can lift our mood and help us feel more relaxed and confident. For example, if someone has a stressful day, listening to their favourite song can help them feel better. According to one study with 80 participants, people who listened to music felt less sad. They also said that music helped them forget their problems for a short time. Another experiment with 26 people showed that faster music can increase positive emotions. In addition, slow music can help people calm down and feel peaceful. These results show that music can really change our mood. Because of this, many people use music in their daily routine to feel better and more motivated.

On the other hand, music can sometimes have a negative effect on us. Sometimes, even when we feel happy, a song can suddenly change our mood. For example, we may hear a song that reminds us of a past memory, such as an old friendship, love, or a special day. In some cases, these memories can be very emotional and strong. Because of this, we can start to feel upset or emotional. Since music is strongly connected to our memories, this can happen. Also, some songs are connected to specific people or places in our lives. As a result, one song can change how we feel. Therefore, music does not necessarily make us feel down; it may simply bring old memories to our mind. In addition, people sometimes choose sad music when they already feel sad, and this can make their feelings stronger.



Music also activates different brain areas, including the temporal lobe for hearing, the frontal lobe for thinking and emotions, and the hippocampus for memory. That is why music can affect our mood and help us remember past experiences. Moreover, scientists say that music can improve concentration and focus, especially when we study or work. There have been approaches using music to help people with memory loss, especially in conditions like Alzheimer’s disease. This method, often called music therapy, has its roots in earlier periods but became more structured in the 20th century. In addition, music therapy is used to reduce stress and anxiety in many patients.

In addition, some studies show that music can help reduce pain because it distracts the brain. The brain tries to focus on both the music and the pain at the same time. Although music does not stop the pain, it can greatly reduce the perception of it. Therefore, some hospitals use music to help patients feel calmer and more comfortable. It is especially used during dental treatments, surgeries, and childbirth. Calm music and music that patients like are used because they can have a strong effect. This is called the “distraction effect.” The idea is that familiar songs can stimulate parts of the brain linked to emotions and long-term memories, helping patients recall past experiences or improve their mood. For example, some patients can remember song lyrics even if they forget daily information. While it is not a cure, music has been shown to support memory retrieval and emotional well-being in some cases.



In conclusion, music is a powerful part of our life, and it has a strong connection with our emotions. It can make us feel happy, relaxed, or sometimes sad. It also helps us remember important moments from our past. Therefore, music is not only for entertainment but also important for our mental and emotional health.

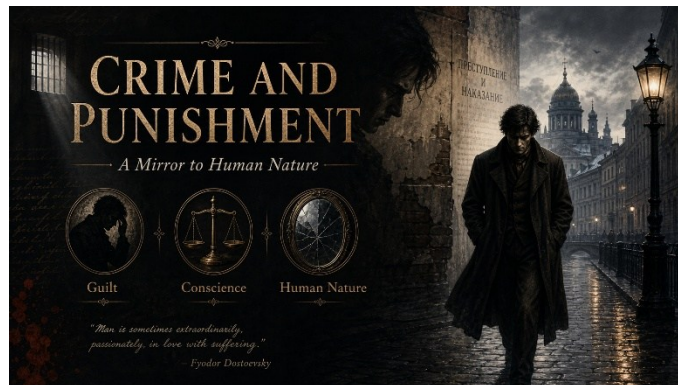
**Alara Nur Yücel M4-13**  
**Meryem İrem Yılmaz M4-13**

## CRIME AND PUNISHMENT: A MIRROR TO HUMAN NATURE

*Crime and Punishment* is known for its significant role in world literature. The protagonist of the novel, Raskolnikov, represents one of the best examples of the darker side of human nature. His melancholy, inner struggles, financial difficulties, and illness help the reader understand the complexity of human consciousness.

Raskolnikov is surrounded by many questions about his own identity. Furthermore, he is a student who cannot continue his university education due to financial problems. He divides people into two categories: ordinary people and extraordinary people. Ordinary people are portrayed as those who live according to social rules and authority, while extraordinary people are described as those who change the rules and the world. According to Raskolnikov, such people are not bound by ordinary moral limits, and they are able to take great steps. He believes that extraordinary people have the right to do anything in order to achieve their aims, even if this means killing others. For instance, he thinks that a scientist who contributes to the world and humanity through his inventions has the right to fight against people who obstruct his work. Therefore, in his view, extraordinary people may commit crimes against others because they have the right to do so.

As a matter of fact, Raskolnikov is trying to understand whether he is extraordinary or ordinary. He convinces himself that he is extraordinary and, for this reason, commits murder. He decides to kill the pawnbroker woman who lives in the same building as him. This woman is generally hated by other people. In addition, Raskolnikov desperately needs money. According to his belief, he should not feel sorrow or guilt after the murder, because extraordinary people have the right to commit crimes in order to reach their goals, and they do not feel guilty.



Nevertheless, after the murder, Raskolnikov falls into a terrible state and becomes ill. He suffers from a guilty conscience, and this becomes a deeply dreadful experience for him. He cannot bear the consequences of his actions. The murder itself is not the only reason for his guilt; rather, he realizes that he is not truly extraordinary. He confesses his crime to his love interest, Sonya, and she advises him to confess:

“Go to the cross-roads, bow down to the people, kiss the earth, for you have sinned against it too, and say aloud to the whole world, ‘I am a murderer.’”

Raskolnikov confesses his crime and is sent to prison. In prison, he begins to find peace because he no longer carries the same burden of guilt. This book genuinely directs the question “Who am I?” to the reader. It also explores the conflict between the person we want to be and the person we truly are, as well as the problems caused by human beings’ inability to accept their own nature. It shows how human ego can cause people to see themselves as superior to others and to strive to prove this superiority.

The novel reflects different types of people whom we may encounter in real life. It is a book that every individual should read at least once. Each time it is read, it brings new awareness.

**Rana Karagöz M4-14**

## THE POSITIVE IMPACT OF SPORTS ON MENTAL HEALTH

Nowadays, many people struggle with stress, anxiety, and various emotional problems. School life, exams, romantic relationships, family responsibilities, and daily challenges can negatively affect mental health. At this point, sports play a crucial role. They not only contribute to physical health, but they are also extremely important for maintaining a healthy mind. Engaging in physical activity for mental well-being is becoming increasingly significant.

Scientific research shows that regular exercise has positive effects on mental health. For example, the World Health Organization states that adults should do at least 150 minutes of moderate-intensity physical activity per week to support their overall health. Additionally, studies have shown that the body releases hormones called endorphins during exercise, which are known as “happiness hormones.”



Firstly, doing sports is one of the most effective ways to reduce stress. When people are physically active, their bodies release happiness hormones, helping them feel more relaxed both physically and mentally. As a result, individuals feel better. For instance, a student who feels stressed before an exam may feel calmer after a short run.

Secondly, sports boost self-confidence. When individuals achieve their goals or succeed in something they aim for, they feel a sense of accomplishment. Activities such as running longer distances or learning a new skill can increase a person’s confidence. This sense of achievement positively affects other areas of life, such as academic performance and social relationships.

Moreover, participating in sports strengthens social connections. It helps people interact with others and build new relationships. Team sports, in particular, enable individuals to communicate better and meet new people. As a result, feelings of loneliness and isolation decrease.

In addition, some psychological studies indicate that sports help reduce symptoms of depression and anxiety. Regular physical activity plays a key role in maintaining mental balance.

In conclusion, sports have a powerful and scientifically supported impact on mental health. Reducing stress, increasing self-confidence, and improving social life are just a few of these benefits. Therefore, people of all ages are encouraged to include sports in their daily lives for both a healthy body and a healthy mind. For a happier life, make sports a part of your routine.

**Defne Nisa Özcan M4-15**

**Yiğit Altuntaş M4-15**

## ARTEMIS II MISSION AND WHAT'S NEXT?

### Introduction and Key Information About the Artemis II Mission

**Launch date:** April 1, 2026

**Mission duration:** 10 days

**Crew:** Four astronauts

**Purpose:** To test crewed lunar flight and prepare for a future Artemis III mission

**Spacecraft:** Orion capsule



A Photograph of Earth Taken from the Far Side of the Moon During the Artemis II Mission

Artemis II marked the return of human lunar exploration after more than 50 years. The mission, the first crewed test flight of the Orion capsule, laid a solid foundation for supporting human life in deep space and for Artemis III, as well as for future missions from the Moon to Mars. By successfully completing the mission, the crew tested critical systems in a real crewed environment, including life-support systems, manual control capability, deep-space navigation, heat shielding, and safe return to Earth. In conclusion, this mission was the final “safety test,” proving that the Orion capsule could not only fly but also safely carry and protect humans inside.



From left to right: Reid Wiseman, Victor Glover, Christina Koch, and Jeremy Hansen.

### **Artemis II Crew**

The crew, having successfully completed this challenging journey, represented diversity and expertise in space exploration. The mission was commanded by veteran NASA astronaut Reid Wiseman, with Victor Glover as pilot. Glover made history as the first Black astronaut to participate in a lunar mission. Mission specialist Christina Koch holds the record for the longest single spaceflight by a woman and became the first woman to orbit the Moon. The fourth member of the team, Jeremy Hansen, representing the Canadian Space Agency, became the first non-American astronaut to travel near the Moon.

### **Artemis III and Moon-to-Mars Missions: What's Next?**

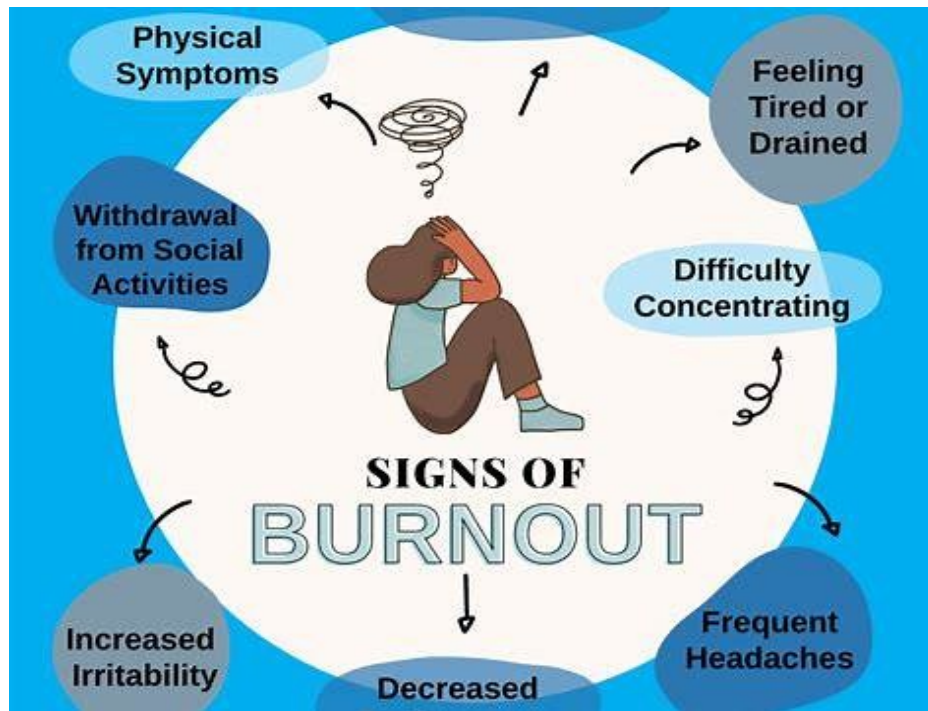
Following the successful 10-day Artemis II mission, the team began an intensive training process for Artemis III, including lunar surface simulations. So, what happens after Artemis III, which aims to support future Moon exploration? NASA aims to establish a permanent lunar station after Artemis III, which will then support missions from the Moon to Mars. The future does lie in the skies.

*“The thing that changed for me, looking back at Earth, was that I found myself noticing not only the beauty of Earth, but how much blackness there was around it and how it just made it even more special.”*

— Christina Koch

**Ali Ahmet Turunç M4-15**

## WHY DO STUDENTS FEEL EXHAUSTED ALL THE TIME?



Today, exhaustion has become a common problem among university students. Many young people feel tired not only physically but also mentally and emotionally. Although students are often expected to be energetic and motivated, the reality is very different. Academic pressure, social expectations, and unhealthy daily habits are some of the main reasons why students constantly feel exhausted.

One of the biggest causes of student exhaustion is academic stress. University life includes assignments, presentations, exams, and deadlines that can easily overwhelm students. Many students try to manage several responsibilities at the same time, and this creates continuous pressure. As a result, they often sleep less and spend long hours studying. Without enough rest, both the body and the mind begin to lose energy.

Another important reason is the influence of technology and social media. Students spend a significant amount of time on their phones, even late at night. Scrolling through social media may seem relaxing at first, but it usually prevents people from resting properly. In addition, constantly seeing other people's achievements can make students feel inadequate or unsuccessful. This emotional pressure increases stress levels and negatively affects mental health.

Modern lifestyles also play a major role in this issue. Many university students have unhealthy eating habits, irregular sleep schedules, and limited physical activity. For example, some students skip meals, consume too much caffeine, or stay awake until early morning hours. Over time, these habits reduce concentration and cause constant fatigue. From a psychological perspective, the human body cannot function efficiently without balance and self-care.

Financial concerns are another factor that should not be ignored. Some students work part-time jobs while continuing their education. Trying to balance work and academic

responsibilities can be extremely difficult. Furthermore, worries about the future, career opportunities, and economic problems create additional emotional stress for young people.

On the other hand, exhaustion is not always caused by physical activity. Sometimes students feel emotionally drained because they do not have enough time for themselves. University life can become repetitive and stressful when students focus only on responsibilities without taking breaks or enjoying hobbies and social activities.

In conclusion, students feel exhausted for many different reasons, including academic pressure, social media, unhealthy lifestyles, and financial stress. Although success and hard work are important, students should also pay attention to their mental and physical health. Creating healthy routines, getting enough sleep, and maintaining a balanced lifestyle can help students feel more energetic and motivated in their daily lives.

**Ozan Köse M4**

## THE SPEEDWAY TIMES



### **The Electric Revolution: Goodbye to Petrol?**

Electric cars (EVs) are everywhere today. In 2026, millions of people switched to electric vehicles. When you look at the roads in Bursa, you can see many electric vehicles. But why are they becoming so popular?

First of all, they are very quiet and environmentally friendly because they do not produce exhaust fumes. This means cleaner air for our cities and a better future for nature.

However, there are still some challenges. For example, charging your car still takes more time than filling a gas tank. If you have a petrol car, you can fill the tank in two minutes.

Despite these problems, experts believe that by 2035, most people will drive electric vehicles. It is not just a trend; it is the future of transportation.

#### Comparison

Fuel Cost: Petrol – High / Electric – Low

Environment: Petrol – CO<sub>2</sub> / Electric – Zero

Noise: Petrol – Loud / Electric – Quiet

Range: Petrol – Long / Electric – Medium

## Driving the Future

Modern cars are like computers on wheels. They have AI systems, big screens, and even self-driving modes. Technology helps us stay safe and enjoy the journey.

### **The Physics of Motion: $V = d / t$**

#### Special Features

#### Classic Corner – The Beetle

The Volkswagen Beetle is one of the most famous cars in the world. Designed in the 1930s, it became a legend in the 1960s.

People love it because it is simple and has a very unique shape. It proves that a good design never goes out of style.

#### Vocab Guide

**Engine:** The part that provides power to make the machine move.

**Steering Wheel:** The round part used to control the direction.

**Fuel:** The energy source like petrol or electricity.

**Autonomous:** A vehicle that can drive itself without a human.

#### Fun Facts

The first speeding ticket was given in 1896.

The longest traffic jam in history lasted 12 days in China.

In the past, some people wanted to ban radios in cars because they thought music was too distracting.

**Arda Bayram M4-28**

## LIFE IN THE FUTURE

Life in the future will be very different from today. Technology is developing quickly, and it is changing how people live, work, and communicate. Many experts believe that our daily lives will become easier but also more dependent on machines.

First of all, transportation will improve a lot. People may use flying cars or very fast trains to travel between cities. This will save time and reduce traffic on the roads. Also, electric vehicles will become more common, so the air will be cleaner than it is today.



In addition, technology will change the way we work. Many people will work from home using computers and the internet. Robots and artificial intelligence will do some difficult or dangerous jobs. Because of this, people will have more free time, but they will also need to learn new skills.

Another important change will be in health and medicine. Doctors will use advanced machines to detect diseases earlier and treat them faster. People may live longer because of better healthcare. There could also be new inventions that help people stay healthy, like smart watches that monitor your body all the time.

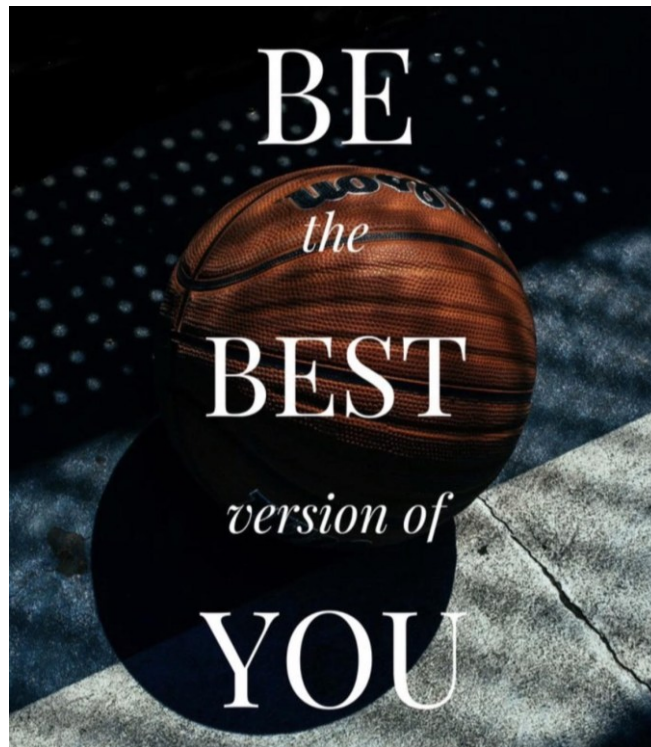


Finally, life in the future may be more connected but also more digital. People will communicate through virtual reality and spend more time online. While this can make life easier, it is also important for people to stay social and spend time in the real world.

In conclusion, life in the future will bring many advantages and some challenges. Technology will make life more comfortable, but people must learn how to use it wisely.

**Dilara Irgat M4-23**

## MORE THAN A SPORT: THE KEY SKILLS IN BASKETBALL



Basketball is a globally popular sport. I played club-level basketball from elementary school to high school, and I realized that basketball is much more than just a sport. When people play basketball, they don't always focus on important skills. However, to play effectively, one must focus on several key areas, such as physical fitness, mental strength, and teamwork, all of which make a difference in a player's performance.

First of all, basketball requires strong physical fitness due to the constant physical contact. The ability to run fast and jump high is very important for players in order to develop their physical fitness. The most effective way to achieve this is through regular training. One consequence of regular training is the development of overall health; hence, players usually feel more energetic in their daily lives. In my experience, although I stopped playing years ago, my long-term conditioning training still helps me maintain my fitness today.

In addition to physical traits, mental strength and discipline are vital. Making quick decisions under pressure is not always easy, but it is necessary for success. One effect of facing defeats is that each loss is a valuable opportunity to learn a lesson. Moreover, it is necessary to stay disciplined because success is a result of discipline. If a player is not disciplined, it is only a matter of time before they lose their performance. Furthermore, this discipline is also beneficial in other areas of life such as school and work.

Finally, teamwork is perhaps the most essential element because you cannot win a game by yourself. Although it is natural to want to show your individual talent, players should also care for others by helping their teammates. For instance, using strategic elements such as quick passes can tire the opponents and create better opportunities to score. Effective cooperation often results in winning matches and gaining confidence. During my time as a playmaker, managing the players according to their abilities and working properly with everyone helped us win many games.

Ultimately, mastering these skills allows a player to succeed not only on the court but also in life beyond basketball.

**Rüya Zeynep Güney M4-24**

## A BOOK REVIEW: OF MICE AND MEN

The book is about friendship and dreams. It tells the story of George and Lennie, who travel together to find work, with a dream. The language of the book is simple, so it is easy to understand.



The main characters are very different from each other. Lennie is very strong, but he cannot control his actions.

On the other hand, George is smart and careful, and he always helps Lennie. Lennie trusts George a lot. They have a dream to own a small farm. However, their dream does not come true because of a mistake Lennie makes.

I liked this book because the characters show real feelings and human values. Also, the story made me think a lot, especially the ending. I understand George, but I still cannot fully accept it.

In this book, J. Steinbeck wanted to be the voice off arm workers who suffered during the Great Depression. It overall makes the reader think about life, dreams and human values.

**Serpil Nisa Küçük M3-2**

## THE STORY OF LAMBORGHINI

Today, Lamborghini is one of the most famous luxury car brands in the world. Many people know it for its fast and stylish cars. However, not everyone knows that Lamborghini was founded due to a disagreement with Ferrari.

Ferruccio Lamborghini was an Italian businessman. He became rich by producing tractors after World War II. Because he was successful, he could buy expensive cars. He especially liked sports cars and owned several Ferrari cars. Even though he liked Ferrari, he had some problems with his cars. The most important problem was the clutch. It was not strong and broke easily. Ferruccio was also very interested in mechanics, so he understood what was wrong.



One day, he decided to visit Enzo Ferrari and tell him about the problem. Ferruccio wanted to help improve the cars. However, Enzo Ferrari did not listen to him. He told Ferruccio to keep making tractors and not talk about sports cars. This answer made Ferruccio very upset and angry. After this situation, Ferruccio made an important decision. He wanted to create his own sports car company and show that he could do better. In 1963, he founded Lamborghini. His goal was to produce cars that were not only fast but also more comfortable and reliable than Ferrari.



Lamborghini quickly became popular. One of its first successful models was the Lamborghini Miura, which changed the design of sports cars. Over time, the brand became a symbol of power, luxury, and innovation.

In conclusion, Lamborghini's story shows how a negative experience can turn into a great opportunity. If Ferruccio Lamborghini had not had that problem with Ferrari, maybe Lamborghini would never exist today.

**Mehmet Onur Akansu M4-18**



## **SOUTH KOREA**

South Korea is a country known worldwide for its culture, including K-pop, traditional food, historical heritage, and K-dramas. In addition, K-beauty products and advanced technology are also famous around the world. As you know, Samsung is a huge company that was founded in South Korea. Therefore, South Korea is recognized globally for its rich culture and technological development.

When we think of South Korea, K-pop culture immediately comes to mind. It has become a global culture with choreographies for every different song. Although many groups are successful, the most significant success came from BTS and BLACKPINK. These artists are more than just singers; they are global fashion icons and performers.

South Korea is a global leader in both beauty and technology. K-Beauty has developed a unique approach to healthy skincare, using ingredients like rice water. This focus on quality is also seen in their industry. Samsung is also a well-known brand worldwide, with around 1 billion people preferring its products.

However, this success is not a coincidence. It is the result of a long history of ambition and hard work. In the past, difficult Chinese characters were used, which made learning and writing very challenging. To solve this problem, King Sejong created a new alphabet called Hangeul for his people. Later, after the Korean War, the country faced extreme poverty. However, the government and society decided that the best way to recover was to invest in education and the economy. This incredible development is known as the 'Miracle on the Han

River'. In a short period of time, they transformed the area around the Han River with advanced technology and modern buildings.

In conclusion, South Korea is a symbol of ambition and success worldwide. Its story shows how education and innovation can transform a country's future.

**Meriç Çatal M4-28**

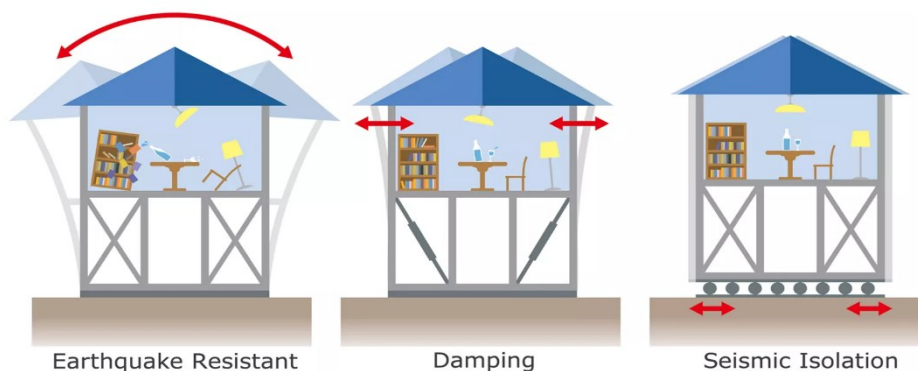
## LIVING WITH NATURAL DISASTERS: UNDERSTANDING EARTHQUAKES

Natural disasters are events that happen with increasing frequency due to factors such as climate change, urbanization, and human activities. Earthquakes, floods, hurricanes, and droughts are examples of natural disasters. Although natural disasters are the result of natural processes on Earth, these events have serious effects on human lives, the economy, and the environment. Therefore, effective disaster management is essential for recovery after a disaster. As the effects of natural disasters can be reduced by society, planning becomes crucial. Additionally, social solidarity contributes to disaster management.

### Earthquakes: Causes and Impacts in Different Countries

Earthquakes happen when the Earth's surface suddenly moves. The Earth consists of pieces known as tectonic plates. These plates press against each other and create pressure. When the pressure becomes too strong, the plates suddenly move and earthquakes occur. This causes the ground to shake and can damage cities. Earthquakes usually happen along fault lines.

Have you ever wondered why some countries suffer more from earthquakes than others? To better understand this issue, it is useful to compare how different countries respond to similar natural disasters. Their impacts are not the same everywhere. For instance, when we compare Türkiye and Japan in terms of earthquakes, we can clearly see the differences. In the past, Türkiye was not fully prepared for such disasters. However, after experiencing major earthquakes, the country has started to learn from past experiences and improve its preparedness. Türkiye and Japan have both experienced many earthquakes, but they deal with them in different ways. Japan has invested heavily in earthquake-resistant buildings, early warning systems, and public awareness campaigns. People in Japan usually know what to do during an earthquake. Another difference between Türkiye and Japan is the level of development in safety regulations. This contributes to lower levels of damage in Japan compared to Türkiye during earthquakes.



### Earthquake-resistant Buildings in Japan

Therefore, we must prioritize earthquake awareness and safety, as our country faces many challenges due to a lack of preparation. Even though Türkiye has already experienced many earthquakes, further steps in preparedness and mitigation are still needed.

## Earthquakes in Türkiye

Türkiye experienced two major earthquakes on February 6, 2023. Two strong earthquakes with magnitudes of 7.7 and 7.6, which occurred in Kahramanmaraş nine hours apart, caused serious impacts throughout Türkiye and neighbouring countries. According to reports in Türkiye, at least 53,537 people died, and more than 138,000 people were injured.

At midnight, thousands of people were trapped under the rubble, and some died. After the earthquakes, millions of people became homeless, or their homes became uninhabitable. For this reason, people had to stay in tents and containers. In the first few days after the earthquakes, search and rescue teams were delayed, and there were some challenges in emergency response. In some areas, people spent several days outdoors in freezing temperatures under difficult conditions. Communication systems did not work for a long time after the earthquakes, which made it difficult to rescue people. Moreover, the earthquakes destroyed many businesses, factories, agricultural areas, and many people were left without jobs. This has not only affected this region but has also had an impact on the economy of the whole country. Besides, the earthquakes caused a lot of fear, and the following aftershocks made it hard to feel safe again. This led to trauma, especially among children, and many people needed psychological support. Schools and universities were closed, and classes at universities were held online for the spring term. Furthermore, the earthquakes led to migration, causing people to move to other cities. As a result, they had to face new challenges such as finding jobs and housing and adapting to new environments. In the long run, they tried to rebuild their lives, and the government started new projects to build safer buildings.



People are staying in tents after the earthquakes

In conclusion, natural disasters are a part of our lives, but we can deal with their effects if we are prepared. The difference between Türkiye and Japan highlights the importance of strong buildings and knowing what to do in an emergency to save lives. We should develop better systems and improve disaster management.

**Arda Elmalı M4-16**

## IMPACTS OF SOCIAL MEDIA ON OUR MENTAL HEALTH

In today's digital world, social media has become an inseparable part of our lives. Almost everyone has a social media account. As a result, we are exposed to hundreds of posts, comments, and content every single day.

One of the effects of social media is that it changes our perception of reality because we see lives that look perfect or artificial. We start to compare ourselves and our lives with others. Then, we realize that we are not as perfect as the people we see on the screen. This may be because social media imposes unrealistic beauty standards on us. Consequently, it is not fair to compare our everyday reality to someone else's highlight reel.

Moreover, there is also the FOMO effect, which means "fear of missing out". It forces people to check their phones constantly. We feel anxious when we are not online. We worry about missing something while others are having fun or learning important things.

Another significant issue is dopamine addiction. Funny reels that are about 15 seconds long, short news videos, and short stories all make our attention spans shorter. As a result, we cannot focus on longer content; we quickly feel bored and want to go back to watching short reels. This pattern makes us lazier and wastes our time.

Despite these downsides, there are also good examples such as self-improvement content. People can learn plenty of new skills and teach others at the same time. In addition, it is easy to connect with people when we share common interests. Meeting new people on social media makes it possible to connect with people we might never have the chance to meet in real life.

From this point of view, there are plenty of positive and negative impacts of social media. What is important is to strike a balance.



**Zeynep Nisanur İnce M4-17**

## TRADITIONAL TURKISH FASHION

Traditional Turkish fashion reflects the deep cultural heritage and rich history of Turkish society. During the Ottoman period, clothing was not only a basic need but also a strong symbol of social status, profession, and identity. In palaces, people wore luxurious fabrics such as silk and velvet, often decorated with gold embroidery and detailed patterns. Women preferred long, elegant dresses with colorful designs, while men wore loose trousers called “şalvar,” along with shirts, vests, and sometimes long coats. Accessories like belts, jewelry, and head coverings were also important parts of these outfits.



In Anatolia, traditional clothing varied greatly from region to region. Each area had its own colors, patterns, and styles, influenced by climate, culture, and local traditions. For example, brighter colors were often used in festive clothing, while simpler designs were preferred for daily wear. Traditional outfits were especially important during weddings, religious celebrations, and festivals, where people wore their best clothes to show respect for the occasion. These garments often included handmade embroidery, reflecting the skills and creativity of the people.

Today, traditional Turkish fashion continues to influence modern designs. Many designers take inspiration from old patterns and styles, combining them with contemporary fashion. In addition, traditional clothes are still worn during cultural events and folk dances, helping to keep these traditions alive. Overall, traditional Turkish fashion is not only about clothing but also about preserving history, culture, and identity for future generations.



Ceylin Azdinç M4-9

## WE WON'T BE YOUNG FOREVER

Travelling with friends and going abroad can be one of the most exciting experiences for students. It helps people discover new cultures, improve communication skills, and create unforgettable memories. However, traveling also requires responsibility and good planning. Here are some useful travel tips for students.

First of all, when traveling with friends, it is important to plan the basic things before the trip, such as your budget, accommodation, and transportation. However, instead of following a completely strict schedule, sometimes being spontaneous can make the trip more enjoyable and memorable. Unexpected plans and small adventures often create the best memories.

When traveling abroad, airports can sometimes be stressful, especially for first-time travellers. It is important to arrive at the airport at least two or three hours before your flight. Always check your passport, your visa -if necessary- and your boarding pass carefully. Do not carry prohibited items in your luggage, such as liquids over the allowed limit or sharp objects in hand luggage. Pay attention to your personal belongings and never leave your bags unattended.

Another important tip is to experience the local culture instead of visiting only famous tourist attractions. Touristic places are interesting, but they are often crowded and expensive. Talking to local people can help you discover hidden cafés, traditional restaurants, quiet beaches, and authentic cultural experiences. Everyone knows the famous tourist attractions, but

the real experience comes from discovering places that only locals truly know. Locals usually know the best places that do not appear in travel guides.

In addition, learning a few basic phrases in the local language can make your trip much easier. Simple expressions like “hello,” “thank you,” and “how much is this?” can create a positive impression and show respect for the local culture.



Finally, traveling is also about taking beautiful photos and leaving memories behind. Capturing special moments, enjoying new experiences, and sharing them with others make every journey more meaningful and unforgettable. Travelling is also about learning and growing as a person. Being respectful, open-minded, and flexible will make every journey more meaningful. A good traveller does not only visit places—they understand them, especially if they are visiting places that are rich in history.

In conclusion, whether you travel with friends or explore another country alone, preparation and respect are the keys to a successful trip. You know, we will not be this young forever, so traveling, discovering new places, and experiencing new adventures are some of the most valuable things we can do in our lives.

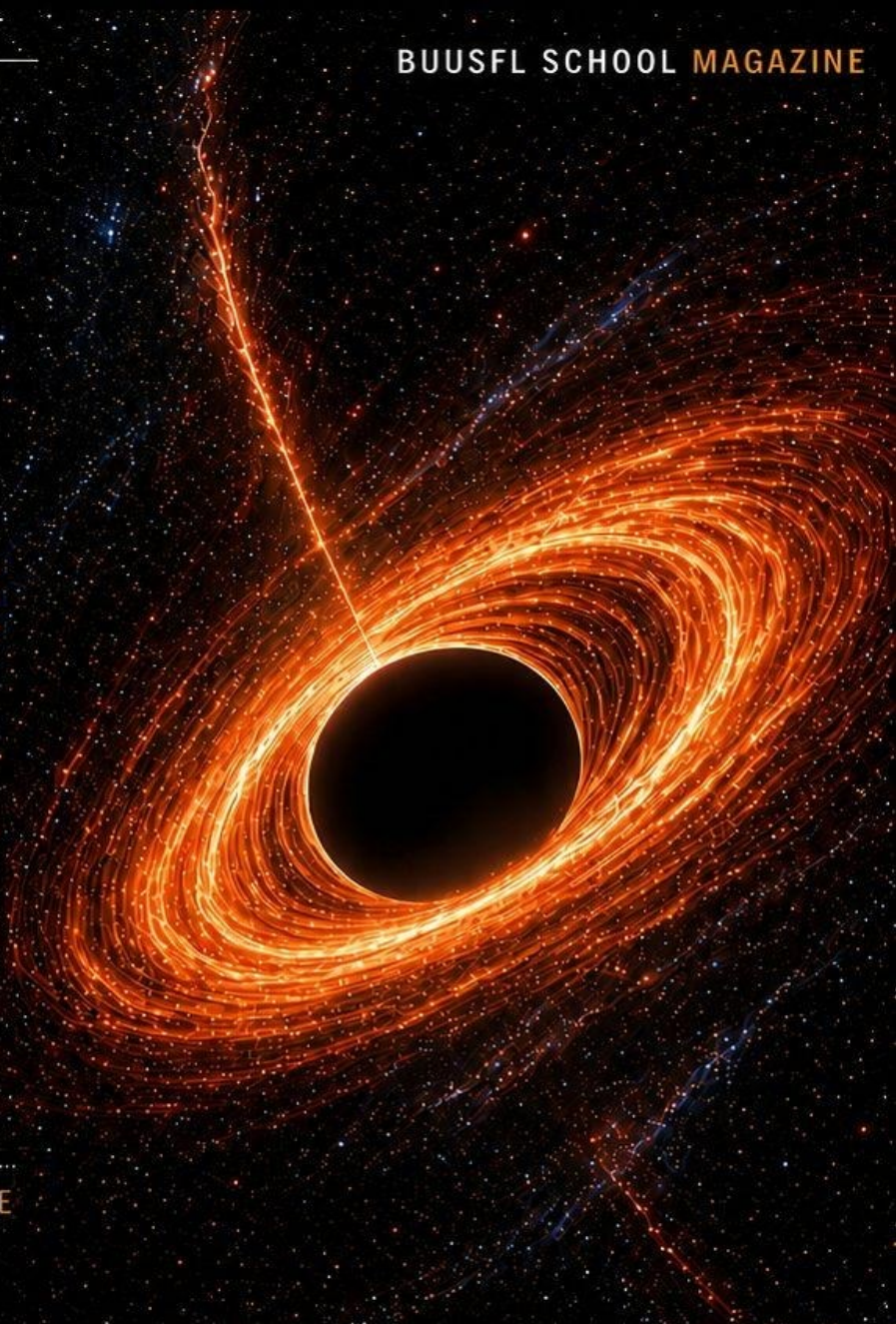


**Ekinsu Akçin M4-2**

# BLACK HOLES:

## THE MOST ATTRACTIVE OBJECTS IN THE UNIVERSE

The most attractive objects in the universe are black holes. All of us have heard the words “black hole” at least once in our lives. But what is a black hole? Is there really a hole in space, and is its color black? Come on, let me try to satisfy your curiosity.



### THE FIRST BLACK HOLE THEORY

The first black hole theory in history started with Isaac Newton's (1643–1727) law of universal gravitation. The question, “Are there stars whose escape velocity is greater than the speed of light?” attracted the interest of many physicists, and one more person: John Michell.



### EARLY PREDICTIONS AND FIRST EVIDENCE

In 1783, the British scientist Michell (1724–1793) asked himself this question and suggested the existence of “dark stars,” whose gravity was so strong that even light could not escape. Later, in the 1960s, the first evidence was found thanks to the use of X-rays and the studies of Albert Einstein's (1879–1955) theory of gravity.



### HOW DO BLACK HOLES FORM?

If the core of an exploded star is three times bigger than the Sun, even the nuclear pressure of compressed neutrons cannot resist gravity. As a result, the neutron star collapses more and turns into a black hole. The gravity of the formed hole is so strong that even light—the fastest thing in the universe—cannot escape from it. Since light cannot be reflected, it looks black.



### A FASCINATING COSMIC DANCE

If some stellar-mass black holes become part of a binary star system, the stars collect matter from each other. The gathered gases form a rotating disk before disappearing into the black hole. Because of the rotation, it becomes hot enough to spread X-rays, and this turns into a fascinating sight for those looking from space.



### THE CLEAREST IMAGE EVER TAKEN

In 2019, under the leadership of Professor Heino Falcke, the clearest black hole photo was taken by combining many images collected from eight different telescopes by 200 scientists, including the Turkish scientist Feryal Özel. This hole, called M87\*, is 55 million light-years away from us.



**M87\***

55 MILLION  
LIGHT-YEARS  
AWAY

The first real image of a black hole, captured in 2019 by the Event Horizon Telescope.

“ If this monster keeps feeding, bon appétit to it :) They really are very attractive objects, aren't they? ”

By Kübranur Terzioğlu, M4-10

## FOUNDATIONS AND CHARITY IN SELJUK AND OTTOMAN STATES

In Turkish-Islamic states, the foundation system was one of the most important parts of social help and solidarity. Especially the Seljuk and Ottoman foundation systems were very developed. Foundations were usually established by statesmen and rich people, and many people contributed to them.

In the Seljuk State, foundations showed the idea of a welfare state. Caravanserais, schools, hospitals, and soup kitchens were built with foundations. For example, Sultan Hanı was a place where travellers could stay free of charge. Also, Gevher Nesibe Darüşşifası was a hospital where people could receive treatment for free.

In the Ottoman State, the foundation system became more widespread and developed. Mosques, schools, hospitals, bridges, and fountains were built by foundations. For example, Süleymaniye Mosque was not only a place for prayer but also a social help centre. Hürrem Sultan built many important buildings with the foundation system. She established the Haseki Complex in Istanbul, including a mosque, a school, a hospital, and a soup kitchen, and also constructed the Haseki Hamam. In addition, she had a soup kitchen in Jerusalem to help poor people. She also supported charity works in Mecca and Medina.

Another important example is the charity stone. People put money on these stones, and poor people took only what they needed. No one would steal this money or take more than they needed. In this way, the person who gave help did not show off, and the person who took help did not feel embarrassed. This system protected people's dignity.

In conclusion, in both Seljuk and Ottoman times, foundations were not only for giving money but also for creating social justice and protecting human dignity. Thanks to this system, solidarity increased and society became stronger.



**Sanem Emirdağ M4-12**

## A GREENER FUTURE: WHY GREEN ACCOUNTING MATTERS?

Hi everyone! Last semester I shared my passion for triathlon with you. This semester I'll be writing about Green Accounting and Sustainability.

### What is Green Accounting?

Usually, accounting is only about money, profits, and losses. But today, the world is facing environmental problems. Green Accounting is a modern approach. It helps companies to calculate the cost of their impact on nature. For example, if a company uses too much water or creates carbon emissions, they must report these in their financial statements.



### Why is it Important?

We cannot have a strong economy without a healthy environment. This is related to SDG 8: Decent Work and Economic Growth. We need to grow, but we must protect the environment for future generations. Investors now look for “green companies” because they are more sustainable and ethical.



### My Academic Journey: From Thesis to Article

Currently, I am working on a research project. Under the supervision of Prof. Dr. Yasemin Ertan, I am conducting research called Measuring the Perceptions of Green Accounting Among Business and Finance Department Students at Bursa Uludağ University.

I have started my surveys and the results will be presented in an academic article. My goal is to understand how the future business leaders of Turkey see environmental costs.



### What's Next?

Environmental sustainability is not just a project for me; it is a vision. In the future, I want to continue my academic studies on "Green Tax." I believe that taxes can be a powerful tool to encourage companies to be more eco-friendly.



**Ayşe Elif Tüpsüz M4-17**

## SPORTS AS A TOOL FOR STRESS MANAGEMENT AND EMOTIONAL CONTROL

In today's fast-paced world, stress has become a common problem, especially among students. Academic pressure, social expectations, and daily responsibilities can negatively affect both mental and emotional well-being. In this context, sports play a crucial role not only in physical health but also in managing stress and controlling emotions effectively.

Firstly, engaging in sports helps reduce stress levels. Physical activity allows the body to release endorphins, which are known as "feel-good" hormones. These hormones help individuals feel more relaxed and positive. After a long and tiring day at school, participating in sports such as running, swimming, or playing football can help students clear their minds and feel refreshed.



In addition, sports are very effective in improving emotional control. When students take part in competitive or team-based activities, they learn how to deal with both success and failure. This process teaches them patience, self-control, and resilience. For example, losing a match can be disappointing, but it also helps students develop a stronger mindset and learn how to manage negative emotions.



Moreover, sports provide a healthy way to express emotions. Instead of keeping stress or anger inside, students can release these feelings through physical activity. This not only prevents emotional buildup but also supports mental balance. As a result, students who regularly engage in sports are often calmer and more emotionally stable.

In conclusion, sports are a powerful tool for managing stress and improving emotional control. They help reduce anxiety, support emotional expression, and teach important life skills. Therefore, students should be encouraged to include sports in their daily lives in order to maintain both mental and emotional well-being.

**Ulaş Okumuş M4-2**

## THE CONSUMPTION CYCLE AND THE POWER OF LESS

Social media is no longer just for fun. It also influences how we dress and what we buy. Nowadays, fashion trends have been changing very quickly. Something that is popular today is soon replaced by something new. This fast pace encourages people to buy more things without thinking carefully. Over time, this behavior becomes a cycle. Many people have full wardrobes, yet they still feel like they have “nothing to wear.” This happens because we try to follow every new trend. Modern culture suggests that our clothes reflect our identity. As a result, people often feel the pressure to follow the latest trends in order to fit in.

Social media makes this pressure even worse. When we see perfect lives and new clothes online, we may feel inadequate. To feel better, we go shopping. Although shopping makes us happy for a short time, the cycle of buying soon begins again.



### **The Solution: The Capsule Wardrobe**

The “capsule wardrobe” is a great solution to fast consumption. It is a small collection of functional, high-quality clothing items. These pieces are timeless, which means they never go out of style. The goal is to make better use of what we already have and avoid buying unnecessary items.



Creating a capsule wardrobe is simple. First, you should remove the clothes you do not wear. Then, choose basic items in neutral colors because they are easy to combine with other pieces. For example, a high-quality pair of jeans, simple T-shirts, and a jacket can create many different outfits. In this way, choosing what to wear becomes easier, and you can also save money.

### **Finding Balance**

In today's world, there are two approaches: following every trend or adopting a capsule wardrobe. The former encourages people to constantly buy new things while the latter promotes using what they already own. On that note, I believe the most important thing is to understand the needs and shop accordingly. It is possible to be stylish while saving money and time.

In conclusion, we do not have to follow every trend, but we also do not need to limit ourselves completely. Finding a balance and using our clothes more wisely would be a better approach.

**Berra Yaman M4-1**

## BEYOND THE PIXELS

### The Unknown Benefits and Real Risks of Gaming

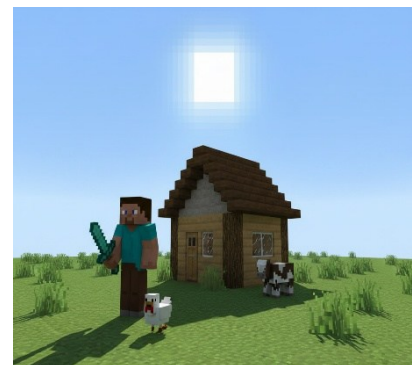


People have feared what is new throughout history. When the printing press first became widespread, there were concerns that our memory would wither; when novels became popular, it was argued that young people would get lost in their imaginations and their morality would be ruined. Today, the same fear exists for video games, which are a source of entertainment for

thousands of people. Especially in our country, in every negative event that has occurred recently, this world of games—which adults struggle to understand and cannot be a part of—is declared the 'prime suspect.' When a social problem occurs, blaming games that the perpetrator hasn't even played, let alone has on their wish list, is much more effortless and easier than looking into the sociological and psychological reasons at the root of the problem. However, this laziness not only fails to solve the problems but also causes many potential benefits offered by games to be ignored. So, is the world behind the pixels really the culprit for everything? Or are we just looking for a cover for our fears?

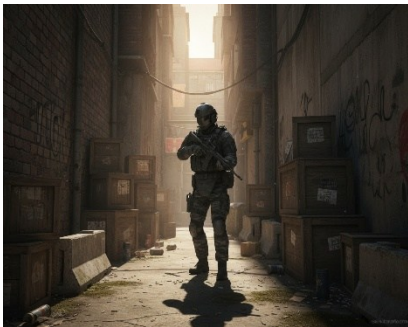
Of course, defining this digital universe as a completely flawless and risk-free utopia is far from being realistic. It is an undeniable fact that, like every source of dopamine, games turn into a escape mechanism, or even an addiction, when consumed unconsciously. 'Game addiction,' which the World Health Organization now defines as a health problem, creates a great risk especially for the young age group; it can reach dimensions that can disrupt academic success, social relationships, and even basic self-care, endangering their health. The 'reward-mechanized' endless loops placed inside games can detach the individual from real life when not controlled. In fact, I am sure many of you have come across news of people who did not get up from the computer for days and lost their lives. However, the main point to be considered here should be whether the problem is the existence of the game, or why the individual has become so desperate for this digital shelter.

However, being stuck on the dark side of the coin prevents us from seeing the striking facts revealed by modern science. Research has proven that games, contrary to what is believed, increase the gray matter of the brain and sharpen cognitive abilities<sup>1</sup>. For example, studies on **Minecraft**, which is also used as an educational tool in schools worldwide, have shown that this game develops spatial awareness, geometric thinking, and problem-solving skills in children much faster than standard education<sup>2</sup>.



It is not limited to this; it is a scientific fact that strategy games speed up decision-making mechanisms by 25%<sup>3</sup>, and action games increase visual acuity and attention span<sup>4</sup>. A study conducted by the University of Glasgow <sup>5</sup> shows that video games increase students' critical thinking' and 'adaptation' skills, making them more **prepared** for the challenges in real life. In other words, games are not just a 'waste of time'; seeing them as digital training grounds that educate the mind and add strategic depth when used correctly is much more accurate and effective.

The biggest 'myth' about games is undoubtedly that they cause a tendency towards violence. However, contrary to what is believed, scientific research has shown that there is no link between virtual violence in games and aggression in real life; in fact, many experts argue that games function as a 'discharge' area. The bans and strict regulations offered as a solution for this alleged tendency towards violence have no effect in the digital world. A recent study in England<sup>6</sup> clearly reveals how creative children and young people are at bypassing digital bans and how easily these barriers are neutralized. What is even more worrying is the requirements like 'identity verification' introduced to implement these bans. In an age where even the highest-level firewalls are bypassed by hackers in seconds and many companies turn user data into a commercial commodity, handing over the most private information, such as T.R. identity numbers or biometric data, gaming platforms **is a classic case of the remedy being worse than the disease**. Making our personal data an open target for cyber attackers and data traders just to 'protect' young people from violence creates a much more real and



irreversible security vulnerability than pixels. Indeed, there are countries that see the solution not in bans, but in making the digital world safer by understanding it. For example, the Denmark police join games themselves to communicate with young people and provide digital security from within<sup>7</sup>; they patrol platforms like *Minecraft* or *Counterstrike*. This approach accepts the game world as a modern social area that needs to be protected, rather than excluding it.

As a result, the picture before us proves that games are not 'monster,' but one of the most powerful communication and development tools of our age. That ancient fear society feels towards every new technology prevents us from seeing the real problem today. The real danger is not the young people discovering the world with a console in their hands, but the **bigoted** perspective that refuses to understand that young person's world, thinks bans are a solution, and uses digital ignorance as a shield. Now we must stop looking for imaginary criminals behind the pixels and accept that the problem is not in the games, but in our understanding that refuses to understand them and imprisons them behind a wall of fear.

**Azra Tenekeci M4-21**

## FROM FICTION TO REALITY

### The Place of the One Piece Flag in Modern Protests

Nowadays, traditional symbols and slogans are being replaced by elements of pop culture in social and political movements. For young people, television series, films, and animes are no longer just sources of entertainment; they serve as a common global language and a way to express collective feelings. This phenomenon shows that a fictional image can easily cross the boundary into the real world, allowing a new generation to articulate their quest for rights and freedom.



### The Symbolism of the Flag

One of the most interesting and striking examples of this new global language is the Jolly Roger flag from the anime *One Piece*. In recent years, from France to South America, we have seen young people carrying this flag during street demonstrations and student strikes. At first glance, it might seem like a simple reference for fans. However, it functions as a universal visual language that connects individuals across different countries and cultures without needing a single spoken word.

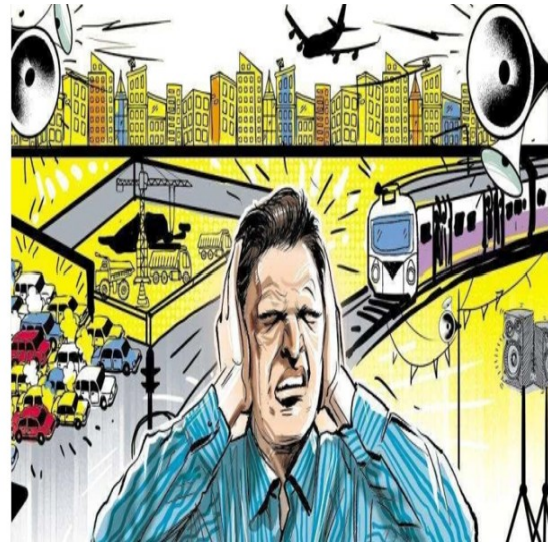
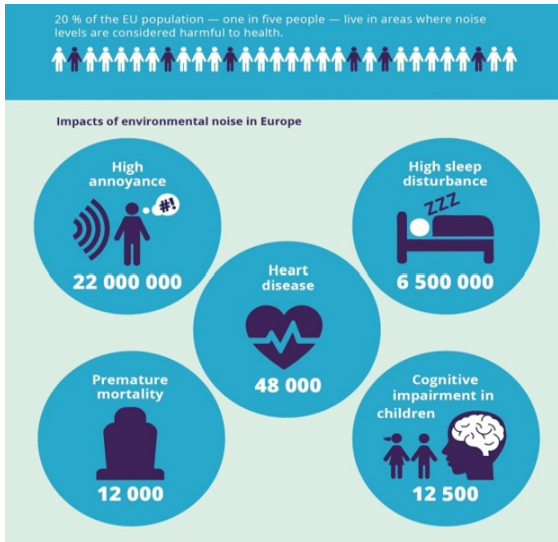
If we look deeper into the story of *One Piece*, we can see that the flag is not about real piracy or causing harm. Instead, it represents a strong rebellion against injustice, even when the oppressor is the ruling authority itself. In the fictional world, the official forces often fail to protect ordinary people, which mirrors real-world situations where people face discrimination and inequality. By carrying this flag in protests, young people assign it a special meaning: it becomes a universal sign that they are standing up for their rights, refusing to accept unfair systems, and demanding true freedom.

In conclusion, popular culture has become a powerful voice for today's youth. The journey of the *One Piece* flag from a fictional story to real-world protests proves that the desire for freedom and justice is universal. Sometimes, the symbols that inspire us in our favourite stories give us the perfect language to express our own struggles in the world.

Büşra Şenoğlu M4-20

## THE INVISIBLE POLLUTION

When we think about pollution, we usually imagine air, soil, or water pollution. However, noise pollution is another important type of pollution that can strongly affect our quality of life. Noise pollution is unwanted, harmful sound that disrupts the health and well-being of humans and wildlife. These sounds can come from traffic, factories, loud music, or even crowded places. Noise is an invisible threat. It is not visible like air or water pollution. Therefore, many people do not notice it at first, but it is everywhere around us, particularly in big cities.



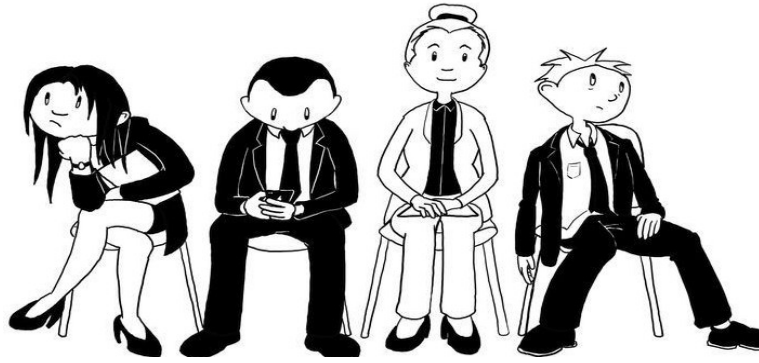
Noise pollution has several effects on both individuals and society. It especially affects individuals negatively. It causes health problems such as headaches, sleep disorders and in the long-term hearing loss. For example, people who live near busy airports or main roads usually suffer from chronic insomnia because of the constant noise. A 2024 study conducted at Harvard University, which examined the deaths of approximately one million people, found a link between exposure to noise from human activities and cardiovascular disease. Researchers found that the link between these disease-related deaths and noise was stronger in women. Moreover, the World Health Organization (WHO) reports that traffic-related noise causes the loss of at least 392,000 healthy life years every year in Europe because of illness, disability, or early death. In addition, these health problems can reduce people's performance and productivity. Decreased productivity increases anxiety and stress, which can make individuals more emotionally sensitive and create tension in the workplace.

In conclusion, noise pollution has serious effects on people's lives. This pollution can cause some health problems that cannot be reversed, or psychological issues that have the potential to change your whole life. To reduce noise pollution, governments can build soundproof walls in areas like airports. In addition, some organizations should inform people about how to limit their noise levels. I believe that by taking small steps, we can decrease the effects of noise pollution.

**Fatmanur Göbel M5-5**

**Sona Roza Çetin M5-5**

**Gizem Ağaçbacak M5-5**



## **BEYOND WORDS: THE SILENT MIRROR OF THE HUMAN SOUL**

People usually pay attention only to spoken words when trying to understand others. However, body language often tells a much deeper and more honest story. A simple glance, the position of the shoulders, crossed arms, or even the movement of feet under the table can reveal emotions that words try to hide. Long before human beings learned how to speak, they communicated through physical expressions and gestures. Because of this, the body still acts as a silent mirror of our emotions today.

### **The Foundation of Honesty**

The primitive parts of the brain are responsible for survival instincts and emotional reactions. Although people may consciously hide their feelings through words or facial expressions, the body often reacts naturally without permission. When someone feels anxious, threatened, or uncomfortable, their body may freeze, tense up, or instinctively move away from the source of discomfort. These reactions are not random; they are behaviors developed over thousands of years of human evolution.

“The body never stays silent; it reveals the truths the mind cannot express.”

### **Our Faces May Deceive, But Feet Never Do**

Most people focus on eye contact while observing others. Yet the face is also the part of the body that learns to hide emotions best. Smiles can be fake, and expressions can be controlled, but feet often expose true intentions. If someone’s feet are pointed toward the exit during a conversation, it may mean that they mentally already want to leave. Because we rarely think about consciously controlling our feet, they become one of the most honest indicators of body language.

### **Signs Of Confidence And Anxiety**

Confident individuals often display open and relaxed body language. One common example is the “steeple” gesture, in which the fingertips are brought together to show confidence and control. On the other hand, nervous behaviors are usually connected to self-soothing movements such as touching the neck, rubbing the hands, adjusting clothing, or touching the forehead. These actions help the brain reduce stress and create a sense of comfort during tense situations.

### **To Look Or To See?**

Understanding body language does not mean reading minds; it means recognizing signs of comfort and discomfort in human behavior. Once we begin to truly observe people instead of only listening to their words, communication becomes deeper, clearer, and more meaningful. Small gestures, pauses, and even silence can communicate emotions more powerfully than speech itself.

Remember: even silence carries a message.

**Buse Yapmış M4-27**



## **BREAKING THE SILENCE: THE TRUTH ABOUT ROCK AND METAL MUSIC**

Many people consider rock and metal music just “noise.” They associate it with black clothes, scary makeup, long hair, and screaming, and then say, “It’s not my type.” That is why I decided to write this article: to break these prejudices.

Rock and metal music are not just noise; they are forms of art because they are among the most difficult genres to create and perform. Furthermore, there is also an interesting fact about these genres. Many metal musicians are inspired by classical composers such as Bach and Vivaldi. If you replace the electric guitar with a violin, you may notice surprising similarities.

These genres are also often believed to make people aggressive or nervous. However, scientific research shows the opposite. For many fans, listening to this type of music is a way to relax. People often think that fans of heavy music are brutal, but the heavy music community is often helpful, peaceful, and friendly.

To illustrate this point, many metalheads — fans of metal and rock music — have supported movements such as “Metalheads Against Racism.” In addition, many band vocalists are thoughtful and caring people. For example, James Hetfield from Metallica, Randy Blythe from Lamb of God, and Chester Bennington from Linkin Park were known for stopping concerts immediately if there was a problem in the crowd to help people and make sure everyone was safe.

For this reason, I believe we should not judge these genres with prejudice. The next time you hear heavy music, do not close your ears immediately. Here are some examples from my favorite songs. Maybe the people who read this article will decide to listen.

### **Snuff — Slipknot**

To give a perfect example of how metal music can be art, we can look at the song *Snuff* by Slipknot. While many people think heavy music is only about screaming and scary makeup, this song proves them wrong. *Snuff* is a very emotional and slow song that focuses on sadness and disappointment. Instead of relying only on loud sounds, it uses acoustic guitars and beautiful melodies that can even remind listeners of classical music. It shows that metal musicians can be thoughtful and emotionally expressive artists. For many fans, listening to a deep song like *Snuff* is a way to relax and better understand their feelings.

### **Master of Puppets — Metallica**

Another great example is *Master of Puppets* by Metallica. Although some people think it is just loud music, it is actually a very complex piece of art. If you listen carefully to the middle section of the song, you can hear beautiful melodies that resemble classical music. This part clearly demonstrates how rock and metal musicians are inspired by composers such as Bach and Vivaldi.

### **No One Like You — Scorpions**

This song shows rock music as a poetic form of art. Instead of making people nervous, the romantic melodies of Scorpions create a feeling of calmness and emotional connection. Songs like this remind listeners that rock musicians are not only passionate performers but also people capable of expressing love, vulnerability, and deep emotions.

### **Other bands with inspiring lyrics:**

Trivium - This World Can't Tear Apart is  
Children of Bodom - Lake Bodom  
Deep Purple - Burn  
Linkin Park - One More Light  
Avenged Sevenfold - A Little Piece of Heaven  
Sabaton - The Lost Battalion  
Pantera - Hollow

**Rana Demirel M4-27**

## SYMBOLS OF TURKISH MYTHOLOGY – UMay ANA

Turkish mythology is one of the captivating characteristics of the Turkic peoples' cultural heritage. It is possible to find traces of it in the historical sources of different nations. It is especially often mentioned in old Chinese documentaries.

Turkish mythology has many different symbols: animal symbols (wolf, deer, eagle, etc.), plant symbols (pomegranate, olive tree, tulip, etc.), and mythical creatures (Tepegöz, Albastı, etc.). There is also one god (Tengri) and goddesses such as Ülgen, Asena, Suyla and Umay.

Many symbols have survived and developed until today as they became part of Turkish culture. Let's look at one of these symbols together.

### Umay Ana and Bird of Luck

“Umay Ana” is known as a protector in Turkish Mythology. It is believed that this goddess protects women, children and baby animals. She is also mentioned as the “Humay Bird” in historical sources. This bird's home is the sky. It lives in the sky, lays eggs there, and its babies are born in the sky too. It is believed that this bird flies constantly, and the person whom its shadow falls on will become a world ruler or quite wealthy.



Today, we can see the reflection of this myth in such common Turkish idioms as “(başına) talih kuşu konmak” and “talih kuşu konmuş gibi”, which mean “hit the jackpot” or “stroke of luck/fortune”. Turks believe that people who are visited by the “bird of luck” will become very rich and lucky, just like their fathers believed.

**Elif Solmaz M5-6**

**Esra Yılmaz M5-3**

## BASKETBALL: FROM THE PAST TO TODAY

Basketball is one of the most popular sports in the world today. It was invented in 1891 by James Naismith in the **United States**. At first, the game was very simple. Players used a soccer ball and tried to score by throwing it into baskets. However, over time, basketball developed and became faster and more exciting. New rules such as dribbling, shot clocks, and three-point shots made the game more competitive and enjoyable.



Today, basketball is played all around the world, especially in professional leagues like the NBA. The sport improved with better training methods and stronger athletes. Famous players like Michael Jordan, Kobe Bryant, and LeBron James changed the game and inspired millions of fans. They are known not only for their talent but also for their hard work and success.

In **Türkiye**, basketball started to grow in the early 1900s and became very popular after the 1980s. Turkish teams like Anadolu Efes and Fenerbahçe achieved important successes in Europe. Also, players such as Hidayet Türkoğlu and Mehmet Okur played in the NBA and represented Türkiye successfully. Today, new stars like Alperen Şengün show that Turkish basketball is still growing and improving at an international level.



In conclusion, basketball is not only a sport but also a global passion. It brings people together and inspires young athletes to follow their dreams.

**Kadirhan Kotcioğlu M5-6**



## FATHER OF THE TURKS: ATATÜRK

Atatürk was the greatest Turkish leader of all time. The innovations he made to the Turkish nation are countless. If we have to start somewhere, the biggest innovation is the Declaration of the Republic on October 29 1923. He founded an independent and modern republic in place of a collapsed empire after the war. We can understand how patriotic he was from this. Another very important innovation was the Alphabet Revolution on November 1 1928. When the transition to the Latin alphabet was made, it became easier to learn to read and write, and the literacy rate increased. We can also understand how much he valued education from this.

One of Mustafa Kemal Atatürk's most important social innovations was granting women the right to vote and be elected.

Turkish women:

- Gained the right to vote in municipal elections in 1930,
- Gained the right to become headmen in 1933,
- Gained the right to elect and be elected as members of parliament in 1934.

These rights were granted even before many European countries. The aim was for women to be more active in politics and society. One of Atatürk's most famous quotes about women is:

“Everything in the world is the work of women.” And he was right.

He was born in 1881 and it is known that he read about 4 thousand books throughout his life. Nothing else could be expected from a perfect commander who governs the country flawlessly. He was a visionary, cultured, people-loving, leadership-minded, logical and decisive leader. He was a leader who couldn't build a family for himself because he was too busy caring for his country and never had children.

In summary, he was the best leader this country has ever had; he was the father of the Turks, and we miss him dearly.

**Ezgi Ateş M4-4**



## ENTERTAINMENT

In 2026, many exciting songs and albums were released in Türkiye and around the world. This year, music includes different styles such as pop, rap, and K-pop, so everyone can find something they like.

In Türkiye, Güneş became very popular with songs like Ekşimtrak, Al ya da Bırak, and Paramparça. These songs are loved for their emotional lyrics and modern sound. Manifest also gained attention with energetic songs like Daha İyi and Başrol Sensin. In addition, Motive and Hadise worked together on Labirent, which became very popular. Aleyna Tilki also impressed fans with her song Oyuncak Gibi.

In the world, Miley Cyrus released Younger You for the Hannah Montana anniversary. Raye shared her album This Music May Contain Hope, which has meaningful songs. BTS returned with Arirang, while Anitta released Equilibrivm. New artists like Katseye became popular with Pinky Up, and Olivia Rodrigo released Drop Dead, which many young people enjoyed.

Nowadays, streaming platforms like Netflix and BluTV make Turkish and foreign shows popular worldwide. "The Traitors" is a hit reality show because of its exciting mystery, while sitcoms like "Friends" and "Brooklyn Nine-Nine" remain favorites for relaxation.

Recently, the foreign series "Big Mistakes" has gained attention for its realistic and absurd stories. In Türkiye, "Kızılıcık Şerbeti" continues to be a major topic on social media, and the series "Yeraltı" attracts viewers with its dark, mysterious atmosphere. Overall, whether through series or movies, digital storytelling continues to reach huge audiences.

In conclusion, 2026 is a great year for entertainment; with many different artists, TV series, and sitcoms bringing people together through diverse styles and stories.

**Zeynep Keleş M4-5**

**Merve Gültekin M4-5**

**Sima Kır M4-5**

**Ahmet Erol Şahin M4-5**

## HOROSCOPES

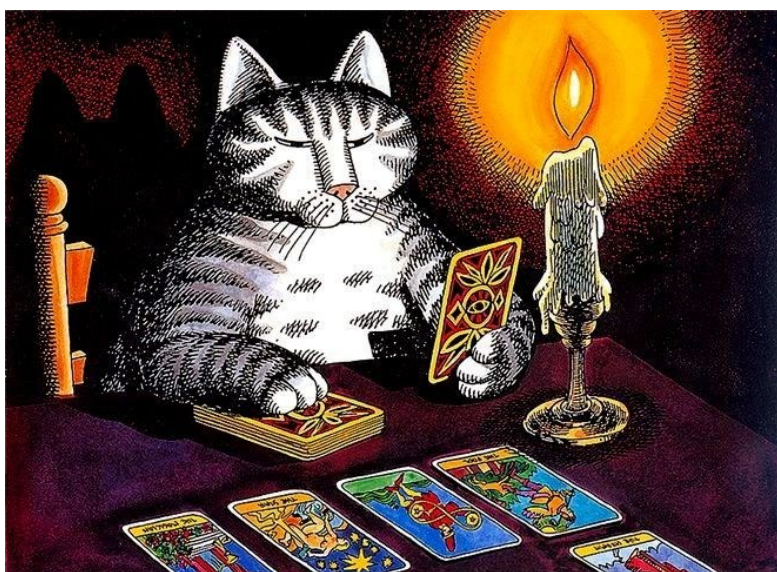
Have you ever been in a low mood without any reason? Or have you ever suddenly felt good? It's exactly in those moments, we start thinking about there's more than what we can see.

Perhaps that is another reason why we believe zodiac sign and horoscope because we want to make sense of what we feel about those.

Even though it can't yet be measured scientifically some people strongly believe in spiritual energy. About the some people this energy can influence people's mood, behavior , and even their compatibility with each other. Moreover, we can see these traditions all around the world such as Prana, Holy Spirit and Chi. If we consider our conversation, I guess this is what we are talking about when we say things " the vibe didn't match" or " The energy is really good " . We can't fully explain it, but we feel it. Do you think there is really spiritual energy inside us, or could it all just be nonsense?

This is where zodiac signs come into play. It's claimed that the 12 signs, determined by your birth time, give clues about our personalities. For example, Leos are confident and Cancers are often described as overthinkers. Is it a bit classic? Yes, it is. However, admit it – sometimes weekly horoscopes are so spot-on that we find ourselves thinking about " Wait a minute, it can be true... " at least I do. Perhaps the stars don't control us, but they might reflect us.

Also another topic is fortune telling. Although it has no scientific basis, it is very popular tradition in daily life. One of the main reason for this is that people want to feel more safe when things are not certain. Getting small clues about the future can provide psychological relief.



Alright, why are there many people who believe in these things? In fact, there is a psychological explanation for this. People tend to adapt general statements for themselves, and this is called the Barnum effect. Is it everything psychological or is there really something that we can't see? This is still mystery.

Maybe you are reading this text for just fun or you are really interested in these. We cannot know whether stars determine our lives but

sometimes these are enough for fell better.

And who knows, maybe there really is a little more than we think.

### May 2026 Horoscope : Read for fun or for insight!

Air Sign ( Gemini  $\text{♊}$ , Libro  $\text{♎}$ , Aquarius  $\text{♒}$ )

- Very high mental activity

- Changes in social circles
- New ideas and beginnings
- But also possible indecision and overthinking

Water Signs ( Cancer ♋, Scorpio ♏, Pisces ♓)

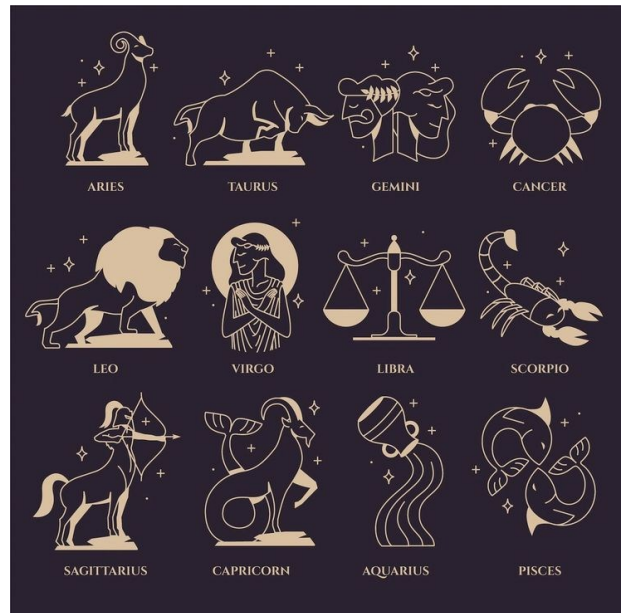
- Stranger intuition
- Themes of facing the past
- Sometimes emotional overwhelm or indecision
- Logical thinking is improving

Fire Signs ( Aries ♈, Leo ♌, Sagittarius ♐)

- Increased energy and motivation
- A more social and active period
- But also a risk of impatience
- Stronger need for self-expression

Earth Signs ( Taurus ♉, Virgo ♍, Capricorn ♐)

- Increased responsibilities
- Focus on stability and security
- Slow but lasting progress
- Possible stress from control and pressure



**Derya Maslak M4-6**  
**Mediha Damla Ege M4-6**

## L'INFLUENCE DE LA PUBLICITE : ENTRE SEDUCTION ET POUVOIR SOCIAL

La publicité a toujours été présente autrefois et, dans la société moderne, elle occupe encore une grande place dans notre vie quotidienne. Elle ne sert pas seulement à montrer des produits ; elle influence aussi notre comportement, notre caractère, notre manière de penser et de prendre position. Avec les réseaux sociaux, elle devient plus facile à diffuser avec des formes de vidéos, de jeux et d'images attractives, et elle devient presque invisible pour le public.

La publicité fonctionne avec les émotions et non avec la logique. Elle crée des besoins artificiels en associant des produits ou des idées avec le bonheur, le succès, la beauté et l'appartenance. Ce mécanisme est similaire à certaines formes de propagande, avec des messages répétés qui influencent les personnes.

Elle n'est pas seulement faite pour vendre des produits. C'est aussi un pouvoir social utilisé par de grandes entreprises. Elle influence les personnes et leurs idées. À mon avis, développer une pensée critique est très important pour rester conscient et libre face au système. Il est important de penser de manière critique pour rester libre.

Pour cette raison, il est important d'apprendre à comprendre les messages publicitaires. En conclusion, c'est un outil puissant. Il peut être utile, mais aussi dangereux. Tout dépend de notre capacité à réfléchir et à faire de bons choix.

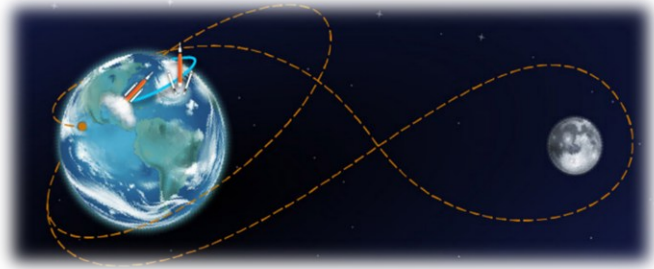


**Selin Ayriksa M3-1**

## LA LUNE : UN PONT COSMIQUE VERS LA PLANÈTE ROUGE

Pourquoi ne pas viser directement Mars ? Cette question brûle les lèvres de nombreux passionnés. Pourtant, retourner sur la Lune n'est ni de la nostalgie, ni une simple répétition de l'histoire. C'est une nécessité logistique et physique. Pour atteindre Mars, l'humanité doit d'abord apprendre à franchir le « seuil » de sa propre porte : la Lune.

Le choix du nom « Artemis » pour ce nouveau programme de la NASA est hautement symbolique. Dans la mythologie grecque, Artémis est la déesse de la Lune et la sœur jumelle d'Apollon (Apollo). Si les missions Apollo des années 60 ont ouvert la voie, Artemis reprend le flambeau avec une ambition moderne : établir une présence humaine permanente et envoyer, pour la première fois, une femme sur le sol lunaire.



L'un des plus grands défis du voyage spatial est la gravité terrestre.

S'échapper de la Terre demande une énergie colossale. Transporter tout le carburant nécessaire pour Mars depuis notre planète rendrait les fusées trop lourdes. C'est là que la Lune intervient : la glace piégée dans ses cratères peut être transformée, par électrolyse, en hydrogène et en oxygène. La Lune deviendra ainsi la première « station-service » cosmique, permettant aux vaisseaux de se ravitailler avant le grand saut vers la Planète Rouge.



Au cœur du projet se trouve le *Lunar Gateway*, une station spatiale en orbite lunaire. Ce port servira de centre de transfert et de maintenance pour les vaisseaux martiens. Ce sera également un laboratoire vital pour tester la résistance des équipages aux radiations solaires et à l'isolement, sans dépendre directement de l'assistance immédiate de la Terre.

Un voyage vers Mars dure entre 6 et 9 mois. En cas de panne, le retour est impossible. À l'inverse, la Lune n'est qu'à trois jours de nous. Elle offre donc un banc d'essai idéal pour tester les habitats imprimés en 3D à partir de poussière lunaire (régolithe) et étudier les effets de la faible gravité sur le corps humain. Maîtriser la survie sur la Lune est l'assurance-vie indispensable avant d'affronter les tempêtes

martiennes.

En résumé, la Lune est bien plus qu'un satellite : c'est le tremplin de notre futur. Les étapes du programme Artemis ne sont pas de simples exploits techniques, mais le premier grand pas pour transformer l'humanité de simple visiteur de l'espace en une véritable espèce multiplanétaire.

**Kaan Tanrıverdiler M3-1**

## LE FANATISME DANS LE FOOTBALL : UNE ANALYSE COMPARATIVE ENTRE LA TURQUIE ET LES LIGUES EUROPEENNES

Le football n'est pas seulement un sport dans les sociétés modernes, mais aussi un phénomène social et culturel très important. Le fait d'être supporter permet aux individus de construire une identité autour d'un club, mais parfois ce sentiment d'appartenance devient excessif et se transforme en fanatisme.

Le fanatisme peut être défini comme une situation où les individus perdent leur capacité de penser de manière rationnelle et réagissent surtout avec des émotions fortes. Le but de ce travail est d'analyser le fanatisme dans le football en Turquie, surtout dans la Süper Lig, et de le comparer avec les grandes ligues européennes comme la Premier League, la Ligue 1, la La Liga et la Bundesliga.

Le fanatisme dans le football ne dépend pas seulement des individus, mais aussi des événements historiques. En Europe, un des événements les plus importants est la catastrophe du Heysel. En 1985, avant la finale entre Liverpool et la Juventus, un mouvement de foule a



causé la mort de 39 personnes. Cet événement a beaucoup choqué l'Europe et a changé la manière de gérer le football. Après cette catastrophe, surtout en Angleterre, des règles très strictes ont été mises en place : sécurité dans les stades, surveillance des supporters et responsabilité des clubs.

En Turquie, le fanatisme est aussi très fort et lié à des facteurs sociaux et culturels. Dans la Süper Lig, le football est souvent plus qu'un sport, c'est une question d'identité. Un événement très important dans l'histoire du football turc est les événements Kayseri-Sivas en 1967. Pendant ce match, des violences ont causé la mort de plusieurs dizaines de personnes. Cependant, contrairement à l'Europe, les mesures prises après ces événements en Turquie ne sont pas toujours suffisantes ou durables.

Dans les ligues européennes comme la Ligue 1, la La Liga et la Bundesliga, le fanatisme existe aussi, mais il est mieux contrôlé.

Pour conclure, le fanatisme dans le football est un phénomène universel, mais il se manifeste différemment selon les pays. En Europe, des événements comme la catastrophe du Heysel ont permis de développer des systèmes plus sûrs.

En Turquie, malgré des événements graves comme Kayseri-Sivas, le fanatisme reste plus fort et moins contrôlé. Donc, pour améliorer la situation en Turquie, il est important de renforcer les institutions et de prendre des mesures contre la violence.

**Rüya Kaygalak M4-1**

## L'IMPORTANCE DU SOMMEIL POUR LA SANTÉ MENTALE

Saviez-vous que derrière de nombreux troubles psychologiques et même physiques se cache le manque de sommeil ? Souvent, nous pensons que dormir est une activité secondaire. Pourtant, les médecins disent que le sommeil est aussi important que la nourriture et l'eau. D'un point de vue physique, nos cellules se régèrent pendant que nous dormons ; si nous ne dormons pas assez, notre système immunitaire devient plus faible. De plus, sur le plan psychologique, le stress et l'anxiété sont liés au manque de repos. Les experts expliquent aussi que le manque de sommeil diminue notre capacité d'empathie.

Pour nous, les étudiants à l'université, le sommeil est aussi un très bon outil de travail. Le cerveau organise les informations pendant la nuit, surtout quand on apprend une nouvelle langue. Sans assez de repos, les informations disparaissent rapidement. Enfin, nous devons faire attention à la technologie. Souvent, ce sont les écrans de téléphone qui prennent nos heures de repos les plus précieuses.

Beaucoup de jeunes se demandent pourquoi ils se sentent fatigués le matin, mais ils oublient que la lumière bleue empêche de bien dormir. En conclusion, si vous voulez avoir une vie équilibrée et atteindre vos objectifs, commencez par respecter votre sommeil. Car votre santé mentale et physique est en jeu.



**Selma Tuana Koç M4-1**

## SYNÄSTHESIE IN DER KUNST



Synästhesie bedeutet, dass die Sinne zusammenarbeiten. Es gibt viele verschiedene Kunstformen: Malerei, Musik, Poesie, Geschmack und Geruch.

Zum Beispiel kann man beim Anschauen eines Bildes gleichzeitig Musik hören, oder wenn man ein Gedicht liest, kann man einen Geruch fühlen. Ein Geschmack kann uns an eine Farbe erinnern, und man kann durch die Beschreibung in einem Gedicht an ein Bild denken. Deshalb bedeutet ein Kunstwerk nicht nur eine Sache.



Ein gutes Beispiel ist das Bild „Der Flötenspieler“ von Judith Leyster. An der Wand hängen eine Violine und eine Flöte. Das symbolisiert Musik. Außerdem kann man durch das Gesicht, den Stil oder die Bewegungen in diesem Bild die Musik fühlen.



Wassily Kandinsky ist ein berühmter Maler. Er machte seine Kunstausbildung in München. Seine abstrakten Bilder sind gute Beispiele für Synästhesie. Im Jahr 1911 gründete er



zusammen mit Franz Marc die Künstlergruppe „Der Blaue Reiter“. Diese Gruppe fand Intuition in der Kunst sehr wichtig.

Billie Eilish ist eine junge Musikerin. Sie macht seit 2015 Musik und hat mehr als 40 Lieder veröffentlicht. Sie sagt, dass ihre Lieder und Musikvideos Farben, Gerüche und Texturen haben.

Man nennt solche Künstler „Synästheten“.

Synästhesie hat wirklich einen wichtigen Platz in der Kunst. Außerdem ist Synästhesie nicht nur für Künstler wichtig. Viele Menschen erleben das auch im Alltag. Zum Beispiel kann man überlegen, welche Farbe der Montag hat. Ist der Montag hell oder dunkel? Das ist auch eine Form der Synästhesie. Wissenschaftler sagen, dass alle Menschen synästhetisch geboren werden. Aber wenn wir älter werden, verändert sich das. Nur wenige Menschen behalten diese Fähigkeit ihr ganzes Leben lang.

**Azra Karüzümcüoğlu M4-1**



## **TIERSCHUTZ IN DEUTSCHLAND UND IN DER TÜRKEI**

Tiere spielen eine sehr wichtige Rolle in unserem Leben. Sie sind unsere Freunde, treue Begleiter und ein unverzichtbarer Teil der Natur. Darum müssen wir Menschen Verantwortung für sie übernehmen. Tierschutz bedeutet, dass wir das Leben und das Wohl der Tiere respektieren. In Deutschland und in der Türkei gibt es wichtige Gesetze, die Tiere vor Gewalt schützen.

### **Was sagen die Gesetze?**

In Deutschland heißt das Gesetz Tierschutzgesetz (TierSchG). In der Türkei ist es das Gesetz Nummer 5199. Beide Gesetze haben ein klares Ziel: Tiere sind keine Sachen, sondern „Mitgeschöpfe“.

- Der Zweck dieser Gesetze ist es, das Wohlbefinden der Tiere zu schützen.
- Niemand darf einem Tier ohne einen vernünftigen Grund Schmerzen, Leiden oder Schäden zufügen.
- Jedes Tier hat ein Recht auf ein angemessenes Leben und eine gute Behandlung.
- Tiere sollen ruhig, sicher und ohne Angst leben können.

### **Die Verantwortung der Tierhalter**

Wer ein Haustier haben möchte, muss sich zuerst Kenntnisse aneignen. Ein Haustier zu haben, ist eine große Aufgabe für viele Jahre. Man hat klare Pflichten:

- **Pflege und Ernährung:** Man muss das Tier entsprechend unterbringen, gut ernähren und pflegen. Das Tier braucht jeden Tag frisches Wasser und gesundes Futter.



- **Gesundheit:** Wenn ein Tier krank ist, muss es von einem Tierarzt behandelt werden.
- **Soziale Bedürfnisse:** Ein Tier hat Bedürfnisse, die man respektieren muss. Man muss Zeit für das Tier haben.

### Was ist streng verboten?

Das Gesetz verbietet viele schlechte Handlungen. Wer gegen diese Regeln verstößt, kann eine Geldstrafe bekommen oder sogar ins Gefängnis gehen. Es ist verboten:

- Ein Tier zu schlagen oder ihm auf andere Weise Schmerzen zuzufügen.
- Ein Haustier auszusetzen oder im Wald zurückzulassen, wenn man es nicht mehr will.
- Wilde Tiere zu fangen und in Käfigen zu halten.
- Ein Tier für Profit oder zur Unterhaltung leiden zu lassen.

### Moral und Menschlichkeit

Der deutsche Philosoph Arthur Schopenhauer schrieb viel über Moral. Er sagte: „Wer grausam zu Tieren ist, kann kein guter Mensch sein.“ Das bedeutet, dass Freundlichkeit zu Tieren ein Zeichen von gutem Charakter ist. Wenn wir Tiere respektieren, zeigen wir auch Respekt vor dem Leben selbst.

In der Türkei helfen viele freiwillige Organisationen und Stiftungen den Straßentieren. Sie geben Futter und kümmern sich um kranke Hunde und Katzen. Auch in Deutschland gibt es viele Tierheime für verlassene Tiere.



## **Fazit**

Sowohl in Deutschland als auch in der Türkei ist Tierschutz ein sehr wichtiges Thema. Aber Gesetze allein sind nicht genug. Jeder Mensch muss in seinem eigenen Leben Verantwortung übernehmen. Wir können zum Beispiel weniger Fleisch essen oder Produkte ohne Tierversuche kaufen. Nur so können Tiere wirklich in Frieden und Würde leben.

**Hilal Yılmaz M4-1**

## PAROLA PANZER MUSEUM



Das Panzermuseum Parola liegt in Parola und ist 110 Kilometer von Helsinki entfernt. Dort werden zahlreiche Fahrzeuge ausgestellt. Im Museum gibt es auch ein Café namens „Tankkitupa“. Besonders interessant ist der BT-42. Dieses Fahrzeug ist der einzige BT-42, der bis heute gut erhalten geblieben ist.

Der BT-42 wurde mit dem Fahrgestell des russischen BT-7 und einer englischen Haubitze gebaut. Das Museum zeigt nicht nur Panzer, sondern auch viele andere normale Fahrzeuge.



**İsa Çan M3-1**

## BURGEN IN DEUTSCHLAND

Als Kinder lieben wir Märchen ganz besonders. Sie gehören zu unserer Kindheit. Besonders spannend finden wir oft die Burgen in diesen Geschichten. Wenn Sie sich auch wie in einem Märchen fühlen möchten, können Sie viele interessante Orte in Deutschland besuchen. Deutschland gehört zu den Ländern mit den meisten Burgen weltweit. Hier sind drei Burgen, die für Sie interessant sein könnten.

### Schloss Neuschwanstein

Schwangau ist ein kleines Dorf im Süden Deutschlands, in Bayern. Es liegt in den Alpen und ist sehr schön. Schloss Neuschwanstein ist sehr bekannt und sieht wie ein Märchenschloss aus. Es inspirierte sogar die Disney-Schlösser. Heute gehört es zu den bekanntesten Schlössern Deutschlands.



### Schweriner Schloss

Das Schweriner Schloss liegt in der Stadt Schwerin. Es steht auf einer Insel in einem See. Das Schloss wurde im Jahr 1865 erbaut und erhielt im 19. Jahrhundert seine heutige Form. Es ist sehr groß und beeindruckend. Außerdem gibt es eine Legende über einen Geist, der im Schloss leben soll.



## Schloss Sababurg

Die Sababurg liegt in Hessen, in der Nähe von Kassel. Sie ist ein sehr altes Schloss aus dem 14. Jahrhundert. Viele Menschen nennen sie das „Dornröschenschloss“. Man sagt, dass die Brüder Grimm von diesem Schloss inspiriert wurden. Heute befindet sich in einem Teil des Schlosses ein Hotel.



**Mariyam Bayramova M4-2**



## “LIE TO ME” UND DIE WELT DER MIKROAUSDRÜCKE

Die Serie „Lie to Me“ ist ein psychologisches Drama. Sie verbindet Psychologie, Wissenschaft und spannende Kriminalfälle. Die Hauptfigur ist Dr. Lightman. Er arbeitet mit seinem Team an verschiedenen Fällen. Sie helfen der Polizei, dem FBI und anderen Menschen, die Wahrheit zu finden. Dr. Lightman analysiert Gesichter, Körpersprache und Worte sehr genau. So kann er Lügen erkennen und versteckte Gefühle verstehen.

Dr. Lightman hatte eine schwere Kindheit. Der Tod seiner Mutter war sehr schlimm für ihn. Danach wollte er Menschen und ihre Gefühle besser verstehen. Er reiste viele Jahre und lernte viel über Gesichter, Mimik und Verhalten. Er untersuchte Mikroausdrücke und studierte, wie Menschen lügen oder ihre Gefühle verstecken.

Später gründete er die Lightman Group. Das ist seine Firma. Dort arbeitet er mit seinem Team zusammen. Sie helfen Menschen bei schwierigen Fällen und suchen nach der Wahrheit. Die Serie basiert auf der Arbeit von Paul Ekman. Er hat über Mimik und Emotionen geforscht. Auch die Geschichte und die Charaktere sind vom echten Leben inspiriert.

Ein besonders wichtiger Teil seiner Arbeit sind Mikroausdrücke. Mikroausdrücke sind sehr kleine und schnelle Bewegungen im Gesicht und im Körper. Dazu gehören Gesichtsausdrücke, Gesten und Körpersprache. Diese Ausdrücke passieren oft unbewusst und zeigen die echten Gefühle einer Person. Mit Mikroausdrücken kann man besser verstehen, ob eine Person lügt, nervös ist oder die Wahrheit sagt.

Mikroausdrücke dauern oft nur eine Fünftelsekunde. Sie sind kleine Veränderungen in den Augen, in der Nase, im Mund, in den Augenbrauen und im Kinn. Wenn eine Person nervös oder unsicher ist, zieht sie zum Beispiel die Augenbrauen zusammen oder presst die Lippen. Wenn eine Person glücklich oder zufrieden ist, lächelt sie oder ihre Augen glänzen.

Mikroausdrücke richtig zu verstehen ist wichtig, denn sie helfen bei guter Kommunikation und beim besseren Verstehen von Menschen.

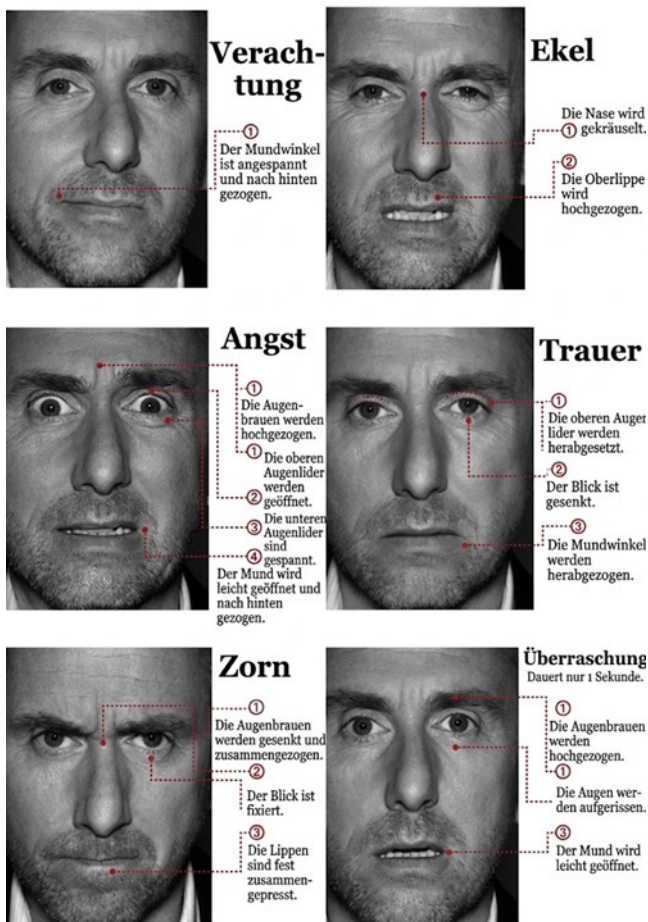
Die Serie „Lie to Me“ ist sehr interessant, weil sie nicht nur Lügen zeigt, sondern auch Gefühle, Persönlichkeit und Charakter von Menschen. Ich finde die Serie sehr spannend, weil sie anders ist als andere Serien. Man lernt viel über Menschen und ihre Gefühle. Diese Techniken können auch im Alltag hilfreich sein.

Tim Roth spielt Dr. Lightman und zeigt die Stärke und Intelligenz der Figur sehr gut. Die Serie zeigt, dass Menschen



nicht nur mit Worten sprechen, sondern auch mit ihrem Gesicht und ihrem Körper. Meiner Meinung nach ist „Lie to Me“ eine spannende und lehrreiche Serie. Sie zeigt, wie wichtig Mimik, Körpersprache und Psychologie im Alltag sind. Durch die Serie kann man Menschen und ihre Gefühle besser verstehen. Ich empfehle die Serie „Lie to Me“ sehr. Jeder sollte sie einmal anschauen.

**Melike Tuna M4-2**



## **SONNENZEICHEN ODER MONDZEICHEN?**

Haben Sie sich schon einmal für Ihr Mondzeichen interessiert?

Heutzutage kennt fast jeder sein Sternzeichen: Widder, Steinbock, Wassermann, Löwe, Jungfrau, Waage, Zwillinge, Fische, Skorpion, Schütze, Krebs und Stier.

Das Sonnenzeichen zu berechnen ist eigentlich nicht so kompliziert. Man schaut, in welchem Sternzeichen die Sonne am Geburtstag steht. Das Sternzeichen, das wir normalerweise als „mein Sternzeichen“ kennen, ist also das Sonnenzeichen. Jedes Sternzeichen dauert ungefähr 30 Tage, und meistens wechseln die Sternzeichen am 20., 21. oder 22. eines Monats.

Für das Mondzeichen braucht man nicht nur den Geburtstag, sondern auch die genaue Geburtszeit. Menschen, die am selben Tag geboren wurden, können deshalb verschiedene Mondzeichen haben. Zum Beispiel kann eine Person, die morgens geboren wurde, Krebs sein, während eine Person, die abends geboren wurde, Löwe ist. Der Grund dafür ist, dass sich der Mond sehr schnell bewegt. Er wechselt ungefähr alle zwei bis zweieinhalb Tage das Sternzeichen. Aber wie beeinflussen diese beiden Sternzeichen den Menschen?

Wenn Menschen sich zum ersten Mal treffen, zeigt sich meistens das Sonnenzeichen. In stressigen oder emotionalen Momenten kommt eher das Mondzeichen zum Vorschein. Das Sonnenzeichen zeigt also die Seite, die andere Menschen sehen. Das Mondzeichen zeigt dagegen die Gefühle und die innere Seite eines Menschen.

Die Sternzeichen werden in vier Elemente eingeteilt: Feuer, Erde, Luft und Wasser. Jede Gruppe hat ihre eigenen Eigenschaften.

### **Feuerzeichen (Widder, Schütze, Löwe)**

- Sie sind energisch, mutig und aktiv.
- Sie haben starke Führungsqualitäten.
- Sie handeln schnell und sind manchmal ungeduldig.
- Sie lieben Motivation und Risiken.

### **Erdzeichen (Stier, Jungfrau, Steinbock)**

- Sie sind realistisch, geduldig und zuverlässig.

- Sie sind organisiert und diszipliniert.
- Geld und Sicherheit sind für sie wichtig.
- Manchmal mögen sie keine Veränderungen.

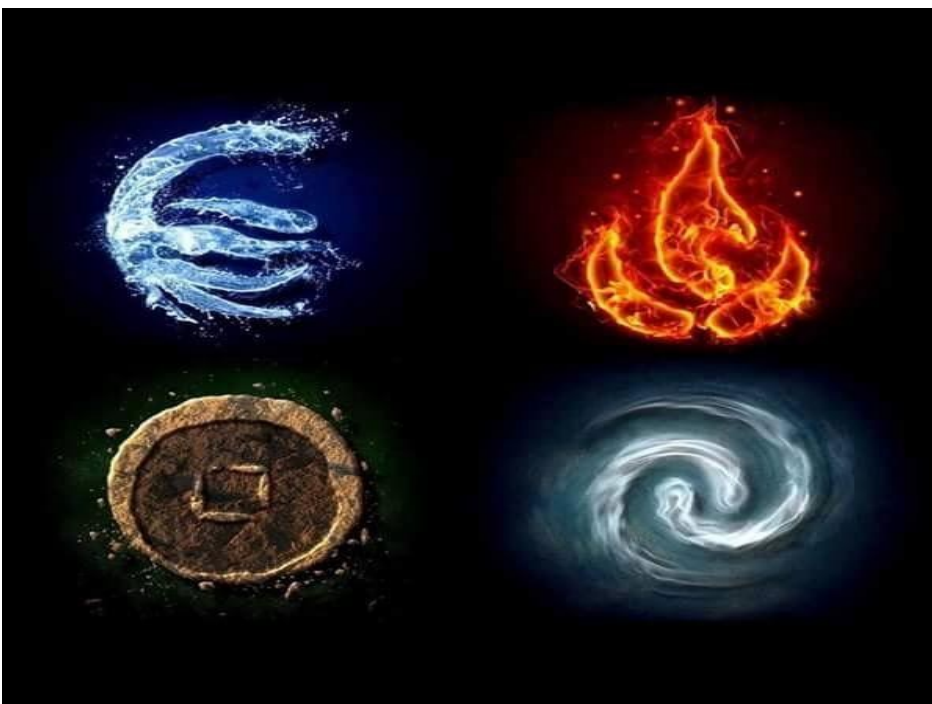
#### **Luftzeichen (Zwillinge, Waage, Wassermann)**

- Sie sind intelligent, kommunikativ und sozial.
- Sie denken gern über neue Ideen nach.
- Sie handeln oft logisch.
- Manchmal haben sie Probleme mit tiefen Gefühlen.

#### **Wasserzeichen (Krebs, Skorpion, Fische)**

- Sie sind emotional, intuitiv und empathisch.
- Sie bauen tiefe Beziehungen auf.
- Sie sind sensibel und fürsorglich.
- Manchmal sind sie zu emotional.

Mein Sonnenzeichen ist Jungfrau und mein Mondzeichen ist Widder. Und was sind Ihre Sternzeichen?



**Nisanur Molla M4-2**



## **DIE BUMERANG GENERATION: WARUM JUNGE LEUTE ZURÜCKKOMMEN?**

### **Einleitung**

Früher war der Weg klar: Nach der Universität suchte man sofort eine eigene Wohnung. Unabhängigkeit war das wichtigste Ziel. Aber heute ist das anders. Es gibt eine neue Generation, die man „Bumerang-Generation“ nennt. Das sind junge Erwachsene, die zuerst allein gelebt haben, aber dann wieder bei ihren Eltern einziehen. Warum machen sie das?

### **Wirtschaftliche Gründe**

Der wichtigste Grund ist das Geld. Das Leben in großen Städten ist heute sehr teuer. Die Mieten steigen schnell, aber die Gehälter für Berufsanfänger sind oft niedrig. Viele finden nach dem Studium nicht sofort einen gut bezahlten Job. In dieser Situation ist das Elternhaus ein „sicherer Hafen“. Dort können sie Geld sparen, bis sie finanziell stabil sind.

## **Soziale Gründe und Psychologie**

Es geht aber nicht nur um Finanzen. Viele junge Menschen fühlen heute großen Druck. Sie müssen im Beruf schnell Erfolg haben und Karriere machen. Die Rückkehr zu den Eltern bietet Schutz vor diesem Stress. Experten sagen, dass junge Menschen heute mehr Zeit brauchen, um wirklich „erwachsen“ zu werden. Man nennt das auch die „verzögerte Adoleszenz“.

## **Das Leben in der Familie**

Wenn zwei Generationen von Erwachsenen zusammen unter einem Dach leben, verändert sich die Familiendynamik. Es ist nicht mehr wie in der Kindheit. Eltern und Kinder müssen neue Regeln für das Zusammenleben finden. Oft helfen die jungen Erwachsenen im Haushalt oder erklären ihren Eltern neue Technik. So helfen sich die Generationen gegenseitig.

## **Fazit**

Zusammenfassend kann man sagen: Die Bumerang-Generation ist kein Zeichen von Scheitern. Sie ist eine logische Reaktion auf die schwierigen Bedingungen der heutigen Welt. Die Rückkehr nach Hause ist oft nur ein kurzer Stopp, um später mit mehr Kraft in ein unabhängiges Leben zu starten.

**Sedra Omar Kor M4-1**

## **EIN BLICK IN DIE STERNE: WARUM WIR HOROSKOPE UND WAHRSAGEREI LIEBEN?**

Liebe Leserinnen und Leser,

habt ihr heute schon euer Horoskop gelesen? Wenn die Antwort „Ja“ ist, seid ihr nicht allein. Wir alle sind manchmal neugierig auf die Zukunft. Besonders in unserem Studentenalltag zwischen Vokabeltests, Hausaufgaben und Prüfungsstress fragen wir uns oft: Was bringt der nächste Monat? Werde ich meine Ziele erreichen?

### **Die Magie der Sternzeichen**

Astrologie fasziniert die Menschheit schon seit Tausenden von Jahren. Wenn wir unser Horoskop lesen, suchen wir oft nach Antworten oder einfach nur nach ein bisschen Motivation. Es macht Spaß herauszufinden, ob die Eigenschaften der Sternzeichen wirklich zu uns passen. Vielleicht bist du ja ein abenteuerlustiger Schütze, der immer neue Erfahrungen machen möchte, oder ein ruhiger Stier. Horoskope geben uns oft das Gefühl, dass wir nicht allein sind und alles einen Sinn hat.

### **Tarot und die Sprache der Bilder**

Neben der Astrologie gibt es noch viele andere Wege, um in die Zukunft zu „schauen“. Wahrsagerei, zum Beispiel das Kartenlegen mit Tarotkarten, ist heute wieder sehr modern. Die Karten haben mystische und wunderschöne Bilder. Jede Karte erzählt eine eigene kleine Geschichte. Wenn man die Karten legt, denkt man intensiv über das eigene Leben, Gefühle und Beziehungen nach. Es ist fast wie ein kleiner Dialog mit sich selbst.

### **Kaffeersatzlesen: Eine wunderschöne Tradition**

Eine besonders schöne Form der Wahrsagerei ist für uns das Kaffeersatzlesen. Stellt euch vor: Ihr sitzt nach einem langen und anstrengenden Tag an der Uni mit euren Freunden zusammen. Ihr trinkt gemütlich einen türkischen Kaffee und unterhaltet euch. Danach dreht ihr die Tasse um. Wenn ihr dann gemeinsam in den Kaffeersatz schaut, seht ihr nicht nur Vögel, Wege oder Buchstaben. Ihr sprecht eigentlich über eure geheimen Wünsche, kleinen Sorgen und die Liebe. Diese Momente sind sehr wertvoll, weil sie Menschen verbinden.

## **Glaube oder nur Spaß?**

Müssen wir wirklich an Horoskope und Wahrsagerei glauben? Das bleibt natürlich jedem selbst überlassen. Für manche Menschen sind die Sterne ein wichtiger Wegweiser im Leben. Für andere ist es einfach nur gute Unterhaltung und ein schöner Zeitvertreib.



Aber eines ist sicher:

Astrologie und Wahrsagerei helfen uns, über uns selbst nachzudenken. Sie bringen uns ins Gespräch mit anderen. Also, liebe Mitstudierende, nehmt die Sterne vielleicht nicht immer hundertprozentig ernst, aber lasst ein bisschen Magie und Träumerei in euren Alltag!

Wer weiß, vielleicht steht ja eine tolle Überraschung in eurem nächsten Kaffeesatz. Wir wünschen euch ein erfolgreiches Semester!

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