



Rissue

• SUMMER EDITION 2018

THIS MONTH'S FEATURES:

SUMMER IN EUROPE 2
RECIPES TO TRY 7

“
The most
liberating feeling”

PEP TALK BY AN IBDP KID DONE
WITH HIGH SCHOOL

If you're reading this, you're probably not done with high school. A few weeks ago, I was in your shoes but hey I just got a grip of myself and pushed to the end. Let me tell you that your blood, sweat and tears are totally worth it. Work as hard as you can because in the long run, it's absolutely worth it. Now, if you fall, cry a river and get right back up on your feet!

Crying is relieving in many ways because you feel better afterwards so don't be ashamed to let these tears roll down your cheeks. Just make sure to lift your chin afterwards and succeed the next time.

One more thing...Remember that a business man probably couldn't care less about that E that he got in bio, lol...And by now your future gynaecologist probably forgot that he wasn't the brightest in economics ;)

- Anon





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ENJOY THE HARD WORK OF OUR
WRITERS

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" Hello vacation!"



(No Carrot) Carrot Raisin Muffins From Vegan with a Vengeance

by Isa Chandra Moskowitz

This recipe is a personal favorite of my family. Isa Chandra did a wonderful job writing this recipe. You can't even tell that they're vegan! This recipe is also gluten free, so allergies are not a problem!

Ingredients:

- 1/2 cup raisins
- 1 1/2 cup flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1 cup milk of your choice
- 1/4 cup vegetable oil
- 1 teaspoon vanilla extract
- 2 cup grated carrot (optional)

Preheat oven to 400 degrees Fahrenheit (200 Celsius). Spray a muffin tin with nonstick cooking spray or line with paper cupcake liners. Put the raisins in a small bowl and boil enough hot water to cover them. When boiled, pour the water over the raisins and let them sit for 10 minutes.

While the raisins are soaking, mix together flour, baking powder, baking soda, cinnamon, nutmeg, sugar, and salt in a large mixing bowl. Create a well in the center of the mixture and add the milk, oil, and vanilla. Mix the batter with a wooden spoon until just combined. Fold in the grated carrots (if using). Drain the raisins and carefully squeeze some of the water out of them. Fold them into the batter. Fill the muffin tins three-quarters full. Bake for 18-22 minutes or until a toothpick or knife inserted in the center of one comes out clean. Cool and enjoy!



by Vivian Roos

More Recipes to Try This Summer



Pea Pasta

Prep:

5 minutes | Cooking: 10 minutes | Serves 4

What you need:

- 3 tablespoons olive oil
- 3 garlic cloves
- 1 red chili
- 2 lemons
- 400g pasta
- 200g peas
- 20g basil



Step one: Finely chop the garlic cloves, de-seed and finely chop the red chili. Then heat one tablespoon of olive oil in a frying pan and cook the garlic and red chili until slightly golden. Zest the two lemons and add lemon zest to the pan.

Step two: Cook the pasta to al dente, and add the peas in in the last 2 minutes. Drain the pasta and peas and tip it back into the saucepan. Put in the garlic and red chili from the frying pan into the pan with pasta. Tear up the basil and add it to the pan and add two tablespoons of olive oil. Then stir well and serve.

Chicken Pesto Kabobs

Prep: 30 minutes | Cooking: 15 minutes | Serves 6



What you need:

- 1 cup pesto, either homemade or store bought
- 700 grams of boneless chicken breasts, cut into 3 cm cubes
- 500 grams cherry tomatoes • Salt and pepper • 2 tablespoons chopped parsley
- Kabob skewers
- Griddle pan or grill

Step one: Marinate the chicken cubes with the pesto in a large bowl or ziploc for at least 30 minutes. After marinating, drain the chicken

Step two: Put the chicken and tomatoes onto the skewers and season with salt and pepper.

Step three: Heat the grill or griddle pan to medium high heat.

Step four: Place skewers on griddle pan or grill, turning the skewers from time to time until the chicken is fully cooked (10-12 minutes)

Step five: Add the chopped parsley and serve.



Fruit Swirl Popsicles

Picture: Con Poulos

Prep: 25 minutes | Makes 10
 What you need: • 500g fresh fruit of choice • 2 tablespoons of granulated sugar • 2 cups of vanilla yogurt • Popsicle mold • Popsicle sticks • 2 Ziploc bags

Step one: Using a food processor or blender, puree the fruit and the granulated sugar together.



Step two: Pour the fruit puree into a ziploc bag and pour the vanilla yogurt into another ziploc bag and cut the corners off of both bags

Step three: Squeeze a little bit of both bags into the molds, switching to create swirl patterns. Freeze overnight.

by Eniek van der Werff



15 Fun Things To Do This Summer”



Summer is coming up fast and there are a whole 6 weeks to have adventures. Here is just a small list of things to get your summer vacation started.

1. Outdoor Movie Night

You'll surely want to spend some time outside this summer so why not combine it with a movie? Hang up a large white sheet outside, project your favorite movie and invite some friends over! You can even make a projector out of a shoebox!

2. Have a Picnic

Grab some friends and some groceries from your favorite shops and head to the park for a day of relaxing, talking and sipping on cold drinks while enjoying the sun with and a nice lunch with friends!

3. Visit a Museum

There are plenty of museums to visit in and around Rotterdam and this is the perfect rainy day activity! You can go to the Fotomuseum, the natural history museum, the Kunsthal and so many other museums that fit your interests



4. Go Camping

In summer there is plenty of time to go do exciting things, an example for this would be camping. Camping can be in the woods or you can keep it simple by camping in your backyard. Grab some friends, a tent and A LOT of snacks!



5. Own the Beach this Summer

What is summer without the beach?! Take your friends and enjoy the sunny days by the beach. Explore fun activities to do like surfing, building a bonfire or snorkeling!

6. Buy a Train Ticket and Have an Adventure

The Nederlandse Spoorwegen organizes a “jongerentoe” every summer, where teens 12-18 years old can purchase a discounted ticket for 3 days of unlimited travelling around the country. Grab your friends or even your family and head out to explore a new city!



7. Cook/Bake day

Have a fun cook/bake day with your friends or family, or even on your own. Put your apron on, get all your kitchen utensils and bake for the day. You can bake a cake or even cook meals. Just make sure to not burn anything!



8. Try a New Hobby

Summer is the perfect opportunity to try something new. Whether that be photography, running, gardening, or reading, have a good time with it!



9. Organise a Sports Day

Get your friends and have a day full of fun sports competitions. Make teams and see who wins the most games and perhaps even think of a punishment for the losing team!

10. Water Day

Get your friends, put your swimsuit on and get ready to have the best water day ever! Get all the water guns and balloons out to get everybody wet. This water can simply be done on a parking lot or your backyard.



11. Host a Neighborhood Potluck

Everyone knows how fun potlucks can be! Don't be shy and send your neighbors invitations. You can ask all the odd numbers to bring desserts while the even numbers bring savory meals!



12. Plan a Photo Scavenger Hunt

Make a list of things you can see outside with a group of friends. Like “something red” or “three types of flowers”. The group that is the quickest in getting all of them, wins!

13. Summertime Workout

There is nothing like heading outdoors in the summer to get some fresh air and fitness. From kayaking to yoga to an urban hike and horse riding. There are so many activities you can do! Or look on the internet for killer workouts to train your muscles and endurance!



14. DIY Away

With so much time on your hands this summer, make something useful! Whether it be building something for your room or backyard or crafting something out of popsicle sticks and paper, DIY-ing is always a fun and useful way to spend time!

15. Make a Scrapbook or a Blog

Document all your summertime adventures with scrapbook or blog. Paste in pictures and quotes to always be able to look back at an awesome summer!



by: Lavinia, Lamia,
and Eniek



Let's continue to fight boredom

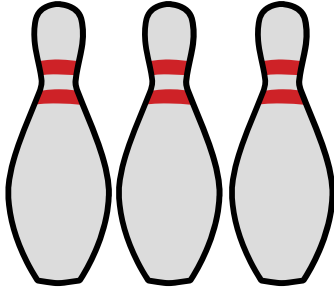


Sitting on her chair and sipping on her iced coffee, Sinclair stares at her calendar and realizes that she wasted her summer at home pointlessly switching through the same three apps over and over again. But can she help it? Was it her fault? ‘There’s nothing to do in Rotterdam.’

We’ve all been there, we’ve all done that. However, this time is different because I’ve got your back!

For starters you need to know what you want to do, I guess our city isn’t big on advertising activities that you see in movies and most of your friends here are probably immigrants who aren’t familiar with the city so how are you going to be introduced to new things? At least I was one of those immigrants who knew nothing of Rotterdam and considered it to be boring but oh boy, there’s actually a handful of activities that can keep you busy around here, you just need to know what you want and research about it!

Let's get started, otherwise I'll probably just end up sounding like I'm attacking you for the mistakes I've made in my life (ouch, is it only me or do I sound like your old grandma Phoebe who's lived through the world war? "Made in my life" ...)



1. That's it ladies and gentlemen, first on our list is BOWLING! Honestly, this can be a lot of fun, grab some friends and just go to a popular place to play, eat and drink! It's actually quite a bit of fun and I can guarantee that by the end of it, you'll have some good memories to remember.

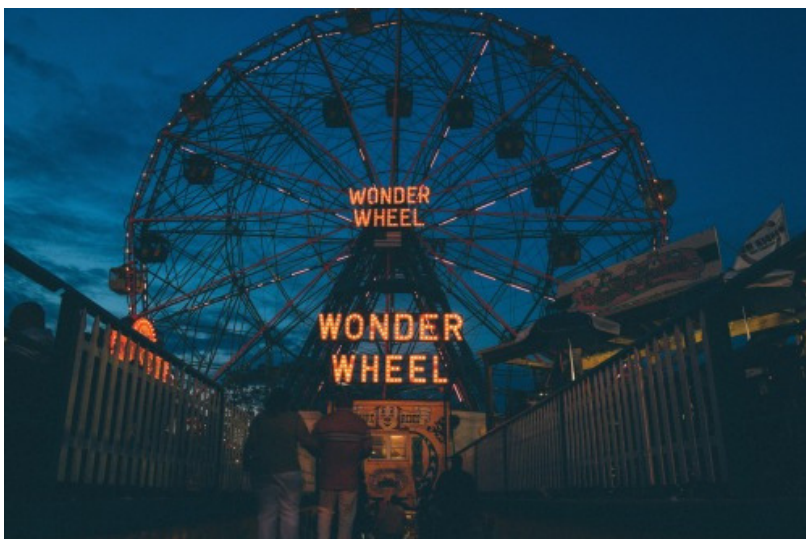
You should google where you'd wanna go and check the price, timing and etc. Dok 99 is pretty classic and Atoll Rotterdam is really pretty nice but it all depends on how much you can afford of course. Keep in mind that the more the merrier because you can split the sum and pay less ;)

2. Trampoline park!

I bet that you'll come back here and thank me for this. Trampoline parks are guaranteed to make you have a nice time, not only can you unleash your inner kid but you can also lose tons of calories and feel body parts that you didn't even know could exist. I'm not kidding you, be creative and knock yourself out. You can go with someone or even a group which would be even more fun.



Jump XL is one of the places located in Rotterdam where you can go, just saying ;) Go dominate that crib and show them how it's done.



3. Go to an amusement park

I mean you can never go wrong with an amusement park, can you now? Check out Driveliet, Walibi, Efteling and etc! You should also keep an eye open for local fairs, these are cute and not too far most of the time ;)

4. Go laser gaming

Pretty much self-explanatory here, who doesn't dream of feeling like James Bond sometimes? Better even, be James Bond for once. Google it, I'm pretty sure there's a few (or at least one since I've clicked on like... One link... Oops)



6. Adventure park

One last one for those who are big fans of outdoor activities. You should consider looking for these places too. One of them that I've found is called Outdoor Valley, but maybe there are better deals out there for your taste!



5. Go Paintballing

Yet again, this is an easy way to kill boredom if you feel like really 'doing' something. It's also in Rotterdam, hey!

7. Escape room

Escape rooms are amazing for those who love solving mysteries and the thrills it means to do it within an amount of time. Get yourself into the skin of one of your favorite character and try to escape the danger! You can do this in Rotterdam, there are a few places you can do it but it all depends on your budget. If you bring more people, you get better deals!

8. Spa

Now after a whole exhausting school year, I wouldn't blame you if solving problems isn't your cup of tea... But that's why you can relax whilst you enjoy a nice spa! Normally they can be expensive but keep an eye out for summer deals!

There's a place called Spa Wellness Hamman which is quite traditional and relaxing found in rotterdam, but my favorite personally is actually this spa called Thermen Holiday. However, it's found in schiedam... It's still worth it though! The summer deal right now starts from fifteen euroes!



9. Mini golfing

Mini golfing is always fun when you have the spirit! Now don't go tell on me but you shouldn't limit yourself to just playing the game, play hide and seek, tag and let your imagination run wild there. Of course, don't get caught and kicked out haha, have fun! You can do this next to skate fever ;)



10. Have a pool party 'But I don't have a pool' Well just buy a massive inflatable one and collectively with your friends try to buy a bunch of cool accessories and off you go!

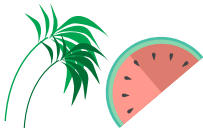


11. Rollerskating

Skatefever is a pretty cool place to go with your friends if you don't have skates of your own but otherwise just grab your own and go for it!



*by: Tanpriya
Tanakadoo*



“7 Billion Presidents”



Everyday is a new opportunity to make your life something “special.” You don’t have to be an Einstein, J.K Rowling or Obama to do amazing things. You have to be you. Too often we think that we can’t accomplish anything of importance or relevance ; that we’re too young or too uninteresting, too insignificant in this world to make any kind of impact. Einstein was not the Einstein we know before he made all of his discoveries. J.K Rowling was not the J.K Rowling we know before she wrote the Harry Potter series. Obama was not the Obama we know long before his presidency. We all have to start somewhere.

Now, let me introduce you to a group of brilliant people who, against all odds, have built and created something incredible from scratch. Feeling somewhat disappointed and concerned about what is happening to our world David Theuvenet and his group of “batsh*t crazy” friends (David’s words, not mine) Henk, Willem, Jerry, Bob, Bob, Charlotte, Sharon, Thomas, Ottilie, Franka ,Mark, Rara, Rish and Jekaterina felt it was their duty to take action. I think we are all a little too aware of the fact that the number of people becoming depressed and experiencing burnouts due to work stress is rising, climate change is accelerating, income inequality is growing almost everywhere, air and water is getting more polluted everyday and the power of big money keeps on increasing. These issues just didn’t sit right with David. Happiness is a very abstract concept and means very different things to different people. One thing we can agree on ,however, is that we have all the tools we need to ensure that our generation and all those to come are happy and healthy. Who doesn’t want that? Thus, David thought, “Let’s create a company where we brew beer with the goal being happiness and peace.” This company follows a newly developed economic model, Romantic Capitalism, where profit is used to build a happier planet.

This so called “Socialbeer For Mankind” is so much more than some liquid in a bottle. This beer is the road to a happy society where every single one of us lives a fulfilling and enjoyable life. When I first heard about this I was a little sceptical as it all sounded quite idealistic but what I have learned to understand is that “If David and his inspiring friends hadn’t started this movement we wouldn’t be on the road to a happy and fulfilling society.” The dream ultimately for this movement is for companies to become Romantic Capitalist before we hit a population of 8 billion people in 2025. Their extremely dedicated work has built more jobs, more money for things that will benefit all of us and most importantly puts smiles on people’s faces everyday.

It is kind of crazy to think that you have somehow helped and added to today’s world. Your actions, whether you like it or not, have an effect on what happens tomorrow. We have the power to create a safe and beautiful world for people in years to come. A terrifying thought but one which means that when you wake up each morning you should be aware of what you are capable of.

Whether you're a staunch environmentalist, an LGBTQ+ advocate or a pupil at school trying to discover what the things you care about are, we all are on our path to discovering what we can do to improve our planet. Each day you are one step closer to understanding what you want to bring to the table. Take David as an example, he didn't come out of the womb knowing he would be passionate about social welfare and happiness. Through his many years of seeing the world develop he has discovered what he can do to help. Then he did it. That is all. We can all be like this group of friends from Amsterdam in one way or another. All 7 billion of us are presidents of this world we inhabit.

In the meantime, the next time you're in Amsterdam be sure to pop into one of the following cafe's : "Razmataz", "Slagerij Tuana" , "Wijncafé worst" , "de Biertuin" or "Geflipt" for a refreshing "Socialbeer For Mankind" (just the name alone would persuade me to have one and I don't even like beer). With this you'll be helping to make this world a better place. Or if you just fancy a beer you know where to go :)
 "Be magic ; choose and believe that you can do anything you set your mind to believe.
 We are who we choose to be."

**WE ARE THE 21ST CENTURY
 GENERATION
 IN DIVERSITY WE UNITE.**
 WE DON'T COMPLAIN, WE DON'T PROTEST,
 WE DON'T WISH THINGS WERE BETTER.
 WE LOVE, WE LAUGH, WE DANCE
 WE DON'T FIGHT THE EXISTING,
**WE BUILD
 THE NEW.**
 IT IS TIME FOR ROMANTIC CAPITALISM
 WE MAKE PRODUCTS, WHERE PROFIT IS SPENT TO
BENEFIT EVERYBODY.
 SEVEN BILLION PRESIDENTS
 WE BUILD TOGETHER, WE NEED YOU.
 TO BE WE GREAT MINDS THINK AHEAD TOGETHER.

Become a President and join this incredible movement
 on :

Facebook : Look for "7 Billion President" and be sure to
 like the page!

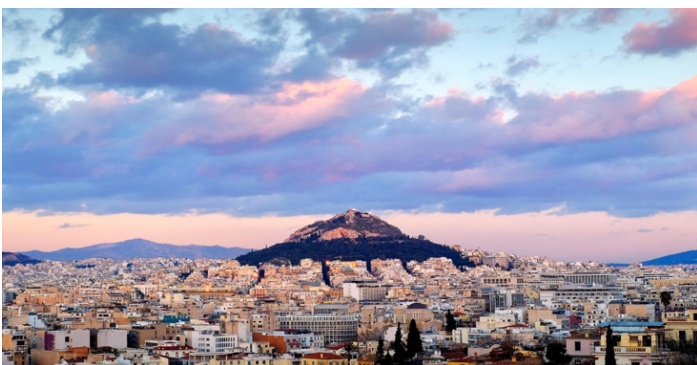
Instagram : "7 Billion Presidents"

Website : <http://www.7billionpresidents.org/>

by: Victoria Palser



Places to travel: Europe



Greece:

Capital: Athens

Best places to visit: Mykonos, Athens & Santorini
 Greece consist of beautiful architecture, food and white sandy beaches.
 From the capital city of Athens to one of it's marvelous islands, Mykonos.
 Average price per week: €745



France:

Capital: Paris

Best places to visit: Paris, Saint Tropez & Marseille

France offers a large range of different climates, cultures and heritage sites. From mountains to the sea and country sides to the city.

Average price for one week: €950

Spain:

Capital: Madrid

Place to visit: Seville, Madrid & Valencia

Spain is filled with rich and vibrant architecture. Spain has great weather for the beach especially in summer time. Going to Spain gives you an opportunity to test out you spanish skills.

Average price per week: €745



Italy:

Capital: Rome

Place to visit: Amalfi Coast, Rome & Venice

Italy is a beautiful place to visit with a rich architecture. Italy has many different opportunities from boat rides in the canals of Venice to exploring ancient buildings.

Average price per week: €845



Czech Republic:

Capital: Prague

Place to visit: Prague, Cesky Krumlov & Kutna Hora

Czech Republic is filled with magical looking towns, a rich complex history and amazing food. Czech Republic has spectacular nature within and around all of its cities. It is a perfect place for a cozy, peaceful vacation.

Average price per week: €530



Side note: Guys, if you want to travel to some place with your friends, make lists. See where you want to travel, find a budget, find your dates, go to an agency because they really help you to find the best deals as well as makes the payment easier to split, then narrow down your findings to the amount you can pay and pack your suitcase! Have a blast!

by: Anonymous

Maison des Desserts

'The Dessert Bar' located in Markthal, Rotterdam offering gourmet desserts and petit fours.



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Graffiti - Art or Vandalism?



Graffiti is an art form in which spray paint is used to create mural artworks. Graffiti artists like to call their works of art simply: 'Pieces'. Personally, I think graffiti is one of the most misunderstood art forms in the world, this is because it is often not even recognized as an art form, and more often than not it is referred to as vandalism. Graffiti artists remain completely anonymous throughout their art career, but regardless of the anonymity of these artists, most invest a lot of time, money and passion into the act of spreading their artists name across legal and illegal locations. Therefore, this article aims to educate you about what graffiti is, where to do it legally, and why not to do it illegally. It will also discuss whether the act of graffiti should be seen as art, or as vandalism.

Legal graffiti walls are often referred to as "Walls of fame". This is a place which is built by the government specifically so that graffiti artists can spray their pieces legally. Originally, this was done to reduce the amount of illegal graffiti happening. These walls of fame can now be found almost everywhere around the country. One website where to find them is: <https://suitupshop.nl/vind-legale-muren/>. On google, there are plenty of other websites where you can find out locations of legal graffiti walls.

One negative thing about legal graffiti walls is that an artist's piece will get crossed much faster by another artist - this can often cause tension between artists, and eventually even lead up to fights and heated arguments between the artists. Therefore, never spoil someone's piece for no good reason! If you want to place your piece over it, that's fine, but don't intentionally spoil someone's piece just because you feel like it. It will only cause tension and ruin the culture of graffiti artists.

Illegal graffiti is still highly occurring, regardless of the introduction of "walls of fame". The reason why graffiti artists like to spray illegally is because it gives you a sort of 'street cred', furthermore it also gives an adrenaline boost to do it on dangerous locations - with the thought in mind that you can get caught at any time. It is never advised to spray illegally, it is dangerous for yourself when you do it on highways or train tracks, but it also costs national governments millions each year to clean up. Furthermore, if you get caught, the punishment can be a fine up to 30,000 euros (if you have been spraying the same name for a long time), or even jail time in extreme cases.

Now the final discussion of this article is whether graffiti should be considered as art or vandalism. To me, there is no definite answer to this. It is a very ambiguous question, because there are legal and illegal graffiti spots. One can say it is art when done legally, but vandalism when done illegally. But different people will tell you different viewpoints on it; no matter how you look at it, graffiti is an art form. Some people will only consider it a vandalizing art form, that is where the public misconception lies in my eyes.

by: Anonymous

3 Easy Tips YOU Didn't know about on how to stop LITTERING

Don't you ever have that moment when you finish your pack of "Haribo fizzy peach bubble fun" candies and the next trash can is like 36 light years away? I know! The struggle is real, but we need to learn to deal with it. "But how do we do this?" You ask. Well don't worry.



Here are 3 easy tips you didn't know about on how to stop littering. And hopefully after reading this you'll be ready to "slam dunk your junk"!

Tip #1 - It takes just 5 seconds! Most of us will live up to 80 years. That makes ... ummm... about... 300,000 days! It takes like literally 5 seconds to walk to the bin and throw away your trash. That's **NOTHING** compared to your whole life. The trash can may seem miles away, but just think of all that healthy exercise you're doing!

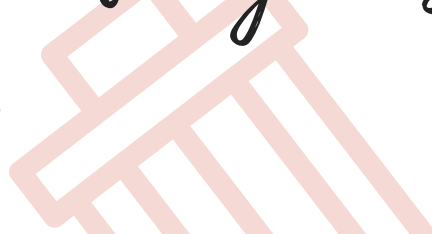
Tip #2 - Love your environment I know it's annoying and we hear about it all the time but we need to think about our planet. There is only one Earth. So take care of it. Appreciate it the way it is and don't judge an Earth by its cover. Hopefully you'll think twice before throwing spitting your gum on the floor and look around you - enjoy the scenery.



Tip #3 - Be positive! Finally it's important to think positive. Is the trash half empty or half full? Negativity doesn't bring us anywhere. Just think it's not the end of the world and you'll throw away your trash with a smile on your face. :)



by: Anonymous





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